

50 Livres

1.	NASCIMENTO Miguel Duarte	95	SLB	21.57	25m	23-12-20	Coimbra	826
2.	SAHNOUNE Oussama	92	SLB	21.74	25m	13-12-19	Angers (FRA)	806
3.	SILVA Fernando Souza	86	SFUAP	22.37	25m	15-05-21	Condeixa-a-Nova	740
4.	MARQUES Miguel Henriques	00	SLB	22.79	25m	21-12-19	Felgueiras	700
5.	MADUREIRA Gustavo Almeida	94	AAC	22.80	25m	21-12-19	Felgueiras	699
6.	CARVALHO Diogo Filipe	88	CGA	22.84	25m	15-11-20	Mealhada	695
7.	RIBAS Alexandre Lages	97	EDV	22.87	25m	21-12-19	Felgueiras	693
8.	DIAS Guilherme Pereira	97	VKGS	22.94	25m	30-11-19	Sines	686
8.	SANTOS Alexis Manacas	92	SCP	22.94	25m	09-01-21	Guarda	686
10.	MACHADO Tiago Andrade	02	CGA	23.07	25m	21-12-19	Felgueiras	675
11.	SANTOS Joao Duarte	95	CNOL	23.10	25m	11-04-21	Felgueiras	672
12.	SANTOS Pedro Andre	94	SAD	23.17	25m	22-11-19	Algés	666
13.	PADRELA Joao Esteves	99	CFB	23.20	25m	21-12-19	Felgueiras	663
13.	PINHO Manuel Antonio	01	CDF	23.20	25m	21-12-19	Felgueiras	663
15.	MACHADO Francisco Carvalho	98	SAD	23.28	25m	22-11-19	Algés	657
15.	SANTOS Francisco Rogerio	98	SCP	23.28	25m	09-01-21	Guarda	657
17.	LOPES Gabriel Jose	97	ALN	23.29	25m	11-04-21	Felgueiras	656
18.	MOGNE Igor Araujo	96	SCP	23.31	25m	20-12-19	Felgueiras	654
19.	NUNES Porfirio Braga	00	FCP	23.34	25m	20-12-19	Felgueiras	652
19.	SILVA Miguel Vicente	02	DNMG	23.34	25m	23-05-21	Alcobaça	652
21.	RAMOS Bruno Miguel	97	CFB	23.35	25m	20-12-19	Felgueiras	651
21.	AMORIM Alexandre Ferreira	99	LSC	23.35	25m	11-04-21	Felgueiras	651
23.	RIACHOS Frederico Sucena	98	VSC	23.42	25m	15-12-19	Leiria	645
23.	FERNANDES Pedro Miguel	99	GDNFAMA	23.42	25m	03-04-21	Famalicao	645
25.	LOPES Jose Paulo	00	SCB	23.49	25m	20-12-19	Felgueiras	639
26.	PEDRO Daniel Rochinha	98	AHBE	23.55	25m	21-12-19	Felgueiras	634
27.	GOMES Filipe Miguel	97	ADBA	23.56	25m	15-02-20	Torres Novas	634
28.	PEREIRA Luiz Pedro	91	SLB	23.60	25m	15-11-20	Leiria	630
29.	LOPES Tomas Teixeira	02	VSC	23.65	25m	11-04-21	Felgueiras	626
30.	GOMES Rodrigo Ribeiro	00	CAQC	23.69	25m	23-12-20	Coimbra	623
31.	LEBRE Diogo Ramos	01	SLB	23.77	25m	21-12-19	Felgueiras	617
32.	PEREIRA Mario Alexandre	92	CNAC	23.82	25m	02-02-20	Coimbra	613
33.	FAUSTINO Matheus Costa	98	SCB	23.84	25m	07-03-20	Braga	611
34.	SANTOS Dario Almeida	93	LSC	23.87	25m	15-12-19	Leiria	609
34.	BATE Afonso Ribeiro	98	SAD	23.87	25m	21-12-19	Felgueiras	609
36.	AGOSTINHO Miguel Diogo	00	FBSC	23.88	25m	15-12-19	Leiria	608
37.	COSTA Diogo Santos	02	ADRCIMM	23.89	25m	21-12-19	Felgueiras	608
38.	LEIRIA David Miguel	93	VKGS	23.95	25m	01-11-19	Setúbal	603
39.	LOPES David Granja	90	AONDA	23.99	25m	30-11-19	Sines	600
40.	COTOVIO Ricardo Ferreira	91	VKGS	24.02	25m	20-12-19	Felgueiras	598
41.	GOMES Miguel Camara	99	CNF	24.07	25m	15-12-19	Leiria	594
41.	FERNANDES Eduardo Gomes	02	SCP	24.07	25m	20-12-19	Felgueiras	594
41.	MACHADO Bruno Rafael	01	FCP	24.07	25m	21-12-19	Felgueiras	594
44.	SANTOS Nuno Goncalo	96	ADBA	24.10	25m	15-12-19	Leiria	592
45.	DANTAS Diogo Leal	00	SCP	24.11	25m	09-11-19	Albufeira	591
46.	TINOCO Joao Pereira	00	GDNFAMA	24.12	25m	15-11-20	Mealhada	590
47.	SOUSA Tiago Ferreira	91	CDN	24.14	25m	15-12-19	Leiria	589
47.	FERNANDES Joao Vitor	00	CEOL	24.14	25m	21-12-19	Funchal	589
49.	LOURENCO Tiago Campos	02	CNV	24.15	25m	09-05-21	Pacos de Ferreira	588
50.	CORREIA Diogo Carrasco	95	CFB	24.18	25m	14-12-19	Portimão	586
50.	MOURA Andre Magalhaes	98	AVFC	24.18	25m	13-03-21	Aveiro	586
52.	FRANCISCO Daniel Sebastiao	00	FCP	24.22	25m	11-04-21	Felgueiras	583

50 Livres (desde 53)

53.	LOPES Joao Francisco	98	SCB	24.23	25m	07-03-20	Braga	582
54.	CASTRO Joao Cruz	00	CDSR	24.24	25m	30-11-19	Sines	582
55.	CAMOES Tiago Maria	01	SFUAP	24.29	25m	20-12-19	Felgueiras	578
56.	FIDALGO Mateus Valente	01	CDE	24.30	25m	16-11-19	Viseu	577
57.	CAMPOS Tiago Filipe	99	CNRM	24.32	25m	15-12-19	Leiria	576
58.	GRACA Bernardo Leitao	93	CNCE	24.35	25m	26-10-19	Lagos	574
59.	MACHADO Ricardo Manuel	93	SCB	24.37	25m	07-03-20	Braga	572
60.	MACHADO Joao Daniel	99	SFUAP	24.38	25m	25-01-20	Alcobaça	572
61.	DOMINGUES Ricardo Jorge	02	FBSC	24.39	25m	22-12-20	Coimbra	571
62.	DIONISIO Bernardo Jose	99	SFGP	24.40	25m	30-11-19	Sines	570
63.	MARTYNENKO Dmytriy Eugeni	97	ABPG	24.41	25m	30-11-19	Sines	570
63.	SEQUEIRA Duarte Nunes	02	CNLGOS	24.41	25m	12-01-20	Quarteira	570
65.	SOUSA Diogo Gomes	95	CNCVG	24.44	25m	30-11-19	Sines	567
65.	LADEIRA Rodrigo Santos	97	FBSC	24.44	25m	24-10-20	Coimbra	567
67.	PEDROSA Carlos Lopes	94	CAFBDP	24.49	25m	08-03-20	Ponta Delgada	564
68.	NUNES Guilherme Oliveira	98	LSC	24.51	25m	09-05-21	Pacos de Ferreira	563
69.	SIMOES Rafael Gomes	00	SCB	24.54	25m	24-11-19	Braga	561
70.	AGOSTINHO Pedro Miguel	92	VKGS	24.55	25m	19-12-20	Sines	560
71.	MARQUES Miguel Freitas	96	CEOL	24.58	25m	26-10-19	Lagos	558
72.	PON Hugo	98	SAD	24.60	25m	22-11-19	Algés	556
73.	SOARES Frederico Sousa	96	AHBE	24.61	25m	22-11-19	Algés	556
74.	PIRES Ricardo Saraiva	98	CIRL	24.63	25m	22-11-19	Algés	554
75.	PAIS Joao Ventura	02	FBSC	24.70	25m	23-12-20	Coimbra	550
76.	CARVALHO Ruben Paiva	94	AAC	24.75	25m	02-02-20	Coimbra	546
77.	FERRAO Goncalo Carvalho	01	CDCP	24.77	25m	30-11-19	Sines	545
78.	CLEMENTE Bernardo Santos	98	AAC	24.78	25m	23-11-19	Coimbra	544
79.	NOVAIS Tiago Miguel	00	EDV	24.79	25m	07-03-20	Braga	544
80.	COSTA Samson Silva	02	CNCE	24.81	25m	23-11-19	Felgueiras	542
80.	MACHADO Ricardo Marques	02	AVFC	24.81	25m	25-04-21	Gafanha da Nazaré	542
82.	UMSARI Victor Balaguer	90	LDC	24.82	25m	09-11-19	Albufeira	542
82.	PEREIRA Joao Neto	02	FBSC	24.82	25m	23-12-20	Coimbra	542
84.	QUINTAL Nuno Alexandre	99	CDN	24.83	25m	08-03-20	Funchal	541
85.	FERNANDES Joao Diogo	98	CFB	24.85	25m	22-11-19	Algés	540
86.	PEREIRA Ricardo Marques	01	CAQC	24.86	25m	15-12-19	Leiria	539
86.	MACHADO Joao Gabriel	02	SCP	24.86	25m	16-02-20	Sto Antonio dos Cavaleiros	539
88.	ARAUJO Diogo Alexandre	01	CDOM	24.90	25m	23-11-19	Algés	537
89.	SIMOES Bernardo Jorge	02	CNTN	24.92	25m	06-03-20	Santarém	535
89.	MAIA Jorge Manuel	89	GDNFAMA	24.92	25m	03-04-21	Famalicao	535
89.	MORIM Ruben Jose	97	CFV	24.92	25m	09-05-21	Pacos de Ferreira	535
92.	YELISTRATKIN Illya	96	CNVA	24.93	25m	26-10-19	Lagos	535
92.	GOMES Sebastiao Mendes	00	PIMP	24.93	25m	23-11-19	Caldas da Rainha	535
92.	NUNES Diogo Barbosa	00	FCP	24.93	25m	23-11-19	Felgueiras	535
92.	CAROLA Hugo Filipe	01	CGA	24.93	25m	25-04-21	Gafanha da Nazaré	535
96.	VAZ Luis Emanuel	91	GDNFAMA	24.94	25m	03-04-21	Famalicao	534
96.	GRENHO Andre Tavares	99	GESL	24.94	25m	09-05-21	Sto António Cavaleiros	534
98.	SILVA Henrique Gomes	02	AEJ	24.95	25m	16-11-19	Viseu	533
99.	ALMEIDA Luis Carlos	98	CAP	24.96	25m	15-12-19	Leiria	533
99.	AMORIM Ivan Emanuel	02	CNCE	24.96	25m	09-05-21	Pacos de Ferreira	533

100 Livres

1.	NASCIMENTO Miguel Duarte	95	SLB	47.26	25m	22-12-20	Coimbra	859
2.	SAHNOUNE Oussama	92	SLB	47.43	25m	15-12-19	Angers (FRA)	850
3.	CARVALHO Diogo Filipe	88	CGA	48.69	25m	14-12-19	Leiria	786
4.	SILVA Fernando Souza	86	SFUAP	49.21	25m	15-05-21	Condeixa-a-Nova	761
5.	RIBAS Alexandre Lages	97	EDV	49.53	25m	20-12-19	Felgueiras	746
6.	LOPES Gabriel Jose	97	POR	50.00	25m	09-01-21	Guarda	726
7.	MADUREIRA Gustavo Almeida	94	AAC	50.05	25m	22-12-19	Felgueiras	723
8.	RAMOS Bruno Miguel	97	CFB	50.12	25m	22-12-19	Felgueiras	720
9.	SANTOS Pedro Andre	94	SAD	50.14	25m	20-12-19	Felgueiras	720
10.	VELOSO Tomas Miguel	96	CNAC	50.18	25m	20-12-19	Felgueiras	718
11.	SANTOS Francisco Rogerio	98	SCP	50.26	25m	22-12-19	Felgueiras	714
12.	DIAS Guilherme Pereira	97	VKGS	50.34	25m	30-11-19	Sines	711
13.	COSTA Tiago Cunha	99	SCP	50.39	25m	20-12-19	Felgueiras	709
14.	GUTIERREZ Juan Francisco Se94ra	94	LDC	50.51	25m	18-10-20	Lagos	704
15.	SANTOS Alexis Manacas	92	SCP	50.53	25m	09-01-21	Guarda	703
16.	MACHADO Tiago Andrade	02	CGA	50.61	25m	20-12-19	Felgueiras	700
17.	NUNES Porfirio Braga	00	FCP	50.67	25m	22-12-19	Felgueiras	697
18.	LOPES Tomas Teixeira	02	FOCA	50.72	25m	20-12-19	Felgueiras	695
19.	LEBRE Diogo Ramos	01	SLB	50.78	25m	22-12-19	Felgueiras	693
20.	PINHO Manuel Antonio	01	CDF	50.82	25m	20-12-19	Felgueiras	691
21.	SANTOS Joao Duarte	95	CNOL	50.89	25m	30-11-19	Sines	688
22.	PADRELA Joao Esteves	99	CFB	50.91	25m	20-12-19	Felgueiras	687
23.	LOPES Jose Paulo	00	SCB	50.94	25m	22-12-19	Felgueiras	686
24.	PEDRO Daniel Rochinha	98	AHBE	50.97	25m	14-12-19	Leiria	685
25.	MOGNE Igor Araujo	96	SCP	51.10	25m	20-12-19	Felgueiras	680
26.	BATE Afonso Ribeiro	98	SAD	51.32	25m	20-12-19	Felgueiras	671
27.	GIL Joao Pedro	97	CDCP	51.37	25m	30-11-19	Sines	669
28.	AMORIM Alexandre Ferreira	99	LSC	51.38	25m	10-04-21	Felgueiras	669
29.	MARQUES Miguel Henriques	00	SLB	51.42	25m	20-12-19	Felgueiras	667
30.	AGOSTINHO Miguel Diogo	00	FBSC	51.44	25m	14-12-19	Leiria	666
31.	FERNANDES Pedro Miguel	99	GDNFAMA	51.47	25m	10-04-21	Felgueiras	665
32.	SANTOS Dario Almeida	93	LSC	51.49	25m	20-12-19	Felgueiras	664
33.	PEREIRA Mario Alexandre	92	CNAC	51.52	25m	01-02-20	Coimbra	663
34.	FERNANDES Eduardo Gomes	02	SCP	51.77	25m	22-12-19	Felgueiras	654
35.	SIMOES Rafael Gomes	00	SCB	51.90	25m	22-11-19	Braga	649
36.	RIACHOS Frederico Sucena	98	VSC	52.02	25m	15-12-19	Leiria	644
37.	CAMPOS Tiago Filipe	99	CNRM	52.03	25m	07-03-20	Santarém	644
38.	MACHADO Francisco Carvalho	98	SAD	52.10	25m	22-12-19	Felgueiras	641
39.	GOMES Filipe Miguel	97	ADBA	52.11	25m	10-11-19	Albufeira	641
40.	FAUSTINO Matheus Costa	98	SCB	52.19	25m	20-12-19	Felgueiras	638
41.	MORIM Ruben Jose	97	CFV	52.25	25m	15-12-19	Leiria	636
42.	LEIRIA David Miguel	93	VKGS	52.35	25m	30-11-19	Sines	632
42.	RAMOS Filipe Carmo	97	CFV	52.35	25m	14-12-19	Leiria	632
44.	DANTAS Diogo Leal	00	SCP	52.41	25m	10-11-19	Albufeira	630
45.	TINOCO Joao Pereira	00	GDNFAMA	52.43	25m	20-12-19	Felgueiras	629
46.	COSTA Diogo Santos	02	ADRCIMM	52.52	25m	23-11-19	Algés	626
46.	CASTRO Joao Cruz	00	CDSR	52.52	25m	30-11-19	Sines	626
48.	LOURENCO Tiago Campos	02	CNV	52.53	25m	14-12-19	Leiria	626
49.	DOMINGUES Ricardo Jorge	02	FBSC	52.63	25m	22-12-20	Coimbra	622
50.	FERNANDES Joao Vitor	00	CEOL	52.67	25m	21-12-19	Funchal	621
51.	PEDROSA Carlos Lopes	94	CAFBDP	52.82	25m	30-11-19	Sines	615
52.	GOMES Miguel Camara	99	CNF	52.85	25m	15-12-19	Leiria	614
53.	GOMES Rodrigo Ribeiro	00	CAQC	52.86	25m	15-12-19	Leiria	614

100 Livres (desde 54)

54.	NUNES Diogo Barbosa	00	FCP	52.95	25m	22-11-19	Felgueiras	611
55.	PLAZA Jaime Morote	97	LDC	53.00	25m	18-10-20	Lagos	609
56.	ALFAMA Martim Primavera	02	GESL	53.04	25m	15-12-19	Leiria	608
57.	SILVA Henrique Gomes	02	AEJ	53.10	25m	30-11-19	Sines	606
57.	LOPES David Granja	90	AONDA	53.10	25m	30-11-19	Sines	606
59.	CAMOES Tiago Maria	01	SFUAP	53.12	25m	24-11-19	Algés	605
59.	DIONISIO Bernardo Jose	99	SFGP	53.12	25m	30-11-19	Sines	605
61.	MESTRE Afonso Godinho	95	CNLX	53.15	25m	30-11-19	Sines	604
62.	SILVA Tomas Antonio	01	CNF	53.18	25m	07-03-20	Funchal	603
63.	SOUSA Diogo Gomes	95	CNCVG	53.19	25m	30-11-19	Sines	603
63.	MACHADO Bruno Rafael	01	FCP	53.19	25m	09-01-21	Guarda	603
65.	COTOVIO Ricardo Ferreira	91	VKGS	53.29	25m	17-11-19	Cova da Piedade	599
66.	AIRES Rafael Alcantara	01	SLB	53.30	25m	17-11-19	Cova da Piedade	599
66.	ZENZA Francisco Manuel	01	CNMAIA	53.30	25m	15-12-19	Leiria	599
66.	WEUSTINK Koen	00	GCVR	53.30	25m	15-12-19	Leiria	599
69.	JACINTO Rafael Rodrigues	02	CFB	53.31	25m	20-12-19	Felgueiras	599
70.	NEVES Pedro Barata	00	CIRL	53.32	25m	14-12-19	Leiria	598
71.	PAQUETE Goncalo Manuel	99	CNCE	53.33	25m	26-10-19	Lagos	598
72.	SEQUEIRA Duarte Nunes	02	CNLGOS	53.46	25m	01-02-20	Albufeira	594
73.	CONTRERAS GONZALEZ Antón	96	LDC	53.48	25m	10-11-19	Albufeira	593
73.	AMARAL Francisco Rodriguez	02	FCP	53.48	25m	10-04-21	Felgueiras	593
75.	DINIS Tiago Moises	98	CNAC	53.49	25m	22-12-20	Coimbra	593
76.	MARTYNENKO Dmytriy Eugeni	97	ABPG	53.52	25m	30-11-19	Sines	592
77.	PIRES Ricardo Saraiva	98	CIRL	53.56	25m	09-05-21	Sto António Cavaleiros	590
78.	CAPITAO Simao Miguel	97	CCLAMAS	53.57	25m	30-11-19	Sines	590
79.	SANTOS Nuno Goncalo	96	ADBA	53.61	25m	10-04-21	Felgueiras	589
80.	FRANCISCO Daniel Sebastiao	00	SLB	53.63	25m	10-11-19	Albufeira	588
81.	PASSOS Miguel Angelo	96	EDV	53.64	25m	14-12-19	Leiria	588
81.	NUNES Guilherme Oliveira	98	LSC	53.64	25m	08-05-21	Pacos de Ferreira	588
83.	MACHADO Ricardo Manuel	93	SCB	53.67	25m	03-11-19	Barcelos	587
84.	FIDALGO Mateus Valente	01	CDE	53.72	25m	30-11-19	Sines	585
85.	PEREIRA Joao Neto	02	FBSC	53.74	25m	23-02-20	Pombal	584
86.	BATE Miguel Ribeiro	99	SAD	53.87	25m	23-11-19	Algés	580
86.	JOAQUIM Andre Serro	00	CNOL	53.87	25m	07-11-20	Lagos	580
88.	LADEIRA Rodrigo Santos	97	FBSC	53.90	25m	24-10-20	Coimbra	579
89.	SILVA Paulo Filipe	98	CNMAIA	53.94	25m	14-12-19	Leiria	578
90.	SEQUEIRA Afonso Meneses	99	CNF	53.96	25m	14-12-19	Leiria	577
91.	COSTA Andre Gouveia	01	CAQC	54.05	25m	14-12-19	Leiria	574
92.	ALMEIDA Luis Carlos	98	CAP	54.07	25m	14-12-19	Leiria	574
93.	PON Hugo	98	SAD	54.08	25m	23-11-19	Algés	573
94.	LUZ Jose Henriques	99	CNTN	54.12	25m	15-12-19	Leiria	572
94.	MACHADO Joao Gabriel	02	SCP	54.12	25m	16-02-20	Sto Antonio dos Cavaleiros	572
96.	PEREIRA Joao Peixoto	01	SCB	54.13	25m	10-04-21	Felgueiras	572
97.	SOARES Frederico Sousa	96	AHBE	54.14	25m	23-11-19	Algés	571
98.	DUARTE Joao Silverio	99	EFC	54.15	25m	30-11-19	Sines	571
99.	LUZ Filipe Ferreira	98	GESL	54.23	25m	14-12-19	Leiria	569
99.	VIEGAS Hugo Miguel	02	CNOL	54.23	25m	15-05-21	Lagos	569

