

Campeonatos Regionais de Verão - Aquainstinct
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 26 1500m Livres 13 anos e mais velhos
04/07/2026 - 19:45 Resultados

Recordes Regionais PL Open	17:24.85	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014
Recordes Regionais PL 19 +	18:34.65	Joao Luis SERRA	ACMN	Coimbra	28/01/2017
Recordes Regionais PL 18	17:55.81	Joao Pedro NEVES	AMINATA	Reguengos de Monsaraz	06/07/2014
Recordes Regionais PL 17	18:02.39	João Pedro NEVES	AMINATA	Reguengos de Monsaraz	30/06/2013
Recordes Regionais PL 16	17:27.03	Miguel Martins BALTAZAR	AMINATA	Oeiras	23/07/2014
Recordes Regionais PL 15	17:24.85	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014
Recordes Regionais PL 14	18:01.51	Andre Alves BASCH	AMINATA	Reguengos de Monsaraz	10/07/2011
Recordes Regionais PL 13	18:26.43	Miguel Martins BALTAZAR	AMINATA	Lisboa	24/07/2011
Recordes Regionais PL Open	19:03.84	Ines Nunes TARECO	CNBE	Vidigueira	04/07/2008
Recordes Regionais PL 18 +	19:37.09	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	03/07/2022
Recordes Regionais PL 17	19:10.40	Sofia Cristina GRILO	Ind ANALE	Reguengos de Monsaraz	06/07/2014
Recordes Regionais PL 16	19:34.77	Sofia Cristina GRILO	AMINATA	Reguengos de Monsaraz	30/06/2013
Recordes Regionais PL 15	19:03.84	Ines Nunes TARECO	CNBE	Vidigueira	04/07/2008
Recordes Regionais PL 14	20:14.15	Joana Aparicio TEJO	AMINATA	Reguengos de Monsaraz	10/07/2011
Recordes Regionais PL 13	20:44.12	Carolina Pastor ESCADA	AMINATA	Reguengos de Monsaraz	30/06/2013

TAC Juvenil B 15 Femin. 50m: 24:12.30 - 25m: 23:50.00 / TAC Juvenil A 16 Femin. 50m: 23:42.30 - 25m: 23:20.00 /

TAC Juniores 17 - 18 Femin. 50m: 23:02.30 - 25m: 22:40.00 / TAC Seniores 19 + Femin. 50m: 22:42.30 - 25m: 22:20.00

Pontos: AQUA 2026

Lugar Nome Idade Clube Tempo final Aqua

Juvenis - AN Alentejo, Femin.

1. Leonor Duarte GONCALVES	16	Ndco	21:06.43	383
100m: 1:18.06 1:18.06	500m: 6:57.43 1:25.76	900m: 12:40.12 1:25.62	1300m: 18:19.90 1:25.14	
200m: 2:41.69 1:23.63	600m: 8:23.30 1:25.87	1000m: 14:05.23 1:25.11	1400m: 19:45.12 1:25.22	
300m: 4:06.30 1:24.61	700m: 9:49.47 1:26.17	1100m: 15:30.23 1:25.00	1500m: 21:06.43 1:21.31	
400m: 5:31.67 1:25.37	800m: 11:14.50 1:25.03	1200m: 16:54.76 1:24.53		
2. Rita Isabel OLIVEIRA	16	Estremoz	22:37.10	312
100m: 1:26.40 1:26.40	500m: 7:32.17 1:31.49	900m: 13:37.10 1:30.75	1300m: 19:39.90 1:29.79	
200m: 2:58.29 1:31.89	600m: 9:04.11 1:31.94	1000m: 15:08.55 1:31.45	1400m: 21:09.51 1:29.61	
300m: 4:29.28 1:30.99	700m: 10:36.08 1:31.97	1100m: 16:39.64 1:31.09	1500m: 22:37.10 1:27.59	
400m: 6:00.68 1:31.40	800m: 12:06.35 1:30.27	1200m: 18:10.11 1:30.47		

Juvenis - AN Interior Centro, Femin.

