

**Coruche**  
**11 Janeiro 2026 (Piscina/Pool: 25 M)**

**Recordes Nacionais: 100m**

**Obstacle**

|          |           |          |                |         |            |            |
|----------|-----------|----------|----------------|---------|------------|------------|
| Infantil | Feminino  | 01:31,85 | Inês Rocha     | Seagull | 08/12/2023 | CN Coruche |
|          | Masculino | 01:45,53 | Santiago Barra | DESMOR  | 24/11/2024 | CN Coruche |

**100 m. Obstacle Swim inf F**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | SOUSA AIRES, SORAIA           | 2013            | DESMOR - Rio Maior |                    |

**100 m. Obstacle Swim inf M**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | BARRA, SANTIAGO               | 2013            | DESMOR - Rio Maior | 01:23:45 50E       |

**Recordes Nacionais 200m**

**Obstacle**

|         |           |          |                 |         |            |             |
|---------|-----------|----------|-----------------|---------|------------|-------------|
| Juvenil | Feminino  | 03:16,75 | Maria Rufino    | Seagull | 29/01/2023 | CN Coruche  |
|         | Masculino | 02:59,22 | Mateus Heleno   | Seagull | 08/12/2023 | CN Coruche  |
| Júnior  | Feminino  | 02:45,19 | Carolina Amaral | BÚZIOS  | 2016       | CN Coruche  |
|         | Masculino | 02:13,78 | Pedro Lopes     | BÚZIOS  | 2016       | CN Coruche  |
| Sénior  | Feminino  | 02:30,75 | Beatriz Gaspar  | CORAL   | 08/12/2023 | CN Coruche  |
|         | Masculino | 02:11,12 | Filipe Cardoso  | CORAL   | 24/11/2024 | CN Portimão |
| Abs     | Feminino  | 02:30,75 | Beatriz Gaspar  | CORAL   | 08/12/2023 | CN Coruche  |
|         | Masculino | 02:11,12 | Filipe Cardoso  | CORAL   | 24/11/2024 | CN Portimão |

**200 m. Obstacle Swim juv F**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b>        | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|---------------------------|--------------------|
| 3 | ALBUQUERQUE, MARIA            | 2013            | Búzios-Coruche            |                    |
| 4 | MORENO SILVÉRIO, INÊS         | 2011            | SEAGULL RESCUE - Grândola |                    |
| 5 | SANTOS MATIAS, EVA            | 2011            | SEAGULL RESCUE - Grândola |                    |

**Serie: 2**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 3 | AIRES REIS, CAROLINA          | 2012            | DESMOR - Rio Maior |                    |
| 4 | RODRIGUES, MARIANA            | 2011            | Búzios-Coruche     | 03:17:28 50E       |
| 5 | MARTINS, SOFIA                | 2013            | Búzios-Coruche     |                    |

**200 m. Obstacle Swim juv M**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | MARQUES, ISAC                 | 2012            | Búzios-Coruche     |                    |

**200 m. Obstacle Swim jun F**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 3 | MATEUS, LEONOR                | 2009            | Búzios-Coruche     |                    |
| 4 | PARREIRA, ÍRIS                | 2009            | DESMOR - Rio Maior | 03:34:50 50E       |
| 5 | LUÍS, LEONOR VALADA           | 2010            | DESMOR - Rio Maior | 03:37:72 50E       |

**Serie: 2**

|   | Socorrista / Lifeguard         | Año/Year | Club / Team        | Tiempo/Time |     |
|---|--------------------------------|----------|--------------------|-------------|-----|
| 1 | RIBEIRO, MARIA                 | 2010     | Búzios-Coruche     | 03:26:33    | 50E |
| 2 | ARSÉNIO, SOFIA                 | 2008     | Búzios-Coruche     | 03:11:56    | 50E |
| 3 | RODRIGUES, M <sup>a</sup> INÊS | 2008     | DESMOR - Rio Maior | 03:23:28    | 50E |

**200 m. Obstacle Swim jun M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time |     |
|---|------------------------|----------|---------------------------|-------------|-----|
| 3 | DUARTE HELENO, MATEUS  | 2010     | SEAGULL RESCUE - Grândola | 02:59:22    | 50E |
| 4 | SOUSA AIRES, SIMÃO     | 2010     | DESMOR - Rio Maior        |             |     |