200 Livres

1.	SANTOS Alexis Manacas	92	SCP	1:44.73	25m	21-12-19	Felgueiras	854
2.	NASCIMENTO Miguel Duarte	95	SLB	1:44.95	25m	23-12-20	Coimbra	848
3.	CARVALHO Diogo Filipe	88	CGA	1:47.30	25m	15-12-19	Leiria	794
4.	VELOSO Tomas Miguel	96	CNAC	1:47.69	25m	22-12-19	Felgueiras	785
5.	LOPES Gabriel Jose	97	ALN	1:47.77	25m	14-11-20	Mealhada	783
6.	RAMOS Bruno Miguel	97	CFB	1:47.79	25m	22-12-19	Felgueiras	783
7.	MOGNE Igor Araujo	96	SCP	1:48.58	25m	22-12-19	Felgueiras	766
8.	LOPES Jose Paulo	00	SCB	1:48.65	25m	21-12-19	Felgueiras	765
9.	LOPES Tomas Teixeira	02	VSC	1:48.66	25m	09-05-21	Pacos de Ferreira	764
10.	SAHNOUNE Oussama	92	SLB	1:49.51	25m	09-11-19	Istres (FRA)	747
11.	SANTOS Joao Duarte	95	CNOL	1:51.17	25m	22-12-19	Felgueiras	714
12.	BATE Afonso Ribeiro	98	SAD	1:51.69	25m	22-12-19	Felgueiras	704
13.	BASTOS Lucas Pereira	00	CNAC	1:51.97	25m	23-12-20	Coimbra	698
14.	SIMOES Rafael Gomes	00	SCB	1:52.22	25m	02-11-19	Barcelos	694
15.	SANTOS Dario Almeida	93	LSC	1:52.34	25m	14-12-19	Leiria	692
16.	PINHO Manuel Antonio	01	CDF	1:52.42	25m	22-12-19	Felgueiras	690
17.	PADRELA Joao Esteves	99	CFB	1:52.43	25m	21-12-19	Felgueiras	690
18.	SANTOS Pedro Miguel	01	FCP	1:52.47	25m	22-12-19	Felgueiras	689
19.	MADUREIRA Gustavo Almeida	94	AAC	1:52.75	25m	14-12-19	Leiria	684
20.	COSTA Tiago Cunha	99	SCP	1:52.76	25m	14-11-20	Leiria	684
21.	PEDRO Daniel Rochinha	98	AHBE	1:52.78	25m	14-12-19	Leiria	684
22.	NUNES Diogo Barbosa	00	FCP	1:52.93	25m	22-12-19	Felgueiras	681
23.	MACHADO Tiago Andrade	02	CGA	1:53.07	25m	22-12-19	Felgueiras	678
24.	NUNES Francisco Costa	02	SCP	1:53.11	25m	22-12-19	Felgueiras	678
25.	DANTAS Diogo Leal	00	SCP	1:53.13	25m	22-12-19	Felgueiras	677
26.	MORIM Ruben Jose	97	CFV	1:53.33	25m	14-12-19	Leiria	674
27.	GARCIA RAFAEL Pablo	99	LDC	1:53.41	25m	09-11-19	Albufeira	672
28.	DEUS Andre Portugal	02	CNF	1:53.47	25m	22-12-19	Felgueiras	671
29.	SANTOS Francisco Rogerio	98	SCP	1:53.59	25m	09-11-19	Albufeira	669
30.	PEREIRA Mario Alexandre	92	CNAC	1:53.61	25m	24-11-19	Coimbra	669
31.	ROCHA Ricardo Filipe	02	CAP	1:53.91	25m	14-12-19	Leiria	663
32.	RIBAS Alexandre Lages	97	EDV	1:54.01	25m	14-12-19	Leiria	662
33.	LEBRE Diogo Ramos	01	SLB	1:54.03	25m	22-12-19	Felgueiras	661
34.	CONTRERAS GONZALEZ Anto96)	06	LDC	1:54.24	25m	09-11-19	Albufeira	658
35.	AMARAL Francisco Rodriguez	02	FCP	1:54.37	25m	11-04-21	Felgueiras	655
36.	GOMES Rodrigo Ribeiro	00	CAQC	1:54.43	25m	14-12-19	Leiria	654
37.	RAMOS Filipe Carmo	97	CFV	1:54.47	25m	15-12-19	Leiria	654
38.	AIRES Rafael Alcantara	01	SLB	1:54.51	25m	09-11-19	Albufeira	653
39.	SAMPAIO Jose Pedro	98	FCP	1:54.70	25m	24-11-19	Felgueiras	650
40.	VITAL Joao Alexandre	98	SCP	1:54.71	25m	22-12-19	Felgueiras	650
41.	JACINTO Rafael Rodrigues	02	CFB	1:54.79	25m	22-12-19	Felgueiras	648
42.	NUNES Porfirio Braga	00	FCP	1:55.00	25m	13-10-19	Pacos de Ferreira	645
43.	CORREIA Joao Mota	97	SLB	1:55.31	25m	21-12-19	Felgueiras	639
44.	FERNANDES Eduardo Gomes	02	SCP	1:55.57	25m	21-12-19	Felgueiras	635
45.	COSTA Rui Filipe	91	VSC	1:55.81	25m	14-12-19	Leiria	631
46.	SILVA Paulo Filipe	98	CNMAIA	1:56.04	25m	14-12-19	Leiria	627
47.	RIBEIRO Afonso Mateus	95	CFB	1:56.34	25m	14-12-19	Portimão	623
48.	MARIN SANCHEZ Juan Pablo	96	LDC	1:56.41	25m	25-10-20	Olhão	622
49.	GOMES Filipe Miguel	97	ADBA	1:56.57	25m	15-05-21	Condeixa-a-Nova	619
50.	SILVA Tomas Antonio	01	CNF	1:56.61	25m	12-10-19	Funchal	618
51.	MENDES Antonio Manuel	99	SCP	1:56.80	25m	24-11-19	Algés	615
52.	FAUSTINO Matheus Costa	98	SCB	1:57.40	25m	08-05-21	Ponte da Barca	606
53.	VIEGAS Hugo Miguel	02	CNOL	1:57.47	25m	16-05-21	Lagos	605

200 Livres (desde 54)

54.	CRISTINO David Matias	01	SFUAP	1:57.48	25m	24-11-19	Algés	605
54.	CAMOES Tiago Maria	01	SFUAP	1:57.48	25m	21-12-19	Felgueiras	605
56.	CORDEIRO Tiago Roberto	00	SLB	1:57.68	25m	09-11-19	Albufeira	602
57.	MENDES Joao Nogueira	02	CIRL	1:57.83	25m	14-12-19	Leiria	599
58.	GRENHO Andre Tavares	99	GESL	1:57.84	25m	09-05-21	Sto António Cavaleiros	599
59.	AMORIM Ivan Emanuel	02	CNCE	1:57.93	25m	09-05-21	Pacos de Ferreira	598
60.	MASCARENHAS Henrique Silva	01	CFP	1:57.96	25m	09-05-21	Pacos de Ferreira	597
61.	MARREIROS Ricardo Basilio	97	INDANL	1:58.02	25m	03-11-19	Lagoa	596
62.	DOMINGUES Ricardo Jorge	02	FBSC	1:58.03	25m	15-12-19	Leiria	596
62.	LUZ Filipe Ferreira	98	GESL	1:58.03	25m	15-12-19	Leiria	596
64.	ALFAMA Martim Primavera	02	GESL	1:58.20	25m	24-11-19	Algés	594
65.	NEVES Pedro Barata	00	CIRL	1:58.27	25m	25-01-20	Alcobaça	593
66.	CARVALHO Daniel Luis	02	SCB	1:58.33	25m	06-03-20	Braga	592
67.	PASSOS Miguel Angelo	96	EDV	1:58.34	25m	15-12-19	Leiria	592
68.	PEREIRA Joao Neto	02	FBSC	1:58.42	25m	07-12-19	Coimbra	590
69.	SILVA Henrique Gomes	02	AEJ	1:58.43	25m	16-11-19	Viseu	590
70.	MATEUS Diogo Garcez	02	AONDA	1:58.45	25m	24-11-19	Algés	590
70.	FARIA Rui Pedro	94	GDNFAMA	1:58.45	25m	24-11-19	Felgueiras	590
72.	CARDOSO Diogo Santos	01	ADRCIMM	1:58.50	25m	09-11-19	Albufeira	589
73.	MOREIRA Ricardo Jorge	01	CNV	1:58.76	25m	22-11-19	Felgueiras	585
74.	PEREIRA Joao Peixoto	01	SCB	1:58.78	25m	06-03-20	Braga	585
75.	CARREIRO Pedro Dordio	97	GESL	1:58.98	25m	14-12-19	Leiria	582
76.	GOMES Vicente Oliveira	02	SCP	1:59.10	25m	16-05-21	Alvalade	580
77.	RIBEIRO Luis Manuel	02	FCP	1:59.23	25m	11-04-21	Felgueiras	578
78.	CARVALHO Jose Paula	98	SAD	1:59.27	25m	22-11-19	Algés	578
78.	MAGALHAES Tiago Novais	01	CFP	1:59.27	25m	22-11-19	Felgueiras	578
80.	MARCOS Alexandre Teixeira	00	LDC	1:59.36	25m	23-11-19	Lagos	577
80.	MAGALHAES Eduardo Miguel	02	VSC	1:59.36	25m	11-04-21	Felgueiras	577
82.	GOUVEIA Pedro Galvao	99	CDN	1:59.41	25m	15-12-19	Leiria	576
83.	AMORIM Alexandre Ferreira	99	FCP	1:59.52	25m	13-10-19	Pacos de Ferreira	574
84.	SOUSA Nuno Alexandre	02	AVFC	1:59.58	25m	02-02-20	Viseu	573
85.	ESTEVEES Pedro Ferraz	99	CNLX	1:59.64	25m	15-05-21	Condeixa-a-Nova	572
86.	COSTA Samson Silva	02	CNCE	1:59.74	25m	22-11-19	Felgueiras	571
87.	AGOSTINHO Miguel Diogo	00	FBSC	1:59.80	25m	01-11-19	Condeixa	570
87.	RODRIGUES Pedro Reis	02	CDSR	1:59.80	25m	25-07-20	Funchal	570
89.	LUZ Jose Henriques	99	CNTN	1:59.81	25m	14-12-19	Leiria	570
90.	PINTO Pedro Miguel	02	SCP	1:59.86	25m	01-02-20	Albufeira	569
91.	DINIS Tiago Moises	98	CNAC	2:00.02	25m	25-10-20	Coimbra	567
92.	SANTOS Diego Felipe	87	CDN	2:00.12	25m	14-12-19	Leiria	566
93.	SEQUEIRA Duarte Nunes	02	CNLGOS	2:00.15	25m	23-11-19	Lagos	565
94.	RIBEIRO Edgar Oliveira	93	SCB	2:00.36	25m	23-11-19	Braga	562
95.	SANTOS Joao Carlos	96	SFUAP	2:00.41	25m	15-05-21	Condeixa-a-Nova	562
96.	COSTA Diogo Santos	02	ADRCIMM	2:00.45	25m	09-11-19	Albufeira	561
97.	OLIVEIRA Luis Carlos	97	CNMAIA	2:00.49	25m	11-01-20	Aguas Santas	560
98.	ZENZA Francisco Manuel	01	CNMAIA	2:00.55	25m	13-10-19	Pacos de Ferreira	560
99.	FERRO Henrique Martins	01	CNF	2:00.83	25m	25-07-20	Funchal	556
100.	MACHADO Ricardo Marques	02	AVFC	2:00.84	25m	25-04-21	Gafanha da Nazaré	556

400 Livres

1.	LOPES Jose Paulo	00	POR	3:45.03	25m	04-12-19	GLASGOW (GBR)	839
2.	VELOSO Tomas Miguel	96	CNAC	3:45.56	25m	21-12-19	Felgueiras	833
3.	MOGNE Igor Araujo	96	SCP	3:48.89	25m	21-12-19	Felgueiras	797
4.	COSTA Tiago Cunha	99	SCP	3:51.08	25m	21-12-19	Felgueiras	774
5.	GIL Rafael Lourenco	96	SCP	3:53.01	25m	21-12-19	Felgueiras	755
6.	VITAL Joao Alexandre	98	SCP	3:53.34	25m	21-12-19	Felgueiras	752
7.	SANTOS Pedro Miguel	01	FCP	3:54.67	25m	21-12-19	Felgueiras	739
8.	LOPES Tomas Teixeira	02	FOCA	3:55.42	25m	21-12-19	Felgueiras	732
9.	MARIN SANCHEZ Juan Pablo	96	LDC	3:56.14	25m	22-02-20	Lagos	726
10.	LOPES Gabriel Jose	97	POR	3:56.22	25m	31-10-20	Funchal	725
11.	SIMOES Rafael Gomes	00	SCB	3:56.62	25m	23-11-19	Braga	721
12.	BASTOS Lucas Pereira	00	CNAC	3:57.38	25m	21-12-19	Felgueiras	714
13.	RAMOS Bruno Miguel	97	CFB	3:57.71	25m	10-11-19	Albufeira	711
14.	BATE Afonso Ribeiro	98	SAD	3:57.81	25m	21-12-19	Felgueiras	710
15.	SANTOS Francisco Rogerio	98	SCP	3:58.02	25m	09-01-21	Guarda	709
16.	CRISTINO David Matias	01	SFUAP	3:58.50	25m	21-12-19	Felgueiras	704
17.	DEUS Andre Portugal	02	CNF	3:59.52	25m	14-12-19	Leiria	695
18.	SANTOS Pedro Andre	94	SAD	3:59.67	25m	22-11-19	Algés	694
19.	CONDE Alvaro Lopez	92	LDC	4:00.66	25m	22-02-20	Lagos	686
20.	NUNES Diogo Barbosa	00	FCP	4:01.06	25m	21-12-19	Felgueiras	682
21.	NUNES Francisco Costa	02	SCP	4:01.74	25m	22-11-19	Algés	676
22.	CARVALHO Daniel Luis	02	SCB	4:01.90	25m	07-03-20	Braga	675
23.	COSTA Joao Nogueira	01	POR	4:02.57	25m	09-01-21	Guarda	669
24.	CAMPOS Tiago Filipe	99	CNRM	4:02.74	25m	23-11-19	Tomar	668
25.	AMARAL Francisco Rodriguez	02	FCP	4:02.81	25m	10-04-21	Felgueiras	667
26.	TRAVANCA Sergio Filipe	00	LSC	4:03.22	25m	14-12-19	Leiria	664
27.	MORIM Ruben Jose	97	CFV	4:03.23	25m	14-12-19	Leiria	664
28.	PEDRO Daniel Rochinha	98	AHBE	4:03.34	25m	14-12-19	Leiria	663
29.	CARDOSO Diogo Santos	01	ADRCIMM	4:03.43	25m	15-11-20	Leiria	662
30.	BARROS Bruno Rey	01	SCP	4:04.20	25m	22-11-19	Algés	656
31.	SAMPAIO Jose Pedro	98	FCP	4:05.49	25m	08-05-21	Pacos de Ferreira	646
32.	GOMES Sebastiao Mendes	00	PIMP	4:06.33	25m	30-11-19	Sines	639
33.	GOMES Rodrigo Ribeiro	00	CAQC	4:06.68	25m	14-12-19	Leiria	637
34.	COSTA Rui Filipe	91	VSC	4:07.77	25m	14-12-19	Leiria	628
35.	JACINTO Rafael Rodrigues	02	CFB	4:07.99	25m	21-12-19	Felgueiras	626
36.	CARDOSO Joao Miguel	97	GESL	4:08.24	25m	14-12-19	Leiria	625
37.	NIETO Cristian Fernandez	92	EDV	4:08.40	25m	14-12-19	Leiria	623
38.	DIAS Guilherme Pereira	97	VKGS	4:08.47	25m	30-11-19	Sines	623
39.	RODRIGUES Pedro Reis	02	CDSR	4:08.90	25m	18-10-20	Funchal	620
40.	SILVA Paulo Filipe	98	CNMAIA	4:09.20	25m	14-12-19	Leiria	617
41.	ALVES Manuel Landeiro	02	CNPV	4:09.59	25m	30-11-19	Sines	614
42.	SANTOS Joao Duarte	95	CNOL	4:09.69	25m	08-11-20	Lagos	614
43.	DOMINGUES Ricardo Jorge	02	FBSC	4:09.73	25m	02-02-20	Coimbra	613
44.	GOMES Filipe Miguel	97	ADBA	4:10.06	25m	20-10-19	Óbidos	611
45.	RIBEIRO Afonso Mateus	95	CFB	4:10.25	25m	22-11-19	Algés	610
46.	SILVA Henrique Gomes	02	AEJ	4:10.34	25m	10-11-19	Albufeira	609
47.	CARVALHO Jose Paula	98	SFUAP	4:10.45	25m	15-11-20	Leiria	608
48.	VIEGAS Hugo Miguel	02	CNOL	4:10.67	25m	30-11-19	Sines	607
49.	PINTO Pedro Miguel	02	SCP	4:10.82	25m	22-11-19	Algés	605
50.	ALVES Nuno Rafael	90	CAP	4:11.38	25m	14-12-19	Leiria	601
51.	RIBEIRO Luis Manuel	02	FCP	4:11.40	25m	08-05-21	Pacos de Ferreira	601
52.	RAMOS Filipe Carmo	97	CFV	4:11.47	25m	23-11-19	Felgueiras	601
53.	SILVA Tomas Antonio	01	FCP	4:12.03	25m	08-05-21	Pacos de Ferreira	597

