

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

1 - 1ª SESSÃO

17/01/2026 - 9:45

Prova 1 Femin., 400m Livres Infantis
17/01/2026 - 9:45 Resultados

Recordes Nacionais 25m	4:04.57	MARTINS FraPOR:a SoarOtopeni (ROU)	10/12/2023
Recordes Nacionais 25m	4:04.57	MARTINS FraPOR:a SoarOtopeni (ROU)	10/12/2023
Rec Taça Vale do Tejo 14 - 15	4:22.59	PIRES Marta J SANL Abrantes	25/01/2020
Rec Taça Vale do Tejo Inf	4:35.75		
Rec Taça Vale do Tejo 12 - 13	4:35.75	ROCHA Diana SANMIN Abrantes	21/04/2007

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	NUNES Maria Ines	12	Seleccao de Lisboa	4:39.14		561	
	50m: 31.13 31.13	150m: 1:41.76 35.41	250m: 2:53.33 35.73	350m: 4:04.58 35.36			
	100m: 1:06.35 35.22	200m: 2:17.60 35.84	300m: 3:29.22 35.89	400m: 4:39.14 34.56			
2.	CUNHA Alice Bezerra	12	Seleccao do Norte de Portuga	4:43.29		536	
	50m: 31.46 31.46	150m: 1:42.91 36.24	250m: 2:56.29 36.74	350m: 4:09.49 36.68			
	100m: 1:06.67 35.21	200m: 2:19.55 36.64	300m: 3:32.81 36.52	400m: 4:43.29 33.80			
3.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	4:52.71		486	
	50m: 32.48 32.48	150m: 1:46.11 37.16	250m: 3:01.20 37.76	350m: 4:15.95 37.10			
	100m: 1:08.95 36.47	200m: 2:23.44 37.33	300m: 3:38.85 37.65	400m: 4:52.71 36.76			
4.	NOGUEIRA Maria Luisa	12	Seleccao de Coimbra	4:53.42		483	
	50m: 32.36 32.36	150m: 1:45.91 37.39	250m: 3:00.90 37.57	350m: 4:15.91 37.23			
	100m: 1:08.52 36.16	200m: 2:23.33 37.42	300m: 3:38.68 37.78	400m: 4:53.42 37.51			
5.	DUARTE Maria Luis	13	Seleccao Centro Norte Portu	4:53.43		483	
	50m: 34.60 34.60	150m: 1:49.42 37.20	250m: 3:04.23 37.31	350m: 4:17.55 36.45			
	100m: 1:12.22 37.62	200m: 2:26.92 37.50	300m: 3:41.10 36.87	400m: 4:53.43 35.88			
6.	MACHADO Beatriz VilasBoas	13	Seleccao do Minho	4:53.86		481	
	50m: 33.17 33.17	150m: 1:46.64 37.28	250m: 3:02.41 37.95	350m: 4:17.96 37.58			
	100m: 1:09.36 36.19	200m: 2:24.46 37.82	300m: 3:40.38 37.97	400m: 4:53.86 35.90			
7.	BORRALHO Bruna Filipa	12	Seleccao do Algarve	4:59.73		453	
	50m: 32.78 32.78	150m: 1:47.22 38.02	250m: 3:04.70 38.87	350m: 4:20.29 38.04			
	100m: 1:09.20 36.42	200m: 2:25.83 38.61	300m: 3:42.25 37.55	400m: 4:59.73 39.44			
8.	ANICETO Leonor Telo	13	Seleccao da Madeira	5:12.47		400	
	50m: 34.43 34.43	150m: 1:54.44 40.59	250m: 3:15.43 40.51	350m: 4:35.05 39.28			
	100m: 1:13.85 39.42	200m: 2:34.92 40.48	300m: 3:55.77 40.34	400m: 5:12.47 37.42			
9.	PONTE Matilde Almeida	13	Seleccao dos Acores	5:14.87		391	
	50m: 33.82 33.82	150m: 1:52.85 40.05	250m: 3:13.98 40.44	350m: 4:36.21 41.23			
	100m: 1:12.80 38.98	200m: 2:33.54 40.69	300m: 3:54.98 41.00	400m: 5:14.87 38.66			
10.	PEREIRA Lara Amorim	13	Seleccao do Alentejo	5:16.11		386	
	50m: 36.05 36.05	150m: 1:54.96 39.64	250m: 3:16.55 41.45	350m: 4:37.95 41.30			
	100m: 1:15.32 39.27	200m: 2:35.10 40.14	300m: 3:56.65 40.10	400m: 5:16.11 38.16			
11.	CASTILLO Maria Luisa	13	Seleccao Distrito Leiria	5:20.38		371	
	50m: 35.72 35.72	150m: 1:57.23 41.35	250m: 3:20.17 41.41	350m: 4:41.85 40.21			
	100m: 1:15.88 40.16	200m: 2:38.76 41.53	300m: 4:01.64 41.47	400m: 5:20.38 38.53			
12.	ALVES Laura Jorge	13	Seleccao do Nordeste	5:28.34		344	
	50m: 35.16 35.16	150m: 1:56.91 41.46	250m: 3:21.03 42.32	350m: 4:46.05 42.53			
	100m: 1:15.45 40.29	200m: 2:38.71 41.80	300m: 4:03.52 42.49	400m: 5:28.34 42.29			

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 1, Femin., 400m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
13.	MESTRE Maria Beatriz	12	Seleccao do Interior Centro	5:52.43		278	
	50m: 37.73 37.73	150m: 2:05.25 44.33	250m: 3:36.10 45.59	350m: 5:08.57 45.83			
	100m: 1:20.92 43.19	200m: 2:50.51 45.26	300m: 4:22.74 46.64	400m: 5:52.43 43.86			

Prova 1
17/01/2026 - 9:45

Femin., 400m Livres

Juvenis
Resultados

Recordes Nacionais 25m	4:04.57	MARTINS FraPOR:a SoarOtopeni (ROU)	10/12/2023
Recordes Nacionais 25m	4:04.57	MARTINS FraPOR:a SoarOtopeni (ROU)	10/12/2023
Rec Taça Vale do Tejo Juv	4:22.59		
Rec Taça Vale do Tejo 14 - 15	4:22.59	PIRES Marta JSANL	Abrantes 25/01/2020

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARDEAL Leonor Nunes	10	Seleccao de Coimbra	4:29.62		622	
	50m: 29.91 29.91	150m: 1:36.66 33.91	250m: 2:45.49 34.49	350m: 3:55.41 35.04			
	100m: 1:02.75 32.84	200m: 2:11.00 34.34	300m: 3:20.37 34.88	400m: 4:29.62 34.21			
2.	HOLUB Sofia Hryhorivna	11	Seleccao do Norte de Portugal	4:36.31		578	
	50m: 30.75 30.75	150m: 1:39.83 35.12	250m: 2:51.41 35.71	350m: 4:02.61 35.64			
	100m: 1:04.71 33.96	200m: 2:15.70 35.87	300m: 3:26.97 35.56	400m: 4:36.31 33.70			
3.	FERREIRA Margarida Almeida	11	Seleccao de Lisboa	4:37.46		571	
	50m: 31.71 31.71	150m: 1:42.04 35.62	250m: 2:53.59 35.58	350m: 4:03.49 34.66			
	100m: 1:06.42 34.71	200m: 2:18.01 35.97	300m: 3:28.83 35.24	400m: 4:37.46 33.97			
4.	CASTRO Leticia Alves	10	Seleccao do Minho	4:44.42		530	
	50m: 32.11 32.11	150m: 1:42.36 35.57	250m: 2:54.63 36.09	350m: 4:08.12 36.80			
	100m: 1:06.79 34.68	200m: 2:18.54 36.18	300m: 3:31.32 36.69	400m: 4:44.42 36.30			
5.	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	4:46.06		521	
	50m: 32.00 32.00	150m: 1:42.90 35.76	250m: 2:56.08 36.72	350m: 4:10.24 37.11			
	100m: 1:07.14 35.14	200m: 2:19.36 36.46	300m: 3:33.13 37.05	400m: 4:46.06 35.82			
6.	JESUS Vera Franca	11	Seleccao da Madeira	4:51.44		493	
	50m: 32.07 32.07	150m: 1:43.71 36.62	250m: 2:57.74 37.49	350m: 4:13.81 38.20			
	100m: 1:07.09 35.02	200m: 2:20.25 36.54	300m: 3:35.61 37.87	400m: 4:51.44 37.63			
7.	RODRIGUES Alice Maria	11	Seleccao Centro Norte Portugal	4:52.22		489	
	50m: 32.89 32.89	150m: 1:45.19 36.32	250m: 3:00.34 37.59	350m: 4:15.92 37.90			
	100m: 1:08.87 35.98	200m: 2:22.75 37.56	300m: 3:38.02 37.68	400m: 4:52.22 36.30			
8.	PEDROSO Madalena Gracio	10	Seleccao Distrito Leiria	4:53.97		480	
	50m: 33.09 33.09	150m: 1:46.80 37.28	250m: 3:02.45 37.76	350m: 4:18.08 37.90			
	100m: 1:09.52 36.43	200m: 2:24.69 37.89	300m: 3:40.18 37.73	400m: 4:53.97 35.89			
9.	LOURENCO Matilde Nogueira	11	Seleccao do Interior Centro	5:04.28		433	
	50m: 34.31 34.31	150m: 1:51.30 38.71	250m: 3:09.51 39.19	350m: 4:27.23 38.95			
	100m: 1:12.59 38.28	200m: 2:30.32 39.02	300m: 3:48.28 38.77	400m: 5:04.28 37.05			
10.	LUIS Maria Ines	11	Seleccao do Alentejo	5:05.64		427	
	50m: 34.90 34.90	150m: 1:52.43 39.06	250m: 3:10.72 39.26	350m: 4:28.72 38.30			
	100m: 1:13.37 38.47	200m: 2:31.46 39.03	300m: 3:50.42 39.70	400m: 5:05.64 36.92			
11.	VIEIRA Sara Goncalves	10	Seleccao dos Acores	5:11.49		403	
	50m: 34.16 34.16	150m: 1:52.22 39.72	250m: 3:11.79 39.84	350m: 4:32.18 40.24			
	100m: 1:12.50 38.34	200m: 2:31.95 39.73	300m: 3:51.94 40.15	400m: 5:11.49 39.31			

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Abrantes, 17 de Janeiro de 2026

Prova 1, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
12.	MESQUITA Maria Ines	10	Seleccao do Nordeste	5:12.24		400	
	50m: 36.13 36.13	150m: 1:53.88 39.04	250m: 3:12.02 39.06	350m: 4:31.85 40.22			
	100m: 1:14.84 38.71	200m: 2:32.96 39.08	300m: 3:51.63 39.61	400m: 5:12.24 40.39			
DSQ	SANTOS Carolina Brito	10	Seleccao do Algarve				
	SW 4.4 - Falsa partida						
EXH	FORMIGO Margarida Pinho	11	Seleccao Distrito Santarem	4:57.49		463	
	50m: 33.36 33.36	150m: 1:47.73 37.65	250m: 3:03.47 38.09	350m: 4:20.19 38.59			
	100m: 1:10.08 36.72	200m: 2:25.38 37.65	300m: 3:41.60 38.13	400m: 4:57.49 37.30			
EXH	ALVES Rita Balsa	12	Seleccao Distrito Santarem	5:10.79		406	
	50m: 36.14 36.14	150m: 1:53.86 39.34	250m: 3:13.18 39.68	350m: 4:32.31 39.51			
	100m: 1:14.52 38.38	200m: 2:33.50 39.64	300m: 3:52.80 39.62	400m: 5:10.79 38.48			
EXH	DEEP Alicia Lopes	12	Seleccao Distrito Santarem	5:12.15		401	
	50m: 34.62 34.62	150m: 1:53.03 39.91	250m: 3:13.43 40.17	350m: 4:33.58 40.28			
	100m: 1:13.12 38.50	200m: 2:33.26 40.23	300m: 3:53.30 39.87	400m: 5:12.15 38.57			
EXH	CORREIA Laura Conde	13	Seleccao Distrito Santarem	5:26.05		352	
	50m: 37.23 37.23	150m: 2:00.07 41.95	250m: 3:23.74 41.72	350m: 4:46.11 41.19			
	100m: 1:18.12 40.89	200m: 2:42.02 41.95	300m: 4:04.92 41.18	400m: 5:26.05 39.94			

Prova 2

Masc., 100m Livres

Infantis

17/01/2026 - 10:10

Resultados

Recordes Nacionais 25m	46.55	RIBEIRO DiogrSLBtos	Tomar	15/12/2024
Recordes Nacionais 25m	46.55	RIBEIRO DiogrSLBtos	Tomar	15/12/2024
Rec Taça Vale do Tejo	55.45	VITAL FrancisSANLézas	Abrantes	30/04/2006

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SANTOS Joao Daniel	12	Seleccao Distrito Leiria	57.16		482	
	50m: 27.05 27.05	100m: 57.16 30.11					
2.	PINTO Tiago Carvalho	12	Seleccao do Norte de Portugal	58.95		440	
	50m: 28.30 28.30	100m: 58.95 30.65					
3.	ALMEIDA Rodrigo Silva	12	Seleccao Centro Norte Portuga	59.24		433	
	50m: 28.31 28.31	100m: 59.24 30.93					
4.	SILVA Joao Oliveira	12	Seleccao do Minho	1:00.12		414	
	50m: 28.92 28.92	100m: 1:00.12 31.20					
5.	MOTA Diego Miguel	12	Seleccao de Lisboa	1:01.47		388	
	50m: 29.24 29.24	100m: 1:01.47 32.23					
6.	REIS Francisco Grave	12	Seleccao Distrito Santarem	1:01.84		381	
	50m: 29.99 29.99	100m: 1:01.84 31.85					
7.	MOTA Miguel Ganhao	12	Seleccao dos Acores	1:02.76		364	
	50m: 30.20 30.20	100m: 1:02.76 32.56					
8.	BARATA Bernardo Vieira	12	Seleccao da Madeira	1:03.20		357	
	50m: 31.06 31.06	100m: 1:03.20 32.14					
9.	FERNANDES Tiago Joaquim	12	Seleccao do Algarve	1:04.37		338	
	50m: 30.82 30.82	100m: 1:04.37 33.55					

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 2, Masc., 100m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
10.	COELHO Jose Miguel	13	Seleccao do Nordeste	1:04.42		337	
	50m: 30.87 30.87	100m: 1:04.42 33.55					
11.	COSTA Goncalo Maria	12	Seleccao do Interior Centro	1:05.34		323	
	50m: 31.20 31.20	100m: 1:05.34 34.14					
12.	FLORINDO Nelson Manuel	12	Seleccao do Alentejo	1:10.75		254	
	50m: 32.58 32.58	100m: 1:10.75 38.17					
13.	LIMA Goncalo Cardoso	13	Seleccao de Coimbra	1:18.76		184	
	50m: 34.05 34.05	100m: 1:18.76 44.71					

Prova 2 Masc., 100m Livres Juvenis
17/01/2026 - 10:10 Resultados

Recordes Nacionais 25m	46.55	RIBEIRO DiogrSLBtos	Tomar	15/12/2024
Recordes Nacionais 25m	46.55	RIBEIRO DiogrSLBtos	Tomar	15/12/2024
Rec Taça Vale do Tejo	51.51	RIBEIRO DiogrSANCs	Abrantes	25/01/2020

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	MIMOSO Renato Ferreira	10	Seleccao de Lisboa	53.10		602	
	50m: 25.47 25.47	100m: 53.10 27.63					
2.	ALMEIDA David Xavier	10	Seleccao Distrito Leiria	53.86		577	
	50m: 26.32 26.32	100m: 53.86 27.54					
3.	FERREIRA Manuel Von	10	Seleccao do Norte de Portugal	53.94		574	
	50m: 26.08 26.08	100m: 53.94 27.86					
4.	TAVARES Gabriel Silva	10	Seleccao Centro Norte Portuga	55.11		538	
	50m: 25.48 25.48	100m: 55.11 29.63					
5.	CERQUEIRA Afonso Silva	11	Seleccao do Minho	55.68		522	
	50m: 26.59 26.59	100m: 55.68 29.09					
6.	SKILKYY Nazar	10	Seleccao do Algarve	56.44		501	
	50m: 26.81 26.81	100m: 56.44 29.63					
7.	GARANITO Mateus Silva	10	Seleccao da Madeira	56.65		495	
	50m: 27.24 27.24	100m: 56.65 29.41					
8.	PIRES Filipe Miguel	11	Seleccao do Nordeste	57.14		483	
	50m: 27.55 27.55	100m: 57.14 29.59					
9.	MARQUES Goncalo Nunes	11	Seleccao de Coimbra	57.72		468	
	50m: 28.16 28.16	100m: 57.72 29.56					
10.	CABRAL Santiago Nicolau	10	Seleccao dos Acores	58.63		447	
	50m: 28.15 28.15	100m: 58.63 30.48					
11.	ABREU Rodrigo Joao	10	Seleccao do Interior Centro	58.93		440	
	50m: 27.61 27.61	100m: 58.93 31.32					
12.	CADETE Francisco Manuel	10	Seleccao Distrito Santarem	59.02		438	
	50m: 27.99 27.99	100m: 59.02 31.03					
13.	SOUZA Rodrigo Santos	10	Seleccao do Alentejo	59.25		433	
	50m: 27.90 27.90	100m: 59.25 31.35					