**200 m. Obstacle Swim abs F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|------------------------|----------|-------------------------------|-------------|-----|
| 4 | GASPAR, BEATRIZ        | 2004     | CORAL - Reguengos de Monsaraz | 02:30:75    | 50E |

**200 m. Obstacle Swim abs M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|------------------------|----------|-------------------------------|-------------|-----|
| 3 | CARDOSO, FILIPE        | 2004     | CORAL - Reguengos de Monsaraz | 02:13:88    | 50E |
| 4 | FERREIRA, BERNARDO     | 2000     | CORAL - Reguengos de Monsaraz | 02:34:79    | 50E |

**Recordes Nacionais**

**Line Throw**

|          |           |          |                                  |          |            |                          |
|----------|-----------|----------|----------------------------------|----------|------------|--------------------------|
| Júnior   | Feminino  | 00:42,00 | Inês Cardoso, Maria Rodrigues    | DESMOR   | 24/11/2024 | CN Coruche               |
|          | Masculino | 00:13,78 | Francisco Rouxinol, João Conrado | PORTUGAL | 13/09/2021 | Europeu 2021 - Espanha   |
| Sénior   | Feminino  | 00:16,16 | Neuza Reis, Sandra Barreiros     | PORTUGAL | 2018       | Mundial 2018 - Austrália |
|          | Masculino | 00:12,69 | Diogo Relvas, Pedro Coelho       | CORAL    | 19/03/2023 | CN Vila Franca de Xira   |
| Absoluto | Feminino  | 00:16,16 | Neuza Reis, Sandra Barreiros     | PORTUGAL | 2018       | Mundial 2018 - Austrália |
|          | Masculino | 00:12,69 | Diogo Relvas, Pedro Coelho       | CORAL    | 19/03/2023 | CN Vila Franca de Xira   |

**Line Throw jun F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                     | Tiempo/Time |
|---|------------------------|----------|---------------------------------|-------------|
| 3 |                        |          | Búzios-Coruche (júnior - F)     |             |
| 4 |                        |          | DESMOR - Rio Maior (júnior - F) |             |

**Line Throw jun M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                 | Tiempo/Time |
|---|------------------------|----------|-----------------------------|-------------|
| 4 |                        |          | Búzios-Coruche (júnior - M) |             |

**Line Throw abs F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                                  | Tiempo/Time |
|---|------------------------|----------|----------------------------------------------|-------------|
| 4 |                        |          | CORAL - Reguengos de Monsaraz (absoluta - F) | 50E         |

### Line Throw abs M

#### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                                  | Tiempo/Time  |
|------------------------|----------|----------------------------------------------|--------------|
| 3                      |          | Búzios-Coruche (absoluta - M)                | 00:15:88 50E |
| 4                      |          | CORAL - Reguengos de Monsaraz (absoluta - M) |              |

### Recordes Nacionais 100m Tow with Fins

|          |           |          |                   |        |            |            |
|----------|-----------|----------|-------------------|--------|------------|------------|
| Infantil | Feminino  | 01:25,84 | Mariana Rodrigues | BÚZIOS | 08/12/2023 | CN Coruche |
|          | Masculino | 01:36,81 | Oscar Duarte      | DESMOR | 24/11/2024 | CN Coruche |

### 100 m. Tow with Fins inf F

#### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |
|------------------------|----------|--------------------|-------------|
| 4                      | 2013     | DESMOR - Rio Maior |             |

### 100 m. Tow with Fins inf M

#### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time  |
|------------------------|----------|--------------------|--------------|
| 4                      | 2013     | DESMOR - Rio Maior | 01:43:00 50E |

### 50 m. Tow with Fins promo M

#### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team   | Tiempo/Time  |
|------------------------|----------|---------------|--------------|
| 4                      | 2015     | RESGATE ANSLA | 00:37:58 50E |