400 Livres (desde 54)

54.	FERNANDES Eduardo Gomes	02	SCP	4:12.13	25m	19-10-19	Condeixa	596
54.	DINIS Tiago Moises	98	CNAC	4:12.13	25m	23-11-19	Coimbra	596
56.	MASCARENHAS Henrique Silva	01	CFP	4:12.39	25m	08-05-21	Pacos de Ferreira	594
57.	DOMINGOS Ruy Manuel	02	SCP	4:12.81	25m	09-01-21	Guarda	591
58.	MENDES Joao Nogueira	02	CIRL	4:12.91	25m	14-12-19	Leiria	591
59.	MAGALHAES Tiago Novais	01	CFP	4:12.96	25m	14-12-19	Leiria	590
60.	CORREIA Joao Mota	97	SLB	4:13.14	25m	25-01-20	Alcobaça	589
61.	AIRES Rafael Alcantara	01	SLB	4:13.23	25m	10-11-19	Albufeira	588
62.	PEREIRA Joao Neto	02	FBSC	4:13.30	25m	19-10-19	Condeixa	588
63.	CARREIRO Pedro Dordio	97	GESL	4:13.45	25m	22-11-19	Algés	587
64.	SOUSA Nuno Alexandre	02	AVFC	4:13.88	25m	01-02-20	Viseu	584
65.	MENDES Antonio Manuel	99	SCP	4:14.12	25m	09-01-21	Guarda	582
66.	LOPES Miguel Sanches	01	AVFC	4:14.45	25m	17-11-19	Viseu	580
67.	BRAS Ricardo Martins	01	CFB	4:14.88	25m	22-11-19	Algés	577
68.	AMORIM Alexandre Ferreira	99	FCP	4:15.00	25m	23-11-19	Felgueiras	576
69.	PEREIRA Joao Peixoto	01	SCB	4:15.26	25m	07-03-20	Braga	574
70.	GRENHO Andre Tavares	99	GESL	4:15.36	25m	22-11-19	Algés	574
71.	PADRELA Joao Esteves	99	CFB	4:15.60	25m	15-02-20	Torres Novas	572
72.	SANTOS Afonso Amaro	02	GESL	4:15.61	25m	22-11-19	Algés	572
73.	PEREIRA Mario Alexandre	92	CNAC	4:15.69	25m	19-10-19	Condeixa	572
74.	VARGAS Joao Manuel	00	SLB	4:16.03	25m	10-11-19	Albufeira	569
75.	FERRO Henrique Martins	01	CNF	4:16.18	25m	12-10-19	Funchal	568
76.	FARIA Rui Pedro	94	GDNFAMA	4:16.38	25m	23-11-19	Felgueiras	567
77.	SILVA Miguel Vicente	02	DNMG	4:16.49	25m	13-06-21	Nazaré	566
78.	OVIEDO Miguel Freitas	02	AAC	4:16.52	25m	23-11-19	Coimbra	566
79.	CAMOES Tiago Maria	01	SFUAP	4:16.59	25m	10-11-19	Albufeira	566
80.	GASPAR Miguel Caridade	99	AAC	4:16.66	25m	02-02-20	Coimbra	565
81.	BARBARA Goncalo Gualberto	00	CNRM	4:16.80	25m	08-03-20	Santarém	564
82.	MARREIROS Ricardo Basilio	97	CDCP	4:17.06	25m	15-02-20	Torres Novas	562
83.	ACIOLI Victor Hugo	02	CDF	4:17.32	25m	30-11-19	Sines	561
84.	MALFEITO Martim Rebelo	02	CNLX	4:17.38	25m	25-04-21	Gafanha da Nazaré	560
85.	DIAS Joao Pedro	02	FBSC	4:17.44	25m	20-06-21	Coimbra	560
86.	MOREIRA Ricardo Jorge	01	CNV	4:17.55	25m	23-11-19	Felgueiras	559
87.	NEVES Pedro Barata	00	CIRL	4:17.77	25m	25-01-20	Alcobaça	558
88.	SALGADO Goncalo Sampaio	02	GDNFAMA	4:18.27	25m	23-11-19	Felgueiras	555
89.	LUZ Filipe Ferreira	98	GESL	4:18.36	25m	03-11-19	Lisboa	554
90.	VENTURA Jose Miguel	97	FBSC	4:18.41	25m	18-10-20	Coimbra	554
91.	NUNES Rafael Filipe	96	SLB	4:18.44	25m	10-11-19	Albufeira	553
92.	SANTOS Guilherme Clara	02	AEJ	4:18.45	25m	30-11-19	Sines	553
93.	SILVA Rodrigo Reis	98	CCLAMAS	4:18.49	25m	30-11-19	Sines	553
94.	JESUS Afonso Guilherme	00	VKGS	4:18.79	25m	11-01-20	Elvas	551
95.	MARCOS Alexandre Teixeira	00	LDC	4:18.93	25m	10-11-19	Albufeira	550
96.	RIVERO GALLARDO Alejandro	00	CNGUA	4:19.23	25m	10-11-19	Albufeira	548
97.	NEVES Joao Pedro	96	ABPG	4:19.51	25m	30-11-19	Sines	547
98.	MORIM Francisco Emanuel	02	CFV	4:19.84	25m	23-11-19	Felgueiras	545
99.	VAZ Luis Emanuel	91	GDNFAMA	4:20.09	25m	23-11-19	Felgueiras	543
100.	COSTA Samson Silva	02	CNCE	4:20.33	25m	26-10-19	Lagos	541

800 Livres

1.	LOPES Jose Paulo	00	SCB	7:42.14	25m	20-12-19	Felgueiras	883
2.	GIL Rafael Lourenco	96	SCP	7:56.53	25m	20-12-19	Felgueiras	805
3.	COSTA Tiago Cunha	99	SCP	8:03.07	25m	15-11-20	Leiria	773
4.	VELOSO Tomas Miguel	96	POR	8:09.98	25m	31-10-20	Funchal	741
5.	CARDOSO Diogo Santos	01	ADRCIMM	8:13.31	25m	20-12-19	Felgueiras	726
6.	SANTOS Pedro Miguel	01	FCP	8:14.81	25m	15-11-20	Mealhada	719
7.	CARVALHO Daniel Luis	02	SCB	8:19.71	25m	15-11-20	Mealhada	698
8.	DEUS Andre Portugal	02	CNF	8:22.48	25m	20-12-19	Felgueiras	687
9.	BARROS Bruno Rey	01	SCP	8:24.39	25m	24-11-19	Algés	679
10.	AMARAL Francisco Rodriguez	02	FCP	8:25.71	25m	15-11-20	Mealhada	674
11.	SAMPAIO Jose Pedro	98	FCP	8:26.21	25m	24-11-19	Felgueiras	672
12.	COSTA Joao Nogueira	01	VSC	8:27.85	25m	24-11-19	Felgueiras	665
13.	BATE Afonso Ribeiro	98	SAD	8:30.87	25m	24-11-19	Algés	653
14.	CAMPOS Tiago Filipe	99	CNRM	8:31.81	25m	24-11-19	Tomar	650
15.	RODRIGUES Pedro Reis	02	CDSR	8:32.53	25m	30-11-19	Sines	647
16.	GOMES Sebastiao Mendes	00	PIMP	8:32.87	25m	30-11-19	Sines	646
17.	CORDEIRO Tiago Roberto	00	SLB	8:33.25	25m	24-11-19	Algés	644
18.	PINTO Pedro Miguel	02	SCP	8:35.86	25m	24-11-19	Algés	635
19.	NUNES Diogo Barbosa	00	FCP	8:36.97	25m	24-11-19	Felgueiras	631
20.	NUNES Francisco Costa	02	SCP	8:38.02	25m	24-11-19	Algés	627
21.	RIBEIRO Luis Manuel	02	FCP	8:40.15	25m	11-04-21	Felgueiras	619
22.	ALVES Manuel Landeiro	02	CNPV	8:40.92	25m	30-11-19	Sines	616
23.	JACINTO Rafael Rodrigues	02	CFB	8:42.06	25m	24-11-19	Algés	612
24.	MASCARENHAS Henrique Silva	01	CFP	8:45.06	25m	09-05-21	Pacos de Ferreira	602
25.	BARBARA Goncalo Gualberto	00	CNRM	8:46.06	25m	24-11-19	Tomar	598
26.	SANTOS Guilherme Clara	02	AEJ	8:48.25	25m	30-11-19	Sines	591
27.	VIEGAS Hugo Miguel	02	CNOL	8:48.55	25m	30-11-19	Sines	590
28.	SALGADO Goncalo Sampaio	02	GDNFAMA	8:50.19	25m	24-11-19	Felgueiras	584
29.	ACIOLI Victor Hugo	02	CDF	8:51.04	25m	30-11-19	Sines	582
30.	MORIM Ruben Jose	97	CFV	8:53.70	25m	24-11-19	Felgueiras	573
31.	MONTEZ Alexandre Conceicao	02	CNRM	8:54.41	25m	24-11-19	Tomar	571
32.	FERRO Henrique Martins	01	CNF	8:54.78	25m	26-10-19	Funchal	570
33.	LOPES Miguel Sanches	01	AVFC	8:54.84	25m	17-11-19	Viseu	569
34.	MORIM Francisco Emanuel	02	CFV	8:55.32	25m	24-11-19	Felgueiras	568
35.	SILVA Paulo Filipe	98	CNMAIA	8:56.19	25m	24-11-19	Felgueiras	565
36.	MALFEITO Martim Rebelo	02	CNLX	8:57.60	25m	15-05-21	Condeixa-a-Nova	561
37.	RIBEIRO Jose Carlos	01	VSC	8:57.99	25m	24-11-19	Felgueiras	559
38.	CATALAO Daniel Nogueira	00	SLB	8:58.04	25m	24-11-19	Algés	559
39.	RIVERO GALLARDO Alejandro	00	CNGUA	8:58.21	25m	26-10-19	Lagos	559
40.	SANTOS Goncalo Duarte	00	VKGS	9:00.79	25m	15-05-21	Condeixa-a-Nova	551
41.	GASPAR Miguel Caridade	99	AAC	9:00.82	25m	22-12-20	Coimbra	551
42.	RIBEIRO Diogo Filipe	02	LSC	9:00.86	25m	24-11-19	Felgueiras	551
43.	DUARTE Joao Nunes	01	CNCE	9:00.95	25m	15-05-21	Condeixa-a-Nova	550
44.	VENTURA Jose Miguel	97	FBSC	9:01.56	25m	24-10-20	Coimbra	548
45.	COSTA Samson Silva	02	CNCE	9:02.52	25m	26-10-19	Lagos	546
46.	GOMES Rodrigo Ribeiro	00	CAQC	9:04.21	25m	23-11-19	Coimbra	540
47.	VAZ Luis Emanuel	91	GDNFAMA	9:04.49	25m	24-11-19	Felgueiras	540
48.	CARVALHO Francisco Miguel	00	AAC	9:06.42	25m	23-11-19	Coimbra	534
49.	TAVARES Vasco Capela	99	SCE	9:06.66	25m	30-11-19	Sines	533
50.	MENDES Pedro Nuno	92	SCB	9:07.80	25m	24-11-19	Braga	530
51.	CRUZ Miguel Duarte	99	CFB	9:07.81	25m	20-12-19	Felgueiras	530
52.	REIS Leonardo Peralta	96	VKGS	9:11.32	25m	30-11-19	Sines	520
53.	CASTRO Martim Pereira	02	CEOL	9:17.20	25m	24-11-19	Funchal	503

800 Livres (desde 54)

54.	NUNES Rafael Filipe	96	VKGSA	9:17.51	25m	07-11-20	Guarda	503
55.	DIAS Simao Pedro	02	CNG	9:21.63	25m	30-11-19	Sines	492
56.	MAGALHAES Filipe Nunes	98	CNLX	9:24.39	25m	30-11-19	Sines	484
57.	OLIVEIRA David Miguel	01	CDE	9:25.22	25m	17-11-19	Viseu	482
58.	FERREIRA Antonio Maria	00	PDEM	9:27.60	25m	30-11-19	Sines	476
59.	CHAGAS Joao Pedro	01	CNRM	9:29.55	25m	24-11-19	Tomar	471
60.	MARIANO Samuel Andre	02	CNLA	9:33.46	25m	07-03-20	Ponte de Sor	462
61.	VIEIRA Diogo Silveira	01	CNH	9:36.67	25m	26-10-19	Ponta Delgada	454
62.	SILVA Francisco Madruga	98	CNLX	9:38.45	25m	24-11-19	Algés	450
63.	FIGUEIREDO Gustavo Pinto	02	CRASTO	9:38.78	25m	26-10-19	Lagos	449
64.	SANTOS Pedro Ribeiro	98	ABPG	9:41.75	25m	30-11-19	Sines	442
65.	SILVA Pedro Manuel	97	GCST	9:41.80	25m	07-11-20	Guarda	442
66.	MARIN Daniel	02	FCF	9:43.65	25m	17-10-20	Lagos	438
67.	AGAPITO Bernardo Gameiro	98	FCF	9:45.21	25m	24-11-19	Lagos	435
68.	ROSA Joao Pedro	90	CLAC	9:45.50	25m	30-11-19	Sines	434
69.	ESTEVES Pedro Ferraz	99	CNLX	9:46.69	25m	24-11-19	Algés	431
70.	LOBO Pedro Cerqueira	01	FS	9:53.78	25m	07-11-20	Guarda	416
71.	MARQUES Rui Joao	02	CNAC	9:56.66	25m	15-05-21	Condeixa-a-Nova	410
72.	CARREGADO Pedro Marques	02	BUZIOS	10:01.05	25m	26-10-19	Lagos	401
73.	JURCA Alexandre Joao	02	LDC	10:01.80	25m	17-10-20	Lagos	400
74.	CHAVEIRO Francisco Martins	02	PORTIN	10:02.61	25m	24-11-19	Lagos	398
75.	SANTOS Andre Ferreira	95	CDOM	10:08.72	25m	26-10-19	Lagos	386
76.	BRANCO Jorge Miguel	01	ENB	10:18.84	25m	07-03-20	Mirandela	367
77.	FROIS Andre Filipe	02	CFE	10:19.24	25m	29-02-20	Coruche	367
78.	COSTA Pedro Santos	02	LAGAC	10:27.42	25m	26-10-19	Lagos	352
79.	MARCOS Alexandre Teixeira	00	LDC	10:27.83	25m	17-10-20	Lagos	352
80.	RODRIGUES Filipe Almeida	01	CRASTO	10:36.98	25m	17-11-19	Viseu	337
81.	BRAZ Rodrigo Joao	00	CMNPR	10:37.92	25m	07-03-20	Mirandela	335
82.	TAVARES Eliseu Manuel	99	SFUS	10:37.98	25m	29-02-20	Coruche	335
83.	LOPES Joao Teodoro	98	AVQA	10:40.07	25m	24-11-19	Tomar	332
84.	PRAZERES Pedro Nuno	89	ABPG	11:08.63	25m	12-10-19	Portalegre	291
85.	NUNES Jose Diogo	02	CNCA	11:23.36	25m	08-03-20	Santarém	273
86.	MONTES Francisco Pessanha	02	ADADA	13:25.21	25m	29-05-21	Lousada	167
87.	RIBEIRO Jose Augusto	92	ADDEG	14:37.90	25m	29-05-21	Lousada	128

1500 Livres

1.	LOPES Jose Paulo	00	SCB	14:48.89	25m	22-12-19	Felgueiras	868
2.	CARDOSO Diogo Santos	01	ADRCIMM	15:19.83	25m	22-12-19	Felgueiras	783
3.	GIL Rafael Lourenco	96	SCP	15:30.28	25m	22-12-19	Felgueiras	757
4.	SANTOS Pedro Miguel	01	FCP	15:42.37	25m	22-12-19	Felgueiras	728
5.	MOGNE Igor Araujo	96	SCP	15:52.57	25m	23-11-19	Algés	705
6.	CARVALHO Daniel Luis	02	SCB	16:00.02	25m	22-12-19	Felgueiras	689
7.	LOPES Tomas Teixeira	02	FOCA	16:02.13	25m	22-11-19	Felgueiras	684
8.	DEUS Andre Portugal	02	CNF	16:06.71	25m	15-12-19	Leiria	675
9.	COSTA Joao Nogueira	01	VSC	16:06.87	25m	15-12-19	Leiria	674
10.	TRAVANCA Sergio Filipe	00	LSC	16:07.10	25m	15-12-19	Leiria	674
11.	BARROS Bruno Rey	01	SCP	16:12.87	25m	23-11-19	Algés	662
12.	NUNES Diogo Barbosa	00	FCP	16:14.40	25m	22-12-19	Felgueiras	659
13.	RIBEIRO Luis Manuel	02	FCP	16:15.74	25m	22-12-19	Felgueiras	656
14.	NIETO Cristian Fernandez	92	EDV	16:15.84	25m	15-12-19	Leiria	656
15.	NEVES Pedro Barata	00	CIRL	16:17.16	25m	15-12-19	Leiria	653
16.	SILVA Pedro Miguel	94	ADRCIMM	16:21.32	25m	23-11-19	Algés	645

1500 Livres (desde 17)

17.	BASTOS Lucas Pereira	00	CNAC	16:22.58	25m	01-02-20	Coimbra	642
18.	RODRIGUES Pedro Reis	02	CDSR	16:24.33	25m	16-10-20	Funchal	639
19.	CARDOSO Joao Miguel	97	GESL	16:32.35	25m	15-12-19	Leiria	624
20.	NUNES Francisco Costa	02	SCP	16:36.05	25m	23-11-19	Algés	617
21.	SALGADO Goncalo Sampaio	02	GDNFAMA	16:37.83	25m	22-11-19	Felgueiras	613
22.	ALVES Manuel Landeiro	02	CNPV	16:43.14	25m	16-11-19	Angra do Heroísmo	604
23.	BARBARA Goncalo Gualberto	00	CNRM	16:43.16	25m	06-03-20	Santarém	604
24.	FROTA Paulo Andre	02	CAQC	16:43.21	25m	15-12-19	Leiria	604
25.	AMARAL Francisco Rodriguez	02	CDCA	16:44.52	25m	16-11-19	Viseu	601
26.	PEDRO Daniel Rochinha	98	AHBE	16:46.20	25m	23-11-19	Algés	598
27.	SILVA Paulo Filipe	98	CNMAIA	16:46.58	25m	15-12-19	Leiria	598
28.	SANTOS Guilherme Clara	02	AEJ	16:48.94	25m	01-02-20	Viseu	593
29.	LUZ Filipe Ferreira	98	GESL	16:50.16	25m	23-11-19	Algés	591
30.	CASTELEIRO Diogo Alexandre	01	SCP	16:51.04	25m	23-11-19	Algés	590
31.	GASPAR Miguel Caridade	99	AAC	16:52.03	25m	01-11-19	Condeixa	588
32.	MORIM Francisco Emanuel	02	CFV	16:53.52	25m	15-12-19	Leiria	585
33.	OVIEDO Miguel Freitas	02	AAC	16:56.52	25m	15-12-19	Leiria	580
34.	FERRO Henrique Martins	01	CNF	16:56.69	25m	23-11-19	Funchal	580
35.	JACINTO Rafael Rodrigues	02	CFB	16:57.10	25m	22-12-19	Felgueiras	579
36.	LOPES Miguel Sanches	01	AVFC	17:10.07	25m	16-11-19	Viseu	558
37.	VIEGAS Hugo Miguel	02	CNOL	17:11.35	25m	24-10-20	Olhão	555
38.	SANTOS Goncalo Duarte	00	VKGS	17:12.67	25m	08-03-20	Ponte de Sor	553
39.	VENTURA Jose Miguel	97	FBSC	17:13.30	25m	21-12-19	Cantanhede	552
40.	JOAQUIM Andre Serro	00	CNOL	17:16.39	25m	02-02-20	Albufeira	547
41.	MONTEZ Alexandre Conceicao	02	CNRM	17:20.08	25m	06-03-20	Santarém	542
42.	CARVALHO Francisco Miguel	00	AAC	17:20.80	25m	24-11-19	Coimbra	540
43.	RIBEIRO Jose Carlos	01	VSC	17:21.51	25m	22-11-19	Felgueiras	539
44.	GOMES Rodrigo Ribeiro	00	CAQC	17:22.82	25m	01-02-20	Coimbra	537
45.	COSTA Andre Gouveia	01	CAQC	17:24.53	25m	01-02-20	Coimbra	535
46.	MARCOS Alexandre Teixeira	00	LDC	17:25.34	25m	23-11-19	Lagos	533
47.	ACIOLI Victor Hugo	02	CDF	17:28.34	25m	12-10-19	Mealhada	529
48.	CRUZ Miguel Duarte	99	CFB	17:29.93	25m	22-12-19	Felgueiras	526
49.	ARZILEIRO Bernardo Vinagre	01	CUC	17:29.95	25m	01-11-19	Condeixa	526
50.	DUARTE Joao Nunes	01	CFP	17:31.43	25m	22-11-19	Felgueiras	524
51.	KOBAYASHI Bruno Shinji	02	CFV	17:32.27	25m	22-11-19	Felgueiras	523
52.	NEVES Tiago Correia	97	CFB	17:33.18	25m	23-11-19	Algés	522
53.	REIS Miguel Rohula	01	SCP	17:34.81	25m	23-11-19	Algés	519
54.	PEREIRA Joao Neto	02	FBSC	17:39.18	25m	01-11-19	Condeixa	513
55.	DIAS Simao Pedro	02	CNG	17:41.01	25m	08-03-20	Ponte de Sor	510
56.	MARQUES Rui Joao	02	CNAC	17:41.54	25m	01-11-19	Condeixa	509
57.	MENDES Pedro Nuno	92	SCB	17:41.70	25m	22-11-19	Braga	509
58.	DIONISIO Bernardo Jose	99	SFGP	17:42.21	25m	15-05-21	Abrantes	508
59.	CASTRO Martim Pereira	02	CEOL	17:44.32	25m	08-03-20	Funchal	505
60.	LADEIRA Rodrigo Santos	97	FBSC	17:45.13	25m	21-12-19	Cantanhede	504
61.	LOURENCO Tiago Campos	02	CNV	18:01.58	25m	13-10-19	Pacos de Ferreira	482
62.	MARIANO Samuel Andre	02	CNLA	18:09.33	25m	17-11-19	Odemira	471
63.	VIEIRA Diogo Silveira	01	CNH	18:09.53	25m	16-11-19	Horta	471
64.	PEREIRA Diogo Alexandre	98	CFP	18:24.56	25m	13-10-19	Pacos de Ferreira	452
65.	BONANCA Diogo Osorio	01	CNFA	18:31.92	25m	23-11-19	Lagos	443
66.	ROCHA Joao Pedro	02	VNC	18:38.97	25m	22-11-19	Braga	435
67.	SIMOES Diogo Daniel	99	CNRM	18:43.17	25m	20-10-19	Torres Novas	430
68.	FIGUEIREDO Gustavo Pinto	02	CRASTO	18:45.14	25m	12-10-19	Mealhada	428
69.	CHAVEIRO Francisco Martins	02	PORTIN	18:47.55	25m	07-11-20	Lagos	425