1. Joana Nobre JESUS	15	Natacao Guarda	22:57.29	298
100m: 1:28.70 1:28.70	500m: 7:47.96 1:36.65	900m: 14:01.68 1:33.28	1300m: 20:07.84 1:29.55	
200m: 3:01.10 1:32.40	600m: 9:20.00 1:32.04	1000m: 15:35.21 1:33.53	1400m: 21:34.62 1:26.78	
300m: 4:35.88 1:34.78	700m: 10:53.10 1:33.10	1100m: 17:07.33 1:32.12	1500m: 22:57.29 1:22.67	
400m: 6:11.31 1:35.43	800m: 12:28.40 1:35.30	1200m: 18:38.29 1:30.96		
2. Madalena Santos ROLO	15	CCDSerta	24:49.04	236
100m: 1:33.40 1:33.40	500m: 8:10.89 1:39.80	900m: 14:52.46 1:40.00	1300m: 21:33.19 1:40.30	
200m: 3:12.50 1:39.10	600m: 9:52.17 1:41.28	1000m: 16:32.69 1:40.23	1400m: 23:12.46 1:39.27	
300m: 4:52.20 1:39.70	700m: 11:31.95 1:39.78	1100m: 18:12.49 1:39.80	1500m: 24:49.04 1:36.58	
400m: 6:31.09 1:38.89	800m: 13:12.46 1:40.51	1200m: 19:52.89 1:40.40		

Infantis - AN Alentejo, Masc.

1. Diogo Leote PEDROSA	14	Zona Azul	20:19.55	363
100m: 1:13.91 1:13.91	500m: 6:40.36 1:21.98	900m: 12:10.09 1:22.82	1300m: 17:40.80 1:22.39	
200m: 2:34.38 1:20.47	600m: 8:02.59 1:22.23	1000m: 13:33.07 1:22.98	1400m: 19:02.45 1:21.65	
300m: 3:56.20 1:21.82	700m: 9:25.27 1:22.68	1100m: 14:55.48 1:22.41	1500m: 20:19.55 1:17.10	
400m: 5:18.38 1:22.18	800m: 10:47.27 1:22.00	1200m: 16:18.41 1:22.93		
2. Vicente Ataíde RAMOS	14	Litoral Alentejano	22:31.96	267
100m: 1:23.15 1:23.15	500m: 7:25.35 1:32.12	900m: 13:35.10 1:33.28	1300m: 19:37.65 1:29.24	
200m: 2:52.55 1:29.40	600m: 8:57.57 1:32.22	1000m: 15:06.37 1:31.27	1400m: 21:06.83 1:29.18	
300m: 4:22.67 1:30.12	700m: 10:30.20 1:32.63	1100m: 16:37.99 1:31.62	1500m: 22:31.96 1:25.13	
400m: 5:53.23 1:30.56	800m: 12:01.82 1:31.62	1200m: 18:08.41 1:30.42		
3. Gustavo Antonio BERNARDES	13	Aminata	22:56.00	253
100m: 1:29.68 1:29.68	500m: 7:44.45 1:31.67	900m: 13:53.05 1:33.11	1300m: 20:01.48 1:30.55	
200m: 3:04.61 1:34.93	600m: 9:16.77 1:32.32	1000m: 15:26.66 1:33.61	1400m: 21:31.95 1:30.47	
300m: 4:38.79 1:34.18	700m: 10:49.45 1:32.68	1100m: 16:58.17 1:31.51	1500m: 22:56.00 1:24.05	
400m: 6:12.78 1:33.99	800m: 12:19.94 1:30.49	1200m: 18:30.93 1:32.76		

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Reguengos de Monsaraz, 3 - 5/7/2026

Prova 26, Masc., 1500m Livres, Infantis - AN Alentejo

Lugar	Nome	Idade	Clube	Tempo final	Aqua
4.	Miguel Maria ALVES	13	Aminata	22:58.88	251
	100m: 1:28.38 1:28.38	500m: 7:38.17 1:32.77	900m: 13:48.23 1:31.79	1300m: 20:05.26 1:34.25	
	200m: 3:00.81 1:32.43	600m: 9:11.16 1:32.99	1000m: 15:21.04 1:32.81	1400m: 21:34.56 1:29.30	
	300m: 4:32.99 1:32.18	700m: 10:44.32 1:33.16	1100m: 16:54.27 1:33.23	1500m: 22:58.88 1:24.32	
	400m: 6:05.40 1:32.41	800m: 12:16.44 1:32.12	1200m: 18:31.01 1:36.74		

Juvenis - AN Alentejo, Masc.