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 2, Masc., 100m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	JORGE Daniel Filipe	10	Seleccao Distrito Santarem	58.44		451	
	50m: 27.69 27.69 100m: 58.44 30.75						
EXH	SALVADOR Martim Maria	11	Seleccao Distrito Santarem	59.46		428	
	50m: 28.64 28.64 100m: 59.46 30.82						
EXH	BARRA Tiago Frazao	10	Seleccao Distrito Santarem	59.51		427	
	50m: 29.02 29.02 100m: 59.51 30.49						
EXH	FERNANDES Santiago Raposo	12	Seleccao Distrito Santarem	1:08.12		285	
	50m: 32.75 32.75 100m: 1:08.12 35.37						
EXH	SILVA Martim Rocha	12	Seleccao Distrito Santarem	1:08.46		280	
	50m: 33.32 33.32 100m: 1:08.46 35.14						
EXH	ALEGRIA Rodrigo Manuel	13	Seleccao Distrito Santarem	1:10.62		255	
	50m: 32.16 32.16 100m: 1:10.62 38.46						

Prova 3

Femin., 100m Costas

Infantis

17/01/2026 - 10:20

Resultados

Recordes Nacionais 25m	57.79	REBELO CamiPORdrigueLublin (POL)	04/12/2025
Recordes Nacionais 25m	57.79	REBELO CamiPORdrigueLublin (POL)	04/12/2025
Rec Taça Vale do Tejo 14 - 15	1:02.77	REBELO CamiSANCrigueAbrantes	27/01/2018
Rec Taça Vale do Tejo Inf	1:07.26		
Rec Taça Vale do Tejo 12 - 13	1:07.26	PEIXEIRA FilipSANLos Abrantes	20/02/2016

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	FERRO Maria Franco	12	Seleccao da Madeira	1:08.59		488	
	50m: 33.91 33.91 100m: 1:08.59 34.68						
2.	MONJARDINO Maria Ines	12	Seleccao de Lisboa	1:09.16		476	
	50m: 33.21 33.21 100m: 1:09.16 35.95						
3.	JESUS Mariana Canarias	12	Seleccao do Algarve	1:10.13		457	
	50m: 33.84 33.84 100m: 1:10.13 36.29						
4.	LOBO Maria Leonor	12	Seleccao de Coimbra	1:11.12		438	
	50m: 34.41 34.41 100m: 1:11.12 36.71						
5.	RIBEIRO Ines Gomes	12	Seleccao do Norte de Portug	1:12.52		413	
	50m: 35.39 35.39 100m: 1:12.52 37.13						
6.	PEREIRA Luna Francisco	12	Seleccao Distrito Leiria	1:13.44		397	
	50m: 35.96 35.96 100m: 1:13.44 37.48						
7.	SANTOS Camila Ganito	12	Seleccao Centro Norte Portu	1:13.81		392	
	50m: 35.95 35.95 100m: 1:13.81 37.86						
8.	VALENTIM Rita Gomes	12	Seleccao Distrito Santarem	1:14.72		377	
	50m: 36.23 36.23 100m: 1:14.72 38.49						
9.	SILVA Maria Francisca	12	Seleccao dos Acores	1:16.90		346	
	50m: 37.23 37.23 100m: 1:16.90 39.67						
10.	GOMES Carolina Cunha	12	Seleccao do Minho	1:17.28		341	
	50m: 38.18 38.18 100m: 1:17.28 39.10						

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 3, Femin., 100m Costas, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
11.	PALMA Maria Brito	12	Seleccao do Alentejo	1:17.93		333	
	50m: 37.05 37.05	100m: 1:17.93	40.88				
12.	SOUSA Leonor Ferreira	12	Seleccao do Nordeste	1:23.27		273	
	50m: 40.06 40.06	100m: 1:23.27	43.21				
13.	PEREIRA Carlota Maria	13	Seleccao do Interior Centro	1:23.28		272	
	50m: 40.54 40.54	100m: 1:23.28	42.74				

Prova 3 Femin., 100m Costas Juvenis
17/01/2026 - 10:20 Resultados

Recordes Nacionais 25m	57.79	REBELO CamiPORdrigue:Lublin (POL)	04/12/2025
Recordes Nacionais 25m	57.79	REBELO CamiPORdrigue:Lublin (POL)	04/12/2025
Rec Taça Vale do Tejo Juv	1:02.77		
Rec Taça Vale do Tejo 14 - 15	1:02.77	REBELO CamiSANCrigue:Abrantes	27/01/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	AZEVEDO Constanca Lourenco	10	Seleccao do Algarve	1:06.36		539	
	50m: 32.23 32.23	100m: 1:06.36	34.13				
2.	NOGUEIRA Cloe Canadas	10	Seleccao do Norte de Portuga	1:07.32		516	
	50m: 32.09 32.09	100m: 1:07.32	35.23				
3.	ALVES Diana Isabel	10	Seleccao Distrito Leiria	1:07.77		506	
	50m: 33.01 33.01	100m: 1:07.77	34.76				
4.	VASCONCELOS Sofia Rodrigues	10	Seleccao Centro Norte Portu	1:08.39		492	
	50m: 32.83 32.83	100m: 1:08.39	35.56				
5.	FERNANDES Mariana Mesquita	10	Seleccao do Minho	1:08.95		480	
	50m: 33.41 33.41	100m: 1:08.95	35.54				
6.	BRITO Madalena Pinto	10	Seleccao da Madeira	1:09.01		479	
	50m: 33.35 33.35	100m: 1:09.01	35.66				
7.	GUERRA Carolina Escrevente	10	Seleccao de Lisboa	1:09.78		463	
	50m: 33.15 33.15	100m: 1:09.78	36.63				
8.	SANTOS Rita Lucas	10	Seleccao de Coimbra	1:11.32		434	
	50m: 34.74 34.74	100m: 1:11.32	36.58				
	POETA Maria Silva	10	Seleccao do Nordeste	1:11.32		434	
	50m: 34.67 34.67	100m: 1:11.32	36.65				
10.	GUERREIRO Leonor Barao	10	Seleccao do Alentejo	1:11.71		427	
	50m: 33.93 33.93	100m: 1:11.71	37.78				
11.	FARINHA Ines Martins	11	Seleccao do Interior Centro	1:12.95		406	
	50m: 35.48 35.48	100m: 1:12.95	37.47				
12.	FERREIRA Carolina Morao	11	Seleccao dos Acores	1:14.57		380	
	50m: 35.95 35.95	100m: 1:14.57	38.62				
13.	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	1:15.21		370	
	50m: 36.24 36.24	100m: 1:15.21	38.97				

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 3, Femin., 100m Costas

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	SOUSA Carolina Neves	10	Seleccao do Interior Centro	1:15.37		368	
	50m: 35.35 35.35 100m: 1:15.37 40.02						
EXH	LAGARINHOS Benedita Maria	11	Seleccao Distrito Santarem	1:17.07		344	
	50m: 37.14 37.14 100m: 1:17.07 39.93						
EXH	TORRES Maria Amelia	13	Seleccao Distrito Santarem	1:20.00		307	
	50m: 38.11 38.11 100m: 1:20.00 41.89						
EXH	VALENTE Mercedes Beirao	13	Seleccao do Interior Centro	1:23.94		266	
	50m: 40.72 40.72 100m: 1:23.94 43.22						

Prova 4 Masc., 100m Mariposa Infantis Resultados

Recordes Nacionais 25m	50.12	RIBEIRO DiogoSLBtos	Tomar	14/12/2024
Recordes Nacionais 25m	50.12	RIBEIRO DiogoSLBtos	Tomar	24/12/2024
Rec Taça Vale do Tejo	1:02.40	CUNHA AfonsoSANNPos	Abrantes	21/02/2015

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SOUSA Joao Pedro	12	Seleccao da Madeira	1:06.75		365	
	50m: 30.66 30.66 100m: 1:06.75 36.09						
2.	RODRIGUES Tomas Goncalves	12	Seleccao de Coimbra	1:07.54		352	
	50m: 31.43 31.43 100m: 1:07.54 36.11						
3.	PACHECO Bernardo Pereira	12	Seleccao do Norte de Portugal	1:07.72		349	
	50m: 31.56 31.56 100m: 1:07.72 36.16						
4.	PRIOR Pedro Pontes	12	Seleccao de Lisboa	1:09.06		329	
	50m: 31.94 31.94 100m: 1:09.06 37.12						
5.	ROCHA Vasco Silvestre	12	Seleccao Distrito Leiria	1:09.17		328	
	50m: 31.59 31.59 100m: 1:09.17 37.58						
6.	ALARCON Cristofer Alejandro	12	Seleccao Centro Norte Portugal	1:10.18		314	
	50m: 31.92 31.92 100m: 1:10.18 38.26						
7.	SILVA Francisco Miguel	12	Seleccao do Algarve	1:12.21		288	
	50m: 33.66 33.66 100m: 1:12.21 38.55						
8.	FONSECA Joao Luz	12	Seleccao dos Acores	1:12.36		286	
	50m: 33.72 33.72 100m: 1:12.36 38.64						
9.	ROSA Rodrigo Miranda	12	Seleccao Distrito Santarem	1:16.38		243	
	50m: 35.14 35.14 100m: 1:16.38 41.24						
10.	PEDROSA Diogo Leote	12	Seleccao do Alentejo	1:17.16		236	
	50m: 33.59 33.59 100m: 1:17.16 43.57						
11.	ALVES Sergio Ricardo	12	Seleccao do Interior Centro	1:22.67		192	
	50m: 37.65 37.65 100m: 1:22.67 45.02						
12.	GONCALVES Martim Costa	13	Seleccao do Nordeste	1:30.31		147	
	50m: 42.40 42.40 100m: 1:30.31 47.91						

DSQ KUZUK Ivan 12 Seleccao do Minho
SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 4, Masc., 100m Mariposa

Prova 4 Masc., 100m Mariposa Juvenis
17/01/2026 - 10:30 Resultados

Recordes Nacionais 25m	50.12	RIBEIRO DiogoSLBtos	Tomar	14/12/2024
Recordes Nacionais 25m	50.12	RIBEIRO DiogoSLBtos	Tomar	24/12/2024
Rec Taça Vale do Tejo	56.40	RIBEIRO DiogoSANCs	Abrantes	25/01/2020

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	TEIXEIRA Francisco Suzuki	10	Seleccao do Norte de Portugal	58.27		548	
	50m: 27.94 27.94 100m: 58.27 30.33						
2.	SANTO Tiago Neres	10	Seleccao de Lisboa	58.93		530	
	50m: 27.30 27.30 100m: 58.93 31.63						
3.	ALPOIM Diogo Corte-Real	11	Seleccao do Minho	1:00.58		488	
	50m: 28.52 28.52 100m: 1:00.58 32.06						
4.	TOMAS Rodrigo Cardoso	10	Seleccao Distrito Leiria	1:00.81		482	
	50m: 28.68 28.68 100m: 1:00.81 32.13						
5.	ASSUNCAO Rafael Moreira	10	Seleccao Centro Norte Portugal	1:01.27		472	
	50m: 28.68 28.68 100m: 1:01.27 32.59						
6.	PACHECO David Filipe	10	Seleccao Distrito Santarem	1:01.57		465	
	50m: 28.99 28.99 100m: 1:01.57 32.58						
7.	FISTICANU Daniel	11	Seleccao do Algarve	1:01.68		462	
	50m: 29.14 29.14 100m: 1:01.68 32.54						
8.	SIMOES Francisco Martins	10	Seleccao de Coimbra	1:02.50		444	
	50m: 28.93 28.93 100m: 1:02.50 33.57						
9.	ALVES Afonso Jose	11	Seleccao do Interior Centro	1:05.43		387	
	50m: 29.49 29.49 100m: 1:05.43 35.94						
10.	SILVA Rodrigo Miguel	10	Seleccao do Alentejo	1:05.44		387	
	50m: 30.14 30.14 100m: 1:05.44 35.30						
11.	RAPOSO Mateus Medeiros	10	Seleccao da Madeira	1:07.43		354	
	50m: 30.92 30.92 100m: 1:07.43 36.51						
12.	FERREIRA Francisco Costa	10	Seleccao dos Acores	1:09.27		326	
	50m: 32.31 32.31 100m: 1:09.27 36.96						
13.	ROSA Duarte Ferreira	11	Seleccao do Nordeste	1:09.86		318	
	50m: 30.80 30.80 100m: 1:09.86 39.06						
EXH	GODINHO Antonio Carimbo	10	Seleccao de Lisboa	59.81		507	
	50m: 27.96 27.96 100m: 59.81 31.85						
EXH	OLIVEIRA Nuno Pinto	10	Seleccao do Nordeste	1:10.59		308	
	50m: 31.72 31.72 100m: 1:10.59 38.87						
EXH	PACHECO Matias Rafael	12	Seleccao Distrito Santarem	1:20.17		210	
	50m: 36.94 36.94 100m: 1:20.17 43.23						
EXH	AZEVEDO Tomas Martins	12	Seleccao do Interior Centro	1:25.41		174	
	50m: 37.47 37.47 100m: 1:25.41 47.94						





XXXIII Taça Vale do Tejo
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Prova 5 Femin., 100m Bruços Infantis
17/01/2026 - 10:40 Resultados

Recordes Nacionais 25m	1:06.41	RODRIGUES /SCB ³ inho	Leiria (POL)	14/12/2025
Recordes Nacionais 25m	1:06.41	RODRIGUES /SCB ³ inho	Leiria (POL)	14/12/2025
Rec Taça Vale do Tejo 14 - 15	1:12.18	PEREIRA RaqiSANLmes	Abrantes	21/02/2015
Rec Taça Vale do Tejo 12 - 13	1:13.43			
Rec Taça Vale do Tejo 12 - 13	1:13.43	PEREIRA RaqiSANLmes	Abrantes	13/04/2013

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	LOPES Maria Miguel	12	Seleccao Centro Norte Portu	1:19.92		475	
	50m: 38.06 38.06 100m: 1:19.92 41.86						
2.	GOMES Leonor Matos	12	Seleccao do Norte de Portug	1:22.14		437	
	50m: 38.86 38.86 100m: 1:22.14 43.28						
3.	MOURATO Matilde Figueiredo	12	Seleccao de Lisboa	1:22.49		432	
	50m: 38.79 38.79 100m: 1:22.49 43.70						
4.	DAMASCENO Lara Gil	13	Seleccao dos Acores	1:22.66		429	
	50m: 39.04 39.04 100m: 1:22.66 43.62						
5.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	1:23.35		418	
	50m: 39.81 39.81 100m: 1:23.35 43.54						
6.	CORTES Carolina Torres	12	Seleccao do Minho	1:23.38		418	
	50m: 39.08 39.08 100m: 1:23.38 44.30						
7.	FERREIRA Barbara Mar	12	Seleccao do Algarve	1:23.61		414	
	50m: 38.30 38.30 100m: 1:23.61 45.31						
8.	SOUSA Leonor Simoes	12	Seleccao de Coimbra	1:23.73		413	
	50m: 40.11 40.11 100m: 1:23.73 43.62						
9.	BERNARDINO Mafalda Varela	12	Seleccao Distrito Leiria	1:23.75		412	
	50m: 39.80 39.80 100m: 1:23.75 43.95						
10.	GONCALVES Maria Clara	12	Seleccao da Madeira	1:23.94		410	
	50m: 39.80 39.80 100m: 1:23.94 44.14						
11.	GONCALVES Lara Sofia	12	Seleccao do Alentejo	1:31.72		314	
	50m: 42.76 42.76 100m: 1:31.72 48.96						
12.	OSORIO Leonor Vaz	13	Seleccao do Nordeste	1:33.30		298	
	50m: 43.53 43.53 100m: 1:33.30 49.77						
13.	SILVA Ines Munhos	12	Seleccao do Interior Centro	1:34.07		291	
	50m: 43.02 43.02 100m: 1:34.07 51.05						



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 5, Femin., 100m Bruços

Prova 5
17/01/2026 - 10:40

Femin., 100m Bruços

Juvenis
Resultados

Recordes Nacionais 25m	1:06.41	RODRIGUES /SCB ³ inho	Leiria (POL)	14/12/2025
Recordes Nacionais 25m	1:06.41	RODRIGUES /SCB ³ inho	Leiria (POL)	14/12/2025
Rec Taça Vale do Tejo Juv	1:12.18			
Rec Taça Vale do Tejo 14 - 15	1:12.18	PEREIRA RaqiSANLmes	Abrantes	21/02/2015