1500 Livres (desde 70)

70.	PEREIRA Jose Manuel	02	CNPV	18:52.89	25m	14-12-19	Praia da Vitória	419
71.	MOCO Pedro Ribeiro	02	CNVA	18:58.63	25m	25-10-20	Mealhada	413
72.	SANTOS Alberto Antonio	01	CPSPA	19:12.72	25m	01-02-20	Coimbra	398
73.	BELO Francisco Miguel	02	CDN	19:20.24	25m	16-11-19	Funchal	390
74.	NUNES Goncalo Almada	01	JACL	19:21.29	25m	13-05-21	Funchal	389
75.	SANTIMANO Afonso Martim	01	CNH	19:48.45	25m	14-12-19	Horta	363
76.	YELISTRATKIN Illya	96	CNVA	19:55.21	25m	25-10-20	Mealhada	357
77.	SANTOS Pedro Ribeiro	98	ABPG	20:05.25	25m	24-11-19	Coimbra	348
78.	COSTA Pedro Santos	02	LAGAC	20:23.68	25m	23-11-19	Lagos	332
79.	GONCALVES Joao Pedro	01	CNTN	20:37.82	25m	20-10-19	Torres Novas	321
80.	FROIS Andre Filipe	02	CFE	20:44.85	25m	17-11-19	Odemira	316
81.	COSTA Rafael Resendes	01	CDEAP	20:51.52	25m	16-11-19	Ribeira Grande	311
82.	RAMALHO Joao Caires	02	CDSR	20:54.92	25m	16-11-19	Funchal	308
83.	NUNES Jose Diogo	02	CNCA	21:12.26	25m	23-11-19	Tomar	296
84.	MONTES Francisco Pessanha	02	ADADA	25:19.20	25m	30-05-21	Lousada	173
85.	RIBEIRO Jose Augusto	92	ADDEG	28:24.95	25m	30-05-21	Lousada	123

50 Costas

1.	SANTOS Alexis Manacas	92	SCP	23.69	25m	21-12-19	Felgueiras	825
2.	SANTOS Francisco Rogerio	98	SCP	24.56	25m	21-12-19	Felgueiras	740
3.	COSTA Joao Nogueira	01	VSC	25.15	25m	11-04-21	Felgueiras	689
4.	GUTIERREZ Juan Francisco Se94ra	LDC	LDC	25.28	25m	17-10-20	Lagos	679
5.	LOPES Jose Paulo	00	SCB	25.56	25m	21-12-19	Felgueiras	656
6.	PINHO Manuel Antonio	01	CDF	25.59	25m	21-12-19	Felgueiras	654
7.	ALFAMA Martim Primavera	02	GESL	25.63	25m	21-12-19	Felgueiras	651
8.	COSTA Diogo Santos	02	ADRCIMM	25.73	25m	21-12-19	Felgueiras	644
9.	SILVA Fernando Souza	86	SFUAP	25.79	25m	10-11-19	Albufeira	639
10.	NUNES Porfirio Braga	00	FCP	25.85	25m	09-05-21	Pacos de Ferreira	635
11.	SILVA Glauber	86	FOCA	26.10	25m	14-11-20	Mealhada	617
12.	ROSA Rodrigo Antonio	96	VKGS	26.11	25m	21-12-19	Felgueiras	616
13.	ZENZA Francisco Manuel	01	CNMAIA	26.18	25m	11-04-21	Felgueiras	611
14.	BATE Miguel Ribeiro	99	SAD	26.23	25m	21-12-19	Felgueiras	607
15.	FERNANDES Joao Manuel	97	CNF	26.31	25m	15-12-19	Leiria	602
15.	MACHADO Bruno Rafael	01	FCP	26.31	25m	21-12-19	Felgueiras	602
17.	MACHADO Tiago Andrade	02	CGA	26.32	25m	21-12-19	Felgueiras	601
18.	DANTAS Diogo Leal	00	SCP	26.34	25m	21-12-19	Felgueiras	600
19.	FIDALGO Mateus Valente	01	CDE	26.51	25m	21-12-19	Felgueiras	588
19.	FERNANDES Joao Diogo	98	CFB	26.51	25m	21-12-19	Felgueiras	588
21.	DOMINGOS Ruy Manuel	02	SCP	26.59	25m	21-12-19	Felgueiras	583
22.	LARANJEIRA Joao Jose	98	CGA	26.60	25m	15-12-19	Leiria	582
23.	PEREIRA Mario Alexandre	92	CNAC	26.61	25m	23-11-19	Coimbra	582
24.	THEODORIS Nathan Keith	95	LDC	26.62	25m	23-11-19	Lagos	581
25.	LEIRIA David Miguel	93	VKGS	26.68	25m	24-11-19	Algés	577
26.	LOPES Joao Francisco	98	SCB	26.78	25m	23-11-19	Braga	571
27.	NASCIMENTO Miguel Duarte	95	SLB	26.81	25m	10-11-19	Albufeira	569
27.	ROCHA Ricardo Filipe	02	CAP	26.81	25m	23-11-19	Felgueiras	569
29.	WEUSTINK Koen	00	GCVR	26.82	25m	15-12-19	Leiria	568
30.	PIRES Ricardo Saraiva	98	CIRL	26.88	25m	15-12-19	Leiria	564
31.	DIAS Joao Pedro	02	FBSC	27.06	25m	21-12-19	Felgueiras	553
32.	FAUSTINO Matheus Costa	98	SCB	27.10	25m	11-04-21	Felgueiras	551
33.	CORREIA Diogo Carrasco	95	CFB	27.21	25m	24-11-19	Algés	544
33.	TINOCO Joao Pereira	00	GDNFAMA	27.21	25m	21-12-19	Felgueiras	544

50 Costas (desde 35)

35.	PASSOS Miguel Angelo	96	EDV	27.22	25m	15-12-19	Leiria	543
36.	ARZILEIRO Bernardo Vinagre	01	CUC	27.29	25m	22-12-20	Coimbra	539
37.	PEDRO Daniel Rochinha	98	AHBE	27.36	25m	24-11-19	Algés	535
38.	AIRES Rafael Alcantara	01	SLB	27.37	25m	17-11-19	Cova da Piedade	535
39.	COSTA Samson Silva	02	CNCE	27.39	25m	23-11-19	Felgueiras	533
40.	RIBEIRO Ivo Pinto	97	FOCA	27.41	25m	21-12-19	Felgueiras	532
41.	SANTOS Dario Almeida	93	LSC	27.43	25m	21-12-19	Felgueiras	531
42.	CORREIA Joao Mota	97	SLB	27.46	25m	21-12-19	Felgueiras	529
43.	GARCIA RAFAEL Pablo	99	LDC	27.49	25m	10-11-19	Albufeira	528
43.	SILVA Tomas Antonio	01	CNF	27.49	25m	06-03-20	Funchal	528
45.	LUCAS Joao Filipe	94	AAC	27.52	25m	21-12-19	Felgueiras	526
46.	HADZHILAR Soner Tunay	93	CNOL	27.58	25m	23-11-19	Lagos	522
47.	MAGALHAES Hugo Nunes	02	SAD	27.62	25m	21-12-19	Felgueiras	520
48.	FERNANDES Pedro Miguel	99	GDNFAMA	27.66	25m	23-11-19	Felgueiras	518
49.	GUIMARAES Nuno Henrique	99	CNV	27.70	25m	23-11-19	Felgueiras	516
50.	CRISTINO David Matias	01	SFUAP	27.71	25m	01-11-19	Setúbal	515
51.	FONSECA Luis Filipe	97	CFE	27.74	25m	07-03-20	Ponte de Sor	513
52.	VALE Tomas Machado	97	VSC	27.75	25m	15-12-19	Leiria	513
53.	FREIRE Carlos Marques	01	CFB	27.78	25m	24-11-19	Algés	511
54.	MARQUES Miguel Henriques	00	SLB	27.80	25m	24-11-19	Algés	510
55.	JOAQUIM Andre Serro	00	00603	27.82	25m	25-04-21	Alcala (ESP)	509
56.	AMORIM Alexandre Ferreira	99	FCP	27.89	25m	23-11-19	Felgueiras	505
57.	SANTOS Edgar Filipe	01	SFUAP	27.94	25m	21-12-19	Felgueiras	502
58.	SANTOS Alberto Antonio	01	CPSPA	28.10	25m	22-12-20	Coimbra	494
59.	SOUSA Nuno Alexandre	02	AVFC	28.17	25m	18-01-20	Mealhada	490
60.	ARAUJO Diogo Alexandre	01	CDOM	28.22	25m	10-11-19	Albufeira	488
61.	FERREIRA Ricardo Pinela	01	SLB	28.24	25m	24-11-19	Algés	487
62.	SILVA Job Santos	96	UDO	28.28	25m	25-04-21	Gafanha da Nazaré	485
63.	RAMOS Filipe Carmo	97	CFV	28.31	25m	23-11-19	Felgueiras	483
63.	MORIM Francisco Emanuel	02	CFV	28.31	25m	09-05-21	Pacos de Ferreira	483
65.	PEDROSA Carlos Lopes	94	CAFBDP	28.33	25m	07-03-20	Ponta Delgada	482
66.	PEIXOTO Joao Freitas	01	ADF	28.34	25m	23-11-19	Felgueiras	481
66.	OLIVEIRA Cesar Goncalves	00	FCF	28.34	25m	23-11-19	Lagos	481
66.	SILVA Joao Jesus	02	JACL	28.34	25m	06-03-20	Funchal	481
69.	FERREIRA Miguel Goncalves	93	CDN	28.35	25m	15-12-19	Leiria	481
70.	PLAZA Jaime Morote	97	LDC	28.36	25m	17-10-20	Lagos	480
71.	SOUSA Joao Ribeiro	01	FCP	28.38	25m	23-11-19	Felgueiras	479
71.	MIGUEL Tomas Pedrosa	02	CAQC	28.38	25m	15-12-19	Leiria	479
71.	TOMAS Francisco Xavier	00	CNAL	28.38	25m	23-05-21	Alcobaça	479
74.	NIZ Adriano Miguel	86	GDNFAMA	28.54	25m	03-04-21	Famalicao	471
75.	DINIS Tiago Moises	98	CNAC	28.57	25m	24-10-20	Coimbra	470
76.	SILVA Miguel Vicente	02	DNMG	28.60	25m	23-11-19	Caldas da Rainha	468
77.	COELHO Rodrigo Manuel	01	CDF	28.62	25m	17-11-19	Viseu	467
77.	MACHADO Ricardo Marques	02	AVFC	28.62	25m	17-11-19	Viseu	467
79.	MARTINS Samuel Dias	02	CCLAMAS	28.65	25m	23-11-19	Felgueiras	466
80.	PIMENTEL Alfredo Eugenio	00	CNLA	28.70	25m	15-12-19	Portimão	464
81.	MOURA Andre Magalhaes	98	AVFC	28.71	25m	02-02-20	Viseu	463
82.	RODRIGUES Claudio Alexandre	00	LDC	28.75	25m	11-01-20	Quarteira	461
83.	ZINCA Andrei Iulian	00	CAPGE	28.86	25m	10-11-19	Albufeira	456
83.	PEREIRA Joao Neto	02	FBSC	28.86	25m	23-11-19	Coimbra	456
85.	VIEGAS Hugo Miguel	02	CNOL	28.87	25m	11-01-20	Quarteira	455
86.	GOMES Diogo Sousa	02	PORTIN	28.88	25m	15-12-19	Portimão	455
87.	ALVES Joao David	02	ADPB	28.94	25m	08-03-20	Braga	452

50 Costas (desde 88)

88.	SILVA Pedro Ferraz	98	FOCA	28.98	25m	23-11-19	Felgueiras	450
89.	KOBAYASHI Bruno Shinji	02	CFV	28.99	25m	15-12-19	Leiria	450
90.	ESCADA Bernardo Pastor	99	ABPG	29.00	25m	16-11-19	Castelo Branco	449
91.	ALVES Bernardo Antonio	99	LDC	29.02	25m	20-10-19	Quarteira	448
92.	GONCALVES Jose Joao	01	SCB	29.04	25m	24-11-19	Braga	447
93.	SILVA Diogo Vicente	98	DNMG	29.06	25m	15-12-19	Leiria	447
94.	GOMES Claudio Miguel	95	CAPGE	29.08	25m	17-11-19	Viseu	446
95.	NOVA Tiago Vila	00	PORTIN	29.15	25m	15-12-19	Portimão	442
96.	SILVA Rodrigo Reis	98	CCLAMAS	29.22	25m	22-11-19	Felgueiras	439
97.	RIBEIRO Edgar Oliveira	93	SCB	29.29	25m	24-11-19	Braga	436
98.	BELO Joao Pedro	97	VKGS	29.34	25m	17-11-19	Cova da Piedade	434
98.	GOMES Sebastiao Mendes	00	PIMP	29.34	25m	23-11-19	Caldas da Rainha	434
98.	MARQUES Diogo Puidival	00	AONDA	29.34	25m	24-11-19	Algés	434

100 Costas

1.	LOPES Gabriel Jose	97	ALN	52.11	25m	23-12-20	Coimbra	825
2.	SANTOS Francisco Rogerio	98	SCP	52.71	25m	22-12-19	Felgueiras	797
3.	COSTA Joao Nogueira	01	VSC	52.89	25m	10-04-21	Felgueiras	789
4.	SANTOS Alexis Manacas	92	SCP	53.89	25m	09-01-21	Guarda	746
5.	COSTA Diogo Santos	02	ADRCIMM	55.34	25m	22-12-19	Felgueiras	689
6.	ALFAMA Martim Primavera	02	GESL	55.39	25m	20-12-19	Felgueiras	687
7.	ROCHA Ricardo Filipe	02	CAP	55.42	25m	22-12-19	Felgueiras	686
8.	CANTOS GALVEZ MANUEL Je97s	LDC	LDC	55.76	25m	09-11-19	Albufeira	673
9.	SILVA Fernando Souza	86	SFUAP	55.96	25m	17-11-19	Cova da Piedade	666
10.	CONDE Alvaro Lopez	92	LDC	56.03	25m	24-11-19	Lagos	663
11.	FERNANDES Joao Diogo	98	CFB	56.16	25m	20-12-19	Felgueiras	659
12.	PINHO Manuel Antonio	01	CDF	56.37	25m	22-12-19	Felgueiras	652
13.	LOPES Jose Paulo	00	SCB	56.48	25m	11-01-20	Aguas Santas	648
14.	PIRES Ricardo Saraiva	98	CIRL	56.64	25m	14-12-19	Leiria	642
15.	NUNES Porfirio Braga	00	FCP	56.67	25m	20-12-19	Felgueiras	641
16.	ZENZA Francisco Manuel	01	CNMAIA	56.73	25m	24-11-19	Felgueiras	639
17.	ROSA Rodrigo Antonio	96	VKGS	56.92	25m	20-12-19	Felgueiras	633
18.	FIDALGO Mateus Valente	01	CDE	56.95	25m	22-12-19	Felgueiras	632
19.	MACHADO Bruno Rafael	01	FCP	57.17	25m	22-12-19	Felgueiras	625
20.	LARANJEIRA Joao Jose	98	CGA	57.18	25m	13-03-21	Aveiro	624
21.	BATE Miguel Ribeiro	99	SAD	57.21	25m	20-12-19	Felgueiras	623
22.	RAMOS Bruno Miguel	97	POR	57.26	25m	14-12-19	Lausanne (SUI)	622
23.	DOMINGOS Ruy Manuel	02	SCP	57.56	25m	20-12-19	Felgueiras	612
24.	CORREIA Joao Mota	97	SLB	57.59	25m	22-12-19	Felgueiras	611
25.	PASSOS Miguel Angelo	96	EDV	57.61	25m	14-12-19	Leiria	610
26.	LEIRIA David Miguel	93	VKGS	57.85	25m	30-11-19	Sines	603
27.	MACHADO Tiago Andrade	02	CGA	58.03	25m	20-12-19	Felgueiras	597
28.	DIAS Joao Pedro	02	FBSC	58.10	25m	22-12-19	Felgueiras	595
29.	NASCIMENTO Miguel Duarte	95	SLB	58.12	25m	09-11-19	Albufeira	594
29.	FERNANDES Joao Manuel	97	CNF	58.12	25m	14-12-19	Leiria	594
31.	TINOCO Joao Pereira	00	GDNFAMA	58.25	25m	22-12-19	Felgueiras	590
32.	SILVA Tomas Antonio	01	CNF	58.28	25m	08-03-20	Funchal	589
33.	COSTA Samson Silva	02	CNCE	58.45	25m	24-11-19	Felgueiras	584
34.	JOAQUIM Andre Serro	00	00603	58.53	25m	24-04-21	Alcala (ESP)	582
35.	ARZILEIRO Bernardo Vinagre	01	CUC	58.58	25m	30-11-19	Sines	580
36.	MAGALHAES Hugo Nunes	02	SAD	59.01	25m	22-12-19	Felgueiras	568
37.	SOUSA Nuno Alexandre	02	SANCNP	59.02	25m	09-01-21	Guarda	568

