

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

Prova 30

Masc., 200m Livres

13 anos e mais velhos

05/07/2026 - 9:45

Resultados

|                            |         |                          |                      |            |
|----------------------------|---------|--------------------------|----------------------|------------|
| Recordes Regionais PL Open | 2:00.08 | Ivo Andre MARGARIDO      | IndANALENCoimbra     | 28/07/2006 |
| Recordes Regionais PL 19 + | 2:02.93 | Miguel Maria CARVALHO    | AMINATA Oeiras       | 29/07/2004 |
| Recordes Regionais PL 18   | 2:00.08 | Ivo Andre MARGARIDO      | IndANALENCoimbra     | 28/07/2006 |
| Recordes Regionais PL 17   | 2:06.75 | Nelson Pereira MALHEIROS | CNLA Oeiras          | 07/02/2016 |
| Recordes Regionais PL 16   | 2:01.59 | Ivo Andre MARGARIDO      | VGAC Oeiras          | 29/07/2004 |
| Recordes Regionais PL 15   | 2:06.90 | Bernardo Pastor ESCADA   | AMINATA Oeiras       | 25/07/2014 |
| Recordes Regionais PL 14   | 2:08.69 | Andre Alves BASCH        | AMINATA Lisboa       | 23/07/2011 |
| Recordes Regionais PL 13   | 2:14.97 | Gustavo Manuel SANTA     | Ind ANALEN Rio Maior | 22/07/2006 |

TAC Infantil B 13 50m: 3:08.40 - 25m: 3:05.00 / TAC Infantil A 14 50m: 2:53.40 - 25m: 2:50.00 / TAC Juvenil B 15 50m: 2:38.47 -

25m: 2:35.07 / TAC Juvenil A 16 50m: 2:33.24 - 25m: 2:29.84 / TAC Juniores 17 - 18 50m: 2:30.24 - 25m: 2:26.84 /

TAC Seniores 19 + 50m: 2:29.64 - 25m: 2:25.84

Pontos: AQUA 2026

| Lugar                  | Nome                      | Idade | Clube                 | Tempo          | Aqua | 100m    | 200m    |
|------------------------|---------------------------|-------|-----------------------|----------------|------|---------|---------|
| Infantis - AN Alentejo |                           |       |                       |                |      |         |         |
| 1.                     | Diogo Leote PEDROSA       | 14    | Zona Azul             | <b>2:20.39</b> | 383  | 1:08.52 | 1:11.87 |
| 2.                     | Nelson Manuel FLORINDO    | 14    | Aminata               | <b>2:24.61</b> | 350  | 1:08.92 | 1:15.69 |
| 3.                     | Rafael Duarte BICO        | 14    | Aminata               | <b>2:33.87</b> | 291  | 1:14.81 | 1:19.06 |
| 4.                     | Tomas Nunes NOGUEIRA      | 14    | Grupo Desportivo Mora | <b>2:35.88</b> | 280  | 1:14.87 | 1:21.01 |
| 5.                     | Vicente Ataíde RAMOS      | 14    | Litoral Alentejano    | <b>2:36.93</b> | 274  | 1:14.74 | 1:22.19 |
| 6.                     | Gustavo Antonio BERNARDES | 13    | Aminata               | <b>2:46.72</b> | 229  | 1:20.44 | 1:26.28 |
| 7.                     | Gabriel Carrasco COELHO   | 14    | Estremoz              | <b>2:48.57</b> | 221  | 1:16.02 | 1:32.55 |
| 8.                     | Lourenço Costa FORTES     | 13    | Aljustrelense         | <b>2:49.71</b> | 217  | 1:08.04 | 1:41.67 |
| 9.                     | Roman Perez CRESPO        | 14    | Acmm                  | <b>2:51.84</b> | 209  | 1:25.19 | 1:26.65 |

Infantis - AN Interior Centro

|     |                             |    |                               |                |     |         |         |
|-----|-----------------------------|----|-------------------------------|----------------|-----|---------|---------|
| 1.  | Gonçalo Maria COSTA         | 14 | Elvense                       | <b>2:27.00</b> | 334 | 1:10.36 | 1:16.64 |
| 2.  | Francisco Carvalho FIGUEIRA | 14 | Portalegre                    | <b>2:30.28</b> | 312 | 1:13.54 | 1:16.74 |
| 3.  | Tomas Martins AZEVEDO       | 14 | AN Albicastrense              | <b>2:30.55</b> | 310 | 1:10.00 | 1:20.55 |
| 4.  | Francisco Maria CARDOSO     | 13 | AN Albicastrense              | <b>2:37.08</b> | 273 | 1:15.05 | 1:22.03 |
| 5.  | Pedro Antonio MARCELINO     | 13 | CCDSerta                      | <b>2:37.52</b> | 271 | 1:15.65 | 1:21.87 |
| 6.  | Sergio Ricardo ALVES        | 14 | CCDSerta                      | <b>2:40.52</b> | 256 | 1:19.10 | 1:21.42 |
| 7.  | Francisco Jose ABREU        | 13 | Natacao Guarda                | <b>2:40.60</b> | 256 | 1:18.63 | 1:21.97 |
| 8.  | Antonio Beirão VALENTE      | 14 | AN Albicastrense              | <b>2:44.50</b> | 238 | 1:18.79 | 1:25.71 |
| 9.  | Kaluana Pinheiro BENZECRY   | 14 | Natacao do Fundao / YesEnergy | <b>2:47.20</b> | 227 | 1:20.85 | 1:26.35 |
| 10. | Tomas Usta MELO             | 13 | Elétrico                      | <b>2:51.54</b> | 210 | 1:22.05 | 1:29.49 |
| 11. | David Barreiros BAIÃO       | 13 | Portalegre                    | <b>2:54.43</b> | 199 | 1:27.05 | 1:27.38 |
| 12. | Afonso Duarte SILVEIRA      | 13 | AN Albicastrense              | <b>2:59.18</b> | 184 | 1:26.71 | 1:32.47 |
| 13. | Manuel Maria PEREIRA        | 13 | Elétrico                      | <b>2:59.30</b> | 184 | 1:27.18 | 1:32.12 |
| 14. | Santiago Valadas BELCHIOR   | 13 | Elvense                       | <b>3:05.91</b> | 165 | 1:30.24 | 1:35.67 |