### 100m Manikin Tow with Fins

|         |           |          |                   |         |            |              |
|---------|-----------|----------|-------------------|---------|------------|--------------|
| Juvenil | Feminino  | 01:33,60 | Mariana Rodrigues | BÚZIOS  | 24/11/2024 | CN Coruche   |
|         | Masculino | 01:20,07 | Francisco Cecílio | BÚZIOS  | 24/11/2024 | CN Coruche   |
| Júnior  | Feminino  | 01:25,28 | Maria Catarino    | RESGATE | 2016       | CN Coruche   |
|         | Masculino | 01:04,72 | Lucas Agostinho   | BÚZIOS  | 08/12/2023 | CN Coruche   |
| Sénior  | Feminino  | 01:18,53 | Beatriz Gaspar    | CORAL   | 24/11/2024 | CN Coruche   |
|         | Masculino | 01:03,66 | Lucas Agostinho   | BÚZIOS  | 24/11/2024 | CN Albufeira |
| Abs     | Feminino  | 01:18,53 | Beatriz Gaspar    | CORAL   | 24/11/2024 | CN Coruche   |
|         | Masculino | 01:03,66 | Lucas Agostinho   | BÚZIOS  | 24/11/2024 | CN Coruche   |

### 100 m. Manikin Tow with Fins juv F

#### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |
|------------------------|----------|--------------------|-------------|
| 3                      | 2012     | DESMOR - Rio Maior |             |
| 4                      | 2013     | Búzios-Coruche     |             |
| 5                      | 2013     | Búzios-Coruche     |             |

#### Serie: 2

| Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time  |
|------------------------|----------|---------------------------|--------------|
| 3                      | 2011     | SEAGULL RESCUE - Grândola | 01:44:90 50E |
| 4                      | 2011     | Búzios-Coruche            | 01:29:53 50E |
| 5                      | 2011     | SEAGULL RESCUE - Grândola | 01:39:00 50E |

### 100 m. Manikin Tow with Fins juv M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team    | Tiempo/Time |
|---|------------------------|----------|----------------|-------------|
| 4 | MARQUES, ISAC          | 2012     | Búzios-Coruche |             |

### 100 m. Manikin Tow with Fins jun M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time  |
|---|------------------------|----------|--------------------|--------------|
| 3 | MARTINS, LUANA         | 2008     | Búzios-Coruche     |              |
| 4 | RIBEIRO, MARIA         | 2010     | Búzios-Coruche     | 01:36:23 50E |
| 5 | LUÍS, LEONOR VALADA    | 2010     | DESMOR - Rio Maior | 01:36:97 50E |

#### Serie: 2

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time  |
|---|------------------------|----------|--------------------|--------------|
| 3 | PARREIRA, IRIS         | 2009     | DESMOR - Rio Maior | 01:31:72 50E |
| 4 | RODRIGUES, Mª INÊS     | 2008     | DESMOR - Rio Maior | 01:34:25 50E |

### 100 m. Manikin Tow with Fins jun M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time  |
|---|------------------------|----------|---------------------------|--------------|
| 2 | MARTINS, JOSÉ          | 2009     | Búzios-Coruche            |              |
| 3 | DUARTE HELENO, MATEUS  | 2010     | SEAGULL RESCUE - Grândola | 01:43:07 50E |
| 4 | SOUSA AIRES, SIMÃO     | 2010     | DESMOR - Rio Maior        |              |
| 5 | GASPAR, HENRIQUE       | 2011     | Búzios-Coruche            |              |

#### Serie: 2

|   | Socorrista / Lifeguard | Año/Year | Club / Team    | Tiempo/Time  |
|---|------------------------|----------|----------------|--------------|
| 2 | RODRIGUES, VASCO       | 2011     | Búzios-Coruche | 01:37:82 50E |
| 3 | CECÍLIO, FRANCISCO     | 2010     | Búzios-Coruche | 01:16:90 50E |
| 4 | DIMAS, MARTINHO        | 2009     | Búzios-Coruche | 01:23:53 50E |
| 5 | PEREIRA, JOÃO CARLOS   | 2011     | Búzios-Coruche | 01:42:90 50E |

### 100 m. Manikin Tow with Fins abs F

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time  |
|---|------------------------|----------|-------------------------------|--------------|
| 3 | GASPAR, BEATRIZ        | 2004     | CORAL - Reguengos de Monsaraz | 01:18:53 50E |
| 4 | MESTRE, ANNA           | 1981     | RESGATE ANSLA                 |              |