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SIMÕES Maria Neto	10	Seleccao de Coimbra	1:13.36		614	
	50m: 34.80 34.80	100m: 1:13.36	38.56				
2.	BRITO Rita Canas	10	Seleccao de Lisboa	1:13.55		609	
	50m: 34.68 34.68	100m: 1:13.55	38.87				
3.	CARVALHO Matilde Brandao	10	Seleccao do Norte de Portug	1:15.54		562	
	50m: 35.58 35.58	100m: 1:15.54	39.96				
4.	KOSLOVA Valeria	11	Seleccao do Minho	1:15.62		560	
	50m: 36.21 36.21	100m: 1:15.62	39.41				
5.	RE Raquel Domingues	10	Seleccao Centro Norte Portu	1:17.80		514	
	50m: 36.66 36.66	100m: 1:17.80	41.14				
6.	LOPES Carolina Melo	10	Seleccao do Algarve	1:17.85		513	
	50m: 36.83 36.83	100m: 1:17.85	41.02				
7.	BRIZIDA Sofia Roma	10	Seleccao Distrito Leiria	1:18.93		493	
	50m: 36.99 36.99	100m: 1:18.93	41.94				
8.	MADUREIRA Clara Santos	11	Seleccao Distrito Santarem	1:19.31		486	
	50m: 37.74 37.74	100m: 1:19.31	41.57				
9.	BEATO Margarida Maria	11	Seleccao do Alentejo	1:19.63		480	
	50m: 36.15 36.15	100m: 1:19.63	43.48				
10.	COSTA Rafaela Tome	11	Seleccao da Madeira	1:19.82		476	
	50m: 37.78 37.78	100m: 1:19.82	42.04				
11.	ARROJADO Maria Abreu	11	Seleccao dos Acores	1:20.52		464	
	50m: 37.48 37.48	100m: 1:20.52	43.04				
12.	GUERRA Ines Filipa	11	Seleccao do Nordeste	1:28.14		354	
	50m: 40.26 40.26	100m: 1:28.14	47.88				
13.	LOURENCO Matilde Nogueira	11	Seleccao do Interior Centro	1:32.60		305	
	50m: 43.79 43.79	100m: 1:32.60	48.81				
EXH	TEIXEIRA Beatriz Marques	11	Seleccao do Algarve	1:23.05		423	
	50m: 39.55 39.55	100m: 1:23.05	43.50				
EXH	FRISCHKNECHT Luisa Anjos	10	Seleccao de Lisboa	1:23.98		409	
	50m: 39.77 39.77	100m: 1:23.98	44.21				
EXH	CORREIA Laura Conde	13	Seleccao Distrito Santarem	1:28.65		348	
	50m: 42.09 42.09	100m: 1:28.65	46.56				
EXH	PEREIRA Carlota Maria	13	Seleccao do Interior Centro	1:37.32		263	
	50m: 46.58 46.58	100m: 1:37.32	50.74				



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Abrantes, 17 de Janeiro de 2026

Prova 6 Masc., 200m Estilos Infantis
17/01/2026 - 10:50 Resultados

Recordes Nacionais 25m	1:53.45	CARVALHO DPOR Filipe	Netanya (ISR) 04/12/2015
Recordes Nacionais 25m	1:53.45	CARVALHO DPOR Filipe	Netanya (ISR) 04/12/2015
Rec Taça Vale do Tejo	2:16.56	RIBEIRO DiogoSANCs	Abrantes 27/01/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SANTOS Joao Daniel	12	Seleccao Distrito Leiria	2:21.62		454	
	50m: 29.47 29.47	100m: 1:05.44 35.97	150m: 1:49.15 43.71	200m: 2:21.62 32.47			
2.	FERREIRA Tomas Pereira	12	Seleccao Centro Norte Portu	2:26.00		414	
	50m: 30.36 30.36	100m: 1:08.82 38.46	150m: 1:52.35 43.53	200m: 2:26.00 33.65			
3.	ALMEIDA Manuel Gomes	12	Seleccao do Norte de Portug	2:27.53		401	
	50m: 32.02 32.02	100m: 1:09.47 37.45	150m: 1:54.11 44.64	200m: 2:27.53 33.42			
4.	TAVARES Tomas Soares	12	Seleccao do Algarve	2:35.27		344	
	50m: 33.07 33.07	100m: 1:13.45 40.38	150m: 1:57.81 44.36	200m: 2:35.27 37.46			
5.	DIAS Miguel Simoes	12	Seleccao de Coimbra	2:38.08		326	
	50m: 32.23 32.23	100m: 1:10.96 38.73	150m: 1:59.52 48.56	200m: 2:38.08 38.56			
6.	GOMES Gustavo Daniel	12	Seleccao da Madeira	2:42.09		303	
	50m: 34.85 34.85	100m: 1:17.64 42.79	150m: 2:03.01 45.37	200m: 2:42.09 39.08			
7.	RIBEIRO Alexandre Magro	12	Seleccao do Minho	2:42.64		300	
	50m: 35.46 35.46	100m: 1:18.75 43.29	150m: 2:06.82 48.07	200m: 2:42.64 35.82			
8.	VIEIRA Salvador Henrique	12	Seleccao Distrito Santarem	2:42.95		298	
	50m: 36.38 36.38	100m: 1:17.00 40.62	150m: 2:05.41 48.41	200m: 2:42.95 37.54			
9.	TOSTE Rodrigo Candido	12	Seleccao dos Acores	2:44.29		291	
	50m: 35.54 35.54	100m: 1:18.66 43.12	150m: 2:04.94 46.28	200m: 2:44.29 39.35			
10.	COSTA Goncalo Maria	12	Seleccao do Interior Centro	2:45.09		286	
	50m: 36.30 36.30	100m: 1:18.42 42.12	150m: 2:08.23 49.81	200m: 2:45.09 36.86			
11.	GUEDES Martim Beato	12	Seleccao do Nordeste	2:54.55		242	
	50m: 42.87 42.87	100m: 1:28.42 45.55	150m: 2:19.11 50.69	200m: 2:54.55 35.44			
12.	NOGUEIRA Tomas Nunes	12	Seleccao do Alentejo	2:56.03		236	
	50m: 37.75 37.75	100m: 1:21.61 43.86	150m: 2:16.05 54.44	200m: 2:56.03 39.98			
DSQ	SOUSA Guilherme Pereira	12	Seleccao de Lisboa				
	SW 4.4 - Falsa partida						



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 6, Masc., 200m Estilos

Prova 6 Masc., 200m Estilos Juvenis
17/01/2026 - 10:50 Resultados

Recordes Nacionais 25m 1:53.45 CARVALHO DPOR Filipe Netanya (ISR) 04/12/2015
Recordes Nacionais 25m 1:53.45 CARVALHO DPOR Filipe Netanya (ISR) 04/12/2015
Rec Taça Vale do Tejo 2:09.27 VAKULYUK P.SANDS Abrantes 26/01/2019

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	MIMOSO Renato Ferreira	10	Seleccao de Lisboa	2:11.17		571	
	50m: 28.73 28.73 100m: 1:02.88 34.15 150m: 1:41.60 38.72 200m: 2:11.17 29.57						
2.	REBELO Guilherme Costa	10	Seleccao Distrito Leiria	2:12.88		550	
	50m: 28.57 28.57 100m: 1:02.38 33.81 150m: 1:41.69 39.31 200m: 2:12.88 31.19						
3.	MONTEIRO Afonso Carvalho	10	Seleccao do Norte de Portug	2:13.62		541	
	50m: 28.56 28.56 100m: 1:03.78 35.22 150m: 1:41.87 38.09 200m: 2:13.62 31.75						
4.	GONCALVES Tomas Figueiredo	10	Seleccao da Madeira	2:14.44		531	
	50m: 29.51 29.51 100m: 1:05.20 35.69 150m: 1:42.75 37.55 200m: 2:14.44 31.69						
5.	SILVA Hugo Ferreira	11	Seleccao de Coimbra	2:17.61		495	
	50m: 29.67 29.67 100m: 1:05.68 36.01 150m: 1:46.62 40.94 200m: 2:17.61 30.99						
6.	MENDONCA Alexandre Ribeiro	10	Seleccao do Algarve	2:18.03		490	
	50m: 29.30 29.30 100m: 1:04.11 34.81 150m: 1:44.37 40.26 200m: 2:18.03 33.66						
7.	MENDES Duarte Moura	11	Seleccao Distrito Santarem	2:18.08		490	
	50m: 29.69 29.69 100m: 1:04.70 35.01 150m: 1:45.05 40.35 200m: 2:18.08 33.03						
8.	MARTINHO Guilherme Bernardo	10	Seleccao do Interior Centro	2:18.58		485	
	50m: 29.26 29.26 100m: 1:02.98 33.72 150m: 1:44.90 41.92 200m: 2:18.58 33.68						
9.	VEDKAL Arseniy	10	Seleccao do Minho	2:21.09		459	
	50m: 31.15 31.15 100m: 1:06.90 35.75 150m: 1:48.72 41.82 200m: 2:21.09 32.37						
10.	PEREIRA Martim Barros	11	Seleccao do Nordeste	2:22.85		442	
	50m: 30.54 30.54 100m: 1:07.53 36.99 150m: 1:50.74 43.21 200m: 2:22.85 32.11						
11.	PARENTE Rafael Pires	10	Seleccao Centro Norte Portu	2:24.05		431	
	50m: 29.79 29.79 100m: 1:05.31 35.52 150m: 1:49.62 44.31 200m: 2:24.05 34.43						
12.	MIRANDA Afonso Vultao	11	Seleccao dos Acores	2:25.79		416	
	50m: 30.73 30.73 100m: 1:09.08 38.35 150m: 1:50.47 41.39 200m: 2:25.79 35.32						
13.	CARAVELINHA Diogo Miguel	10	Seleccao do Alentejo	2:34.20		352	
	50m: 31.90 31.90 100m: 1:10.20 38.30 150m: 1:56.02 45.82 200m: 2:34.20 38.18						
EXH	JORGE Daniel Filipe	10	Seleccao Distrito Santarem	2:24.91		424	
	50m: 30.45 30.45 100m: 1:07.32 36.87 150m: 1:50.77 43.45 200m: 2:24.91 34.14						
EXH	BARRA Tiago Frazao	10	Seleccao Distrito Santarem	2:29.51		386	
	50m: 31.39 31.39 100m: 1:09.97 38.58 150m: 1:55.53 45.56 200m: 2:29.51 33.98						
EXH	ROSA Rodrigo Miranda	12	Seleccao Distrito Santarem	2:51.16		257	
	50m: 36.64 36.64 100m: 1:22.33 45.69 150m: 2:14.06 51.73 200m: 2:51.16 37.10						
EXH	PACHECO Matias Rafael	12	Seleccao Distrito Santarem	2:51.22		257	
	50m: 36.35 36.35 100m: 1:18.31 41.96 150m: 2:12.42 54.11 200m: 2:51.22 38.80						
EXH	SILVA Martim Rocha	12	Seleccao Distrito Santarem	2:57.06		232	
	50m: 40.16 40.16 100m: 1:25.28 45.12 150m: 2:19.54 54.26 200m: 2:57.06 37.52						



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Prova 7 Femin., 50m Livres Infantis
17/01/2026 - 11:05 Resultados

Recordes Nacionais 25m	24.94	CONCEICAO ICNA:ia VilasS. António Ca	20/12/2009
Recordes Nacionais 25m	24.94	CONCEICAO ICNA:ia VilasS. António Ca	20/12/2009
Rec Taça Vale do Tejo 14 - 15	26.60	SOARES CataSANNP/a Abrantes	27/01/2018
Rec Taça Vale do Tejo Inf	28.17		
Rec Taça Vale do Tejo 12 - 13	28.17	BRITES MartaSANRA Abrantes	26/01/2019

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	ALVES Leonor Cunha <i>RECORDES TACA VALE TEJO</i>	12	Seleccao do Norte de Portugal	27.77		555	
2.	LOURA Rita Maria	12	Seleccao do Algarve	29.15		480	
3.	LOBO Maria Leonor	12	Seleccao de Coimbra	29.55		461	
4.	VALENTIM Rita Gomes	12	Seleccao Distrito Santarem	29.72		453	
5.	PIMENTA Ana Carolina	12	Seleccao Centro Norte Portuga	29.98		441	
6.	MONJARDINO Maria Ines	12	Seleccao de Lisboa	30.25		429	
7.	OJKIC Vera Jose	12	Seleccao da Madeira	30.46		421	
8.	VARELA Laura Krempel	12	Seleccao Distrito Leiria	30.68		412	
9.	FERNANDES Ana Margarida	12	Seleccao do Minho	31.38		385	
10.	MARTINS Maria Vieira	13	Seleccao dos Acores	31.56		378	
11.	MACHADO Madalena Santos	12	Seleccao do Alentejo	32.00		363	
12.	SILVA Leonor Santos	13	Seleccao do Interior Centro	32.71		339	
13.	TEIXEIRA Ana Rita	13	Seleccao do Nordeste	33.35		320	

Prova 7 Femin., 50m Livres Juvenis
17/01/2026 - 11:05 Resultados

Recordes Nacionais 25m	24.94	CONCEICAO ICNA:ia VilasS. António Ca	20/12/2009
Recordes Nacionais 25m	24.94	CONCEICAO ICNA:ia VilasS. António Ca	20/12/2009
Rec Taça Vale do Tejo	26.60	SOARES CataSANNP/a Abrantes	27/01/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	NUNES Zoe Pinho	11	Seleccao Centro Norte Portuga	27.53		570	
2.	CAPAREIRA Alice Machado	11	Seleccao dos Acores	27.75		556	
3.	BARROSO Juliana Bushe	10	Seleccao do Algarve	27.79		554	
4.	LUCAS Maria Madalena	11	Seleccao de Lisboa	28.26		527	
5.	GUIMARAES Maria Luisa	10	Seleccao do Norte de Portugal	28.41		518	
6.	RODRIGUES Maria Ines	10	Seleccao de Coimbra	28.56		510	
7.	PEREIRA Sofia Barroca	11	Seleccao Distrito Santarem	29.09		483	
8.	GONCALVES Anita Santos	10	Seleccao do Nordeste	29.74		452	
9.	PEREIRA Ana Matilde	11	Seleccao da Madeira	29.89		445	
10.	ALVES Maria Carolina	10	Seleccao Distrito Leiria	29.98		441	
11.	NOGUEIRA Ana Laura	10	Seleccao do Minho	30.06		438	
12.	BEATO Margarida Maria	11	Seleccao do Alentejo	30.21		431	
13.	CHIRILA Georgiana Mariana	11	Seleccao do Interior Centro	30.54		417	
EXH	LOPES Maria Leonor	10	Seleccao Distrito Santarem	29.79		450	
EXH	PASSOS Eva Maria	13	Seleccao do Algarve	30.67		412	
EXH	FORMIGO Margarida Pinho	11	Seleccao Distrito Santarem	30.78		408	
EXH	MONTEIRO Juliana Antunes	12	Seleccao Distrito Santarem	31.16		393	

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 7, Femin., 50m Livres

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	LAGARINHOS Benedita Maria	11	Seleccao Distrito Santarem	31.54		379	