1.	Edgar Van RAMOS	16	Aminata	19:42.36	399
	100m: 1:12.81 1:12.81	500m: 6:30.10 1:19.71	900m: 11:50.36 1:19.48	1300m: 17:09.68 1:20.02	
	200m: 2:32.03 1:19.22	600m: 7:49.51 1:19.41	1000m: 13:10.76 1:20.40	1400m: 18:28.44 1:18.76	
	300m: 3:53.27 1:21.24	700m: 9:10.00 1:20.49	1100m: 14:30.31 1:19.55	1500m: 19:42.36 1:13.92	
	400m: 5:10.39 1:17.12	800m: 10:30.88 1:20.88	1200m: 15:49.66 1:19.35		

Juniores/Seniores - AN Alentejo, Masc.

1.	Pedro Caeiro MARQUES	17	Aminata	19:19.21	423
	100m: 1:12.82 1:12.82	500m: 6:26.07 1:17.57	900m: 11:38.55 1:17.55	1300m: 16:48.88 1:17.88	
	200m: 2:31.55 1:18.73	600m: 7:44.65 1:18.58	1000m: 12:55.78 1:17.23	1400m: 18:05.46 1:16.58	
	300m: 3:49.86 1:18.31	700m: 9:02.89 1:18.24	1100m: 14:13.27 1:17.49	1500m: 19:19.21 1:13.75	
	400m: 5:08.50 1:18.64	800m: 10:21.00 1:18.11	1200m: 15:31.00 1:17.73		
2.	Afonso Silva RODRIGUES	17	Ndco	20:14.25	368
	100m: 1:14.28 1:14.28	500m: 6:46.11 1:22.69	900m: 12:14.50 1:21.06	1300m: 17:37.78 1:20.49	
	200m: 2:36.68 1:22.40	600m: 8:08.80 1:22.69	1000m: 13:35.20 1:20.70	1400m: 18:57.28 1:19.50	
	300m: 3:59.70 1:23.02	700m: 9:31.49 1:22.69	1100m: 14:55.61 1:20.41	1500m: 20:14.25 1:16.97	
	400m: 5:23.42 1:23.72	800m: 10:53.44 1:21.95	1200m: 16:17.29 1:21.68		

Juniores/Seniores - AN Interior Centro, Masc.

1.	Tomas Verissimo SILVA	17	Natacao do Fundao / YesEnergy	19:05.97	438
	100m: 1:07.02 1:07.02	500m: 6:12.76 1:17.57	900m: 11:23.70 1:16.97	1300m: 16:34.15 1:17.78	
	200m: 2:21.89 1:14.87	600m: 7:30.08 1:17.32	1000m: 12:41.34 1:17.64	1400m: 17:51.63 1:17.48	
	300m: 3:38.17 1:16.28	700m: 8:48.21 1:18.13	1100m: 13:58.60 1:17.26	1500m: 19:05.97 1:14.34	
	400m: 4:55.19 1:17.02	800m: 10:06.73 1:18.52	1200m: 15:16.37 1:17.77		
2.	Antonio Maria FERREIRA	26	Natacao do Fundao / YesEnergy	22:10.04	280
	100m: 1:17.37 1:17.37	500m: 7:06.02 1:28.92	900m: 13:05.03 1:30.99	1300m: 19:10.43 1:31.35	
	200m: 2:42.48 1:25.11	600m: 8:34.65 1:28.63	1000m: 14:35.84 1:30.81	1400m: 20:42.08 1:31.65	
	300m: 4:09.05 1:26.57	700m: 10:03.74 1:29.09	1100m: 16:07.36 1:31.52	1500m: 22:10.04 1:27.96	
	400m: 5:37.10 1:28.05	800m: 11:34.04 1:30.30	1200m: 17:39.08 1:31.72		