### 100 m. Manikin Tow with Fins abs M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time  |
|---|------------------------|----------|-------------------------------|--------------|
| 2 | RODRIGUES, MARTIM      | 2007     | Búzios-Coruche                | 01:29:56 50E |
| 3 | AGOSTINHO, LUCAS       | 2005     | Búzios-Coruche                | 01:03:47 50E |
| 4 | CARDOSO, FILIPE        | 2004     | CORAL - Reguengos de Monsaraz | 01:07:81 50E |
| 5 | AGOSTINHO, TOMÁS       | 1999     | Búzios-Coruche                |              |

#### Recordes Nacionais

##### 4x25m Manikin Relay

|          |           |          |                                                                   |         |            |                          |
|----------|-----------|----------|-------------------------------------------------------------------|---------|------------|--------------------------|
| Infantil | Feminino  | 02:46,84 | Carlota Chainho, Inês Rocha, Inês Silvério, Eva Matias            | Seagull | 29/01/2023 | CN Coruche               |
|          | Masculino | 03:11,34 | João Dias, Miguel Gomes, Simão Cordeiro, Daniel Pratas            | Seagull | 29/01/2023 | CN Coruche               |
| Juvenil  | Feminino  | 02:26,81 | Camila Cardoso, Inês Rocha, Inês Silvério, Eva Matias             | Seagull | 08/12/2023 | CN Coruche               |
|          | Masculino | 01:58,53 | Francisco Cecílio, Henrique Gaspar, João Pereira, Vasco Rodrigues | BÚZIOS  | 24/11/2024 | CN Coruche               |
| Júnior   | Feminino  | 02:45,00 | BÚZIOS                                                            | BÚZIOS  | 2011       | CN Reguengos de Monsaraz |
|          | Masculino | 01:45,02 | Guilherme Silva, Rodrigo Mendes, João Conrado, Lucas Agostinho    | BÚZIOS  | 08/05/2022 | CN Coruche 2022          |
| Sénior   | Feminino  | 01:58,94 | Neuza Reis / Andreia Lopes / Ana Cabrita / Susana Cruz            | SEAGULL | 27/01/2019 | CN Portimão              |
|          | Masculino | 01:27,50 | André Pardal/André Santos/Diogo Relvas/Daniel Vieira              | SEAGULL | 27/01/2019 | CN Portimão              |
| Abs      | Feminino  | 01:58,94 | Neuza Reis / Andreia Lopes / Ana Cabrita / Susana Cruz            | SEAGULL | 27/01/2019 | CN Portimão              |
|          | Masculino | 01:27,50 | André Pardal/André Santos/Diogo Relvas/Daniel Vieira              | SEAGULL | 27/01/2019 | CN Portimão              |

#### 4x25 m. Manikin Relay abs F

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |
|------------------------|----------|-------------------------------|-------------|
| 4                      |          | Búzios-Coruche (absoluta - F) |             |

#### 4x25 m. Manikin Relay abs M

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time  |
|------------------------|----------|-------------------------------|--------------|
| 4                      |          | Búzios-Coruche (absoluta - M) | 01:40:60 50E |

#### Recordes Nacionais

##### 200m Super Lifesaver

|         |           |          |                   |         |            |             |
|---------|-----------|----------|-------------------|---------|------------|-------------|
| Juvenil | Feminino  |          |                   |         |            |             |
|         | Masculino | 04:00,79 | Guilherme Cardoso | BÚZIOS  | 08/05/2022 | CN Coruche  |
| Júnior  | Feminino  |          |                   |         |            |             |
|         | Masculino | 02:41,84 | João Conrado      | BÚZIOS  | 29/01/2023 | CN Coruche  |
| Sénior  | Feminino  | 03:12,65 | Beatriz Gaspar    | CORAL   | 24/11/2024 | CN Coruche  |
|         | Masculino | 02:44,22 | André Santos      | SEAGULL | 27/01/2019 | CN Portimão |
| Abs     | Feminino  | 03:12,65 | Beatriz Gaspar    | CORAL   | 24/11/2024 | CN Coruche  |
|         | Masculino | 02:41,84 | João Conrado      | BÚZIOS  | 29/01/2023 | CN Coruche  |