Prova 8

Masc., 4 x 100m Livres

Infantis

17/01/2026 - 11:20

Resultados

Pontos: AQUA 2025

Lugar				Clube	Tempo Final	TReac	FINA	Pts
1.	Seleccao do Norte de Portugal 1			Seleccao do Norte de Portugal	4:02.97		417	
	PINTO Tiago Carvalho	12	29.05	59.33	PACHECO Bernardo Pereira	12	29.38	1:01.30
	ROCHA Olavo Tomas	12	29.05	1:02.16	ALMEIDA Manuel Gomes	12	28.97	1:00.18
2.	Seleccao de Lisboa 1			Seleccao de Lisboa	4:04.38		410	
	MIMOSO Romeu Ferreira	13	29.29	1:01.56	MOTA Diego Miguel	12	28.79	1:01.01
	PRIOR Pedro Pontes	12	28.90	1:00.84	SOUSA Guilherme Pereira	12	28.44	1:00.97
3.	Seleccao de Coimbra 1			Seleccao de Coimbra	4:16.70		354	
	RODRIGUES Tomas Goncalves	12	28.96	1:01.34	DIAS Miguel Simoes	12	30.66	1:05.92
	LIMA Goncalo Cardoso	13	30.27	1:04.22	CORDEIRO Rodrigo Miguel	12	31.30	1:05.22
4.	Seleccao do Algarve 1			Seleccao do Algarve	4:18.09		348	
	FERNANDES Tiago Joaquim	12	30.70	1:04.02	TAVARES Tomas Soares	12	30.09	1:03.16
	PLACIDO Duarte Ferreira	13	31.84	1:06.72	SILVA Francisco Miguel	12	30.21	1:04.19
	Seleccao da Madeira 3			Seleccao da Madeira	4:18.09		348	
	SOUSA Joao Pedro	12	29.51	1:02.21	ROMAO Santiago Maio	12	30.76	1:06.56
	BARATA Bernardo Vieira	12	30.82	1:03.96	GOMES Gustavo Daniel	12	30.99	1:05.36
6.	Seleccao do Minho 1			Seleccao do Minho	4:21.43		335	
	SILVA Joao Oliveira	12	29.25	1:00.60	BARRETO Antonio Xavier	12	33.56	1:08.82
	RIBEIRO Alexandre Magro	12	30.86	1:05.33	KUZUK Ivan	12	31.89	1:06.68
7.	Seleccao Distrito Leiria 2			Seleccao Distrito Leiria	4:23.55		327	
	PACHECO Sebastian	12	30.59	1:04.92	FIGUEIREDO Tomas Vieira	12	32.24	1:07.86
	ROCHA Vasco Silvestre	12	30.11	1:02.21	FERREIRA Eduardo Manuel	12	31.97	1:08.56
8.	Seleccao Distrito Santarem 1			Seleccao Distrito Santarem	4:24.09		325	
	RECORDE DISTRITAL ESTAFETAS- SEL ANDS							
	REIS Francisco Grave	12	30.33	1:02.31	FERNANDES Santiago Raposo	12	32.78	1:07.94
	VIEIRA Salvador Henrique	12	31.71	1:05.96	ALEGRIA Rodrigo Manuel	13	32.65	1:07.88
9.	Seleccao dos Acores 1			Seleccao dos Acores	4:25.11		321	
	MOTA Miguel Ganhao	12	31.20	1:04.62	TOSTE Rodrigo Candido	12	32.18	1:08.70
	CABRITA Gustavo Costa	13	31.65	1:06.88	FONSECA Joao Luz	12	31.25	1:04.91
10.	Seleccao do Alentejo 1			Seleccao do Alentejo	4:36.28		284	
	PEDROSA Diogo Leote	12	31.48	1:05.16	FLORINDO Nelson Manuel	12	32.69	1:10.72
	NOGUEIRA Tomas Nunes	12	32.44	1:09.11	GOMES Miguel Ataide	12	34.19	1:11.29
11.	Seleccao do Nordeste 1			Seleccao do Nordeste	4:41.15		269	
	COELHO Jose Miguel	13	32.06	1:08.03	MORAIS Bruno Miguel	13	33.97	1:11.38
	GUEDES Martim Beato	12	32.00	1:09.19	SOUSA Rodrigo Araujo	12	34.05	1:12.55
12.	Seleccao do Interior Centro 1			Seleccao do Interior Centro	4:41.57		268	
	BENZECRY Kaluana Pinheiro	12	32.62	1:08.48	MARCELINO Pedro Antonio	13	34.98	1:14.46
	ALVES Sergio Ricardo	12	34.03	1:10.03	AZEVEDO Tomas Martins	12	32.06	1:08.60

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Abrantes, 17 de Janeiro de 2026

Prova 8, Masc., 4 x 100m Livres, Infantis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
DSQ	Seleccao Centro Norte Portugal 1 SW 10.11 - <i>Rendição antecipada do(a) 2 nadador(a)</i>				
	FERREIRA Tomas Pereira 12 28.40 58.50	ALMEIDA Rodrigo Silva 12			
	MOVCHAN Danilo 12	ALARCON Cristofer Alejandro 12			

Prova 8
17/01/2026 - 11:20
Pontos: AQUA 2025

Masc., 4 x 100m Livres

Juvenis
Resultados

Lugar	Clube	Tempo Final	TReac	FINA	Pts
1.	Seleccao do Norte de Portugal 2 FERREIRA Manuel Von 10 26.21 54.89 ALMEIDA Pedro Pereira 11 24.75 53.10	Seleccao do Norte de Portugal 2 3:37.82		580	
		PASSOS Goncalo Zamith 11 26.25 54.96 TEIXEIRA Francisco Suzuki 10 26.19 54.87			
2.	Seleccao de Lisboa 2 PAULO Bernardo Goncalves 11 26.77 55.38 ROXO Joao Baixinho 10 26.12 54.76	Seleccao de Lisboa 3:40.22		561	
		AIRES Simao Verissimo 11 26.11 55.76 SANTO Tiago Neres 10 26.23 54.32			
3.	Seleccao Distrito Leiria 1 JORGE Antonio Antunes 10 26.51 55.31 SILVA Pedro Souza 10 26.59 56.74	Seleccao Distrito Leiria 3:40.39		560	
		REBELO Guilherme Costa 10 26.45 54.52 ALMEIDA David Xavier 10 26.07 53.82			
4.	Seleccao Centro Norte Portugal 2 BASTOS Rafael Costa 10 26.38 55.59 ASSUNCAO Rafael Moreira 10 26.68 56.43	Seleccao Centro Norte Portugal 2 3:42.72		542	
		SANTOS Andre Ferreira 10 26.67 56.06 TAVARES Gabriel Silva 10 25.63 54.64			
5.	Seleccao do Algarve 2 SKILKY Nazar 10 27.13 56.11 VIEIRA Henrique Afonso 11 26.40 55.93	Seleccao do Algarve 3:44.90		526	
		MENDONCA Alexandre Ribeiro 10 26.67 56.40 FISTICANU Daniel 11 26.76 56.46			
6.	Seleccao do Minho 2 ALPOIM Diogo Corte-Real 11 26.88 55.90 CERQUEIRA Afonso Silva 11 26.56 55.82	Seleccao do Minho 3:45.54		522	
		GOUVEIA Santiago Duarte 10 27.43 58.10 FERREIRA Guilherme Abreu 10 26.28 55.72			
7.	Seleccao de Coimbra 2 SIMOES Francisco Martins 10 27.95 58.94 SILVA Hugo Ferreira 11 27.53 56.52	Seleccao de Coimbra 3:49.87		493	
		MARQUES Goncalo Nunes 11 26.57 56.25 ARAUJO Dinis Goncalves 10 27.87 58.16			
8.	Seleccao da Madeira 4 GARANITO Mateus Silva 10 27.76 57.54 RODRIGUES David Oliveira 11 27.56 59.00	Seleccao da Madeira 3:52.97		474	
		RAPOSO Mateus Medeiros 10 28.06 1:00.21 GONCALVES Tomas Figueiredo 10 26.92 56.22			
9.	Seleccao Distrito Santarem 4 PACHECO David Filipe 10 28.28 58.30 MENDES Duarte Moura 11 27.56 57.83	Seleccao Distrito Santarem 3:53.02		473	
		SALVADOR Martim Maria 11 27.97 58.91 CADETE Francisco Manuel 10 27.58 57.98			
10.	Seleccao do Interior Centro 2 MARTINHO Guilherme Bernardo 10 27.37 56.57 PAIS Jose Miguel 10 27.94 59.04	Seleccao do Interior Centro 3:53.54		470	
		MATOS Duarte Jose 10 27.90 59.05 ABREU Rodrigo Joao 10 27.73 58.88			
11.	Seleccao do Alentejo 2 HELENO Mateus Duarte 10 28.15 1:00.05 SOUZA Rodrigo Santos 10 27.90 58.76	Seleccao do Alentejo 3:55.49		459	
		JANEIRINHO Tiago Romaneiro 10 27.38 58.68 SILVA Rodrigo Miguel 10 27.04 58.00			
12.	Seleccao dos Acores 2 CABRAL Santiago Nicolau 10 28.81 59.13 FERREIRA Francisco Costa 10 28.80 1:00.51	Seleccao dos Acores 4:01.67		424	
		CAPOTE Salvador Costa 11 29.25 1:02.43 MIRANDA Afonso Vultao 11 28.24 59.60			

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Abrantes, 17 de Janeiro de 2026

Prova 8, Masc., 4 x 100m Livres, Juvenis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
13. Seleccao do Nordeste 2	Seleccao do Nordeste	4:02.14		422	
PEREIRA Martim Barros	11 29.12 59.16	CARDOSO Martim Pinheiro	10 30.12	1:04.85	
ROSA Duarte Ferreira	11 28.89 1:01.56	PIRES Filipe Miguel	11 26.76	56.57	

Prova 9
17/01/2026 - 11:45

Femin., 4 x 100m Livres

Infantis
Resultados

Pontos: AQUA 2025

Lugar	Clube	Tempo Final	TReac	FINA	Pts
1. Seleccao do Norte de Portugal 1 <i>RECORDE NACIONAL SEL</i>	Seleccao do Norte de Portugal	4:10.18		550	
CUNHA Alice Bezerra	12 30.29 1:02.38	GOMES Leonor Matos	12 30.83	1:05.35	
CARVALHO Ines Esteves	13 29.05 1:01.98	ALVES Leonor Cunha	12 29.04	1:00.47	
2. Seleccao de Lisboa 1	Seleccao de Lisboa	4:15.84		514	
ESPADA Joana Ferreira	13 30.93 1:05.05	GUERRA Matilde Pires	12 30.54	1:04.82	
ANTUNES Maria Ines	12 30.63 1:05.12	NUNES Maria Ines	12 29.70	1:00.85	
3. Seleccao do Algarve 1	Seleccao do Algarve	4:20.50		487	
PASSOS Eva Maria	13 31.80 1:05.70	JESUS Mariana Canarias	12 31.58	1:05.93	
BORRALHO Bruna Filipa	12 31.29 1:04.93	LOURA Rita Maria	12 30.14	1:03.94	
4. Seleccao Centro Norte Portugal 1	Seleccao Centro Norte Portugal	4:23.53		470	
PIMENTA Ana Carolina	12 31.23 1:06.14	SANTOS Camila Ganito	12 31.66	1:06.53	
DUARTE Maria Luis	13 31.44 1:05.39	FONTINHA Constanca Sousa	12 31.37	1:05.47	
5. Seleccao de Coimbra 1	Seleccao de Coimbra	4:25.60		459	
NOGUEIRA Maria Luisa	12 30.61 1:02.91	SOUSA Leonor Simoes	12 31.93	1:06.41	
FERREIRA Leonor Ribeiro	12 31.58 1:06.55	ANTUNES Maria Pilar	12 33.79	1:09.73	
6. Seleccao da Madeira 1	Seleccao da Madeira	4:27.73		448	
FERRO Maria Franco	12 30.41 1:03.46	GONCALVES Maria Clara	12 32.80	1:08.98	
ANICETO Leonor Telo	13 32.12 1:07.54	OJKIC Vera Jose	12 32.39	1:07.75	
7. Seleccao Distrito Leiria 2	Seleccao Distrito Leiria	4:33.22		422	
CASTILLO Maria Luisa	13 32.67 1:09.32	BERNARDINO Mafalda Varela	12 32.20	1:07.85	
PEREIRA Luna Francisco	12 31.62 1:05.53	SARAIVA Emiliana Arruda	12 33.74	1:10.52	
8. Seleccao do Minho 1	Seleccao do Minho	4:34.69		415	
MACHADO Beatriz VilasBoas	13 31.44 1:06.60	CORREIA Alice Dantas	12 32.97	1:09.19	
CORTES Carolina Torres	12 33.44 1:10.21	FERNANDES Ana Margarida	12 32.69	1:08.69	
9. Seleccao do Alentejo 1	Seleccao do Alentejo	4:39.96		392	
COSTA Ines Borges	12 32.53 1:09.41	PALMA Maria Brito	12 32.09	1:09.38	
PEREIRA Lara Amorim	13 33.04 1:08.68	MACHADO Madalena Santos	12 33.29	1:12.49	
10. Seleccao Distrito Santarem 5	Seleccao Distrito Santarem	4:42.05		384	
ALVES Rita Balsa	12 33.88 1:09.85	DEEP Alicia Lopes	12 33.01	1:09.86	
MONTEIRO Juliana Antunes	12 33.62 1:11.08	CORREIA Laura Conde	13 33.40	1:11.26	
11. Seleccao dos Acores 1	Seleccao dos Acores	4:43.62		377	
PONTE Matilde Almeida	13 33.84 1:11.68	SILVA Maria Francisca	12 32.67	1:08.48	
DAMASCENO Lara Gil	13 34.86 1:12.98	MARTINS Maria Vieira	13 33.29	1:10.48	
12. Seleccao do Interior Centro 1	Seleccao do Interior Centro	4:54.97		335	
SILVA Leonor Santos	13 34.04 1:11.41	MESTRE Maria Beatriz	12 35.74	1:15.04	
SILVA Ines Munhos	12 34.95 1:15.97	PEREIRA Carlota Maria	13 34.44	1:12.55	

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 9, Femin., 4 x 100m Livres, Infantis

Lugar				Clube	Tempo Final	TReac	FINA	Pts
13.	Seleccao do Nordeste 1			Seleccao do Nordeste	5:00.45		317	
	ALVES Laura Jorge	13	33.40	1:10.74	FERREIRA Naima Francisco	13	34.78	1:16.14
	SOUSA Leonor Ferreira	12	36.69	1:17.90	TEIXEIRA Ana Rita	13	35.07	1:15.67

Prova 9
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Femin., 4 x 100m Livres

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Pontos: AQUA 2025

Lugar				Clube	Tempo Final	TReac	FINA	Pts
1.	Seleccao de Coimbra 2			Seleccao de Coimbra	4:03.69		595	
	CARDEAL Leonor Nunes	10	29.60	1:00.34	RODRIGUES Maria Ines	10	28.86	1:01.92
	SANTOS Rita Lucas	10	29.84	1:01.50	SIMÕES Maria Neto	10	28.65	59.93
2.	Seleccao de Lisboa 2			Seleccao de Lisboa	4:04.05		592	
	PROENÇA Victoria Sales	10	29.95	1:02.88	LUCAS Maria Madalena	11	29.12	1:01.43
	FERREIRA Margarida Almeida	11	28.67	1:01.06	MOURA Margarida Ferreira	11	28.24	58.68
3.	Seleccao do Norte de Portugal 2			Seleccao do Norte de Portugal	4:04.88		586	
	HOLUB Sofia Hryhorivna	11	29.95	1:01.57	GOMES Isilda Raquel	11	29.38	1:01.34
	NOGUEIRA Cloe Canadas	10	29.23	1:02.27	CARVALHO Matilde Brandao	10	28.18	59.70
4.	Seleccao do Algarve 2			Seleccao do Algarve	4:06.12		577	
	AZEVEDO Constanca Lourenco	10	30.04	1:02.04	TEIXEIRA Beatriz Marques	11	29.31	1:01.61
	LOPES Carolina Melo	10	24.06	1:01.66	BARROSO Juliana Bushe	10	28.92	1:00.81
5.	Seleccao Centro Norte Portugal 2			Seleccao Centro Norte Portugal	4:08.28		562	
	RE Raquel Domingues	10	30.23	1:02.47	RODRIGUES Alice Maria	11	30.80	1:05.80
	NUNES Zoe Pinho	11	28.59	59.54	VASCONCELOS Sofia Rodrigues	10	28.87	1:00.47
6.	Seleccao Distrito Santarem 6			Seleccao Distrito Santarem	4:15.00		519	
	PEREIRA Sofia Barroca	11	30.49	1:02.58	LOPES Maria Leonor	10	30.83	1:04.80
	FORMIGO Margarida Pinho	11	31.37	1:04.73	MADUREIRA Clara Santos	11	30.28	1:02.89
7.	Seleccao da Madeira 2			Seleccao da Madeira	4:15.87		514	
	JESUS Vera Franca	11	30.45	1:02.87	BRITO Madalena Pinto	10	30.04	1:03.37
	COSTA Rafaela Tome	11	30.34	1:04.17	PEREIRA Ana Matilde	11	30.93	1:05.46
8.	Seleccao Distrito Leiria 1			Seleccao Distrito Leiria	4:15.99		513	
	VALA Maria Joao	11	30.62	1:03.49	PEDROSO Madalena Gracio	10	30.80	1:05.29
	ALVES Maria Carolina	10	30.31	1:04.69	ALVES Diana Isabel	10	30.12	1:02.52
9.	Seleccao do Minho 2			Seleccao do Minho	4:16.33		511	
	FERNANDES Mariana Mesquita	10	31.23	1:03.98	CASTRO Leticia Alves	10	31.23	1:04.54
	NOGUEIRA Ana Laura	10	31.58	1:04.75	KOSLOVA Valeria	11	30.19	1:03.06
10.	Seleccao dos Acores 2			Seleccao dos Acores	4:17.78		503	
	FERREIRA Carolina Morao	11	31.20	1:05.07	VIEIRA Sara Goncalves	10	31.81	1:07.85
	ARROJADO Maria Abreu	11	29.99	1:04.63	CAPAREIRA Alice Machado	11	28.33	1:00.23
11.	Seleccao do Alentejo 2			Seleccao do Alentejo	4:30.53		435	
	BEATO Margarida Maria	11	33.43	1:09.80	LOPES Ines Sofia	10	31.73	1:06.61
	MESTRE Ines Diogo	11	32.13	1:07.65	LUIS Maria Ines	11	31.11	1:06.47
12.	Seleccao do Nordeste 2			Seleccao do Nordeste	4:31.21		431	
	GONCALVES Anita Santos	10	31.42	1:05.63	MESQUITA Maria Ines	10	32.87	1:08.35
	GUERRA Ines Filipa	11	32.22	1:09.88	POETA Maria Silva	10	32.05	1:07.35