100 Costas (desde 38)

38.	RIBEIRO Ivo Pinto	97	FOCA	59.16	25m	15-11-20	Mealhada	564
39.	WEUSTINK Koen	00	GCVR	59.26	25m	14-12-19	Leiria	561
40.	SANTOS Edgar Filipe	01	SFUAP	59.31	25m	20-12-19	Felgueiras	559
41.	GUIMARAES Nuno Henrique	99	CNV	59.33	25m	14-12-19	Leiria	559
42.	SILVA Job Santos	96	UDO	59.34	25m	16-11-19	Viseu	558
43.	SOUSA Diogo Gomes	95	CNCVG	59.35	25m	22-11-19	Algés	558
44.	QUINTAS Francisco Robalo	95	SCP	59.43	25m	09-01-21	Guarda	556
45.	PEREIRA Mario Alexandre	92	CNAC	59.54	25m	19-10-19	Condeixa	553
46.	VALE Tomas Machado	97	VSC	59.60	25m	24-11-19	Felgueiras	551
47.	FAUSTINO Matheus Costa	98	SCB	59.67	25m	10-04-21	Felgueiras	549
48.	SILVA Miguel Vicente	02	DNMG	59.70	25m	23-05-21	Alcobaça	548
49.	ZINCA Andrei Iulian	00	CAPGE	59.85	25m	16-11-19	Viseu	544
50.	GIL Joao Pedro	97	CDCP	59.92	25m	30-11-19	Sines	542
51.	HADZHILAR Soner Tunay	93	CNOL	1:00.27	25m	10-04-21	Felgueiras	533
52.	CORREIA Diogo Carrasco	95	CFB	1:00.28	25m	10-04-21	Felgueiras	533
53.	DOMINGUES Ricardo Jorge	02	FBSC	1:00.33	25m	02-02-20	Coimbra	531
54.	MARTINS Samuel Dias	02	CCLAMAS	1:00.38	25m	30-11-19	Sines	530
55.	NIZ Adriano Miguel	86	GDNFAMA	1:00.45	25m	03-04-21	Famalicao	528
56.	CRISTINO David Matias	01	SFUAP	1:00.56	25m	01-11-19	Setúbal	525
57.	LOURENCO Tiago Campos	02	CNV	1:00.61	25m	22-12-19	Felgueiras	524
58.	ARAUJO Diogo Alexandre	01	CDOM	1:00.68	25m	09-11-19	Albufeira	522
58.	RIBEIRO Edgar Oliveira	93	SCB	1:00.68	25m	23-11-19	Braga	522
60.	GOMES Diogo Sousa	02	PORTIN	1:00.69	25m	08-11-20	Lagos	522
61.	PEDROSA Carlos Lopes	94	CAFBDP	1:00.71	25m	06-03-20	Ponta Delgada	521
62.	PEIXOTO Joao Freitas	01	ADF	1:00.74	25m	30-11-19	Sines	521
63.	SANTOS Dario Almeida	93	LSC	1:00.80	25m	08-05-21	Pacos de Ferreira	519
64.	COSTA Andre Gouveia	01	CAQC	1:00.83	25m	02-02-20	Coimbra	518
65.	MORIM Francisco Emanuel	02	CFV	1:00.85	25m	15-11-20	Mealhada	518
66.	PEREIRA Joao Neto	02	FBSC	1:00.86	25m	23-12-20	Coimbra	518
67.	SILVA Joao Jesus	02	JACL	1:00.97	25m	23-11-19	Funchal	515
68.	MACHADO Francisco Carvalho	98	SAD	1:01.02	25m	22-11-19	Algés	514
69.	SANTOS Alberto Antonio	01	CPSPA	1:01.09	25m	02-02-20	Coimbra	512
70.	MENDES Pedro Barros	94	AAC	1:01.10	25m	14-12-19	Leiria	512
71.	FONSECA Luis Filipe	97	CFE	1:01.15	25m	06-03-20	Ponte de Sor	510
72.	RODRIGUES Pedro Reis	02	CDSR	1:01.18	25m	30-11-19	Sines	509
73.	PEDRO Daniel Rochinha	98	AHBE	1:01.24	25m	01-11-19	Setúbal	508
74.	RODRIGUES Claudio Alexandre	00	GCNF	1:01.26	25m	08-11-20	Lagos	507
75.	KOBAYASHI Bruno Shinji	02	CFV	1:01.41	25m	20-12-19	Felgueiras	504
76.	FREIRE Carlos Marques	01	CFB	1:01.57	25m	22-11-19	Algés	500
77.	COELHO Nuno Tiago	02	AMAMB	1:01.67	25m	07-03-20	Braga	497
78.	FERNANDES Eduardo Gomes	02	SCP	1:01.69	25m	03-11-19	Lagoa	497
79.	ESCADA Bernardo Pastor	99	ABPG	1:01.74	25m	30-11-19	Sines	496
80.	BASTOS Lucas Pereira	00	CNAC	1:01.86	25m	01-02-20	Coimbra	493
81.	MARREIROS Ricardo Basilio	97	INDANL	1:01.97	25m	03-11-19	Lagoa	490
82.	MARQUES Diogo Puidival	00	AONDA	1:02.04	25m	30-11-19	Sines	489
83.	MACHADO Ricardo Marques	02	AVFC	1:02.11	25m	30-11-19	Sines	487
84.	MIGUEL Tomas Pedrosa	02	CAQC	1:02.12	25m	14-12-19	Leiria	487
85.	PIMENTEL Alfredo Eugenio	00	CNLA	1:02.13	25m	26-10-19	Lagos	486
86.	VELOSO Tomas Miguel	96	CNAC	1:02.17	25m	23-11-19	Coimbra	486
87.	GONCALVES Jose Joao	01	SCB	1:02.22	25m	23-11-19	Braga	484
88.	COELHO Rodrigo Manuel	01	CDF	1:02.26	25m	17-11-19	Viseu	483
89.	NEVES Joao Pedro	96	AMINATA	1:02.28	25m	19-12-20	Sines	483
90.	FRISCHKNECHT Renato Barros	01	SAD	1:02.41	25m	22-11-19	Algés	480

100 Costas (desde 91)

91.	MACHADO Joao Gabriel	02	SCP	1:02.46	25m	03-11-19	Lisboa	479
92.	MELO Filipe Ferrao	01	CNS	1:02.48	25m	01-11-19	Setúbal	478
93.	PIRES Joao Nuno	94	CNG	1:02.63	25m	30-11-19	Sines	475
94.	SANTOS Afonso Amaro	02	GESL	1:02.70	25m	16-02-20	Sto Antonio dos Cavaleiros	473
95.	FERREIRA Ricardo Pinela	01	SLB	1:02.82	25m	17-11-19	Cova da Piedade	471
96.	MATOS Diogo Ribas	02	CAQC	1:02.84	25m	22-12-20	Coimbra	470
97.	PEREZ BARROSO Eduardo	02	CNGUA	1:02.85	25m	26-10-19	Lagos	470
98.	DINIS Tiago Moises	98	CNAC	1:02.92	25m	19-10-19	Condeixa	468
98.	RIBEIRO Luis Manuel	02	FCP	1:02.92	25m	08-05-21	Pacos de Ferreira	468
100.	BELO Joao Pedro	97	VKGS	1:02.94	25m	26-10-19	Lagos	468

200 Costas

1.	SANTOS Francisco Rogerio	98	SCP	1:53.59	25m	20-12-19	Felgueiras	804
2.	COSTA Joao Nogueira	01	VSC	1:56.01	25m	15-11-20	Mealhada	754
3.	LOPES Gabriel Jose	97	ALN	1:58.25	25m	11-04-21	Felgueiras	712
4.	LOPES Jose Paulo	00	SCB	2:00.30	25m	06-03-20	Braga	676
5.	COSTA Diogo Santos	02	ADRCIMM	2:00.52	25m	20-12-19	Felgueiras	673
6.	CONDE Alvaro Lopez	92	LDC	2:01.28	25m	23-11-19	Lagos	660
7.	CORREIA Joao Mota	97	SLB	2:01.81	25m	20-12-19	Felgueiras	652
8.	GUTIERREZ Juan Francisco Se94ra	LDC	LDC	2:01.86	25m	17-10-20	Lagos	651
9.	ROCHA Ricardo Filipe	02	CAP	2:02.37	25m	15-12-19	Leiria	643
10.	FERNANDES Joao Diogo	98	CFB	2:03.03	25m	11-04-21	Felgueiras	632
11.	PIRES Ricardo Saraiva	98	CIRL	2:03.65	25m	15-12-19	Leiria	623
12.	BATE Miguel Ribeiro	99	SAD	2:04.14	25m	20-12-19	Felgueiras	616
13.	MACHADO Bruno Rafael	01	FCP	2:05.09	25m	15-11-20	Mealhada	602
14.	JOAQUIM Andre Serro	00	CNOL	2:05.20	25m	11-04-21	Felgueiras	600
15.	RAMOS Bruno Miguel	97	CFB	2:05.24	25m	22-11-19	Algés	599
16.	SILVA Fernando Souza	86	SFUAP	2:05.67	25m	10-11-19	Albufeira	593
17.	LARANJEIRA Joao Jose	98	CGA	2:05.73	25m	15-12-19	Leiria	592
18.	SANTOS Pedro Andre	94	SAD	2:06.10	25m	22-11-19	Algés	587
19.	DIAS Joao Pedro	02	FBSC	2:06.11	25m	20-12-19	Felgueiras	587
20.	TINOCO Joao Pereira	00	GDNFAMA	2:07.20	25m	15-11-20	Mealhada	572
21.	LEIRIA David Miguel	93	VKGS	2:07.36	25m	30-11-19	Sines	570
22.	PASSOS Miguel Angelo	96	EDV	2:07.47	25m	15-12-19	Leiria	569
23.	CRISTINO David Matias	01	SFUAP	2:08.11	25m	10-11-19	Albufeira	560
24.	SILVA Job Santos	96	UDO	2:08.16	25m	24-10-20	Mealhada	559
25.	ZINCA Andrei Iulian	00	CAPGE	2:08.62	25m	16-11-19	Viseu	553
26.	SOUSA Nuno Alexandre	02	AVFC	2:09.04	25m	13-03-21	Aveiro	548
27.	MAGALHAES Hugo Nunes	02	SAD	2:09.16	25m	20-12-19	Felgueiras	546
28.	SAMPAIO Jose Pedro	98	FCP	2:09.18	25m	22-11-19	Felgueiras	546
29.	SANTOS Pedro Miguel	01	FCP	2:09.23	25m	13-10-19	Pacos de Ferreira	546
30.	SOUZA Francisco Alves	02	GESL	2:09.28	25m	15-12-19	Leiria	545
31.	ROSA Rodrigo Antonio	96	VKGS	2:09.55	25m	22-11-19	Algés	542
32.	MACHADO Tiago Andrade	02	CGA	2:09.70	25m	16-11-19	Viseu	540
33.	ZENZA Francisco Manuel	01	CNMAIA	2:09.76	25m	11-01-20	Aguas Santas	539
34.	PINHO Manuel Antonio	01	CDF	2:10.00	25m	30-11-19	Sines	536
35.	RIBEIRO Luis Manuel	02	FCP	2:10.02	25m	20-12-19	Felgueiras	536
36.	ALFAMA Martim Primavera	02	GESL	2:10.25	25m	15-11-20	Leiria	533
37.	SILVA Miguel Vicente	02	DNMG	2:10.76	25m	09-05-21	Alcobaça	527
38.	DOMINGOS Ruy Manuel	02	SCP	2:10.82	25m	02-11-19	Lagoa	526
39.	VIEGAS Hugo Miguel	02	CNOL	2:11.00	25m	20-12-19	Felgueiras	524
40.	ARZILEIRO Bernardo Vinagre	01	CUC	2:11.01	25m	07-11-20	Guarda	524

200 Costas (desde 41)

41.	PEREIRA Joao Neto	02	FBSC	2:11.16	25m	24-11-19	Coimbra	522
42.	GOMES Diogo Sousa	02	PORTIN	2:11.17	25m	30-11-19	Sines	522
43.	KOBAYASHI Bruno Shinji	02	CFV	2:11.25	25m	15-12-19	Leiria	521
44.	MENDES Pedro Barros	94	AAC	2:11.56	25m	15-12-19	Leiria	517
45.	SILVA Tomas Antonio	01	CNF	2:11.69	25m	25-01-20	Alcobaça	516
46.	FIDALGO Mateus Valente	01	CDE	2:11.97	25m	30-11-19	Sines	512
47.	RODRIGUES Pedro Reis	02	CDSR	2:12.05	25m	30-11-19	Sines	511
48.	RIBEIRO Edgar Oliveira	93	SCB	2:12.19	25m	22-11-19	Braga	510
49.	BRAS Ricardo Martins	01	CFB	2:12.20	25m	22-11-19	Algés	510
50.	SILVA Joao Jesus	02	JACL	2:12.63	25m	24-11-19	Funchal	505
51.	MORIM Francisco Emanuel	02	CFV	2:12.67	25m	15-11-20	Mealhada	504
52.	MARTINS Samuel Dias	02	CCLAMAS	2:12.92	25m	13-10-19	Pacos de Ferreira	501
53.	SANTOS Edgar Filipe	01	SFUAP	2:12.97	25m	25-01-20	Alcobaça	501
54.	BASTOS Lucas Pereira	00	CNAC	2:13.08	25m	19-06-21	Coimbra	500
55.	CORREIA Diogo Carrasco	95	CFB	2:13.15	25m	11-04-21	Felgueiras	499
56.	PEIXOTO Joao Freitas	01	ADF	2:13.53	25m	30-11-19	Sines	495
57.	VALE Tomas Machado	97	VSC	2:13.87	25m	22-11-19	Felgueiras	491
58.	PINOTES Pedro Miguel	89	SCP	2:14.01	25m	15-05-21	Lagos	489
59.	ARAUJO Diogo Alexandre	01	CDOM	2:14.60	25m	26-10-19	Lagos	483
60.	PINHO Duarte Sa	02	AEJ	2:14.76	25m	01-02-20	Viseu	481
61.	GUIMARAES Nuno Henrique	99	CNV	2:14.86	25m	22-11-19	Felgueiras	480
62.	BARREIROS Tiago Leite	02	SAD	2:14.89	25m	22-11-19	Algés	480
63.	TOMAS Francisco Xavier	00	CNAL	2:14.94	25m	12-06-21	Nazaré	479
64.	ALVES Nuno Rafael	90	CAP	2:15.18	25m	22-11-19	Felgueiras	477
65.	LOPES Tomas Teixeira	02	FOCA	2:15.23	25m	13-10-19	Pacos de Ferreira	476
66.	LOURENCO Tiago Campos	02	CNV	2:15.68	25m	13-10-19	Pacos de Ferreira	471
67.	RODRIGUES Miguel Carvalho	02	CGA	2:16.14	25m	12-10-19	Mealhada	467
68.	GASPAR Miguel Caridade	99	AAC	2:16.17	25m	25-10-20	Coimbra	466
69.	COELHO Nuno Tiago	02	AMAMB	2:16.23	25m	08-05-21	Ponte da Barca	466
70.	GIL Joao Pedro	97	CDCP	2:16.50	25m	22-11-19	Algés	463
71.	FONSECA Luis Filipe	97	CFE	2:16.53	25m	07-03-20	Ponte de Sor	463
72.	FERREIRA Ricardo Pinela	01	SLB	2:16.86	25m	10-11-19	Albufeira	459
73.	RODRIGUES Claudio Alexandre	00	LDC	2:16.91	25m	23-02-20	Lagos	459
74.	MIGUEL Tomas Pedrosa	02	CAQC	2:17.21	25m	15-12-19	Leiria	456
75.	SANTOS Alberto Antonio	01	CPSPA	2:17.28	25m	01-11-19	Condeixa	455
76.	MARREIROS Ricardo Basilio	97	CDCP	2:17.30	25m	09-05-21	Sto António Cavaleiros	455
77.	GONCALVES Jose Joao	01	SCB	2:17.75	25m	06-03-20	Braga	450
78.	DIAS Sergio Eduardo	00	CFP	2:17.85	25m	15-12-19	Leiria	449
79.	SILVA Diogo Vicente	98	DNMG	2:18.00	25m	23-11-19	Caldas da Rainha	448
80.	MELO Filipe Ferrao	01	CNS	2:18.24	25m	07-11-20	Guarda	446
81.	MARQUES Diogo Puidival	00	AONDA	2:18.43	25m	30-11-19	Sines	444
82.	ESCADA Bernardo Pastor	99	ABPG	2:18.52	25m	30-11-19	Sines	443
83.	COSTA Samson Silva	02	CNCE	2:18.61	25m	22-11-19	Felgueiras	442
84.	PEREZ BARROSO Eduardo	02	CNGUA	2:18.71	25m	26-10-19	Lagos	441
85.	SANTOS Guilherme Clara	02	AEJ	2:18.76	25m	01-02-20	Viseu	441
86.	COELHO Rodrigo Manuel	01	CDF	2:18.79	25m	12-10-19	Mealhada	440
87.	FERREIRA Nuno Filipe	00	FOCA	2:19.30	25m	11-01-20	Aguas Santas	436
88.	FAUSTINO Matheus Costa	98	SCB	2:19.40	25m	06-03-20	Braga	435
89.	FARIA Pedro Miguel	02	VSC	2:19.71	25m	22-11-19	Felgueiras	432
90.	SILVA Afonso Varelas	01	DNMG	2:19.79	25m	23-11-19	Caldas da Rainha	431
91.	AZEVEDO Andre Botelho	02	CNPV	2:20.40	25m	18-01-20	Angra do Heroísmo	425
92.	NEVES Joao Pedro	96	ABPG	2:20.47	25m	20-10-19	Évora	425
93.	NIZ Adriano Miguel	86	GDNFAMA	2:21.00	25m	03-04-21	Famalicao	420

200 Costas (desde 94)

94.	PIMENTEL Alfredo Eugenio	00	CNLA	2:21.07	25m	26-10-19	Lagos	419
95.	CASTELEIRO Diogo Alexandre	01	SCP	2:21.19	25m	02-11-19	Lagoa	418
96.	ANTUNES Jose Pedro	00	AAC	2:21.26	25m	01-11-19	Condeixa	418
97.	VIEIRA Nuno Henrique	01	CNAC	2:21.30	25m	01-02-20	Coimbra	417
98.	FAIA Ricardo Alexandre	00	VKGS	2:21.60	25m	15-05-21	Condeixa-a-Nova	415
99.	OLIVEIRA Cesar Goncalves	00	FCF	2:21.66	25m	26-10-19	Lagos	414
100.	BARBARA Goncalo Gualberto	00	CNRM	2:21.80	25m	24-11-19	Tomar	413

50 Bruços

1.	SANTOS Alexis Manacas	92	SCP	27.12	25m	22-12-19	Felgueiras	807
2.	QUINTAS Francisco Robalo	95	CFB	27.50	25m	22-12-19	Felgueiras	774
3.	CARVALHO Diogo Filipe	88	CGA	27.61	25m	22-12-19	Felgueiras	764
4.	AMORIM Alexandre Ferreira	99	FCP	27.64	25m	22-12-19	Felgueiras	762
5.	LOPES Gabriel Jose	97	ALN	28.48	25m	22-12-19	Felgueiras	696
6.	CARVALHO Ruben Paiva	94	AAC	28.50	25m	15-12-19	Leiria	695
7.	FRISCHKNECHT Renato Barros	01	SAD	28.52	25m	22-12-19	Felgueiras	693
8.	SIMOES Rafael Gomes	00	SCB	28.56	25m	22-11-19	Braga	691
9.	RAMOS Filipe Carmo	97	CFV	28.91	25m	15-12-19	Leiria	666
10.	DA SILVA Florian	01	FCP	29.04	25m	14-11-20	Mealhada	657
11.	MENDES Antonio Manuel	99	SCP	29.14	25m	22-12-19	Felgueiras	650
12.	NASCIMENTO Miguel Duarte	95	SLB	29.23	25m	22-12-19	Felgueiras	644
13.	GOMES Filipe Miguel	97	ADBA	29.26	25m	11-04-21	Felgueiras	642
14.	UMSARI Victor Balaguer	90	LDC	29.34	25m	09-11-19	Albufeira	637
14.	TEODORO Diogo Filipe	99	CNV	29.34	25m	15-12-19	Leiria	637
16.	VELOSO Tomas Miguel	96	CNAC	29.44	25m	22-12-19	Felgueiras	630
17.	SOUSA Joao Claudio	93	CAP	29.45	25m	22-12-19	Felgueiras	630
18.	NUNES Francisco Costa	02	SCP	29.49	25m	22-12-19	Felgueiras	627
19.	CAPITAO Simao Miguel	97	CCLAMAS	29.56	25m	24-11-19	Felgueiras	623
20.	PON Hugo	98	SAD	29.60	25m	09-11-19	Albufeira	620
21.	AGOSTINHO Pedro Miguel	92	VKGS	29.63	25m	19-12-20	Sines	618
22.	GRENHO Andre Tavares	99	GESL	29.74	25m	14-11-20	Leiria	612
23.	SILVA Luis Pedro	98	CDN	29.79	25m	15-12-19	Leiria	608
24.	FRANCISCO Daniel Sebastiao	00	FCP	29.80	25m	11-04-21	Felgueiras	608
25.	RODRIGUES Miguel Carvalho	02	CGA	29.89	25m	14-11-20	Mealhada	602
26.	SILVA Tomas Antonio	01	CNF	29.94	25m	22-12-19	Felgueiras	599
27.	MATEUS Diogo Garcez	02	AONDA	30.00	25m	22-12-19	Felgueiras	596
28.	RODRIGUES Diogo Manuel	94	VSC	30.01	25m	15-12-19	Leiria	595
29.	RIBEIRO Afonso Mateus	95	CFB	30.13	25m	14-12-19	Portimão	588
30.	MIRKA Artem Vos	00	CGA	30.18	25m	22-12-19	Felgueiras	585
31.	PAIS Joao Ventura	02	FBSC	30.22	25m	23-12-20	Coimbra	583
32.	SILVA Pedro Miguel	94	ADRCIMM	30.25	25m	23-11-19	Algés	581
33.	MONTEIRO Bruno Daniel	88	LSC	30.30	25m	15-12-19	Leiria	578
33.	CABRITO Rodrigo Almeida	01	CFB	30.30	25m	11-04-21	Felgueiras	578
35.	FERNANDES Pedro Miguel	99	GDNFAMA	30.36	25m	24-11-19	Felgueiras	575
36.	MOURA Andre Magalhaes	98	AVFC	30.44	25m	17-11-19	Viseu	570
37.	FONSECA Joao Costa	00	CNLX	30.46	25m	23-11-19	Algés	569
38.	HORTA Rui Pedro	94	CIRL	30.57	25m	15-12-19	Leiria	563
38.	ZENZA Francisco Manuel	01	CNMAIA	30.57	25m	09-05-21	Pacos de Ferreira	563
40.	VENTOSO Vicente Morgado	00	EULX	30.58	25m	07-03-20	Santarém	562
41.	FERNANDES Pedro Pestana	01	CNF	30.60	25m	18-07-20	Funchal	561
42.	AGOSTINHO Miguel Diogo	00	FBSC	30.66	25m	15-12-19	Leiria	558
43.	MARTINS Bruno Miguel	93	GESL	30.68	25m	09-05-21	Sto António Cavaleiros	557

