

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

Prova 9 800m Livres 13 anos e mais velhos
03/07/2026 - 19:40 Resultados

Recordes Regionais PL Open	9:10.07	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014
Recordes Regionais PL 19 +	9:38.40	Tiago Manuel AZINHEIRINHA	ACMN	Reguengos de Monsaraz	06/07/2018
Recordes Regionais PL 18	9:18.64	Joao Pedro NEVES	AMINATA	Reguengos de Monsaraz	05/07/2014
Recordes Regionais PL 17	9:17.37	Nelson Pereira MALHEIROS	CNLA	Oeiras	11/03/2016
Recordes Regionais PL 16	9:11.09	Miguel Martins BALTAZAR	AMINATA	Oeiras	23/07/2014
Recordes Regionais PL 15	9:10.07	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014
Recordes Regionais PL 14	9:32.21	Andre Alves BASCH	AMINATA	Lisboa	24/07/2011
Recordes Regionais PL 13	9:48.86	Miguel Martins BALTAZAR	AMINATA	Lisboa	24/07/2011
Recordes Regionais PL Open	9:02.99	Ana Reis SOUSA	CNLA	Funchal	23/03/2018
Recordes Regionais PL 18 +	10:20.10	Sofia Oliveira SILVA	CNLA	Reguengos de Monsaraz	08/07/2023
Recordes Regionais PL 17	10:02.54	Sofia Cristina GRILO	Ind ANALE	Reguengos de Monsaraz	05/07/2014
Recordes Regionais PL 16	9:02.99	Ana Reis SOUSA	CNLA	Funchal	23/03/2018
Recordes Regionais PL 15	9:25.73	Ana Reis SOUSA	CNLA	Oeiras	20/07/2017
Recordes Regionais PL 14	9:43.08	Ana Reis SOUSA	CNLA	Reguengos de Monsaraz	02/07/2016
Recordes Regionais PL 13	10:07.87	Joana Catarina SANTA	VGAC	Coimbra	24/07/2005

TAC Infantil B 13 Femin. 50m: 13:41.90 - 25m: 13:30.00 / TAC Infantil A 14 Femin. 50m: 13:11.90 - 25m: 13:00.00 /

TAC Juvenil B 15 Femin. 50m: 12:31.90 - 25m: 12:20.00 / TAC Juvenil A 16 Femin. 50m: 12:11.90 - 25m: 12:00.00 /

TAC Juniores 17 - 18 Femin. 50m: 12:03.90 - 25m: 11:52.00 / TAC Seniores 19 + Femin. 50m: 11:56.90 - 25m: 11:45.00

Pontos: AQUA 2026

Lugar Nome Idade Clube Tempo final Aqua

Infantis - AN Alentejo, Femin.

1. Lara Amorim PEREIRA	13	Litoral Alentejano	11:15.79	367
100m: 1:19.72 1:19.72	300m: 4:10.72 1:25.84	500m: 7:01.33 1:25.02	700m: 9:54.26 1:26.14	
200m: 2:44.88 1:25.16	400m: 5:36.31 1:25.59	600m: 8:28.12 1:26.79	800m: 11:15.79 1:21.53	
2. Ines Borges COSTA	14	Ndco	11:21.91	357
100m: 1:19.32 1:19.32	300m: 4:12.88 1:27.62	500m: 7:09.31 1:28.16	700m: 10:03.49 1:26.20	
200m: 2:45.26 1:25.94	400m: 5:41.15 1:28.27	600m: 8:37.29 1:27.98	800m: 11:21.91 1:18.42	
3. Daniela Varela SILVA	14	Acmn	12:24.26	275
100m: 1:20.39 1:20.39	300m: 4:27.62 1:34.23	500m: 7:39.88 1:37.28	700m: 10:52.86 1:35.98	
200m: 2:53.39 1:33.00	400m: 6:02.60 1:34.98	600m: 9:16.88 1:37.00	800m: 12:24.26 1:31.40	
4. Diana Domingos SANTOS	14	GSC Grândola Sports Club	12:30.24	268
100m: 1:23.97 1:23.97	300m: 4:32.82 1:35.40	500m: 7:44.46 1:36.22	700m: 10:57.15 1:35.16	
200m: 2:57.42 1:33.45	400m: 6:08.24 1:35.42	600m: 9:21.99 1:37.53	800m: 12:30.24 1:33.09	
5. Sara Araujo SILVA	13	Ndco	12:36.59	261
100m: 1:26.46 1:26.46	300m: 4:36.83 1:35.60	500m: 7:49.23 1:36.02	700m: 11:03.08 1:36.40	
200m: 3:01.23 1:34.77	400m: 6:13.21 1:36.38	600m: 9:26.68 1:37.45	800m: 12:36.59 1:33.51	
6. Carolina Paixao CENICO	14	Acmn	12:38.45	260
100m: 1:24.18 1:24.18	300m: 4:34.63 1:35.76	500m: 7:51.67 1:39.02	700m: 11:08.22 1:37.20	
200m: 2:58.87 1:34.69	400m: 6:12.65 1:38.02	600m: 9:31.02 1:39.35	800m: 12:38.45 1:30.23	
7. Teresa Filipe BANHA	14	Acmn	13:07.40	232
100m: 1:29.46 1:29.46	300m: 4:44.70 1:38.49	500m: 8:08.03 1:42.77	700m: 11:31.57 1:41.36	
200m: 3:06.21 1:36.75	400m: 6:25.26 1:40.56	600m: 9:50.21 1:42.18	800m: 13:07.40 1:35.83	