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 9, Femin., 4 x 100m Livres, Juvenis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
13.	Seleccao do Interior Centro 2	4:32.74		424	
	JESUS Joana Nobre 11 32.35 1:07.32	FARINHA Ines Martins	11 32.70	1:07.74	
	SOUSA Carolina Neves 10 32.18 1:09.31	CHIRILA Georgiana Mariana	11 32.31	1:08.37	

2 - 2ª SESSÃO

17/01/2026 - 15:45

Prova 10

Masc., 400m Livres

Infantis

17/01/2026 - 15:45

Resultados

Recordes Nacionais 25m	3:42.57	LOPES Jose PPOR	Abu Dhabi (U/16/12/2021)
Recordes Nacionais 25m	3:42.57	LOPES Jose PPOR	Abu Dhabi (U/16/12/2021)
Rec Taça Vale do Tejo	4:14.55	RUIVO Andre SANDL	Abrantes 12/04/2014

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	FERREIRA Tomas Pereira	12	Seleccao Centro Norte Portu	4:27.61		498	
	50m: 30.57 30.57 150m: 1:37.94 33.97 250m: 2:45.65 33.81 350m: 3:54.06 34.20						
	100m: 1:03.97 33.40 200m: 2:11.84 33.90 300m: 3:19.86 34.21 400m: 4:27.61 33.55						
2.	PACHECO Bernardo Pereira	12	Seleccao do Norte de Portug	4:36.85		450	
	50m: 31.39 31.39 150m: 1:40.85 35.23 250m: 2:51.64 35.18 350m: 4:02.70 35.42						
	100m: 1:05.62 34.23 200m: 2:16.46 35.61 300m: 3:27.28 35.64 400m: 4:36.85 34.15						
3.	PRIOR Pedro Pontes	12	Seleccao de Lisboa	4:38.27		443	
	50m: 31.32 31.32 150m: 1:41.52 35.18 250m: 2:53.46 35.92 350m: 4:03.80 35.07						
	100m: 1:06.34 35.02 200m: 2:17.54 36.02 300m: 3:28.73 35.27 400m: 4:38.27 34.47						
4.	FERNANDES Afonso Manuel	12	Seleccao de Coimbra	4:45.26		411	
	50m: 32.52 32.52 150m: 1:44.04 36.41 250m: 2:56.54 36.41 350m: 4:10.02 36.74						
	100m: 1:07.63 35.11 200m: 2:20.13 36.09 300m: 3:33.28 36.74 400m: 4:45.26 35.24						
5.	PLACIDO Duarte Ferreira	13	Seleccao do Algarve	4:50.74		389	
	50m: 32.82 32.82 150m: 1:46.03 36.89 250m: 3:00.23 37.29 350m: 4:14.34 37.22						
	100m: 1:09.14 36.32 200m: 2:22.94 36.91 300m: 3:37.12 36.89 400m: 4:50.74 36.40						
6.	PACHECO Sebastian	12	Seleccao Distrito Leiria	4:51.97		384	
	50m: 32.15 32.15 150m: 1:44.61 36.77 250m: 2:59.49 37.73 350m: 4:15.72 38.19						
	100m: 1:07.84 35.69 200m: 2:21.76 37.15 300m: 3:37.53 38.04 400m: 4:51.97 36.25						
7.	BARATA Bernardo Vieira	12	Seleccao da Madeira	4:53.16		379	
	50m: 32.32 32.32 150m: 1:45.93 37.58 250m: 3:01.17 37.44 350m: 4:17.00 37.64						
	100m: 1:08.35 36.03 200m: 2:23.73 37.80 300m: 3:39.36 38.19 400m: 4:53.16 36.16						
8.	RIBEIRO Alexandre Magro	12	Seleccao do Minho	4:56.24		367	
	50m: 33.46 33.46 150m: 1:48.58 38.02 250m: 3:05.06 38.00 350m: 4:20.67 37.66						
	100m: 1:10.56 37.10 200m: 2:27.06 38.48 300m: 3:43.01 37.95 400m: 4:56.24 35.57						
9.	PEDROSA Diogo Leote	12	Seleccao do Alentejo	4:56.90		365	
	50m: 31.93 31.93 150m: 1:45.58 37.69 250m: 3:02.43 38.84 350m: 4:20.44 39.30						
	100m: 1:07.89 35.96 200m: 2:23.59 38.01 300m: 3:41.14 38.71 400m: 4:56.90 36.46						
10.	SILVA Martim Rocha	12	Seleccao Distrito Santarem	5:09.75		321	
	50m: 34.75 34.75 150m: 1:51.70 38.91 250m: 3:11.09 39.31 350m: 4:30.36 39.83						
	100m: 1:12.79 38.04 200m: 2:31.78 40.08 300m: 3:50.53 39.44 400m: 5:09.75 39.39						



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 10, Masc., 400m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
11.	FONSECA Joao Luz	12	Seleccao dos Acores	5:13.39		310	
	50m: 34.29 34.29	150m: 1:52.76 39.81	250m: 3:13.15 40.15	350m: 4:33.26 40.10			
	100m: 1:12.95 38.66	200m: 2:33.00 40.24	300m: 3:53.16 40.01	400m: 5:13.39 40.13			
12.	MORAIS Bruno Miguel	13	Seleccao do Nordeste	5:17.05		300	
	50m: 35.25 35.25	150m: 1:54.14 40.22	250m: 3:14.87 40.69	350m: 4:37.80 41.11			
	100m: 1:13.92 38.67	200m: 2:34.18 40.04	300m: 3:56.69 41.82	400m: 5:17.05 39.25			
13.	MARCELINO Pedro Antonio	13	Seleccao do Interior Centro	5:47.72		227	
	50m: 37.41 37.41	150m: 2:05.67 45.14	250m: 3:36.33 45.11	350m: 5:05.65 44.42			
	100m: 1:20.53 43.12	200m: 2:51.22 45.55	300m: 4:21.23 44.90	400m: 5:47.72 42.07			

Prova 10 Masc., 400m Livres Juvenis
17/01/2026 - 15:45 Resultados

Recordes Nacionais 25m	3:42.57	LOPES Jose PPOR	Abu Dhabi (U/16/12/2021)
Recordes Nacionais 25m	3:42.57	LOPES Jose PPOR	Abu Dhabi (U/16/12/2021)
Rec Taça Vale do Tejo	3:59.75	COSTA Rui FilSANNP	Abrantes 21/04/2007

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	PAULO Bernardo Goncalves	11	Seleccao de Lisboa	4:11.16		603	
	50m: 28.71 28.71	150m: 1:32.61 32.09	250m: 2:36.49 31.97	350m: 3:40.37 31.55			
	100m: 1:00.52 31.81	200m: 2:04.52 31.91	300m: 3:08.82 32.33	400m: 4:11.16 30.79			
2.	ALPOIM Diogo Corte-Real	11	Seleccao do Minho	4:15.88		570	
	50m: 28.86 28.86	150m: 1:32.70 32.17	250m: 2:38.52 32.83	350m: 3:44.26 32.87			
	100m: 1:00.53 31.67	200m: 2:05.69 32.99	300m: 3:11.39 32.87	400m: 4:15.88 31.62			
3.	PACHECO David Filipe	10	Seleccao Distrito Santarem	4:16.73		565	
	50m: 28.74 28.74	150m: 1:32.56 32.44	250m: 2:38.97 33.44	350m: 3:45.67 33.31			
	100m: 1:00.12 31.38	200m: 2:05.53 32.97	300m: 3:12.36 33.39	400m: 4:16.73 31.06			
4.	MONTEIRO Afonso Carvalho	10	Seleccao do Norte de Portuga	4:16.82		564	
	50m: 28.89 28.89	150m: 1:31.99 31.75	250m: 2:35.84 32.12	350m: 3:39.11 31.02			
	100m: 1:00.24 31.35	200m: 2:03.72 31.73	300m: 3:08.09 32.25	400m: 4:16.82 37.71			
5.	SANTOS Andre Ferreira	10	Seleccao Centro Norte Portu	4:18.14		555	
	50m: 29.12 29.12	150m: 1:33.03 32.10	250m: 2:38.95 33.11	350m: 3:45.43 33.21			
	100m: 1:00.93 31.81	200m: 2:05.84 32.81	300m: 3:12.22 33.27	400m: 4:18.14 32.71			
6.	ARAUJO Dinis Goncalves	10	Seleccao de Coimbra	4:20.78		539	
	50m: 29.36 29.36	150m: 1:34.47 32.99	250m: 2:40.41 33.00	350m: 3:47.64 33.58			
	100m: 1:01.48 32.12	200m: 2:07.41 32.94	300m: 3:14.06 33.65	400m: 4:20.78 33.14			
7.	JORGE Antonio Antunes	10	Seleccao Distrito Leiria	4:30.32		484	
	50m: 29.05 29.05	150m: 1:34.80 33.58	250m: 2:44.31 35.02	350m: 3:55.25 35.74			
	100m: 1:01.22 32.17	200m: 2:09.29 34.49	300m: 3:19.51 35.20	400m: 4:30.32 35.07			
8.	PIRES Filipe Miguel	11	Seleccao do Nordeste	4:30.50		483	
	50m: 30.01 30.01	150m: 1:38.17 34.49	250m: 2:47.70 34.58	350m: 3:57.21 34.85			
	100m: 1:03.68 33.67	200m: 2:13.12 34.95	300m: 3:22.36 34.66	400m: 4:30.50 33.29			
9.	CABRAL Santiago Nicolau	10	Seleccao dos Acores	4:35.62		456	
	50m: 30.38 30.38	150m: 1:39.68 34.99	250m: 2:51.42 36.01	350m: 4:01.79 35.10			
	100m: 1:04.69 34.31	200m: 2:15.41 35.73	300m: 3:26.69 35.27	400m: 4:35.62 33.83			
10.	FISTICANU Daniel	11	Seleccao do Algarve	4:36.18		453	
	50m: 29.93 29.93	150m: 1:37.59 34.44	250m: 2:48.79 35.15	350m: 4:00.86 36.34			
	100m: 1:03.15 33.22	200m: 2:13.64 36.05	300m: 3:24.52 35.73	400m: 4:36.18 35.32			

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 10, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
11.	RAPOSO Mateus Medeiros	10	Seleccao da Madeira	4:36.37		452	
	50m: 30.96 30.96 150m: 1:40.71 35.46 250m: 2:52.00 35.80 350m: 4:03.02 35.38						
	100m: 1:05.25 34.29 200m: 2:16.20 35.49 300m: 3:27.64 35.64 400m: 4:36.37 33.35						
12.	JANEIRINHO Tiago Romaneiro	10	Seleccao do Alentejo	4:36.63		451	
	50m: 30.70 30.70 150m: 1:38.94 34.38 250m: 2:49.12 35.17 350m: 4:02.65 36.96						
	100m: 1:04.56 33.86 200m: 2:13.95 35.01 300m: 3:25.69 36.57 400m: 4:36.63 33.98						
13.	MATOS Duarte Jose	10	Seleccao do Interior Centro	4:45.57		410	
	50m: 31.48 31.48 150m: 1:42.68 36.17 250m: 2:56.11 36.81 350m: 4:09.35 36.94						
	100m: 1:06.51 35.03 200m: 2:19.30 36.62 300m: 3:32.41 36.30 400m: 4:45.57 36.22						
EXH	BARRA Tiago Frazao	10	Seleccao Distrito Santarem	4:27.87		497	
	50m: 30.41 30.41 150m: 1:37.45 33.63 250m: 2:45.59 34.03 350m: 3:54.09 34.33						
	100m: 1:03.82 33.41 200m: 2:11.56 34.11 300m: 3:19.76 34.17 400m: 4:27.87 33.78						
EXH	PACHECO Matias Rafael	12	Seleccao Distrito Santarem	5:11.22		317	
	50m: 35.83 35.83 150m: 1:54.81 39.67 250m: 3:13.32 39.12 350m: 4:32.36 39.92						
	100m: 1:15.14 39.31 200m: 2:34.20 39.39 300m: 3:52.44 39.12 400m: 5:11.22 38.86						

Prova 11

Femin., 100m Livres

Infantis

17/01/2026 - 16:10

Resultados

Recordes Nacionais 25m	54.66	RODRIGUES /ADS'inho Felgueiras	20/12/2019
Recordes Nacionais 25m	54.66	RODRIGUES /ADS'inho Felgueiras	20/12/2019
Rec Taça Vale do Tejo 14 - 15	58.44	FERNANDES /SANCNP/irAbrantes	25/01/2020
Rec Taça Vale do Tejo Inf	59.43		
Rec Taça Vale do Tejo 12 - 13	59.43	FERNANDES /SANCNP/irAbrantes	27/01/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	ALVES Leonor Cunha	12	Seleccao do Norte de Portug	1:01.07		557	
	50m: 29.96 29.96 100m: 1:01.07 31.11						
2.	NUNES Maria Ines	12	Seleccao de Lisboa	1:01.46		546	
	50m: 30.04 30.04 100m: 1:01.46 31.42						
3.	NOGUEIRA Maria Luisa	12	Seleccao de Coimbra	1:02.46		520	
	50m: 30.44 30.44 100m: 1:02.46 32.02						
4.	VALENTIM Rita Gomes	12	Seleccao Distrito Santarem	1:04.58		471	
	50m: 31.13 31.13 100m: 1:04.58 33.45						
5.	BORRALHO Bruna Filipa	12	Seleccao do Algarve	1:05.04		461	
	50m: 31.31 31.31 100m: 1:05.04 33.73						
6.	FONTINHA Constanca Sousa	12	Seleccao Centro Norte Portu	1:05.33		455	
	50m: 31.62 31.62 100m: 1:05.33 33.71						
7.	PEREIRA Luna Francisco	12	Seleccao Distrito Leiria	1:06.28		435	
	50m: 32.13 32.13 100m: 1:06.28 34.15						
8.	COSTA Ines Borges	12	Seleccao do Alentejo	1:07.11		419	
	50m: 32.38 32.38 100m: 1:07.11 34.73						
9.	OJKIC Vera Jose	12	Seleccao da Madeira	1:07.24		417	
	50m: 32.39 32.39 100m: 1:07.24 34.85						

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 11, Femin., 100m Livres, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
10.	SILVA Maria Francisca	12	Seleccao dos Acores	1:09.60		376	
	50m: 33.16 33.16	100m: 1:09.60	36.44				
11.	ALVES Laura Jorge	13	Seleccao do Nordeste	1:09.93		371	
	50m: 33.64 33.64	100m: 1:09.93	36.29				
12.	CORTES Carolina Torres	12	Seleccao do Minho	1:10.42		363	
	50m: 33.80 33.80	100m: 1:10.42	36.62				
13.	SILVA Leonor Santos	13	Seleccao do Interior Centro	1:11.11		352	
	50m: 34.12 34.12	100m: 1:11.11	36.99				
WDR	ESPADA Joana Ferreira	13	Seleccao de Lisboa				
WDR	GUERRA Matilde Pires	12	Seleccao de Lisboa				

Prova 11
17/01/2026 - 16:10

Femin., 100m Livres

Juvenis Resultados

Recordes Nacionais 25m	54.66	RODRIGUES /ADS'inho	Felgueiras	20/12/2019
Recordes Nacionais 25m	54.66	RODRIGUES /ADS'inho	Felgueiras	20/12/2019
Rec Taça Vale do Tejo Juv	58.44			
Rec Taça Vale do Tejo 14 - 15	58.44	FERNANDES /SANCNP/irAbrantes		25/01/2020

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARDEAL Leonor Nunes	10	Seleccao de Coimbra	59.41		605	
	50m: 28.90 28.90	100m: 59.41	30.51				
2.	MOURA Margarida Ferreira	11	Seleccao de Lisboa	59.47		603	
	50m: 29.14 29.14	100m: 59.47	30.33				
3.	VASCONCELOS Sofia Rodrigues	10	Seleccao Centro Norte Portu	1:00.87		562	
	50m: 29.52 29.52	100m: 1:00.87	31.35				
4.	HOLUB Sofia Hryhorivna	11	Seleccao do Norte de Portug	1:01.55		544	
	50m: 29.53 29.53	100m: 1:01.55	32.02				
5.	PEREIRA Sofia Barroca	11	Seleccao Distrito Santarem	1:01.91		534	
	50m: 30.39 30.39	100m: 1:01.91	31.52				
6.	LOPES Carolina Melo	10	Seleccao do Algarve	1:02.30		524	
	50m: 29.84 29.84	100m: 1:02.30	32.46				
7.	FERNANDES Mariana Mesquita	10	Seleccao do Minho	1:02.83		511	
	50m: 30.59 30.59	100m: 1:02.83	32.24				
8.	JESUS Vera Franca	11	Seleccao da Madeira	1:03.09		505	
	50m: 30.37 30.37	100m: 1:03.09	32.72				
9.	FERREIRA Carolina Morao	11	Seleccao dos Acores	1:04.16		480	
	50m: 31.27 31.27	100m: 1:04.16	32.89				
10.	ALVES Diana Isabel	10	Seleccao Distrito Leiria	1:04.32		476	
	50m: 31.18 31.18	100m: 1:04.32	33.14				
11.	GONCALVES Anita Santos	10	Seleccao do Nordeste	1:05.21		457	
	50m: 32.02 32.02	100m: 1:05.21	33.19				
12.	LUIS Maria Ines	11	Seleccao do Alentejo	1:05.74		446	
	50m: 32.08 32.08	100m: 1:05.74	33.66				