50 Bruços (desde 44)

44.	SANTOS Afonso Amaro	02	GESL	30.70	25m	09-11-19	Albufeira	556
44.	OLIVEIRA Luis Carlos	97	CNMAIA	30.70	25m	15-12-19	Leiria	556
46.	MARQUES Tiago Andre	93	SCE	30.79	25m	18-01-20	Mealhada	551
47.	MERUJE Joaquim Agra	01	CUC	30.82	25m	25-10-20	Coimbra	549
48.	LOPES Joao Francisco	98	SCB	30.90	25m	06-03-20	Braga	545
49.	DINIS Tiago Moises	98	CNAC	30.94	25m	24-11-19	Coimbra	543
50.	SOARES Miguel Carlos	92	CNPO	31.03	25m	24-11-19	Felgueiras	538
51.	VIANA Luis Filipe	89	CLAC	31.05	25m	23-11-19	Tomar	537
51.	JESUS Afonso Guilherme	00	VKGS	31.05	25m	08-03-20	Ponte de Sor	537
53.	CAMARA Joao Vieira	97	CEOL	31.07	25m	24-11-19	Funchal	536
54.	NUNES Porfirio Braga	00	FCP	31.11	25m	24-11-19	Felgueiras	534
55.	ALVES Nuno Rafael	90	CAP	31.12	25m	24-11-19	Felgueiras	534
55.	SANTOS Diego Felipe	87	CDN	31.12	25m	24-11-19	Funchal	534
57.	CERDEIRINHA Xavier Gomes	02	CDF	31.19	25m	25-10-20	Mealhada	530
58.	SANTOS Joao Duarte	95	CNOL	31.27	25m	12-01-20	Quarteira	526
59.	GOMES Claudio Miguel	95	CAPGE	31.28	25m	15-12-19	Leiria	525
60.	MARQUES Miguel Henriques	00	SLB	31.30	25m	09-11-19	Albufeira	524
60.	FERNANDEZ Cibran Leal	00	EDV	31.30	25m	15-12-19	Leiria	524
62.	VARGAS Joao Manuel	00	SLB	31.32	25m	09-11-19	Albufeira	523
62.	ALMEIDA Luis Carlos	98	CAP	31.32	25m	15-12-19	Leiria	523
64.	MARQUES Goncalo Silva	01	CAQC	31.33	25m	15-12-19	Leiria	523
65.	SILVA Pedro Ferraz	98	FOCA	31.39	25m	24-11-19	Felgueiras	520
66.	JORGE Andre Camara	90	CEOL	31.42	25m	07-03-20	Funchal	518
67.	ROCHA Ricardo Filipe	02	CAP	31.45	25m	24-11-19	Felgueiras	517
68.	NOVA Tiago Vila	00	PORTIN	31.46	25m	14-12-19	Portimão	517
69.	CARVALHO Luis Miguel	00	GCVR	31.49	25m	15-12-19	Leiria	515
70.	ARAUJO Sergio Daniel	02	CNPO	31.56	25m	11-04-21	Felgueiras	512
71.	MACHADO Bruno Rafael	01	FCP	31.63	25m	24-11-19	Felgueiras	508
72.	SOARES Frederico Sousa	96	AHBE	31.66	25m	23-11-19	Algés	507
73.	SOARES Luis Filipe	98	CCLAMAS	31.68	25m	24-11-19	Felgueiras	506
74.	GIL Joao Pedro	98	EFC	31.72	25m	17-11-19	Castelo Branco	504
75.	CUNHA Joao Simons	02	CFP	31.74	25m	09-05-21	Pacos de Ferreira	503
76.	FARIA Rui Pedro	94	GDNFAMA	31.80	25m	24-11-19	Felgueiras	500
77.	GIL Guilherme Pereira	93	CDCP	31.81	25m	23-11-19	Algés	500
77.	MENDES Diogo Santos	02	LSC	31.81	25m	24-11-19	Felgueiras	500
79.	GOMES Luis Manuel	88	VSC	31.84	25m	09-05-21	Pacos de Ferreira	498
80.	MELO Jose Pedro	99	SCB	31.86	25m	22-11-19	Braga	497
80.	MARREIROS Ricardo Basilio	97	CDCP	31.86	25m	15-02-20	Torres Novas	497
82.	FERREIRA Joao Renato	01	CDE	31.89	25m	18-01-20	Mealhada	496
83.	DEUS Andre Portugal	02	CNF	31.90	25m	08-05-21	Funchal	495
84.	FRADE Miguel Goncalves	00	CNTN	31.93	25m	15-12-19	Leiria	494
85.	DIONISIO Bernardo Jose	99	SFGP	31.94	25m	15-02-20	Torres Novas	494
86.	GASPAR Miguel Caridade	99	AAC	32.00	25m	23-12-20	Coimbra	491
87.	PAULOS Francisco Silva	02	CNF	32.02	25m	07-03-20	Funchal	490
88.	SARAMAGO Artur Rafael	97	BUZIOS	32.04	25m	15-05-21	Abrantes	489
89.	MACHADO Joao Gabriel	02	SCP	32.06	25m	16-02-20	Sto Antonio dos Cavaleiros	488
90.	RODRIGUES Pedro Simoes	01	CUC	32.07	25m	24-11-19	Coimbra	488
91.	SEQUEIRA Duarte Nunes	02	CNLGOS	32.09	25m	03-11-19	Lagoa	487
92.	AZINHEIRINHA Tiago Manuel	98	ACMN	32.11	25m	19-01-20	Montemor-o-Novo	486
93.	BARRULAS Joao Miguel	99	CFE	32.14	25m	17-11-19	Odemira	484
94.	LUZ Filipe Ferreira	98	GESL	32.18	25m	16-02-20	Sto Antonio dos Cavaleiros	483
95.	FANGUEIRO Diogo Morgado	02	CFV	32.19	25m	11-04-21	Felgueiras	482
96.	VAZQUEZ CIVILA Juan Pedro	94	CNGUA	32.22	25m	09-11-19	Albufeira	481

50 Bruços (desde 97)

97.	CAVADAS Bruno Miguel	89	CNV	32.24	25m	24-11-19	Felgueiras	480
98.	MAIA Bruno Miguel	01	GCST	32.26	25m	09-05-21	Pacos de Ferreira	479
99.	CORREIA Rui Miguel	96	CNMJ	32.27	25m	23-11-19	Algés	479
100.	MACHADO Henrique Chan	02	SAD	32.29	25m	23-11-19	Algés	478

100 Bruços

1.	SANTOS Alexis Manacas	92	SCP	58.82	25m	20-12-19	Felgueiras	845
2.	CARVALHO Diogo Filipe	88	CGA	59.01	25m	20-12-19	Felgueiras	836
3.	QUINTAS Francisco Robalo	95	CFB	59.16	25m	20-12-19	Felgueiras	830
4.	LOPES Gabriel Jose	97	ALN	1:00.23	25m	20-12-19	Felgueiras	787
5.	AMORIM Alexandre Ferreira	99	FCP	1:00.44	25m	20-12-19	Felgueiras	778
6.	SIMOES Rafael Gomes	00	SCB	1:01.39	25m	10-04-21	Felgueiras	743
7.	VELOSO Tomas Miguel	96	CNAC	1:02.16	25m	20-12-19	Felgueiras	716
8.	PLAZA Jaime Morote	97	LDC	1:02.23	25m	17-10-20	Lagos	713
9.	FRISCHKNECHT Renato Barros	01	SAD	1:02.39	25m	20-12-19	Felgueiras	708
10.	RAMOS Filipe Carmo	97	CFV	1:02.59	25m	14-12-19	Leiria	701
11.	TEODORO Diogo Filipe	99	CNV	1:02.80	25m	14-12-19	Leiria	694
12.	PON Hugo	98	SAD	1:02.91	25m	20-12-19	Felgueiras	690
13.	MENDES Antonio Manuel	99	SCP	1:02.96	25m	20-12-19	Felgueiras	689
14.	CARVALHO Ruben Paiva	94	AAC	1:03.03	25m	14-12-19	Leiria	686
15.	MOURA Andre Magalhaes	98	SANCNP	1:03.06	25m	09-01-21	Guarda	685
16.	SANTOS Pedro Andre	94	SAD	1:03.24	25m	22-11-19	Algés	679
17.	NUNES Francisco Costa	02	SCP	1:03.37	25m	20-12-19	Felgueiras	675
18.	LOPES Jose Paulo	00	SCB	1:03.39	25m	23-11-19	Braga	675
19.	GOMES Filipe Miguel	97	ADBA	1:03.63	25m	10-04-21	Felgueiras	667
20.	VITAL Joao Alexandre	98	SCP	1:03.78	25m	20-12-19	Felgueiras	662
21.	GRENHO Andre Tavares	99	GESL	1:03.99	25m	14-12-19	Leiria	656
22.	CONDE Alvaro Lopez	92	LDC	1:04.22	25m	24-11-19	Lagos	649
23.	DANTAS Diogo Leal	00	SCP	1:04.47	25m	10-11-19	Albufeira	641
23.	CABRITO Rodrigo Almeida	01	CFB	1:04.47	25m	10-04-21	Felgueiras	641
25.	ALVES Nuno Rafael	90	CAP	1:04.51	25m	14-12-19	Leiria	640
26.	SILVA Luis Pedro	98	CDN	1:04.72	25m	14-12-19	Leiria	634
27.	RAMOS Bruno Miguel	97	CFB	1:04.99	25m	20-12-19	Felgueiras	626
28.	SILVA Pedro Miguel	94	ADRCIMM	1:05.01	25m	15-11-20	Leiria	625
29.	CAPITAO Simao Miguel	97	CCLAMAS	1:05.16	25m	30-11-19	Sines	621
30.	RODRIGUES Miguel Carvalho	02	CGA	1:05.25	25m	15-11-20	Mealhada	619
31.	RIBEIRO Afonso Mateus	95	CFB	1:05.29	25m	10-04-21	Felgueiras	617
32.	MARTINS Bruno Miguel	93	GESL	1:05.57	25m	15-11-20	Leiria	610
33.	MATEUS Diogo Garcez	02	AONDA	1:05.82	25m	15-11-20	Leiria	603
34.	CARRICO Antonio Fernandes	98	VKGS	1:05.91	25m	30-11-19	Sines	600
35.	FONSECA Joao Costa	00	CNLX	1:06.00	25m	16-05-21	Alvalade	598
36.	MERUJE Joaquim Agra	01	CUC	1:06.10	25m	07-11-20	Guarda	595
37.	ZENZA Francisco Manuel	01	CNMAIA	1:06.14	25m	23-11-19	Felgueiras	594
38.	MONTEIRO Bruno Daniel	88	LSC	1:06.18	25m	14-12-19	Leiria	593
39.	MIRKA Artem Vos	00	CGA	1:06.20	25m	13-10-19	Mealhada	592
40.	SOUSA Joao Claudio	93	CAP	1:06.28	25m	23-11-19	Felgueiras	590
41.	ESTEVEES Pedro Ferraz	99	CNLX	1:06.30	25m	15-05-21	Condeixa-a-Nova	590
42.	JESUS Afonso Guilherme	00	VKGS	1:06.36	25m	07-03-20	Ponte de Sor	588
43.	SOARES Miguel Carlos	92	CNPO	1:06.40	25m	30-11-19	Sines	587
44.	RODRIGUES Diogo Manuel	94	VSC	1:06.42	25m	14-12-19	Leiria	586
45.	PAIS Joao Ventura	02	FBSC	1:06.49	25m	22-12-20	Coimbra	585
46.	NUNES Porfirio Braga	00	FCP	1:06.60	25m	23-11-19	Felgueiras	582

100 Bruços (desde 47)

47.	SANTOS Afonso Amaro	02	GESL	1:06.67	25m	20-12-19	Felgueiras	580
48.	VIANA Luis Filipe	89	CLAC	1:06.74	25m	30-11-19	Sines	578
48.	HORTA Rui Pedro	94	CIRL	1:06.74	25m	14-12-19	Leiria	578
50.	VARGAS Joao Manuel	00	SLB	1:06.75	25m	22-11-19	Algés	578
51.	JOAQUIM Andre Serro	00	CNOL	1:06.82	25m	30-11-19	Sines	576
52.	GASPAR Miguel Caridade	99	AAC	1:07.10	25m	20-12-19	Felgueiras	569
53.	SILVA Tomas Antonio	01	CNF	1:07.35	25m	18-07-20	Funchal	562
54.	SILVA Henrique Gomes	02	AEJ	1:07.47	25m	16-11-19	Viseu	559
55.	AGOSTINHO Miguel Diogo	00	FBSC	1:07.50	25m	02-02-20	Coimbra	559
56.	FERNANDES Eduardo Gomes	02	SCP	1:07.52	25m	10-04-21	Felgueiras	558
57.	SAMPAIO Jose Pedro	98	FCP	1:07.66	25m	23-11-19	Felgueiras	555
58.	DIAS Guilherme Pereira	97	VKGS	1:07.70	25m	26-10-19	Lagos	554
59.	LOUZAN Daniel Sanchez	98	EDV	1:07.71	25m	14-12-19	Leiria	553
60.	ROCHA Ricardo Filipe	02	CAP	1:07.79	25m	23-11-19	Felgueiras	552
61.	MARREIROS Ricardo Basilio	97	CDCP	1:07.81	25m	30-11-19	Sines	551
62.	SANTOS Diego Felipe	87	CDN	1:07.84	25m	23-11-19	Funchal	550
63.	ARAUJO Sergio Daniel	02	CNPO	1:07.87	25m	10-04-21	Felgueiras	550
64.	CERDEIRINHA Xavier Gomes	02	CDF	1:07.90	25m	24-10-20	Mealhada	549
65.	MACHADO Tiago Andrade	02	CGA	1:08.31	25m	13-10-19	Mealhada	539
65.	DINIS Tiago Moises	98	CNAC	1:08.31	25m	20-10-19	Condeixa	539
67.	OLIVEIRA Luis Carlos	97	CNMAIA	1:08.38	25m	14-12-19	Leiria	537
68.	MARQUES Goncalo Silva	01	CAQC	1:08.42	25m	14-12-19	Leiria	536
69.	GIL Joao Pedro	98	EFC	1:08.44	25m	26-10-19	Lagos	536
70.	PEREIRA Bernardo Sousa	01	PIMP	1:08.45	25m	30-11-19	Sines	536
71.	NOVA Tiago Vila	00	PORTIN	1:08.52	25m	30-11-19	Sines	534
72.	CATALAO Daniel Nogueira	00	SLB	1:08.53	25m	10-11-19	Albufeira	534
73.	VENTOSO Vicente Morgado	00	EULX	1:08.55	25m	26-10-19	Lagos	533
74.	MARQUES Tiago Andre	93	SCE	1:08.59	25m	30-11-19	Sines	532
75.	FERNANDES Pedro Pestana	01	CNF	1:08.62	25m	16-11-19	Funchal	532
76.	CUNHA Joao Simons	02	CFP	1:08.81	25m	08-05-21	Pacos de Ferreira	527
77.	MENDES Diogo Santos	02	LSC	1:08.85	25m	23-11-19	Felgueiras	526
78.	PINTO Antonio Fernando	99	FOCA	1:09.03	25m	23-11-19	Felgueiras	522
79.	MELO Jose Pedro	99	SCB	1:09.10	25m	03-11-19	Barcelos	521
80.	MACHADO Joao Gabriel	02	SCP	1:09.15	25m	22-11-19	Algés	520
81.	NEVES Joao Pedro	96	ABPG	1:09.27	25m	30-11-19	Sines	517
82.	BARBARA Goncalo Gualberto	00	CNRM	1:09.31	25m	14-12-19	Leiria	516
83.	BARRULAS Joao Miguel	99	CFE	1:09.38	25m	17-11-19	Odemira	514
84.	LEBRE Diogo Ramos	01	SLB	1:09.40	25m	22-11-19	Algés	514
84.	MALFEITO Martim Rebelo	02	SCP	1:09.40	25m	20-12-19	Felgueiras	514
86.	DIAS Goncalo Catarino	00	VKGS	1:09.46	25m	07-03-20	Ponte de Sor	513
87.	FANGUEIRO Diogo Morgado	02	CFV	1:09.47	25m	10-04-21	Felgueiras	512
88.	SOARES Frederico Sousa	96	AHBE	1:09.54	25m	22-11-19	Algés	511
89.	MARTINS Tiago Rafael	97	CDOM	1:09.57	25m	26-10-19	Lagos	510
90.	PAULOS Francisco Silva	02	CNF	1:09.58	25m	23-11-19	Funchal	510
90.	ZINCA Andrei Iulian	00	CAPGE	1:09.58	25m	14-12-19	Leiria	510
92.	COSTA Marco Antonio	02	CNG	1:09.59	25m	07-03-20	Ponte de Sor	510
93.	MAIA Bruno Miguel	01	GCST	1:09.68	25m	08-05-21	Pacos de Ferreira	508
94.	RODRIGUES Pedro Simoes	01	CUC	1:09.70	25m	23-11-19	Coimbra	507
95.	LUZ Filipe Ferreira	98	GESL	1:09.78	25m	16-02-20	Sto Antonio dos Cavaleiros	506
96.	PINTO Pedro Miguel	02	SCP	1:09.90	25m	02-02-20	Albufeira	503
97.	COSTA Rodrigo Marques	76	CNLA	1:10.05	25m	26-10-19	Lagos	500
98.	CORREIA Rui Miguel	96	CNMJ	1:10.08	25m	30-11-19	Sines	499
99.	FERNANDES Luis Pedro	96	LDC	1:10.11	25m	20-10-19	Quarteira	499

100 Bruços (desde 100)

99.	FERREIRA Joao Renato	01	CDE	1:10.11	25m	30-11-19	Sines	499
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200 Bruços