#### 200 m. Superlifesaver jun M

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time |
|------------------------|----------|---------------------------|-------------|
| 4                      | 2010     | SEAGULL RESCUE - Grândola |             |

#### 200 m. Superlifesaver abs F

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time  |
|------------------------|----------|-------------------------------|--------------|
| 4                      | 2004     | CORAL - Reguengos de Monsaraz | 03:03:69 50E |

#### 200 m. Superlifesaver abs M

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time  |
|------------------------|----------|-------------------------------|--------------|
| 3                      | 2004     | CORAL - Reguengos de Monsaraz | 02:35:82 50E |
| 4                      | 2005     | Búzios-Coruche                | 02:52:20 50E |

**Recordes Nacionais**

**50m Manikin Carry**

|          |           |          |                   |        |            |            |
|----------|-----------|----------|-------------------|--------|------------|------------|
| Infantil | Feminino  | 00:48,13 | Mariana Rodrigues | BÚZIOS | 08/12/2023 | CN Coruche |
|          | Masculino | 00:58,12 | Santiago Barra    | DESMOR | 24/11/2024 | CN Coruche |
| Juvenil  | Feminino  | 00:41,82 | Mariana Rodrigues | BÚZIOS | 24/11/2024 | CN Coruche |
|          | Masculino | 00:35,60 | Francisco Cecílio | BÚZIOS | 24/11/2024 | CN Coruche |
| Júnior   | Feminino  | 00:51,89 | Carolina Amaral   | BÚZIOS | 2016       | CN Coruche |
|          | Masculino | 00:36,04 | Lucas Agostinho   | BÚZIOS | 08/12/2023 | CN Coruche |
| Sénior   | Feminino  | 00:45,84 | Ana Gervásio      | CORAL  | 24/11/2024 | CN Coruche |
|          | Masculino | 00:33,78 | André Batalha     | CORAL  | 08/12/2023 | CN Coruche |
| Abs      | Feminino  | 00:45,84 | Ana Gervásio      | CORAL  | 24/11/2024 | CN Coruche |
|          | Masculino | 00:33,78 | André Batalha     | CORAL  | 08/12/2023 | CN Coruche |

**50 m. Manikin Carry inf F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |
|---|------------------------|----------|--------------------|-------------|
| 4 | SOUSA AIRES, SORAIA    | 2013     | DESMOR - Rio Maior |             |

**50 m. Manikin Carry inf M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time  |
|---|------------------------|----------|--------------------|--------------|
| 4 | BARRA, SANTIAGO        | 2013     | DESMOR - Rio Maior | 00:58:12 50E |

**50 m. Manikin Carry juv F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |
|---|------------------------|----------|--------------------|-------------|
| 3 | AIRES REIS, CAROLINA   | 2012     | DESMOR - Rio Maior |             |
| 4 | ALBUQUERQUE, MARIA     | 2013     | Búzios-Coruche     |             |
| 5 | MARTINS, SOFIA         | 2013     | Búzios-Coruche     |             |

**Serie: 2**

|   | Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time  |
|---|------------------------|----------|---------------------------|--------------|
| 3 | SANTOS MATIAS, EVA     | 2011     | SEAGULL RESCUE - Grândola |              |
| 4 | RODRIGUES, MARIANA     | 2011     | Búzios-Coruche            | 00:41:82 50E |
| 5 | MORENO SILVÉRIO, INÉS  | 2011     | SEAGULL RESCUE - Grândola | 00:58:94 50E |

**50 m. Manikin Carry juv M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team    | Tiempo/Time |
|---|------------------------|----------|----------------|-------------|
| 4 | MARQUES, ISAC          | 2012     | Búzios-Coruche |             |

**50 m. Manikin Carry jun F**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time  |
|---|------------------------|----------|--------------------|--------------|
| 3 | MARTINS, LUANA         | 2008     | Búzios-Coruche     |              |
| 4 | PARREIRA, ÍRIS         | 2009     | DESMOR - Rio Maior | 01:01:44 50E |
| 5 | MATEUS, LEONOR         | 2009     | Búzios-Coruche     |              |