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 11, Femin., 100m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
13.	LOURENCO Matilde Nogueira	11	Seleccao do Interior Centro	1:06.01		441	
	50m: 31.81 31.81 100m: 1:06.01 34.20						
EXH	MARTINS Leonor Sombreiro	10	Seleccao Distrito Santarem	1:03.56		494	
	50m: 30.95 30.95 100m: 1:03.56 32.61						
EXH	LOPES Maria Leonor	10	Seleccao Distrito Santarem	1:04.53		472	
	50m: 31.38 31.38 100m: 1:04.53 33.15						
EXH	FORMIGO Margarida Pinho	11	Seleccao Distrito Santarem	1:06.42		433	
	50m: 32.08 32.08 100m: 1:06.42 34.34						
EXH	DEEP Alicia Lopes	12	Seleccao Distrito Santarem	1:09.03		385	
	50m: 33.27 33.27 100m: 1:09.03 35.76						
EXH	ALVES Rita Balsa	12	Seleccao Distrito Santarem	1:09.38		379	
	50m: 33.84 33.84 100m: 1:09.38 35.54						
EXH	MONTEIRO Juliana Antunes	12	Seleccao Distrito Santarem	1:10.80		357	
	50m: 34.64 34.64 100m: 1:10.80 36.16						

Prova 12

17/01/2026 - 16:20

Masc., 100m Costas

Infantis

Resultados

Recordes Nacionais 25m	50.82	LOPES GabrieALNe	Leiria	11/12/2022
Recordes Nacionais 25m	50.82	LOPES GabrieALNe	Leiria	11/12/2022
Rec Taça Vale do Tejo	1:01.35	OLIVEIRA MigSANMIN	Abrantes	21/01/2023

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SANTOS Joao Daniel	12	Seleccao Distrito Leiria	1:04.29		424	
	50m: 30.88 30.88 100m: 1:04.29 33.41						
2.	SILVA Joao Oliveira	12	Seleccao do Minho	1:06.48		384	
	50m: 32.16 32.16 100m: 1:06.48 34.32						
3.	ALMEIDA Manuel Gomes	12	Seleccao do Norte de Portug	1:07.50		367	
	50m: 33.04 33.04 100m: 1:07.50 34.46						
4.	PAULINHO Dinis Marta	12	Seleccao de Lisboa	1:09.21		340	
	50m: 33.24 33.24 100m: 1:09.21 35.97						
5.	DIAS Miguel Simoes	12	Seleccao de Coimbra	1:09.26		339	
	50m: 33.66 33.66 100m: 1:09.26 35.60						
6.	ALMEIDA Rodrigo Silva	12	Seleccao Centro Norte Portu	1:12.38		297	
	50m: 35.46 35.46 100m: 1:12.38 36.92						
7.	VIEIRA Salvador Henrique	12	Seleccao Distrito Santarem	1:13.61		283	
	50m: 36.68 36.68 100m: 1:13.61 36.93						
8.	FERNANDES Tiago Joaquim	12	Seleccao do Algarve	1:13.87		280	
	50m: 35.91 35.91 100m: 1:13.87 37.96						
9.	NOGUEIRA Tomas Nunes	12	Seleccao do Alentejo	1:15.88		258	
	50m: 36.81 36.81 100m: 1:15.88 39.07						

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 12, Masc., 100m Costas, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
10.	ROMAO Santiago Maio	12	Seleccao da Madeira	1:16.02		256	
	50m: 37.05 37.05	100m: 1:16.02	38.97				
11.	CABRITA Gustavo Costa	13	Seleccao dos Acores	1:16.84		248	
	50m: 36.78 36.78	100m: 1:16.84	40.06				
12.	AZEVEDO Tomas Martins	12	Seleccao do Interior Centro	1:18.59		232	
	50m: 37.23 37.23	100m: 1:18.59	41.36				
13.	GONCALVES Martim Costa	13	Seleccao do Nordeste	1:24.77		185	
	50m: 41.28 41.28	100m: 1:24.77	43.49				

Prova 12 Masc., 100m Costas Juvenis
17/01/2026 - 16:20 Resultados

Recordes Nacionais 25m	50.82	LOPES GabrieALNe	Leiria	11/12/2022
Recordes Nacionais 25m	50.82	LOPES GabrieALNe	Leiria	11/12/2022
Rec Taça Vale do Tejo	56.64	OLIVEIRA MigSANNP	Abrantes	18/01/2025

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	ALMEIDA Pedro Pereira	11	Seleccao do Norte de Portugal	58.07		576	
	50m: 28.25 28.25	100m: 58.07	29.82				
2.	ROXO Joao Baixinho	10	Seleccao de Lisboa	59.66		531	
	50m: 28.99 28.99	100m: 59.66	30.67				
3.	REBELO Guilherme Costa	10	Seleccao Distrito Leiria	1:00.99		497	
	50m: 29.89 29.89	100m: 1:00.99	31.10				
4.	MENDONCA Alexandre Ribeiro	10	Seleccao do Algarve	1:01.59		483	
	50m: 29.70 29.70	100m: 1:01.59	31.89				
5.	PARENTE Rafael Pires	10	Seleccao Centro Norte Portu	1:02.15		470	
	50m: 30.42 30.42	100m: 1:02.15	31.73				
6.	RODRIGUES David Oliveira	11	Seleccao da Madeira	1:02.63		459	
	50m: 30.61 30.61	100m: 1:02.63	32.02				
7.	SIMOES Francisco Martins	10	Seleccao de Coimbra	1:02.78		456	
	50m: 30.61 30.61	100m: 1:02.78	32.17				
8.	GOUVEIA Santiago Duarte	10	Seleccao do Minho	1:03.25		446	
	50m: 30.98 30.98	100m: 1:03.25	32.27				
9.	JORGE Daniel Filipe	10	Seleccao Distrito Santarem	1:06.33		386	
	50m: 32.34 32.34	100m: 1:06.33	33.99				
10.	PAIS Jose Miguel	10	Seleccao do Interior Centro	1:08.25		355	
	50m: 32.16 32.16	100m: 1:08.25	36.09				
11.	GARCIA Joao Carlos	11	Seleccao do Alentejo	1:09.39		337	
	50m: 33.59 33.59	100m: 1:09.39	35.80				
12.	FERREIRA Francisco Costa	10	Seleccao dos Acores	1:09.74		332	
	50m: 33.68 33.68	100m: 1:09.74	36.06				
13.	CARDOSO Martim Pinheiro	10	Seleccao do Nordeste	1:14.72		270	
	50m: 34.69 34.69	100m: 1:14.72	40.03				

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 12, Masc., 100m Costas

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	GODINHO Antonio Carimbo	10	Seleccao de Lisboa	1:06.54		383	
	50m: 32.58 32.58 100m: 1:06.54 33.96						
EXH	ALVES Afonso Jose	11	Seleccao do Interior Centro	1:10.04		328	
	50m: 33.27 33.27 100m: 1:10.04 36.77						
EXH	BARRA Tiago Frazao	10	Seleccao Distrito Santarem	1:11.54		308	
	50m: 35.01 35.01 100m: 1:11.54 36.53						
EXH	ALEGRIA Rodrigo Manuel	13	Seleccao Distrito Santarem	1:19.97		220	
	50m: 38.83 38.83 100m: 1:19.97 41.14						
EXH	PACHECO Matias Rafael	12	Seleccao Distrito Santarem	1:20.42		217	
	50m: 39.78 39.78 100m: 1:20.42 40.64						
EXH	ROSA Rodrigo Miranda	12	Seleccao Distrito Santarem	1:20.49		216	
	50m: 39.24 39.24 100m: 1:20.49 41.25						

Prova 13

Femin., 100m Mariposa

Infantis

17/01/2026 - 16:30

Resultados

Recordes Nacionais 25m	57.93	CUNHA Maria CEPacheco Leiria	16/12/2025
Recordes Nacionais 25m	57.93	CUNHA Maria CEPacheco Leiria	16/12/2025
Rec Taça Vale do Tejo 14 - 15	1:03.73	CUNHA Maria SANNPieco Abrantes	27/01/2018
Rec Taça Vale do Tejo Inf	1:07.85		
Rec Taça Vale do Tejo 12 - 13	1:07.85	BRANCO Sofi SANL:andré Abrantes	09/04/2011

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	TEIXEIRA Ana Lia	13	Seleccao do Norte de Portug	1:09.50		436	
	50m: 33.04 33.04 100m: 1:09.50 36.46						
2.	JESUS Mariana Canarias	12	Seleccao do Algarve	1:10.74		413	
	50m: 33.10 33.10 100m: 1:10.74 37.64						
3.	VARELA Laura Krempel	12	Seleccao Distrito Leiria	1:12.57		383	
	50m: 34.52 34.52 100m: 1:12.57 38.05						
4.	CORREIA Margarida Paiva	12	Seleccao de Coimbra	1:12.77		380	
	50m: 33.97 33.97 100m: 1:12.77 38.80						
5.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	1:13.03		375	
	50m: 33.71 33.71 100m: 1:13.03 39.32						
6.	SILVA Ines Martins	13	Seleccao de Lisboa	1:13.65		366	
	50m: 33.48 33.48 100m: 1:13.65 40.17						
7.	MONTEIRO Sofia Apalyonova	12	Seleccao Centro Norte Portu	1:15.02		346	
	50m: 35.51 35.51 100m: 1:15.02 39.51						
8.	CORREIA Alice Dantas	12	Seleccao do Minho	1:15.64		338	
	50m: 35.28 35.28 100m: 1:15.64 40.36						
9.	PALMA Maria Brito	12	Seleccao do Alentejo	1:16.17		331	
	50m: 36.86 36.86 100m: 1:16.17 39.31						
10.	GONCALVES Maria Clara	12	Seleccao da Madeira	1:16.41		328	
	50m: 35.47 35.47 100m: 1:16.41 40.94						

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 13, Femin., 100m Mariposa, Infantis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
11.	MARTINS Maria Vieira	13	Seleccao dos Acores	1:23.64		250	
	50m: 38.75 38.75 100m: 1:23.64 44.89						
12.	VALENTE Mercedes Beirao	13	Seleccao do Interior Centro	1:29.56		203	
	50m: 40.03 40.03 100m: 1:29.56 49.53						
13.	FERREIRA Naima Francisco	13	Seleccao do Nordeste	1:29.77		202	
	50m: 39.37 39.37 100m: 1:29.77 50.40						

Prova 13 Femin., 100m Mariposa Juvenis
17/01/2026 - 16:30 Resultados

Recordes Nacionais 25m	57.93	CUNHA Maria	CEPachecoLeiria	16/12/2025
Recordes Nacionais 25m	57.93	CUNHA Maria	CEPachecoLeiria	16/12/2025
Rec Taça Vale do Tejo Juv	1:03.73			
Rec Taça Vale do Tejo 14 - 15	1:03.73	CUNHA Maria	SANNPiecoAbrantes	27/01/2018

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CAPAREIRA Alice Machado	11	Seleccao dos Acores	1:06.39		500	
	50m: 30.99 30.99 100m: 1:06.39 35.40						
2.	BARROSO Juliana Bushe	10	Seleccao do Algarve	1:06.53		497	
	50m: 31.36 31.36 100m: 1:06.53 35.17						
3.	NUNES Zoe Pinho	11	Seleccao Centro Norte Portu	1:06.59		495	
	50m: 30.84 30.84 100m: 1:06.59 35.75						
4.	BRANCO Francisca Sousa	10	Seleccao do Norte de Portug	1:06.63		495	
	50m: 31.66 31.66 100m: 1:06.63 34.97						
5.	FRISCHKNECHT Luisa Anjos	10	Seleccao de Lisboa	1:07.61		473	
	50m: 32.07 32.07 100m: 1:07.61 35.54						
6.	FELICIANO Francisca Moreira	11	Seleccao Distrito Leiria	1:07.82		469	
	50m: 31.89 31.89 100m: 1:07.82 35.93						
7.	SANTOS Rita Lucas	10	Seleccao de Coimbra	1:08.82		449	
	50m: 32.18 32.18 100m: 1:08.82 36.64						
8.	BRITO Madalena Pinto	10	Seleccao da Madeira	1:14.07		360	
	50m: 33.85 33.85 100m: 1:14.07 40.22						
9.	LAGARINHOS Benedita Maria	11	Seleccao Distrito Santarem	1:14.12		359	
	50m: 34.14 34.14 100m: 1:14.12 39.98						
10.	NOGUEIRA Ana Laura	10	Seleccao do Minho	1:14.30		357	
	50m: 34.89 34.89 100m: 1:14.30 39.41						
11.	LOPES Ines Sofia	10	Seleccao do Alentejo	1:15.02		346	
	50m: 34.68 34.68 100m: 1:15.02 40.34						
12.	POETA Maria Silva	10	Seleccao do Nordeste	1:17.41		315	
	50m: 35.84 35.84 100m: 1:17.41 41.57						
13.	JESUS Joana Nobre	11	Seleccao do Interior Centro	1:18.13		307	
	50m: 36.05 36.05 100m: 1:18.13 42.08						



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 14 Masc., 100m Bruços Infantil
17/01/2026 - 16:40 Resultados

Recordes Nacionais 25m 58.19 ALMEIDA CarlPOR:steves Chartres (FRA22/11/2012)
Recordes Nacionais 25m 58.19 ALMEIDA CarlPOR:steves Chartres (FRA22/11/2012)
Rec Taça Vale do Tejo 1:08.18 SANTOS AndiSANNP:alo Abrantes 09/04/2011

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	SOUSA Guilherme Pereira	12	Seleccao de Lisboa	1:15.89		386	
	50m: 35.46 35.46 100m: 1:15.89 40.43						
2.	GONCALVES Tiago Daniel	12	Seleccao do Norte de Portuga	1:17.19		367	
	50m: 36.51 36.51 100m: 1:17.19 40.68						
3.	FERREIRA Ricardo Lourenco	12	Seleccao Centro Norte Portu	1:18.05		355	
	50m: 37.23 37.23 100m: 1:18.05 40.82						
4.	YANG Chun-Yu	12	Seleccao de Coimbra	1:18.11		354	
	50m: 37.30 37.30 100m: 1:18.11 40.81						
5.	TAVARES Tomas Soares	12	Seleccao do Algarve	1:18.19		353	
	50m: 36.60 36.60 100m: 1:18.19 41.59						
6.	GOMES Gustavo Daniel	12	Seleccao da Madeira	1:19.32		338	
	50m: 37.84 37.84 100m: 1:19.32 41.48						
7.	TOSTE Rodrigo Candido	12	Seleccao dos Acores	1:20.59		322	
	50m: 38.87 38.87 100m: 1:20.59 41.72						
8.	BARRETO Antonio Xavier	12	Seleccao do Minho	1:23.33		291	
	50m: 39.28 39.28 100m: 1:23.33 44.05						
9.	ALVES Tomas Barata	12	Seleccao Distrito Leiria	1:24.99		275	
	50m: 39.75 39.75 100m: 1:24.99 45.24						
10.	COSTA Antonio Presado	12	Seleccao do Alentejo	1:27.39		253	
	50m: 40.68 40.68 100m: 1:27.39 46.71						
11.	FERNANDES Santiago Raposo	12	Seleccao Distrito Santarem	1:28.10		247	
	50m: 41.07 41.07 100m: 1:28.10 47.03						
12.	SOUSA Rodrigo Araujo	12	Seleccao do Nordeste	1:29.32		237	
	50m: 42.76 42.76 100m: 1:29.32 46.56						
13.	MUNHAO Duarte Belchior	12	Seleccao do Interior Centro	1:29.80		233	
	50m: 42.02 42.02 100m: 1:29.80 47.78						
WDR	MOTA Diego Miguel	12	Seleccao de Lisboa				



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 14, Masc., 100m Bruços

Prova 14 Masc., 100m Bruços Juvenis
17/01/2026 - 16:40 Resultados

Recordes Nacionais 25m 58.19 ALMEIDA CarlPOR.steves Chartres (FRA22/11/2012)
Recordes Nacionais 25m 58.19 ALMEIDA CarlPOR.steves Chartres (FRA22/11/2012)
Rec Taça Vale do Tejo 1:04.21 MIMOSO RafaSANLiel Abrantes 21/01/2023