1.	QUINTAS Francisco Robalo	95	CFB	2:08.84	25m	21-12-19	Felgueiras	811
2.	LOPES Gabriel Jose	97	ALN	2:09.52	25m	21-12-19	Felgueiras	798
3.	SIMOES Rafael Gomes	00	SCB	2:12.33	25m	15-11-20	Mealhada	748
4.	MENDES Antonio Manuel	99	SCP	2:14.75	25m	21-12-19	Felgueiras	709
5.	LOPES Jose Paulo	00	SCB	2:15.34	25m	25-10-20	Braga	699
6.	DA SILVA Florian	01	FCP	2:15.63	25m	15-11-20	Mealhada	695
7.	SILVA Tomas Antonio	01	FCP	2:15.79	25m	15-11-20	Mealhada	692
8.	CONDE Alvaro Lopez	92	LDC	2:16.32	25m	23-11-19	Lagos	684
9.	RAMOS Filipe Carmo	97	CFV	2:16.88	25m	15-12-19	Leiria	676
10.	FRISCHKNECHT Renato Barros	01	SAD	2:17.39	25m	21-12-19	Felgueiras	668
11.	ALVES Nuno Rafael	90	CAP	2:17.82	25m	21-12-19	Felgueiras	662
12.	CABRITO Rodrigo Almeida	01	CFB	2:18.10	25m	11-04-21	Felgueiras	658
13.	PON Hugo	98	SAD	2:18.28	25m	09-11-19	Albufeira	656
14.	AMORIM Alexandre Ferreira	99	FCP	2:19.18	25m	11-01-20	Aguas Santas	643
15.	CATALAO Daniel Nogueira	00	SLB	2:19.32	25m	21-12-19	Felgueiras	641
16.	RAMOS Bruno Miguel	97	CFB	2:19.61	25m	24-11-19	Algés	637
17.	RIBEIRO Afonso Mateus	95	CFB	2:19.81	25m	11-04-21	Felgueiras	634
18.	RODRIGUES Miguel Carvalho	02	CGA	2:19.95	25m	15-11-20	Mealhada	632
19.	SILVA Pedro Miguel	94	ADRCIMM	2:20.45	25m	15-11-20	Leiria	626
20.	GASPAR Miguel Caridade	99	AAC	2:20.74	25m	15-12-19	Leiria	622
21.	GOMES Filipe Miguel	97	ADBA	2:20.84	25m	15-11-20	Leiria	621
22.	NUNES Francisco Costa	02	SCP	2:21.31	25m	21-12-19	Felgueiras	614
23.	JESUS Afonso Guilherme	00	VKGS	2:21.38	25m	30-11-19	Sines	613
24.	VARGAS Joao Manuel	00	SLB	2:21.91	25m	21-12-19	Felgueiras	607
25.	PINOTES Pedro Miguel	89	SCP	2:22.62	25m	15-05-21	Lagos	598
26.	VELOSO Tomas Miguel	96	CNAC	2:22.70	25m	23-11-19	Coimbra	597
27.	MERUJE Joaquim Agra	01	CUC	2:22.81	25m	19-06-21	Coimbra	595
28.	MOURA Andre Magalhaes	98	AVFC	2:23.83	25m	13-06-21	Viseu	583
29.	NUNES Porfirio Braga	00	FCP	2:24.10	25m	12-10-19	Pacos de Ferreira	579
30.	BRAS Ricardo Martins	01	CFB	2:24.31	25m	15-05-21	Alcabideche	577
31.	DINIS Tiago Moises	98	CNAC	2:24.78	25m	15-11-20	Mealhada	571
32.	FONSECA Joao Costa	00	CNLX	2:25.06	25m	16-05-21	Alvalade	568
33.	MATEUS Diogo Garcez	02	AONDA	2:25.22	25m	15-11-20	Leiria	566
34.	GOMEZ MARCOS Jesus Gome	99	LDC	2:25.32	25m	25-10-20	Olhão	565
35.	SILVA Henrique Gomes	02	AEJ	2:25.38	25m	09-11-19	Albufeira	564
36.	MARTINS Bruno Miguel	93	GESL	2:25.78	25m	24-11-19	Algés	559
37.	MIRKA Artem Vos	00	CGA	2:26.07	25m	17-11-19	Viseu	556
38.	RODRIGUES Pedro Simoes	01	CUC	2:26.25	25m	01-11-19	Condeixa	554
39.	SANTOS Diego Felipe	87	CDN	2:26.64	25m	22-11-19	Funchal	550
40.	PINTO Pedro Miguel	02	SCP	2:26.67	25m	21-12-19	Felgueiras	549
41.	PAIS Joao Ventura	02	FBSC	2:26.70	25m	23-12-20	Coimbra	549
42.	JOAQUIM Andre Serro	00	CNOL	2:26.81	25m	30-11-19	Sines	548
43.	BARBARA Goncalo Gualberto	00	CNRM	2:27.37	25m	15-12-19	Leiria	542
44.	SANTOS Afonso Amaro	02	GESL	2:27.68	25m	15-12-19	Leiria	538
45.	VIANA Luis Filipe	89	CLAC	2:27.89	25m	30-11-19	Sines	536
46.	GRENHO Andre Tavares	99	GESL	2:27.92	25m	24-11-19	Algés	536
47.	FANGUEIRO Diogo Morgado	02	CFV	2:28.32	25m	15-11-20	Mealhada	531
48.	MALFEITO Martim Rebelo	02	CNLX	2:29.05	25m	25-04-21	Gafanha da Nazaré	523
49.	PINTO Antonio Fernando	99	FOCA	2:29.35	25m	22-11-19	Felgueiras	520

200 Bruços (desde 50)

50.	TEODORO Diogo Filipe	99	CNV	2:29.57	25m	22-11-19	Felgueiras	518
51.	CORREIA Andre Filipe	97	CDF	2:29.63	25m	30-11-19	Sines	517
52.	FERNANDEZ Cibran Leal	00	EDV	2:29.82	25m	15-12-19	Leiria	515
53.	MARREIROS Ricardo Basilio	97	CDCP	2:29.87	25m	30-11-19	Sines	515
54.	ARAUJO Sergio Daniel	02	CNPO	2:29.92	25m	11-04-21	Felgueiras	514
55.	PEREIRA Bernardo Sousa	01	PIMP	2:30.11	25m	30-11-19	Sines	512
56.	SANTOS Pedro Miguel	01	FCP	2:30.33	25m	22-11-19	Felgueiras	510
57.	DIAS Goncalo Catarino	00	VKGS	2:30.80	25m	07-03-20	Ponte de Sor	505
58.	MARTINS Tiago Rafael	97	CDOM	2:30.93	25m	26-10-19	Lagos	504
59.	GIL Joao Pedro	98	EFC	2:31.49	25m	30-11-19	Sines	499
60.	AGOSTINHO Miguel Diogo	00	FBSC	2:31.52	25m	01-11-19	Condeixa	498
61.	CAMPOS Tiago Filipe	99	CNRM	2:31.55	25m	23-11-19	Tomar	498
62.	MENDES Diogo Santos	02	LSC	2:32.34	25m	22-11-19	Felgueiras	490
63.	PAULOS Francisco Silva	02	CNF	2:32.46	25m	06-03-20	Funchal	489
64.	ZENZA Francisco Manuel	01	CNMAIA	2:32.99	25m	12-10-19	Pacos de Ferreira	484
65.	COSTA Rodrigo Marques	76	CNLA	2:33.06	25m	16-11-19	Odemira	483
66.	CAVADAS Bruno Miguel	89	CNV	2:33.82	25m	15-12-19	Leiria	476
67.	PINHO Duarte Sa	02	AEJ	2:34.12	25m	01-02-20	Viseu	473
68.	SILVA Afonso Varelas	01	DNMG	2:34.27	25m	15-12-19	Leiria	472
69.	BASTOS Lucas Pereira	00	CNAC	2:34.51	25m	01-11-19	Condeixa	470
70.	FERREIRA Joao Renato	01	CDE	2:34.67	25m	30-11-19	Sines	468
71.	LUZ Filipe Ferreira	98	GESL	2:34.71	25m	16-02-20	Sto Antonio dos Cavaleiros	468
72.	MAIA Bruno Miguel	01	GCST	2:34.73	25m	07-11-20	Guarda	468
73.	MARQUES Goncalo Silva	01	CAQC	2:34.74	25m	01-02-20	Coimbra	468
74.	RODRIGUES Pedro Reis	02	CDSR	2:34.91	25m	22-11-19	Funchal	466
75.	ZINCA Andrei Iulian	00	CAPGE	2:34.92	25m	25-04-21	Gafanha da Nazaré	466
76.	CERDEIRINHA Xavier Gomes	02	CDF	2:35.01	25m	13-10-19	Mealhada	465
77.	SILVA Luis Pedro	98	CDN	2:35.31	25m	26-10-19	Funchal	463
78.	JACINTO Rafael Rodrigues	02	CFB	2:35.33	25m	24-11-19	Algés	462
79.	MACHADO Henrique Chan	02	SAD	2:35.44	25m	24-11-19	Algés	461
80.	SARAMAGO Artur Rafael	97	BUZIOS	2:35.91	25m	07-11-20	Guarda	457
81.	CUNHA Joao Simons	02	CFP	2:35.94	25m	12-10-19	Pacos de Ferreira	457
82.	COSTA Andre Gouveia	01	CAQC	2:36.14	25m	01-11-19	Condeixa	455
83.	BASTOS Vasco Pereira	02	CNAC	2:36.50	25m	25-01-20	Alcobaça	452
84.	DIAS Simao Pedro	02	CNG	2:36.84	25m	07-03-20	Ponte de Sor	449
85.	CASTRO Martim Pereira	02	CEOL	2:36.89	25m	22-11-19	Funchal	449
86.	GOMES Diogo Sousa	02	PORTIN	2:37.52	25m	23-02-20	Lagos	443
87.	PEREIRA Luis Goncalves	02	CCLAMAS	2:37.65	25m	22-11-19	Felgueiras	442
88.	DANIEL Samuel Silva	02	ABPG	2:37.69	25m	30-11-19	Sines	442
89.	NUNES Rafael Filipe	96	VKGS	2:37.78	25m	07-11-20	Guarda	441
90.	SOARES Miguel Carlos	92	CNPO	2:37.99	25m	22-11-19	Felgueiras	439
91.	CORDEIRO Claudio Rafael	02	CAQC	2:38.37	25m	15-12-19	Leiria	436
92.	MARQUES Tiago Andre	93	SCE	2:38.47	25m	17-11-19	Viseu	435
93.	KOBAYASHI Bruno Shinji	02	CFV	2:38.70	25m	12-10-19	Pacos de Ferreira	434
94.	CHAVEIRO Francisco Martins	02	PORTIN	2:39.25	25m	01-02-20	Albufeira	429
95.	FARINHA Joao Fernandes	02	LAGAC	2:39.42	25m	23-11-19	Lagos	428
96.	SILVA Miguel Vicente	02	DNMG	2:39.62	25m	12-06-21	Nazaré	426
97.	VAZQUEZ CIVILA Juan Pedro	94	CNGUA	2:39.66	25m	26-10-19	Lagos	426
98.	SOUSA Jose Moreira	01	GDNFAMA	2:40.10	25m	22-11-19	Felgueiras	422
99.	OLIVEIRA Luis Carlos	97	CNMAIA	2:40.23	25m	12-10-19	Pacos de Ferreira	421
100.	TAVARES Pedro Oliveira	01	CNG	2:40.34	25m	30-11-19	Sines	420

50 Mariposa

1.	SANTOS Alexis Manacas	92	SCP	23.67	25m	20-12-19	Felgueiras	775
2.	SAHNOUNE Oussama	92	SLB	23.72	25m	14-12-19	Angers (FRA)	770
3.	SANTOS Pedro Andre	94	SAD	23.92	25m	20-12-19	Felgueiras	751
4.	SILVA Glauber	86	FOCA	23.95	25m	20-12-19	Felgueiras	748
5.	CARVALHO Diogo Filipe	88	CGA	24.27	25m	15-11-20	Mealhada	719
6.	MOGNE Igor Araujo	96	SCP	24.42	25m	20-12-19	Felgueiras	706
7.	PEREIRA Luiz Pedro	91	SLB	24.49	25m	15-11-20	Leiria	700
8.	LOPES Gabriel Jose	97	ALN	24.50	25m	10-04-21	Felgueiras	699
9.	NASCIMENTO Miguel Duarte	95	SLB	24.57	25m	20-12-19	Felgueiras	693
10.	FERNANDES Pedro Miguel	99	GDNFAMA	24.58	25m	08-05-21	Pacos de Ferreira	692
11.	SILVA Fernando Souza	86	SFUAP	24.70	25m	20-12-19	Felgueiras	682
12.	RIBAS Alexandre Lages	97	EDV	24.74	25m	20-12-19	Felgueiras	679
13.	NUNES Porfirio Braga	00	FCP	24.80	25m	08-05-21	Pacos de Ferreira	674
14.	MARQUES Miguel Henriques	00	SLB	25.02	25m	20-12-19	Felgueiras	656
15.	PEDRO Daniel Rochinha	98	AHBE	25.05	25m	20-12-19	Felgueiras	654
16.	PEDROSA Carlos Lopes	94	CAFBDP	25.06	25m	20-12-19	Felgueiras	653
17.	GUTIERREZ Juan Francisco Se94ra	LDC	LDC	25.12	25m	18-10-20	Lagos	649
18.	PINHO Manuel Antonio	01	CDF	25.18	25m	20-12-19	Felgueiras	644
19.	SOUSA Joao Ribeiro	01	FCP	25.19	25m	20-12-19	Felgueiras	643
19.	FRANCISCO Daniel Sebastiao	00	FCP	25.19	25m	10-04-21	Felgueiras	643
21.	COSTA Joao Nogueira	01	VSC	25.23	25m	08-05-21	Pacos de Ferreira	640
22.	MADUREIRA Gustavo Almeida	94	AAC	25.25	25m	20-12-19	Felgueiras	639
23.	DOMINGUES Ricardo Jorge	02	FBSC	25.35	25m	14-12-19	Leiria	631
24.	LOPES Joao Francisco	98	SCB	25.37	25m	06-03-20	Braga	630
25.	FERNANDES Joao Vitor	00	CEOL	25.39	25m	20-12-19	Felgueiras	628
26.	SANTOS Joao Duarte	95	CNOL	25.42	25m	10-04-21	Felgueiras	626
27.	SAMPAIO Jose Pedro	98	FCP	25.45	25m	15-11-20	Mealhada	624
28.	GARCIA RAFAEL Pablo	99	LDC	25.46	25m	10-11-19	Albufeira	623
29.	COSTA Diogo Santos	02	ADRCIMM	25.51	25m	20-12-19	Felgueiras	619
29.	GOMES Vicente Oliveira	02	SCP	25.51	25m	15-11-20	Leiria	619
31.	FERREIRA Miguel Goncalves	93	CDN	25.54	25m	14-12-19	Leiria	617
31.	CLEMENTE Bernardo Santos	98	AAC	25.54	25m	14-12-19	Leiria	617
33.	FIDALGO Mateus Valente	01	CDE	25.56	25m	20-12-19	Felgueiras	616
34.	LOPES Tomas Teixeira	02	VSC	25.58	25m	10-04-21	Felgueiras	614
35.	CARVALHO Andre Antunes	96	SCP	25.61	25m	20-12-19	Felgueiras	612
36.	ALFAMA Martim Primavera	02	GESL	25.63	25m	20-12-19	Felgueiras	611
37.	DOMINGOS Ruy Manuel	02	SCP	25.65	25m	20-12-19	Felgueiras	609
38.	COTOVIO Ricardo Ferreira	91	VKGS	25.68	25m	06-03-20	Ponte de Sor	607
39.	GRACA Nuno Miguel	98	EDV	25.71	25m	14-12-19	Leiria	605
40.	PEREIRA Mario Alexandre	92	CNAC	25.72	25m	24-11-19	Coimbra	604
41.	LOURENCO Tiago Campos	02	CNV	25.75	25m	08-05-21	Pacos de Ferreira	602
42.	CANTOS GALVEZ MANUEL Je97s	LDC	LDC	25.82	25m	10-11-19	Albufeira	597
42.	SILVA Joao Carlos	98	GDNFAMA	25.82	25m	10-04-21	Felgueiras	597
44.	COSTA Andre Gouveia	01	CAQC	25.85	25m	23-12-20	Coimbra	595
45.	RIACHOS Frederico Sucena	98	VSC	25.86	25m	14-12-19	Leiria	594
46.	PLAZA Jaime Morote	97	LDC	25.87	25m	18-10-20	Lagos	594
47.	YELISTRATKIN Illya	96	CNVA	25.89	25m	13-06-21	Viseu	592
48.	GOMES Claudio Miguel	95	CAPGE	25.91	25m	14-12-19	Leiria	591
49.	MACHADO Tiago Andrade	02	CGA	25.93	25m	14-12-19	Leiria	590
50.	SEQUEIRA Afonso Meneses	99	CNF	25.95	25m	14-12-19	Leiria	588
51.	LOPES David Granja	90	AONDA	25.97	25m	20-12-19	Felgueiras	587
52.	ZENZA Francisco Manuel	01	CNMAIA	26.07	25m	24-11-19	Felgueiras	580
52.	GRENHO Andre Tavares	99	GESL	26.07	25m	14-12-19	Leiria	580

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54.	RAMOS Bruno Miguel	97	CFB	26.08	25m	24-11-19	Algés	580
55.	ROCHA Ricardo Filipe	02	CAP	26.11	25m	24-11-19	Felgueiras	578
55.	BATE Afonso Ribeiro	98	SAD	26.11	25m	24-11-19	Algés	578
55.	SILVA Miguel Vicente	02	DNMG	26.11	25m	15-11-20	Leiria	578
58.	SANTOS Nuno Goncalo	96	ADBA	26.12	25m	14-12-19	Leiria	577
59.	FERNANDES Joao Diogo	98	CFB	26.13	25m	24-11-19	Algés	576
60.	CORREIA Diogo Carrasco	95	CFB	26.16	25m	24-11-19	Algés	574
61.	SEQUEIRA Duarte Nunes	02	CNLGOS	26.17	25m	20-10-19	Quarteira	574
61.	MACHADO Bruno Rafael	01	FCP	26.17	25m	24-11-19	Felgueiras	574
61.	FELGUEIRAS Humberto Fernandes	98	CNV	26.17	25m	14-12-19	Leiria	574
64.	FERREIRA Ricardo Pinela	01	SLB	26.20	25m	24-11-19	Algés	572
65.	PATRICIO Rodrigo Alexandre	98	AAC	26.21	25m	25-10-20	Coimbra	571
66.	NUNES Guilherme Oliveira	98	LSC	26.22	25m	08-05-21	Pacos de Ferreira	570
67.	LUCAS Joao Filipe	94	AAC	26.29	25m	25-10-20	Coimbra	566
68.	SILVA Henrique Gomes	02	AEJ	26.30	25m	17-11-19	Viseu	565
68.	DUARTE Joao Silverio	99	EFC	26.30	25m	06-03-20	Ponte de Sor	565
70.	GOMES Filipe Miguel	97	ADBA	26.38	25m	17-10-20	Caldas da Rainha	560
71.	THEODORIS Nathan Keith	95	LDC	26.45	25m	24-11-19	Lagos	556
72.	SILVA Pedro Ferraz	98	FOCA	26.47	25m	10-04-21	Felgueiras	554
73.	TEODORO Diogo Filipe	99	CNV	26.52	25m	24-11-19	Felgueiras	551
73.	MAIA Jorge Manuel	89	GDNFAMA	26.52	25m	03-04-21	Famalicao	551
75.	MARQUES Diogo Puidival	00	AONDA	26.53	25m	24-11-19	Algés	551
76.	AUGUSTO Bernardo Antunes	00	AONDA	26.56	25m	24-11-19	Algés	549
77.	CAROLA Hugo Filipe	01	CGA	26.57	25m	24-10-20	Mealhada	548
78.	CAPITAO Simao Miguel	97	CCLAMAS	26.61	25m	24-11-19	Felgueiras	546
78.	VIEGAS Hugo Miguel	02	CNOL	26.61	25m	11-01-20	Quarteira	546
80.	AGUIAR Joao Menezes	97	CNF	26.68	25m	08-03-20	Funchal	541
81.	MESTRE Afonso Godinho	95	CNLX	26.71	25m	24-11-19	Algés	539
82.	LIMA David Dias	00	CFV	26.76	25m	24-11-19	Felgueiras	536
83.	CARVALHO Luis Miguel	00	GCVR	26.79	25m	14-12-19	Leiria	535
83.	MACHADO Ricardo Manuel	93	SCB	26.79	25m	06-03-20	Braga	535
85.	HADZHILAR Soner Tunay	93	CNOL	26.87	25m	10-04-21	Felgueiras	530
86.	MATOS Diogo Ribas	02	CAQC	26.88	25m	23-12-20	Coimbra	529
87.	ALVES Afonso Pinto	02	CNF	26.92	25m	08-03-20	Funchal	527
87.	GOUVEIA Pedro Galvao	99	CDN	26.92	25m	18-07-20	Funchal	527
89.	LOPES Carlos Filipe	01	SFUAP	26.93	25m	10-11-19	Albufeira	526
90.	MOURA Andre Magalhaes	98	AVFC	27.00	25m	02-02-20	Viseu	522
91.	MAGALHAES Eduardo Miguel	02	VSC	27.02	25m	24-11-19	Felgueiras	521
92.	ACIOLI Victor Hugo	02	CDF	27.03	25m	17-11-19	Viseu	521
92.	CARVALHO Mateus Ribeiro	99	GDNFAMA	27.03	25m	24-11-19	Felgueiras	521
92.	MELO Filipe Ferrao	01	CNS	27.03	25m	24-11-19	Algés	521
95.	SIMOES Bernardo Jorge	02	CNTN	27.05	25m	24-11-19	Tomar	519
96.	FERREIRA Pedro Mendes	01	CFB	27.06	25m	24-11-19	Algés	519
97.	NOVA Tiago Vila	00	PORTIN	27.08	25m	14-12-19	Portimão	518
98.	ALMEIDA Luis Carlos	98	CAP	27.12	25m	24-11-19	Felgueiras	515
98.	ARZILEIRO Bernardo Vinagre	01	CUC	27.12	25m	23-12-20	Coimbra	515
100.	SOUSA Joao Claudio	93	CAP	27.15	25m	24-11-19	Felgueiras	514