**Serie: 2**

|   | Socorrista / Lifeguard         | Año/Year | Club / Team        | Tiempo/Time |     |
|---|--------------------------------|----------|--------------------|-------------|-----|
| 2 | RODRIGUES, M <sup>a</sup> INÉS | 2008     | DESMOR - Rio Maior | 00:52:50    | 50E |
| 3 | RIBEIRO, MARIA                 | 2010     | Búzios-Coruche     | 00:44:63    | 50E |
| 4 | LUÍS, LEONOR VALADA            | 2010     | DESMOR - Rio Maior | 00:49:34    | 50E |
| 5 | ARSÉNIO, SOFIA                 | 2008     | Búzios-Coruche     | 00:58:75    | 50E |

**50 m. Manikin Carry jun M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |     |
|---|------------------------|----------|--------------------|-------------|-----|
| 2 | SOUSA AIRES, SIMÃO     | 2010     | DESMOR - Rio Maior |             |     |
| 3 | RODRIGUES, VASCO       | 2011     | Búzios-Coruche     | 00:54:43    | 50E |
| 4 | DIMAS, MARTINHO        | 2009     | Búzios-Coruche     | 01:09:31    | 50E |
| 5 | MARTINS, JOSÉ          | 2009     | Búzios-Coruche     |             |     |

**Serie: 2**

|   | Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time |     |
|---|------------------------|----------|---------------------------|-------------|-----|
| 2 | GASPAR, HENRIQUE       | 2011     | Búzios-Coruche            | 00:43:90    | 50E |
| 3 | CECÍLIO, FRANCISCO     | 2010     | Búzios-Coruche            | 00:35:60    | 50E |
| 4 | DUARTE HELENO, MATEUS  | 2010     | SEAGULL RESCUE - Grândola | 00:37:19    | 50E |
| 5 | PEREIRA, JOÃO CARLOS   | 2011     | Búzios-Coruche            | 00:52:35    | 50E |

**50 m. Manikin Carry abs F**

**Serie: 1**

|   | Socorrista / Lifeguard     | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|----------------------------|----------|-------------------------------|-------------|-----|
| 3 | LOPES ALBUQUERQUE, MARIANA | 2002     | CORAL - Reguengos de Monsaraz |             | 50E |
| 4 | MESTRE, ANNA               | 1981     | RESGATE ANSLA                 |             |     |

**50 m. Manikin Carry abs M**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|------------------------|----------|-------------------------------|-------------|-----|
| 3 | SOBRINHO, JORGE        | 1996     | CORAL - Reguengos de Monsaraz |             | 50E |
| 4 | RODRIGUES, MARTIM      | 2007     | Búzios-Coruche                | 00:48:43    | 50E |
| 5 | AGOSTINHO, TOMÁS       | 1999     | Búzios-Coruche                |             |     |

**Recordes Nacionais**

**4 x 50m Mixed Pool Lifesaver Relay**

|         |       |          |                                                             |         |            |            |
|---------|-------|----------|-------------------------------------------------------------|---------|------------|------------|
| Juvenil | Misto | 02:54,56 | Miguel Gomes, Mateus Heleno, Camila Cardoso, Inês Rocha     | SEAGULL | 08/12/2023 | CN Coruche |
| Júnior  | Misto | 03:21,16 | Joana Rodrigues, Maria Silvestre, Diogo Ferreira, Samir Ali | RESGATE | 08/12/2023 | CN Coruche |
| Sénior  | Misto | 02:34,57 | André Batalha, Ana Gervásio, Beatriz Pardal, João Serra     | CORAL   | 08/12/2023 | CN Coruche |
| Abs     | Misto | 02:34,57 | André Batalha, Ana Gervásio, Beatriz Pardal, João Serra     | CORAL   | 08/12/2023 | CN Coruche |

**4x50 m. Pool Lifesaver relay abs X**

**Serie: 1**

|   | Socorrista / Lifeguard | Año/Year | Club / Team                                  | Tiempo/Time |
|---|------------------------|----------|----------------------------------------------|-------------|
| 3 |                        |          | DESMOR - Rio Maior (absoluta - X)            |             |
| 4 |                        |          | Búzios-Coruche (absoluta - X)                |             |
| 5 |                        |          | CORAL - Reguengos de Monsaraz (absoluta - X) |             |