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	ALMEIDA David Xavier 50m: 31.09 31.09 100m: 1:04.38 33.29	10	Seleccao Distrito Leiria	1:04.38		633	
2.	GONCALVES Tomas Figueiredo 50m: 32.55 32.55 100m: 1:07.18 34.63	10	Seleccao da Madeira	1:07.18		557	
3.	RIBEIRO Afonso Oliveira 50m: 31.46 31.46 100m: 1:07.35 35.89	10	Seleccao do Norte de Portug	1:07.35		552	
4.	MENDES Duarte Moura 50m: 32.54 32.54 100m: 1:09.57 37.03	11	Seleccao Distrito Santarem	1:09.57		501	
5.	BRAGA Andre Santos 50m: 32.32 32.32 100m: 1:09.71 37.39	11	Seleccao de Lisboa	1:09.71		498	
6.	TAVARES Gabriel Silva 50m: 32.72 32.72 100m: 1:10.14 37.42	10	Seleccao Centro Norte Portu	1:10.14		489	
7.	KHALADZY Mark 50m: 32.88 32.88 100m: 1:10.36 37.48	10	Seleccao do Algarve	1:10.36		484	
8.	MIRANDA Afonso Vultao 50m: 33.66 33.66 100m: 1:11.30 37.64	11	Seleccao dos Acores	1:11.30		466	
9.	MARTINHO Guilherme Bernardo 50m: 33.82 33.82 100m: 1:11.52 37.70	10	Seleccao do Interior Centro	1:11.52		461	
10.	VEDKAL Arseniy 50m: 34.55 34.55 100m: 1:12.80 38.25	10	Seleccao do Minho	1:12.80		437	
11.	ALMEIDA Pedro Filipe 50m: 35.04 35.04 100m: 1:13.89 38.85	11	Seleccao de Coimbra	1:13.89		418	
12.	PEREIRA Martim Barros 50m: 35.76 35.76 100m: 1:14.68 38.92	11	Seleccao do Nordeste	1:14.68		405	
13.	CARAVELINHA Diogo Miguel 50m: 38.32 38.32 100m: 1:21.34 43.02	10	Seleccao do Alentejo	1:21.34		313	
EXH	MARCELINO Pedro Antonio 50m: 50.93 50.93 100m: 1:45.31 54.38	13	Seleccao do Interior Centro	1:45.31		144	



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 15 Femin., 200m Estilos Infantis
17/01/2026 - 16:50 Resultados

Recordes Nacionais 25m	2:11.70	REBELO CamiALNðdrigues:Tomar	12/12/2024
Recordes Nacionais 25m	2:11.70	REBELO CamiALNðdrigues:Tomar	14/12/2024
Rec Taça Vale do Tejo 14 - 15	2:19.70	ROCHA Ines NSANNP Abrantes	20/02/2016
Rec Taça Vale do Tejo Inf	2:25.94		
Rec Taça Vale do Tejo 12 - 13	2:25.94	RUIVO Filipa VSANDL Abrantes	10/04/2010

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	NUNES Maria Ines	12	Seleccao de Lisboa	2:30.28		530	
	50m: 33.34 33.34	100m: 1:11.07 37.73	150m: 1:57.23 46.16	200m: 2:30.28 33.05			
2.	FERRO Maria Franco	12	Seleccao da Madeira	2:30.87		523	
	50m: 33.66 33.66	100m: 1:12.26 38.60	150m: 1:55.68 43.42	200m: 2:30.87 35.19			
3.	LOURA Rita Maria	12	Seleccao do Algarve	2:30.93		523	
	50m: 32.12 32.12	100m: 1:11.00 38.88	150m: 1:56.49 45.49	200m: 2:30.93 34.44			
4.	CUNHA Alice Bezerra	12	Seleccao do Norte de Portug	2:32.93		503	
	50m: 33.94 33.94	100m: 1:12.48 38.54	150m: 1:59.67 47.19	200m: 2:32.93 33.26			
5.	BIBI Matilde Casimiro	12	Seleccao Distrito Santarem	2:35.85		475	
	50m: 34.06 34.06	100m: 1:12.09 38.03	150m: 1:58.75 46.66	200m: 2:35.85 37.10			
6.	DUARTE Maria Luis	13	Seleccao Centro Norte Portu	2:37.43		461	
	50m: 35.06 35.06	100m: 1:15.86 40.80	150m: 2:01.52 45.66	200m: 2:37.43 35.91			
7.	SOUSA Leonor Simoes	12	Seleccao de Coimbra	2:38.73		449	
	50m: 33.98 33.98	100m: 1:15.53 41.55	150m: 2:02.06 46.53	200m: 2:38.73 36.67			
8.	MARTINS Ines Pinto	12	Seleccao Distrito Leiria	2:38.76		449	
	50m: 34.87 34.87	100m: 1:15.92 41.05	150m: 2:03.45 47.53	200m: 2:38.76 35.31			
9.	MACHADO Beatriz VilasBoas	13	Seleccao do Minho	2:43.11		414	
	50m: 34.56 34.56	100m: 1:17.00 42.44	150m: 2:04.45 47.45	200m: 2:43.11 38.66			
10.	PEREIRA Lara Amorim	13	Seleccao do Alentejo	2:46.64		388	
	50m: 36.47 36.47	100m: 1:18.91 42.44	150m: 2:08.66 49.75	200m: 2:46.64 37.98			
11.	DAMASCENO Lara Gil	13	Seleccao dos Acores	2:50.27		364	
	50m: 36.65 36.65	100m: 1:21.61 44.96	150m: 2:10.07 48.46	200m: 2:50.27 40.20			
12.	TEIXEIRA Ana Rita	13	Seleccao do Nordeste	2:58.40		316	
	50m: 40.17 40.17	100m: 1:25.30 45.13	150m: 2:16.31 51.01	200m: 2:58.40 42.09			
13.	SILVA Ines Munhos	12	Seleccao do Interior Centro	3:02.47		296	
	50m: 39.87 39.87	100m: 1:25.23 45.36	150m: 2:18.45 53.22	200m: 3:02.47 44.02			



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 15, Femin., 200m Estilos

Prova 15
17/01/2026 - 16:50

Femin., 200m Estilos

Juvenis
Resultados

Recordes Nacionais 25m	2:11.70	REBELO CamiALN	drigue:Tomar	12/12/2024
Recordes Nacionais 25m	2:11.70	REBELO CamiALN	drigue:Tomar	14/12/2024
Rec Taça Vale do Tejo Juv	2:19.70			
Rec Taça Vale do Tejo 14 - 15	2:19.70	ROCHA Ines	NSANNP Abrantes	20/02/2016

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	CARVALHO Matilde Brandao	10	Seleccao do Norte de Portug	2:24.78		592	
	50m: 30.85 30.85 100m: 1:07.56 36.71 150m: 1:50.62 43.06 200m: 2:24.78 34.16						
2.	SIMÕES Maria Neto	10	Seleccao de Coimbra	2:25.10		589	
	50m: 31.83 31.83 100m: 1:09.77 37.94 150m: 1:52.20 42.43 200m: 2:25.10 32.90						
3.	KOSLOVA Valeria	11	Seleccao do Minho	2:26.14		576	
	50m: 31.85 31.85 100m: 1:09.25 37.40 150m: 1:51.21 41.96 200m: 2:26.14 34.93						
4.	MOURA Margarida Ferreira	11	Seleccao de Lisboa	2:28.58		548	
	50m: 31.82 31.82 100m: 1:10.47 38.65 150m: 1:54.35 43.88 200m: 2:28.58 34.23						
5.	AZEVEDO Constanca Lourenco	10	Seleccao do Algarve	2:28.97		544	
	50m: 31.61 31.61 100m: 1:09.15 37.54 150m: 1:53.98 44.83 200m: 2:28.97 34.99						
6.	RE Raquel Domingues	10	Seleccao Centro Norte Portu	2:30.25		530	
	50m: 31.20 31.20 100m: 1:08.56 37.36 150m: 1:53.04 44.48 200m: 2:30.25 37.21						
7.	MADUREIRA Clara Santos	11	Seleccao Distrito Santarem	2:31.87		513	
	50m: 32.96 32.96 100m: 1:11.83 38.87 150m: 1:55.95 44.12 200m: 2:31.87 35.92						
8.	FELICIANO Francisca Moreira	11	Seleccao Distrito Leiria	2:32.63		506	
	50m: 32.89 32.89 100m: 1:11.78 38.89 150m: 1:57.21 45.43 200m: 2:32.63 35.42						
9.	PEREIRA Ana Matilde	11	Seleccao da Madeira	2:37.45		460	
	50m: 33.52 33.52 100m: 1:13.83 40.31 150m: 1:59.20 45.37 200m: 2:37.45 38.25						
10.	MESTRE Ines Diogo	11	Seleccao do Alentejo	2:38.89		448	
	50m: 34.62 34.62 100m: 1:15.09 40.47 150m: 2:01.37 46.28 200m: 2:38.89 37.52						
11.	ARROJADO Maria Abreu	11	Seleccao dos Acores	2:40.31		436	
	50m: 33.56 33.56 100m: 1:16.09 42.53 150m: 2:01.19 45.10 200m: 2:40.31 39.12						
12.	FARINHA Ines Martins	11	Seleccao do Interior Centro	2:45.12		399	
	50m: 36.08 36.08 100m: 1:18.39 42.31 150m: 2:08.27 49.88 200m: 2:45.12 36.85						
13.	MESQUITA Maria Ines	10	Seleccao do Nordeste	2:45.44		397	
	50m: 36.33 36.33 100m: 1:18.80 42.47 150m: 2:07.26 48.46 200m: 2:45.44 38.18						
EXH	PROENCA Victoria Sales	10	Seleccao de Lisboa	2:40.73		433	
	50m: 34.84 34.84 100m: 1:15.64 40.80 150m: 2:04.25 48.61 200m: 2:40.73 36.48						
EXH	DEEP Alicia Lopes	12	Seleccao Distrito Santarem	2:49.29		370	
	50m: 35.77 35.77 100m: 1:21.24 45.47 150m: 2:10.25 49.01 200m: 2:49.29 39.04						
EXH	TORRES Maria Amelia	13	Seleccao Distrito Santarem	2:51.99		353	
	50m: 38.26 38.26 100m: 1:22.31 44.05 150m: 2:13.95 51.64 200m: 2:51.99 38.04						
EXH	SOUSA Carolina Neves	10	Seleccao do Interior Centro	2:52.49		350	
	50m: 36.28 36.28 100m: 1:19.24 42.96 150m: 2:12.24 53.00 200m: 2:52.49 40.25						





XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 15, Femin., 200m Estilos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
EXH	CORREIA Laura Conde	13	Seleccao Distrito Santarem	2:52.93		347	
	50m: 39.55 39.55	100m: 1:25.08	45.53	150m: 2:13.98	48.90	200m: 2:52.93	38.95

Prova 16

Masc., 50m Livres

Infantis

17/01/2026 - 17:05

Resultados

Recordes Nacionais 25m	21.15	RIBEIRO DiogrSLBtos	Leiria	13/12/2025
Recordes Nacionais 25m	21.15	RIBEIRO DiogrSLBtos	Leiria	13/12/2025
Rec Taça Vale do Tejo	25.51	RODRIGUES TSANNPura Abrantes		04/03/2017

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	PINTO Tiago Carvalho	12	Seleccao do Norte de Portugal	27.18		392	
2.	ROCHA Vasco Silvestre	12	Seleccao Distrito Leiria	27.26		389	
3.	REIS Francisco Grave	12	Seleccao Distrito Santarem	27.73		369	
4.	MIMOSO Romeu Ferreira	13	Seleccao de Lisboa	28.06		356	
5.	MOTA Miguel Ganhao	12	Seleccao dos Acores	28.19		351	
6.	ALARCON Cristofer Alejandro	12	Seleccao Centro Norte Portuga	28.52		339	
7.	SOUSA Joao Pedro	12	Seleccao da Madeira	28.62		336	
8.	RODRIGUES Tomas Goncalves	12	Seleccao de Coimbra	28.81		329	
9.	SILVA Francisco Miguel	12	Seleccao do Algarve	28.89		326	
10.	COELHO Jose Miguel	13	Seleccao do Nordeste	29.54		305	
11.	COSTA Goncalo Maria	12	Seleccao do Interior Centro	29.71		300	
12.	GOMES Miguel Ataide	12	Seleccao do Alentejo	30.44		279	
13.	KUZUK Ivan	12	Seleccao do Minho	30.88		267	

Prova 16

Masc., 50m Livres

Juvenis

17/01/2026 - 17:05

Resultados

Recordes Nacionais 25m	21.15	RIBEIRO DiogrSLBtos	Leiria	13/12/2025
Recordes Nacionais 25m	21.15	RIBEIRO DiogrSLBtos	Leiria	13/12/2025
Rec Taça Vale do Tejo	23.88	RODRIGUES TSANNPura Abrantes		26/01/2019

Pontos: AQUA 2025

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
1.	FERREIRA Manuel Von	10	Seleccao do Norte de Portugal	25.08		499	
2.	ASSUNCAO Rafael Moreira	10	Seleccao Centro Norte Portuga	25.15		495	
3.	CARRANCA Tiago Pinheiro	11	Seleccao de Lisboa	25.42		479	
4.	SKILKYY Nazar	10	Seleccao do Algarve	25.60		469	
5.	FERREIRA Guilherme Abreu	10	Seleccao do Minho	25.70		464	
6.	SILVA Pedro Souza	10	Seleccao Distrito Leiria	26.07		444	
7.	PIRES Filipe Miguel	11	Seleccao do Nordeste	26.18		439	
8.	GARANITO Mateus Silva	10	Seleccao da Madeira	26.22		437	
9.	MARQUES Goncalo Nunes	11	Seleccao de Coimbra	26.55		421	
10.	CADETE Francisco Manuel	10	Seleccao Distrito Santarem	26.65		416	
11.	HELENO Mateus Duarte	10	Seleccao do Alentejo	26.85		407	
12.	ABREU Rodrigo Joao	10	Seleccao do Interior Centro	27.09		396	
13.	CAPOTE Salvador Costa	11	Seleccao dos Acores	28.28		348	
DNS	PASSOS Goncalo Zamith	11	Seleccao do Norte de Portugal				
WDR	AIRES Simao Verissimo	11	Seleccao de Lisboa				

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 16, Masc., 50m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	Pts
WDR	MIMOSO Renato Ferreira	10	Seleccao de Lisboa				
EXH	CERQUEIRA Afonso Silva	11	Seleccao do Minho	25.07		500	
EXH	VIEIRA Henrique Afonso	11	Seleccao do Algarve	25.57		471	
EXH	SALVADOR Martim Maria	11	Seleccao Distrito Santarem	27.58		375	
EXH	ALEGRIA Rodrigo Manuel	13	Seleccao Distrito Santarem	30.47		278	
EXH	SILVA Martim Rocha	12	Seleccao Distrito Santarem	32.05		239	

Prova 17

Femin., 4 x 100m Estilos

Infantis

17/01/2026 - 17:20

Resultados

Pontos: AQUA 2025

Lugar				Clube	Tempo Final	TReac	FINA	Pts
1.	Seleccao do Norte de Portugal 1			Seleccao do Norte de Portugal	4:41.98		477	
	CUNHA Alice Bezerra	12	34.37	1:10.39	TEIXEIRA Ana Lia	13	33.65	1:12.17
	ALVES Leonor Cunha	12	35.74	1:17.49	CARVALHO Ines Esteves	13	28.93	1:01.93
2.	Seleccao do Algarve 1			Seleccao do Algarve	4:47.71		449	
	LOURA Rita Maria	12	34.73	1:11.13	JESUS Mariana Canarias	12	32.46	1:11.59
	FERREIRA Barbara Mar	12	38.03	1:22.13	BORRALHO Bruna Filipa	12	29.80	1:02.86
3.	Seleccao de Lisboa 1			Seleccao de Lisboa	4:48.53		445	
	MONJARDINO Maria Ines	12	33.97	1:10.11	SILVA Ines Martins	13	33.19	1:12.47
	MOURATO Matilde Figueiredo	12	37.79	1:21.94	ESPADA Joana Ferreira	13	30.54	1:04.01
4.	Seleccao de Coimbra 1			Seleccao de Coimbra	4:50.46		436	
	LOBO Maria Leonor	12	34.57	1:11.65	CORREIA Margarida Paiva	12	33.41	1:13.26
	SOUZA Leonor Simoes	12	39.66	1:23.62	NOGUEIRA Maria Luisa	12	29.66	1:01.93
5.	Seleccao Centro Norte Portugal 1			Seleccao Centro Norte Portugal	4:52.86		426	
	SANTOS Camila Ganito	12	36.03	1:14.49	MONTEIRO Sofia Apalyonova	12	33.96	1:13.33
	LOPES Maria Miguel	12	36.86	1:19.45	FONTINHA Constanca Sousa	12	31.51	1:05.59
6.	Seleccao Distrito Leiria 2			Seleccao Distrito Leiria	4:59.82		397	
	PEREIRA Luna Francisco	12	36.18	1:14.86	VARELA Laura Krempel	12	33.37	1:12.51
	BERNARDINO Mafalda Varela	12	38.77	1:23.85	SARAIVA Emiliana Arruda	12	32.97	1:08.60
7.	Seleccao da Madeira 1			Seleccao da Madeira	5:02.84		385	
	FERRO Maria Franco	12	34.75	1:10.87	GONCALVES Maria Clara	12	35.50	1:17.20
	OJKIC Vera Jose	12	40.40	1:26.96	ANICETO Leonor Telo	13	32.00	1:07.81
8.	Seleccao do Minho 1			Seleccao do Minho	5:05.94		373	
	GOMES Carolina Cunha	12	38.66	1:18.52	CORREIA Alice Dantas	12	35.29	1:16.15
	CORTES Carolina Torres	12	40.21	1:25.73	MACHADO Beatriz VilasBoas	13	31.92	1:05.54
9.	Seleccao do Alentejo 1			Seleccao do Alentejo	5:12.04		352	
	PEREIRA Lara Amorim	13	37.29	1:16.66	PALMA Maria Brito	12	35.24	1:16.61
	GONCALVES Lara Sofia	12	43.13	1:31.21	COSTA Ines Borges	12	32.02	1:07.56
10.	Seleccao Distrito Santarem 8			Seleccao Distrito Santarem	5:16.94		336	
	TORRES Maria Amelia	13	38.78	1:20.66	VALENTIM Rita Gomes	12	35.62	1:17.43
	CORREIA Laura Conde	13	42.59	1:29.04	ALVES Rita Balsa	12	33.55	1:09.81
11.	Seleccao dos Acores 1			Seleccao dos Acores	5:21.45		322	
	SILVA Maria Francisca	12	37.46	1:18.22	MARTINS Maria Vieira	13	39.19	1:25.10
	DAMASCENO Lara Gil	13	39.62	1:25.76	PONTE Matilde Almeida	13	33.63	1:12.37