Infantis - AN Interior Centro, Femin.

1. Maria Beatriz MESTRE	14	Eléctrico	12:21.81	277
100m: 1:23.77 1:23.77	300m: 4:31.67 1:35.01	500m: 7:44.02 1:35.95	700m: 10:54.36 1:34.65	
200m: 2:56.66 1:32.89	400m: 6:08.07 1:36.40	600m: 9:19.71 1:35.69	800m: 12:21.81 1:27.45	
2. Margarida Lourenco ANTUNES	14	CCDSerta	12:49.34	249
100m: 1:24.54 1:24.54	300m: 4:36.19 1:36.71	500m: 7:54.14 1:39.22	700m: 11:15.62 1:40.68	
200m: 2:59.48 1:34.94	400m: 6:14.92 1:38.73	600m: 9:34.94 1:40.80	800m: 12:49.34 1:33.72	
3. Diana Sofia PEREIRA	14	Natacao do Fundao / YesEnergy	12:50.20	248
100m: 1:24.47 1:24.47	300m: 4:38.28 1:37.47	500m: 7:56.03 1:38.28	700m: 11:15.83 1:39.50	
200m: 3:00.81 1:36.34	400m: 6:17.75 1:39.47	600m: 9:36.33 1:40.30	800m: 12:50.20 1:34.37	
4. Carolina Campos SILVA	14	Natacao Guarda	13:00.95	238
100m: 1:30.50 1:30.50	300m: 4:46.75 1:40.12	500m: 8:03.46 1:38.63	700m: 11:24.71 1:40.94	
200m: 3:06.63 1:36.13	400m: 6:24.83 1:38.08	600m: 9:43.77 1:40.31	800m: 13:00.95 1:36.24	

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

Prova 9, Femin., 800m Livres, Infantis - AN Interior Centro

Lugar	Nome	Idade	Clube	Tempo final	Aqua
5.	Andreia Lourenco COSTA	13	Natacao do Fundao / YesEnergy	13:23.03	219
	100m: 1:31.35 1:31.35	300m: 4:53.81 1:44.39	500m: 8:20.33 1:44.45	700m: 11:47.61 1:42.87	
	200m: 3:09.42 1:38.07	400m: 6:35.88 1:42.07	600m: 10:04.74 1:44.41	800m: 13:23.03 1:35.42	

Juvenis - AN Alentejo, Femin.

1.	Leonor Duarte GONCALVES	16	Ndco	11:01.57	391
	100m: 1:15.70 1:15.70	300m: 4:01.22 1:23.55	500m: 6:50.73 1:25.01	700m: 9:40.55 1:24.14	
	200m: 2:37.67 1:21.97	400m: 5:25.72 1:24.50	600m: 8:16.41 1:25.68	800m: 11:01.57 1:21.02	
2.	Teresa Ribeiro ROCHA	15	Aminata	11:23.55	355
	100m: 1:19.41 1:19.41	300m: 4:09.29 1:25.04	500m: 7:02.69 1:27.70	700m: 9:58.90 1:28.98	
	200m: 2:44.25 1:24.84	400m: 5:34.99 1:25.70	600m: 8:29.92 1:27.23	800m: 11:23.55 1:24.65	
3.	Rita Isabel OLIVEIRA	16	Estremoz	11:29.63	345
	100m: 1:20.53 1:20.53	300m: 4:13.52 1:26.25	500m: 7:06.48 1:25.92	700m: 10:02.85 1:27.79	
	200m: 2:47.27 1:26.74	400m: 5:40.56 1:27.04	600m: 8:35.06 1:28.58	800m: 11:29.63 1:26.78	
4.	Madalena Isabel MARQUES	15	Acmn	12:48.74	249
	100m: 1:20.21 1:20.21	300m: 4:32.41 1:38.24	500m: 7:55.19 1:41.74	700m: 11:18.46 1:42.51	
	200m: 2:54.17 1:33.96	400m: 6:13.45 1:41.04	600m: 9:35.95 1:40.76	800m: 12:48.74 1:30.28	

Juvenis - AN Interior Centro, Femin.