**Recordes Nacionais**

**100m Manikin Carry with Fins**

|          |           |          |                   |         |            |             |
|----------|-----------|----------|-------------------|---------|------------|-------------|
| Infantil | Feminino  | 01:57,62 | Eva Matias        | SEAGULL | 08/12/2023 | CN Coruche  |
|          | Masculino | 01:36,59 | Miguel Gomes      | SEAGULL | 08/12/2023 | CN Coruche  |
| Juvenil  | Feminino  | 01:23,06 | Mariana Rodrigues | BÚZIOS  | 24/11/2024 | CN Coruche  |
|          | Masculino | 01:30,97 | João Pereira      | BÚZIOS  | 24/11/2024 | CN Coruche  |
| Júnior   | Feminino  | 01:35,06 | Laura Reis        | SEAGULL | 27/01/2019 | CN Portimão |
|          | Masculino | 01:04,17 | João Conrado      | BÚZIOS  | 29/01/2023 | CN Coruche  |
| Sénior   | Feminino  | 01:23,03 | Ana Gervásio      | CORAL   | 24/11/2024 | CN Coruche  |
|          | Masculino | 01:01,09 | André Santos      | SEAGULL | 27/01/2019 | CN Portimão |
| Abs      | Feminino  | 01:23,03 | Ana Gervásio      | CORAL   | 24/11/2024 | CN Coruche  |
|          | Masculino | 01:01,09 | André Santos      | SEAGULL | 27/01/2019 | CN Portimão |

**100 m. Manikin Carry With Fins inf F**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | SOUSA AIRES, SORAIA           | 2013            | DESMOR - Rio Maior |                    |

**100 m. Manikin Carry With Fins inf M**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | BARRA, SANTIAGO               | 2013            | DESMOR - Rio Maior | 01:30:44 50E       |

**100 m. Manikin Carry With Fins juv F**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | ALBUQUERQUE, MARIA            | 2013            | Búzios-Coruche     |                    |
| 4 | AIRES REIS, CAROLINA          | 2012            | DESMOR - Rio Maior |                    |
| 5 | MARTINS, SOFIA                | 2013            | Búzios-Coruche     |                    |

**Serie: 2**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b>        | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|---------------------------|--------------------|
| 3 | SANTOS MATIAS, EVA            | 2011            | SEAGULL RESCUE - Grândola | 01:52:09 50E       |
| 4 | RODRIGUES, MARIANA            | 2011            | Búzios-Coruche            | 01:15:18 50E       |
| 5 | MORENO SILVÉRIO, INÊS         | 2011            | SEAGULL RESCUE - Grândola | 01:35:56 50E       |

**100 m. Manikin Carry With Fins juv M**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | MARQUES, ISAC                 | 2012            | Búzios-Coruche     |                    |

**50 m. Manikin Carry With Fins promo M**

**Serie: 1**

|   | <b>Socorrista / Lifeguard</b> | <b>Año/Year</b> | <b>Club / Team</b> | <b>Tiempo/Time</b> |
|---|-------------------------------|-----------------|--------------------|--------------------|
| 4 | GRININ MESTRE, LUCAS MARIA    | 2015            | RESGATE ANSLA      | 00:33:56 50E       |

### 100 m. Manikin Carry With Fins jun F

#### Serie: 1

|   | Socorrista / Lifeguard         | Año/Year | Club / Team        | Tiempo/Time |     |
|---|--------------------------------|----------|--------------------|-------------|-----|
| 3 | PARREIRA, ÍRIS                 | 2009     | DESMOR - Rio Maior | 01:42:69    | 50E |
| 4 | LUÍS, LEONOR VALADA            | 2010     | DESMOR - Rio Maior | 01:31:55    | 50E |
| 5 | RODRIGUES, M <sup>a</sup> INÊS | 2008     | DESMOR - Rio Maior | 01:32:44    | 50E |