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 17, Femin., 4 x 100m Estilos, Infantis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
12. Seleccao do Interior Centro 1	Seleccao do Interior Centro	5:40.37		271	
PEREIRA Carlota Maria 13 40.81	VALENTE Mercedes Beirao	1:22.95	13	42.44	1:32.03
SILVA Ines Munhos 12 43.12	SILVA Leonor Santos	1:34.74	13	33.74	1:10.65
13. Seleccao do Nordeste 1	Seleccao do Nordeste	5:46.62		257	
TEIXEIRA Ana Rita 13 40.38	FERREIRA Naima Francisco	1:23.94	13	39.95	1:33.55
OSORIO Leonor Vaz 13 45.15	ALVES Laura Jorge	1:37.65	13	33.53	1:11.48

Prova 17
17/01/2026 - 17:20
Femin., 4 x 100m Estilos
Juvenis
Resultados

Pontos: AQUA 2025

Lugar	Clube	Tempo Final	TReac	FINA	Pts
1. Seleccao do Algarve 2	Seleccao do Algarve	4:32.06		531	
AZEVEDO Constanca Lourenco 10 32.63	BARROSO Juliana Bushe	1:07.31	10	31.02	1:06.60
LOPES Carolina Melo 10 35.37	TEIXEIRA Beatriz Marques	1:16.64	11	29.82	1:01.51
2. Seleccao do Norte de Portugal 2	Seleccao do Norte de Portugal	4:32.19		530	
NOGUEIRA Cloe Canadas 10 32.80	BRANCO Francisca Sousa	1:08.21	10	31.37	1:07.04
CARVALHO Matilde Brandao 10 36.13	HOLUB Sofia Hryhorivna	1:16.31	11	28.83	1:00.63
3. Seleccao de Lisboa 2	Seleccao de Lisboa	4:32.71		527	
FERREIRA Margarida Almeida 11 32.75	FRISCHKNECHT Luisa Anjos	1:08.96	10	31.97	1:07.96
BRITO Rita Canas 10 34.51	LUCAS Maria Madalena	1:14.50	11	28.97	1:01.29
4. Seleccao de Coimbra 2	Seleccao de Coimbra	4:33.86		521	
CARDEAL Leonor Nunes 10 33.55	SANTOS Rita Lucas	1:08.29	10	32.62	1:08.07
SIMÕES Maria Neto 10 35.09	RODRIGUES Maria Ines	1:15.28	10	29.23	1:02.22
5. Seleccao do Minho 2	Seleccao do Minho	4:38.54		495	
FERNANDES Mariana Mesquita 10 34.10	CASTRO Leticia Alves	1:08.95	10	33.27	1:10.61
KOSLOVA Valeria 11 35.40	NOGUEIRA Ana Laura	1:14.63	10	30.98	1:04.35
6. Seleccao Distrito Leiria 1	Seleccao Distrito Leiria	4:44.61		464	
ALVES Diana Isabel 10 33.73	PEDROSO Madalena Gracio	1:09.82	10	32.87	1:13.08
BRIZIDA Sofia Roma 10 37.01	VALA Maria Joao	1:18.76	11	30.31	1:02.95
7. Seleccao da Madeira 2	Seleccao da Madeira	4:51.77		431	
BRITO Madalena Pinto 10 34.46	PEREIRA Ana Matilde	1:11.35	11	33.67	1:14.93
COSTA Rafaela Tome 11 38.01	JESUS Vera Franca	1:20.78	11	30.67	1:04.71
8. Seleccao Distrito Santarem 7	Seleccao Distrito Santarem	4:51.90		430	
MARTINS Leonor Sombreiro 10 36.12	LAGARINHOS Benedita Maria	1:15.50	11	34.23	1:14.77
MADUREIRA Clara Santos 11 37.71	PEREIRA Sofia Barroca	1:19.96	11	29.34	1:01.67
9. Seleccao do Alentejo 2	Seleccao do Alentejo	4:52.52		427	
GUERREIRO Leonor Barao 10 34.61	LOPES Ines Sofia	1:12.07	10	33.71	1:14.23
BEATO Margarida Maria 11 35.73	LUIS Maria Ines	1:20.36	11	31.61	1:05.86
10. Seleccao dos Acores 2	Seleccao dos Acores	4:53.70		422	
FERREIRA Carolina Morao 11 36.01	CAPAREIRA Alice Machado	1:14.24	11	31.55	1:08.76
ARROJADO Maria Abreu 11 38.94	VIEIRA Sara Goncalves	1:23.52	10	31.90	1:07.18
11. Seleccao do Nordeste 2	Seleccao do Nordeste	5:06.29		372	
POETA Maria Silva 10 35.67	GUERRA Ines Filipa	1:12.86	11	34.14	1:19.16
MESQUITA Maria Ines 10 42.62	GONCALVES Anita Santos	1:29.54	10	30.92	1:04.73

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 17, Femin., 4 x 100m Estilos, Juvenis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
12.	Seleccao do Interior Centro 2	Seleccao do Interior Centro 5:12.09		352	
	CHIRILA Georgiana Mariana 11 36.24 1:17.15	FARINHA Ines Martins	11	37.15	1:17.87
	LOURENCO Matilde Nogueira 11 42.18 1:31.21	JESUS Joana Nobre	11	31.53	1:05.86
DSQ	Seleccao Centro Norte Portugal 2	Seleccao Centro Norte Portugal			
	SW 10.11 - <i>Rendição antecipada do(a) 2 nadador(a)</i>				
	VASCONCELOS Sofia Rodrigues, RE Raquel Domingues, NUNES Zoe Pinho, RODRIGUES Alice Maria				

Prova 18 Masc., 4 x 100m Estilos Infantis
17/01/2026 - 17:45 Resultados

Pontos: AQUA 2025

Lugar	Clube	Tempo Final	TReac	FINA	Pts
1.	Seleccao de Lisboa 1	Seleccao de Lisboa 4:35.24		376	
	PAULINHO Dinis Marta 12 34.00 1:09.63	PRIOR Pedro Pontes	12	31.63	1:08.90
	SOUZA Guilherme Pereira 12 34.88 1:15.63	MOTA Diego Miguel	12	29.14	1:01.08
2.	Seleccao do Norte de Portugal 1	Seleccao do Norte de Portugal 4:35.62		374	
	ALMEIDA Manuel Gomes 12 33.74 1:08.64	PACHECO Bernardo Pereira	12	31.67	1:07.98
	GONCALVES Tiago Daniel 12 37.48 1:18.50	PINTO Tiago Carvalho	12	28.88	1:00.50
3.	Seleccao Centro Norte Portugal 1	Seleccao Centro Norte Portugal 4:39.37		359	
	ALMEIDA Rodrigo Silva 12 36.34 1:13.60	FERREIRA Tomas Pereira	12	30.84	1:05.81
	FERREIRA Ricardo Lourenco 12 37.09 1:19.46	ALARCON Cristofer Alejandro	12	28.79	1:00.50
4.	Seleccao de Coimbra 1	Seleccao de Coimbra 4:42.76		346	
	DIAS Miguel Simoes 12 34.43 1:10.21	RODRIGUES Tomas Goncalves	12	31.13	1:10.58
	YANG Chun-Yu 12 36.04 1:16.69	LIMA Goncalo Cardoso	13	30.79	1:05.28
5.	Seleccao da Madeira 3	Seleccao da Madeira 4:45.43		337	
	ROMAO Santiago Maio 12 37.34 1:16.68	SOUZA Joao Pedro	12	30.21	1:07.05
	GOMES Gustavo Daniel 12 37.05 1:18.05	BARATA Bernardo Vieira	12	31.29	1:03.65
6.	Seleccao Distrito Leiria 2	Seleccao Distrito Leiria 4:45.96		335	
	SANTOS Joao Daniel 12 31.96 1:05.88	ROCHA Vasco Silvestre	12	32.29	1:09.09
	ALVES Tomas Barata 12 38.99 1:23.95	FIGUEIREDO Tomas Vieira	12	31.47	1:07.04
7.	Seleccao do Algarve 1	Seleccao do Algarve 4:52.23		314	
	FERNANDES Tiago Joaquim 12 36.47 1:14.76	SILVA Francisco Miguel	12	32.64	1:12.60
	TAVARES Tomas Soares 12 37.21 1:18.70	PLACIDO Duarte Ferreira	13	31.87	1:06.17
8.	Seleccao dos Acores 1	Seleccao dos Acores 4:53.49		310	
	CABRITA Gustavo Costa 13 37.62 1:17.85	FONSECA Joao Luz	12	34.12	1:12.42
	TOSTE Rodrigo Candido 12 38.51 1:20.90	MOTA Miguel Ganhao	12	30.02	1:02.32
9.	Seleccao do Alentejo 1	Seleccao do Alentejo 5:07.59		269	
	NOGUEIRA Tomas Nunes 12 35.74 1:15.47	PEDROSA Diogo Leote	12	34.42	1:16.15
	COSTA Antonio Presado 12 40.05 1:26.24	FLORINDO Nelson Manuel	12	32.31	1:09.73
10.	Seleccao Distrito Santarem 3	Seleccao Distrito Santarem 5:17.70		244	
	RECORDE DISTRITAL ESTAFETAS- SEL ANDS				
	VIEIRA Salvador Henrique 12 36.94 1:14.48	FERNANDES Santiago Raposo	12	37.78	1:25.65
	ROSA Rodrigo Miranda 12 44.98 1:36.27	REIS Francisco Grave	12	29.64	1:01.30
11.	Seleccao do Interior Centro 1	Seleccao do Interior Centro 5:17.91		244	
	AZEVEDO Tomas Martins 12 38.82 1:21.23	COSTA Goncalo Maria	12	34.56	1:16.75
	MUNHAO Duarte Belchior 12 42.88 1:31.49	BENZECRY Kaluana Pinheiro	12	32.72	1:08.44

XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 18, Masc., 4 x 100m Estilos, Infantis

Lugar	Clube	Tempo Final	TReac	FINA	Pts
12. Seleccao do Nordeste 1	Seleccao do Nordeste	5:44.27		192	
MORAIS Bruno Miguel 13 43.86	GONCALVES Martim Costa	1:29.51	13	42.73	1:31.94
SOUZA Rodrigo Araujo 12 43.71	COELHO Jose Miguel	1:33.89	13	31.31	1:08.93
DSQ Seleccao do Minho 1	Seleccao do Minho				
<i>SW 7.4 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, de mariposa (3º atleta)</i>					
SILVA Joao Oliveira, BARRETO Antonio Xavier, KUZUK Ivan, RIBEIRO Alexandre Magro					

Prova 18 Masc., 4 x 100m Estilos Juvenis
17/01/2026 - 17:45 Resultados

Pontos: AQUA 2025

Lugar	Clube	Tempo Final	TReac	FINA	Pts
1. Seleccao do Norte de Portugal 2	Seleccao do Norte de Portugal	3:57.41		586	
ALMEIDA Pedro Pereira 11 28.18	TEIXEIRA Francisco Suzuki	58.69	10	27.09	58.89
RIBEIRO Afonso Oliveira 10 31.04	FERREIRA Manuel Von	1:07.31	10	24.63	52.52
2. Seleccao de Lisboa 2	Seleccao de Lisboa	4:00.48		563	
ROXO Joao Baixinho 10 29.11	SANTO Tiago Neres	1:00.45	10	27.13	58.65
BRAGA Andre Santos 11 32.11	MIMOSO Renato Ferreira	1:08.99	10	25.15	52.39
3. Seleccao Distrito Leiria 1	Seleccao Distrito Leiria	4:07.27		518	
PALMEIRO Tomas Manuel 10 30.35	REBELO Guilherme Costa	1:03.74	10	27.59	1:00.52
ALMEIDA David Xavier 10 30.71	SILVA Pedro Souza	1:05.81	10	26.58	57.20
4. Seleccao do Algarve 2	Seleccao do Algarve	4:08.71		509	
MENDONCA Alexandre Ribeiro 10 29.68	FISTICANU Daniel	1:02.27	11	28.14	1:02.04
KHALADZY Mark 10 32.82	SKILKYY Nazar	1:10.12	10	25.05	54.28
5. Seleccao Centro Norte Portugal 2	Seleccao Centro Norte Portugal	4:09.22		506	
PARENTE Rafael Pires 10 30.44	ASSUNCAO Rafael Moreira	1:02.95	10	27.95	1:01.25
TAVARES Gabriel Silva 10 32.03	BASTOS Rafael Costa	1:10.66	10	25.63	54.36
6. Seleccao do Minho 2	Seleccao do Minho	4:13.82		479	
GOUVEIA Santiago Duarte 10 31.48	CERQUEIRA Afonso Silva	1:04.71	11	28.82	1:01.93
VEDKAL Arseniy 10 32.81	ALPOIM Diogo Corte-Real	1:11.37	11	26.41	55.81
7. Seleccao da Madeira 4	Seleccao da Madeira	4:15.35		471	
RODRIGUES David Oliveira 11 30.67	RAPOSO Mateus Medeiros	1:03.85	10	30.04	1:06.39
GONCALVES Tomas Figueiredo 10 32.06	GARANITO Mateus Silva	1:07.38	10	27.07	57.73
8. Seleccao Distrito Santarem 2	Seleccao Distrito Santarem	4:16.28		465	
JORGE Daniel Filipe 10 32.21	PACHECO David Filipe	1:06.92	10	28.32	1:00.65
MENDES Duarte Moura 11 32.89	CADETE Francisco Manuel	1:11.06	10	27.18	57.65
9. Seleccao de Coimbra 2	Seleccao de Coimbra	4:16.83		462	
SIMÕES Francisco Martins 10 30.19	SILVA Hugo Ferreira	1:02.64	11	30.21	1:03.99
ALMEIDA Pedro Filipe 11 34.24	MARQUES Goncalo Nunes	1:13.01	11	27.23	57.19
10. Seleccao do Interior Centro 2	Seleccao do Interior Centro	4:27.38		410	
PAIS Jose Miguel 10 32.24	ALVES Afonso Jose	1:07.98	11	29.25	1:06.26
MARTINHO Guilherme Bernardo 10 35.16	ABREU Rodrigo Joao	1:13.53	10	28.19	59.61
11. Seleccao dos Acores 2	Seleccao dos Acores	4:29.47		400	
FERREIRA Francisco Costa 10 33.75	CAPOTE Salvador Costa	1:10.02	11	30.94	1:08.79
MIRANDA Afonso Vultao 11 33.85	CABRAL Santiago Nicolau	1:12.76	10	27.95	57.90



XXXIII Taça Vale do Tejo
Abrantes, 17 de Janeiro de 2026

Prova 18, Masc., 4 x 100m Estilos, Juvenis

Lugar				Clube	Tempo Final	TReac	FINA	Pts
12.	Seleccao do Alentejo 2			Seleccao do Alentejo	4:36.12		372	
	GARCIA Joao Carlos	11	34.88	1:11.26	SILVA Rodrigo Miguel	10	29.97	1:05.92
	CARAVELINHA Diogo Miguel	10	36.83	1:20.30	JANEIRINHO Tiago Romaneiro	10	27.47	58.64
13.	Seleccao do Nordeste 2			Seleccao do Nordeste	4:43.32		344	
	OLIVEIRA Nuno Pinto	10	35.51	1:13.47	ROSA Duarte Ferreira	11	32.16	1:11.13
	PEREIRA Martim Barros	11	35.51	1:14.53	CARDOSO Martim Pinheiro	10	30.18	1:04.19