1.	Matilde Nogueira LOURENCO	15	CCDSerta	10:58.31	397
	100m: 1:16.26 1:16.26	300m: 4:02.37 1:23.38	500m: 6:50.54 1:24.24	700m: 9:38.64 1:23.64	
	200m: 2:38.99 1:22.73	400m: 5:26.30 1:23.93	600m: 8:15.00 1:24.46	800m: 10:58.31 1:19.67	
2.	Joana Nobre JESUS	15	Natacao Guarda	11:29.18	346
	100m: 1:20.75 1:20.75	300m: 4:12.96 1:26.13	500m: 7:07.79 1:27.88	700m: 10:06.23 1:28.52	
	200m: 2:46.83 1:26.08	400m: 5:39.91 1:26.95	600m: 8:37.71 1:29.92	800m: 11:29.18 1:22.95	

Juniores/Seniores - AN Interior Centro, Femin.

1.	Rita Lobo PIRES	17	Natacao do Fundao / YesEnergy	11:07.39	381
	100m: 1:14.80 1:14.80	300m: 4:01.77 1:24.33	500m: 6:51.64 1:25.14	700m: 9:42.32 1:25.71	
	200m: 2:37.44 1:22.64	400m: 5:26.50 1:24.73	600m: 8:16.61 1:24.97	800m: 11:07.39 1:25.07	

Juvenis - AN Alentejo, Masc.

1.	Gustavo Cardoso SANTOS	15	Ndco	10:10.52	406
	100m: 1:09.36 1:09.36	300m: 3:41.91 1:16.65	500m: 6:18.18 1:18.61	700m: 8:55.34 1:18.28	
	200m: 2:25.26 1:15.90	400m: 4:59.57 1:17.66	600m: 7:37.06 1:18.88	800m: 10:10.52 1:15.18	

Juniores/Seniores - AN Alentejo, Masc.

1.	Afonso Silva RODRIGUES	17	Ndco	10:33.39	363
	100m: 1:10.66 1:10.66	300m: 3:49.86 1:21.16	500m: 6:34.76 1:22.01	700m: 9:14.96 1:20.11	
	200m: 2:28.70 1:18.04	400m: 5:12.75 1:22.89	600m: 7:54.85 1:20.09	800m: 10:33.39 1:18.43	
2.	Francisco Reis MAGUAS	20	Ndco	11:00.57	320
	100m: 1:17.06 1:17.06	300m: 4:05.55 1:25.21	500m: 6:54.17 1:23.09	700m: 9:42.21 1:23.48	
	200m: 2:40.34 1:23.28	400m: 5:31.08 1:25.53	600m: 8:18.73 1:24.56	800m: 11:00.57 1:18.36	

Juniores/Seniores - AN Interior Centro, Masc.

1.	Tomas Verissimo SILVA	17	Natacao do Fundao / YesEnergy	9:50.60	448
	100m: 1:07.22 1:07.22	300m: 3:34.74 1:14.79	500m: 6:05.06 1:15.84	700m: 8:37.38 1:16.75	
	200m: 2:19.95 1:12.73	400m: 4:49.22 1:14.48	600m: 7:20.63 1:15.57	800m: 9:50.60 1:13.22	
2.	Romulo Artur SILVA	18	Eléctrico	10:34.29	362
	100m: 1:12.02 1:12.02	300m: 3:54.10 1:22.77	500m: 6:40.66 1:23.11	700m: 9:19.80 1:19.33	
	200m: 2:31.33 1:19.31	400m: 5:17.55 1:23.45	600m: 8:00.47 1:19.81	800m: 10:34.29 1:14.49	

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Reguengos de Monsaraz, 3 - 5/7/2026

Prova 9, Masc., 800m Livres, Juniores/Seniores - AN Interior Centro

Lugar	Nome	Idade	Clube	Tempo final	Aqua
3.	Antonio Maria FERREIRA	26	Natacao do Fundao / YesEnergy	10:47.19	340
100m:	1:14.21	1:14.21	300m:	3:58.68	1:23.33
500m:	6:42.53	1:21.44	700m:	9:27.70	1:23.40
200m:	2:35.35	1:21.14	400m:	5:21.09	1:22.41
600m:	8:04.30	1:21.77	800m:	10:47.19	1:19.49