### 100 m. Manikin Carry With Fins jun M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team        | Tiempo/Time |  |
|---|------------------------|----------|--------------------|-------------|--|
| 3 | GASPAR, HENRIQUE       | 2011     | Búzios-Coruche     |             |  |
| 4 | SOSA AIRES, SIMÃO      | 2010     | DESMOR - Rio Maior |             |  |
| 5 | MARTINS, JOSÉ          | 2009     | Búzios-Coruche     |             |  |

#### Serie: 2

|   | Socorrista / Lifeguard | Año/Year | Club / Team               | Tiempo/Time |     |
|---|------------------------|----------|---------------------------|-------------|-----|
| 2 | DUARTE HELENO, MATEUS  | 2010     | SEAGULL RESCUE - Grândola | 01:27:75    | 50E |
| 3 | CECÍLIO, FRANCISCO     | 2010     | Búzios-Coruche            | 01:11:61    | 50E |
| 4 | PEREIRA, JOÃO CARLOS   | 2011     | Búzios-Coruche            | 01:27:50    | 50E |
| 5 | RODRIGUES, VASCO       | 2011     | Búzios-Coruche            | 01:31:43    | 50E |

### 100 m. Manikin Carry With Fins abs F

#### Serie: 1

|   | Socorrista / Lifeguard     | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|----------------------------|----------|-------------------------------|-------------|-----|
| 3 | LOPES ALBUQUERQUE, MARIANA | 2002     | CORAL - Reguengos de Monsaraz |             | 50E |
| 4 | MESTRE, ANNA               | 1981     | RESGATE ANSLA                 |             |     |

### 100 m. Manikin Carry With Fins abs M

#### Serie: 1

|   | Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |     |
|---|------------------------|----------|-------------------------------|-------------|-----|
| 2 | FERREIRA, BERNARDO     | 2000     | CORAL - Reguengos de Monsaraz | 01:08:46    | 50E |
| 3 | CARDOSO, FILIPE        | 2004     | CORAL - Reguengos de Monsaraz | 01:04:12    | 50E |
| 4 | AGOSTINHO, LUCAS       | 2005     | Búzios-Coruche                | 01:05:69    | 50E |
| 5 | RODRIGUES, MARTIM      | 2007     | Búzios-Coruche                |             |     |

#### Recordes Nacionais 4x50m

##### Medley Relay

|          |           |          |                                                                   |         |            |             |
|----------|-----------|----------|-------------------------------------------------------------------|---------|------------|-------------|
| Infantil | Feminino  |          |                                                                   |         |            |             |
|          | Masculino | 03:34,22 | Guilherme Peixeiro, Simão Cordeiro, Miguel Joaquim, Daniel Pratas | SEAGULL | 29/01/2023 | CN Coruche  |
| Juvenil  | Feminino  |          |                                                                   |         |            |             |
|          | Masculino |          |                                                                   |         |            |             |
| Júnior   | Feminino  |          |                                                                   |         |            |             |
|          | Masculino | 02:05,34 | João Conrado, João Freire, Lucas Agostinho, Rafael Santos         | BÚZIOS  | 08/05/2022 | CN Coruche  |
| Sénior   | Feminino  | 02:18,31 | Ana Gervásio, Beatriz Gaspar, Beatriz Pardal, Marta Antunes       | CORAL   | 24/11/2024 | CN Coruche  |
|          | Masculino | 01:52,69 | Diogo Relvas/Daniel Vieira/André Santos/André Pardal              | SEAGULL | 27/01/2019 | CN Portimão |
| Abs      | Feminino  | 02:18,31 | Ana Gervásio, Beatriz Gaspar, Beatriz Pardal, Marta Antunes       | CORAL   | 24/11/2024 | CN Coruche  |
|          | Masculino | 01:52,69 | Diogo Relvas/Daniel Vieira/André Santos/André Pardal              | SEAGULL | 27/01/2019 | CN Portimão |

#### 4x50 m. Medley Relay abs F

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |
|------------------------|----------|-------------------------------|-------------|
| 4                      |          | Búzios-Coruche (absoluta - F) |             |

#### 4x50 m. Medley Relay abs M

##### Serie: 1

| Socorrista / Lifeguard | Año/Year | Club / Team                   | Tiempo/Time |
|------------------------|----------|-------------------------------|-------------|
| 4                      |          | Búzios-Coruche (absoluta - M) |             |