Juvenis - AN Alentejo

|    |                            |    |                          |                |     |         |         |
|----|----------------------------|----|--------------------------|----------------|-----|---------|---------|
| 1. | Tiago Romaneiro JANEIRINHO | 16 | Aminata                  | <b>2:13.05</b> | 450 | 1:04.44 | 1:08.61 |
| 2. | Bernardo Jose LOUCAO       | 15 | Litoral Alentejano       | <b>2:15.27</b> | 428 | 1:06.28 | 1:08.99 |
| 3. | Gustavo Cardoso SANTOS     | 15 | Ndco                     | <b>2:16.72</b> | 415 | 1:06.07 | 1:10.65 |
| 4. | João Carlos GARCIA         | 15 | Zona Azul                | <b>2:26.44</b> | 337 | 1:10.62 | 1:15.82 |
| 5. | Luis Carlos VAZ            | 16 | Litoral Alentejano       | <b>2:26.62</b> | 336 | 1:12.47 | 1:14.15 |
| 6. | Eydan Sayil VAN MELLE      | 16 | Aljustrelense            | <b>2:36.14</b> | 278 | 1:13.95 | 1:22.19 |
| 7. | Eduardo Filipe CHAINHO     | 16 | GSC Grândola Sports Club | <b>2:38.50</b> | 266 | 1:16.35 | 1:22.15 |

Juvenis - AN Interior Centro

|    |                        |    |                               |                |     |         |         |
|----|------------------------|----|-------------------------------|----------------|-----|---------|---------|
| 1. | Jose Miguel PAIS       | 16 | Natacao do Fundao / YesEnergy | <b>2:14.11</b> | 439 | 1:03.85 | 1:10.26 |
| 2. | Duarte Jose MATOS      | 16 | CCDSerta                      | <b>2:18.74</b> | 397 | 1:04.24 | 1:14.50 |
| 3. | Afonso Jose ALVES      | 15 | CCDSerta                      | <b>2:20.56</b> | 382 | 1:06.05 | 1:14.51 |
| 4. | João Martim PICARRA    | 16 | Elvense                       | <b>2:26.10</b> | 340 | 1:11.42 | 1:14.68 |
| 5. | Lucas Granado VENCES   | 16 | AN Albicastrense              | <b>2:29.85</b> | 315 | 1:10.72 | 1:19.13 |
| 6. | Afonso Ferreira FILIPE | 16 | CCDSerta                      | <b>2:35.54</b> | 282 | 1:12.62 | 1:22.92 |
| 7. | Tomas Rafael GASPAR    | 16 | CCDSerta                      | <b>2:36.85</b> | 275 | 1:17.08 | 1:19.77 |

Campeonatos Regionais de Ver o - Aquainstinct  
Reguengos de Monsaraz, 3 - 5/7/2026

Prova 30, Masc., 200m Livres

Juniores/Seniores - AN Alentejo

|                            |    |                          |                |     |         |         |
|----------------------------|----|--------------------------|----------------|-----|---------|---------|
| 1. Samuel Andre MARIANO    | 24 | Litoral Alentejano       | <b>2:07.90</b> | 507 | 1:02.22 | 1:05.68 |
| 2. Francisco Caetano PALMA | 22 | Zona Azul                | <b>2:11.21</b> | 469 | 1:00.23 | 1:10.98 |
| 3. Tiago Delfim PEREIRA    | 19 | Aminata                  | <b>2:14.27</b> | 438 | 1:05.00 | 1:09.27 |
| 4. Pedro Caeiro MARQUES    | 17 | Aminata                  | <b>2:15.39</b> | 427 | 1:05.41 | 1:09.98 |
| 5. Francisco Reis MAGUAS   | 20 | Ndco                     | <b>2:22.78</b> | 364 | 1:08.97 | 1:13.81 |
| 6. Joao Pedro PORTO        | 17 | GSC Gr ndola Sports Club | <b>2:31.81</b> | 303 | 1:10.95 | 1:20.86 |

Juniores/Seniores - AN Interior Centro

|                           |    |                               |                |     |         |         |
|---------------------------|----|-------------------------------|----------------|-----|---------|---------|
| 1. Joao Alexandre SARAIVA | 31 | Natacao do Fundao / YesEnergy | <b>2:12.69</b> | 454 | 1:01.53 | 1:11.16 |
| 2. Romulo Artur SILVA     | 18 | El ctrico                     | <b>2:15.35</b> | 427 | 1:04.78 | 1:10.57 |
| 3. Tomas Verissimo SILVA  | 17 | Natacao do Fundao / YesEnergy | <b>2:16.75</b> | 414 | 1:05.03 | 1:11.72 |
| 4. Manuel Maria SANGUINHO | 17 | Elvense                       | <b>2:23.78</b> | 357 | 1:07.18 | 1:16.60 |
| 5. Tiago Maria COSTA      | 18 | Elvense                       | <b>2:23.84</b> | 356 | 1:09.03 | 1:14.81 |