100 Mariposa

1.	SAHNOUNE Oussama	92	SLB	51.67	25m	12-12-19	Angers (FRA)	805
2.	CARVALHO Diogo Filipe	88	CGA	52.37	25m	15-12-19	Leiria	773
3.	SILVA Glauber	86	FOCA	53.32	25m	21-12-19	Felgueiras	733
4.	LOPES Gabriel Jose	97	ALN	53.66	25m	22-12-20	Coimbra	719
5.	PEREIRA Luiz Pedro	91	SLB	53.87	25m	14-11-20	Leiria	710
6.	SILVA Fernando Souza	86	SFUAP	54.44	25m	22-11-19	Algés	688
7.	SANTOS Pedro Andre	94	SAD	54.48	25m	09-11-19	Albufeira	687
8.	NUNES Porfirio Braga	00	FCP	54.65	25m	11-04-21	Felgueiras	680
9.	COSTA Joao Nogueira	01	VSC	54.90	25m	14-11-20	Mealhada	671
10.	SOUSA Joao Ribeiro	01	FCP	55.31	25m	21-12-19	Felgueiras	656
11.	LOPES Jose Paulo	00	SCB	55.49	25m	23-11-19	Braga	650
12.	PEDROSA Carlos Lopes	94	CAFBDP	55.62	25m	30-11-19	Sines	645
13.	SANTOS Joao Duarte	95	CNOL	55.75	25m	11-04-21	Felgueiras	641
14.	CARVALHO Andre Antunes	96	SCP	55.80	25m	21-12-19	Felgueiras	639
15.	COSTA Diogo Santos	02	00563	55.88	25m	25-04-21	Alcala (ESP)	636
16.	ROCHA Ricardo Filipe	02	CAP	55.92	25m	21-12-19	Felgueiras	635
17.	GOMES Vicente Oliveira	02	SCP	55.93	25m	14-11-20	Leiria	635
18.	MOGNE Igor Araujo	96	SCP	55.98	25m	09-11-19	Albufeira	633
19.	COSTA Andre Gouveia	01	CAQC	56.13	25m	21-12-19	Felgueiras	628
20.	VITAL Joao Alexandre	98	SCP	56.14	25m	21-12-19	Felgueiras	628
21.	DOMINGUES Ricardo Jorge	02	FBSC	56.16	25m	14-11-20	Mealhada	627
22.	SEQUEIRA Afonso Meneses	99	CNF	56.33	25m	15-12-19	Leiria	621
23.	RAMOS Bruno Miguel	97	POR	56.39	25m	09-01-21	Guarda	619
24.	PEDRO Daniel Rochinha	98	AHBE	56.40	25m	01-02-20	Ponte de Sor	619
25.	CORDEIRO Tiago Roberto	00	SLB	56.43	25m	21-12-19	Felgueiras	618
26.	CLEMENTE Bernardo Santos	98	AAC	56.59	25m	15-12-19	Leiria	613
26.	DUARTE Joao Silverio	99	EFC	56.59	25m	01-02-20	Ponte de Sor	613
28.	TRAVANCA Sergio Filipe	00	LSC	56.62	25m	15-12-19	Leiria	612
29.	DOMINGOS Ruy Manuel	02	SCP	56.65	25m	21-12-19	Felgueiras	611
30.	SILVA Tomas Antonio	01	CNF	56.75	25m	06-03-20	Funchal	608
31.	MARIN SANCHEZ Juan Pablo	96	LDC	56.82	25m	22-02-20	Lagos	605
32.	PINHO Manuel Antonio	01	CDF	56.94	25m	18-01-20	Mealhada	602
32.	FERNANDES Joao Vitor	00	CEOL	56.94	25m	31-10-20	Funchal	602
32.	SILVA Joao Carlos	98	GDNFAMA	56.94	25m	03-04-21	Famalicao	602
35.	LOPES Tomas Teixeira	02	VSC	56.98	25m	09-05-21	Pacos de Ferreira	600
36.	FERREIRA Miguel Goncalves	93	CDN	57.10	25m	16-11-19	Funchal	597
37.	FERREIRA Ricardo Pinela	01	SLB	57.12	25m	21-12-19	Felgueiras	596
38.	SAMPAIO Jose Pedro	98	FCP	57.20	25m	09-01-21	Guarda	593
39.	VIEGAS Hugo Miguel	02	CNOL	57.27	25m	11-04-21	Felgueiras	591
40.	MENDES Antonio Manuel	99	SCP	57.35	25m	09-01-21	Guarda	589
40.	FERNANDES Eduardo Gomes	02	SCP	57.35	25m	11-04-21	Felgueiras	589
42.	PEREIRA Mario Alexandre	92	CNAC	57.36	25m	20-10-19	Condeixa	588
43.	MARTYNENKO Dmytriy Eugeni	97	vichABPG	57.48	25m	30-11-19	Sines	585
43.	SILVA Henrique Gomes	02	AEJ	57.48	25m	30-11-19	Sines	585
45.	GOMES Claudio Miguel	95	CAPGE	57.49	25m	15-12-19	Leiria	584
46.	CAMPOS Tiago Filipe	99	CNRM	57.50	25m	23-11-19	Tomar	584
46.	GIL Joao Pedro	97	CDCP	57.50	25m	30-11-19	Sines	584
48.	CONDE Alvaro Lopez	92	LDC	57.53	25m	22-02-20	Lagos	583
49.	LOURENCO Tiago Campos	02	CNV	57.55	25m	21-12-19	Felgueiras	583
50.	AGUIAR Joao Menezes	97	CNF	57.62	25m	06-03-20	Funchal	580
51.	GOUVEIA Pedro Galvao	99	CDN	57.63	25m	15-12-19	Leiria	580
52.	MESTRE Afonso Godinho	95	CNLX	57.68	25m	30-11-19	Sines	579
53.	CONTRERAS GONZALEZ Anto	96	LDC	57.73	25m	09-11-19	Albufeira	577

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54.	AMARAL Francisco Rodriguez	02	FCP	57.77	25m	11-04-21	Felgueiras	576
55.	SANTANA Joao Miguel	00	VKGS	57.82	25m	30-11-19	Sines	574
55.	GRACA Nuno Miguel	98	EDV	57.82	25m	15-12-19	Leiria	574
57.	FRANCISCO Daniel Sebastiao	00	FCP	57.94	25m	09-05-21	Pacos de Ferreira	571
58.	CARVALHO Jose Paula	98	SAD	57.95	25m	22-11-19	Algés	571
59.	SILVA Pedro Ferraz	98	FOCA	58.00	25m	11-04-21	Felgueiras	569
60.	YELISTRATKIN Illya	96	CNVA	58.13	25m	26-10-19	Lagos	565
61.	GOMES Sebastiao Mendes	00	PIMP	58.14	25m	30-11-19	Sines	565
62.	RIBAS Alexandre Lages	97	EDV	58.19	25m	02-11-19	Barcelos	564
63.	SANTOS Edgar Filipe	01	SFUAP	58.23	25m	22-11-19	Algés	562
64.	CRISTINO David Matias	01	SFUAP	58.28	25m	01-11-19	Setúbal	561
64.	SANTOS Nuno Goncalo	96	ADBA	58.28	25m	23-02-20	Pombal	561
66.	LOPES Carlos Filipe	01	SFUAP	58.30	25m	21-12-19	Felgueiras	560
67.	PINOTES Pedro Miguel	89	SCP	58.43	25m	15-05-21	Lagos	557
68.	SEQUEIRA Duarte Nunes	02	CNLGOS	58.48	25m	01-02-20	Albufeira	555
69.	GRENHO Andre Tavares	99	GESL	58.53	25m	09-05-21	Sto António Cavaleiros	554
70.	GOMES Filipe Miguel	97	ADBA	58.56	25m	20-10-19	Óbidos	553
71.	PEREIRA Joao Peixoto	01	SCB	58.60	25m	11-04-21	Felgueiras	552
72.	NEVES Tiago Correia	97	CFB	58.67	25m	21-12-19	Felgueiras	550
73.	BRANCO Alexandre Miguel	01	SAD	58.71	25m	22-11-19	Algés	549
74.	MACHADO Tiago Andrade	02	CGA	58.75	25m	12-10-19	Mealhada	548
75.	CAMPOS Xavier	02	GDNFAMA	58.81	25m	24-10-20	Braga	546
76.	MELO Filipe Ferrao	01	CNS	58.83	25m	26-10-19	Lagos	545
77.	LOPES David Granja	90	AONDA	58.88	25m	22-11-19	Algés	544
77.	MAGALHAES Eduardo Miguel	02	VSC	58.88	25m	15-12-19	Leiria	544
79.	CAMOES Tiago Maria	01	SFUAP	58.89	25m	22-11-19	Algés	544
80.	CAROLA Hugo Filipe	01	CGA	59.02	25m	25-10-20	Mealhada	540
81.	SOARES Luis Filipe	98	CCLAMAS	59.06	25m	22-11-19	Felgueiras	539
82.	TEODORO Diogo Filipe	99	CNV	59.11	25m	22-11-19	Felgueiras	538
83.	ALVES Afonso Pinto	02	CNF	59.19	25m	17-10-20	Funchal	535
84.	FERNANDES Pedro Miguel	99	GDNFAMA	59.21	25m	22-11-19	Felgueiras	535
85.	MADUREIRA Gustavo Almeida	94	AAC	59.24	25m	02-02-20	Coimbra	534
86.	CASTRO Joao Cruz	00	CDSR	59.29	25m	30-11-19	Sines	533
87.	TINOCO Joao Pereira	00	GDNFAMA	59.36	25m	22-11-19	Felgueiras	531
87.	LIMA David Dias	00	CFV	59.36	25m	22-11-19	Felgueiras	531
87.	NEVES Pedro Barata	00	CIRL	59.36	25m	15-02-20	Torres Novas	531
90.	RAMOS Filipe Carmo	97	CFV	59.37	25m	22-11-19	Felgueiras	531
90.	MORIM Pedro Soares	02	CNPO	59.37	25m	30-11-19	Sines	531
92.	PON Hugo	98	SAD	59.39	25m	22-11-19	Algés	530
93.	CARVALHO Mateus Ribeiro	99	GDNFAMA	59.41	25m	14-11-20	Mealhada	530
94.	SANTOS Goncalo Duarte	00	VKGS	59.44	25m	15-05-21	Condeixa-a-Nova	529
95.	NUNES Guilherme Oliveira	98	LSC	59.47	25m	09-05-21	Pacos de Ferreira	528
96.	CORREIA Diogo Carrasco	95	CFB	59.56	25m	17-11-19	Cova da Piedade	526
97.	SILVA Miguel Vicente	02	DNMG	59.63	25m	17-10-20	Caldas da Rainha	524
98.	SIMOES Rafael Gomes	00	SCB	59.64	25m	02-11-19	Barcelos	523
99.	ALVES Rodrigo Miguel	02	AMINATA	59.70	25m	19-12-20	Sines	522
100.	CASTELEIRO Diogo Alexandre	01	SCP	59.71	25m	22-11-19	Algés	522

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1.	CARVALHO Diogo Filipe	88	POR	1:56.20	25m	08-12-19	GLASGOW (GBR)	808
2.	PEREIRA Luiz Pedro	91	SLB	1:58.56	25m	14-11-20	Leiria	760
3.	CORDEIRO Tiago Roberto	00	SLB	1:58.93	25m	22-12-19	Felgueiras	753
4.	LOPES Jose Paulo	00	SCB	1:59.75	25m	10-04-21	Felgueiras	738
5.	LOPES Gabriel Jose	97	ALN	1:59.89	25m	14-11-20	Mealhada	735
6.	SANTOS Pedro Andre	94	SAD	2:00.68	25m	22-12-19	Felgueiras	721
7.	RAMOS Bruno Miguel	97	CFB	2:01.54	25m	10-11-19	Albufeira	706
8.	COSTA Andre Gouveia	01	CAQC	2:01.61	25m	22-12-19	Felgueiras	705
9.	MENDES Antonio Manuel	99	SCP	2:02.09	25m	22-12-19	Felgueiras	696
10.	VITAL Joao Alexandre	98	SCP	2:02.16	25m	22-12-19	Felgueiras	695
11.	SILVA Henrique Gomes	02	AEJ	2:02.91	25m	14-11-20	Mealhada	682
12.	CRISTINO David Matias	01	SFUAP	2:03.11	25m	22-12-19	Felgueiras	679
13.	CARVALHO Andre Antunes	96	SCP	2:03.18	25m	22-12-19	Felgueiras	678
14.	SILVA Tomas Antonio	01	FCP	2:03.90	25m	14-11-20	Mealhada	666
15.	NUNES Porfirio Braga	00	FCP	2:03.98	25m	22-12-19	Felgueiras	665
16.	SAMPAIO Jose Pedro	98	FCP	2:04.45	25m	22-12-19	Felgueiras	657
17.	PINOTES Pedro Miguel	89	SCP	2:04.97	25m	16-05-21	Lagos	649
18.	CAMPOS Tiago Filipe	99	CNRM	2:05.16	25m	24-11-19	Tomar	646
19.	BESSA Antonio Rafael	94	CAP	2:05.36	25m	14-12-19	Leiria	643
20.	SANTOS Joao Duarte	95	CNOL	2:06.06	25m	16-05-21	Lagos	633
21.	PEDROSA Carlos Lopes	94	CAFBDP	2:06.14	25m	30-11-19	Sines	631
22.	SILVA Joao Carlos	98	GDNFAMA	2:06.22	25m	08-05-21	Pacos de Ferreira	630
23.	BASTOS Lucas Pereira	00	CNAC	2:06.93	25m	19-06-21	Coimbra	620
24.	CARVALHO Jose Paula	98	SAD	2:07.30	25m	22-12-19	Felgueiras	614
25.	NEVES Pedro Barata	00	CIRL	2:07.36	25m	14-12-19	Leiria	613
26.	TRAVANCA Sergio Filipe	00	LSC	2:07.47	25m	22-12-19	Felgueiras	612
27.	AMARAL Francisco Rodriguez	02	FCP	2:07.70	25m	14-11-20	Mealhada	608
28.	SEQUEIRA Afonso Meneses	99	CNF	2:07.79	25m	14-12-19	Leiria	607
29.	BRANCO Alexandre Miguel	01	SAD	2:08.41	25m	22-12-19	Felgueiras	598
30.	FERREIRA Miguel Goncalves	93	CDN	2:08.51	25m	26-10-19	Funchal	597
31.	CARDOSO Diogo Santos	01	ADRCIMM	2:08.55	25m	22-12-19	Felgueiras	596
32.	DUARTE Joao Silverio	99	EFC	2:08.76	25m	30-11-19	Sines	594
33.	FERNANDES Eduardo Gomes	02	SCP	2:08.81	25m	15-05-21	Condeixa-a-Nova	593
34.	ALVES Nuno Rafael	90	CAP	2:08.98	25m	08-05-21	Pacos de Ferreira	591
35.	PINTO Pedro Miguel	02	SCP	2:09.02	25m	22-12-19	Felgueiras	590
36.	LUZ Filipe Ferreira	98	GESL	2:09.09	25m	14-12-19	Leiria	589
37.	CAMOES Tiago Maria	01	SFUAP	2:09.11	25m	22-12-19	Felgueiras	589
38.	SANTOS Nuno Goncalo	96	ADBA	2:09.21	25m	14-12-19	Leiria	587
39.	REBELO Diogo Nogueira	98	ADRCIMM	2:09.41	25m	22-11-19	Algés	585
40.	MORIM Ruben Jose	97	CFV	2:09.73	25m	12-10-19	Pacos de Ferreira	580
41.	CONTRERAS GONZALEZ Anto96)	96	LDC	2:09.79	25m	10-11-19	Albufeira	580
42.	OVIDO Miguel Freitas	02	AAC	2:10.28	25m	14-12-19	Leiria	573
43.	NUNES Rafael Filipe	96	SLB	2:10.35	25m	07-03-20	Santarém	572
44.	BATE Miguel Ribeiro	99	SAD	2:10.54	25m	22-11-19	Algés	570
45.	RIBEIRO Diogo Filipe	02	LSC	2:10.76	25m	14-12-19	Leiria	567
46.	PON Hugo	98	SAD	2:10.91	25m	22-11-19	Algés	565
47.	DOMINGUES Ricardo Jorge	02	FBSC	2:10.92	25m	14-12-19	Leiria	565
48.	DOMINGOS Ruy Manuel	02	SCP	2:10.97	25m	22-11-19	Algés	564
49.	MAGALHAES Eduardo Miguel	02	VSC	2:11.09	25m	10-04-21	Felgueiras	562
50.	GOMES Filipe Miguel	97	ADBA	2:11.20	25m	15-05-21	Condeixa-a-Nova	561
51.	MESTRE Afonso Godinho	95	CNLX	2:11.48	25m	30-11-19	Sines	557
52.	MACHADO Bruno Rafael	01	FCP	2:11.54	25m	12-10-19	Pacos de Ferreira	557
53.	SANTOS Goncalo Duarte	00	VKGS	2:11.67	25m	30-11-19	Sines	555

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54.	PEREIRA Joao Peixoto	01	SCB	2:11.89	25m	22-12-19	Felgueiras	552
55.	LIMA David Dias	00	CFV	2:11.94	25m	14-12-19	Leiria	552
56.	VENTURA Jose Miguel	97	FBSC	2:12.51	25m	24-10-20	Coimbra	545
57.	GONCALVES Francisco Xavier	97	CNAC	2:12.58	25m	23-12-20	Coimbra	544
58.	SEQUEIRA Duarte Nunes	02	CNLGOS	2:12.78	25m	24-11-19	Lagos	541
59.	CASTELEIRO Diogo Alexandre	01	SCP	2:12.85	25m	22-11-19	Algés	540
60.	SILVA Rodrigo Reis	98	CCLAMAS	2:12.91	25m	30-11-19	Sines	540
61.	NUNES Diogo Barbosa	00	FCP	2:13.28	25m	12-10-19	Pacos de Ferreira	535
62.	CATALAO Daniel Nogueira	00	SLB	2:13.30	25m	10-11-19	Albufeira	535
63.	FERREIRA Pedro Mendes	01	CFB	2:13.70	25m	22-11-19	Algés	530
64.	ACIOLI Victor Hugo	02	CDF	2:13.84	25m	16-11-19	Viseu	528
65.	CAMPOS Xavier	02	GDNFAMA	2:14.13	25m	25-10-20	Braga	525
66.	COSTA Diogo Santos	02	ADRCIMM	2:14.24	25m	10-11-19	Albufeira	524
67.	MARREIROS Ricardo Basilio	97	CDCP	2:14.25	25m	22-11-19	Algés	524
67.	LOPES Tomas Teixeira	02	FOCA	2:14.25	25m	23-11-19	Felgueiras	524
69.	MARTINS Joao Miguel	02	CFB	2:14.27	25m	22-11-19	Algés	523
70.	BARROS Bruno Rey	01	SCP	2:14.53	25m	16-05-21	Alvalade	520
71.	LOPES Carlos Filipe	01	SFUAP	2:14.54	25m	22-11-19	Algés	520
72.	SILVA Paulo Filipe	98	CNMAIA	2:14.78	25m	11-01-20	Aguas Santas	517
73.	PINTO Antonio Fernando	99	FOCA	2:14.90	25m	23-11-19	Felgueiras	516
74.	FERRO Henrique Martins	01	CNF	2:14.91	25m	22-11-19	Funchal	516
75.	LOPES Miguel Sanches	01	AVFC	2:15.34	25m	30-11-19	Sines	511
76.	SILVA Luis Afonso	02	CDE	2:15.38	25m	30-11-19	Sines	511
77.	ROLA Nuno Miguel	83	CFB	2:15.73	25m	09-05-21	Alcobaça	507
78.	ROCHA Joao Pedro	02	VNC	2:15.83	25m	03-11-19	Barcelos	506
79.	JACINTO Rafael Rodrigues	02	CFB	2:16.19	25m	22-11-19	Algés	502
80.	COELHO Rodrigo Manuel	01	CDF	2:16.51	25m	16-11-19	Viseu	498
81.	MATOS Diogo Ribas	02	CSAAXXI	2:16.54	25m	13-10-19	Mealhada	498
82.	VIEGAS Hugo Miguel	02	CNOL	2:16.62	25m	07-11-20	Lagos	497
83.	AZEVEDO Andre Botelho	02	CNPV	2:16.69	25m	26-10-19	Ponta Delgada	496
84.	JOAQUIM Andre Serro	00	CNOL	2:16.87	25m	02-02-20	Albufeira	494
85.	ESTEVEES Pedro Ferraz	99	CNLX	2:17.48	25m	15-05-21	Condeixa-a-Nova	488
86.	TEODORO Diogo Filipe	99	CNV	2:17.50	25m	23-11-19	Felgueiras	487
87.	FONSECA Luis Filipe	97	CFE	2:17.56	25m	29-02-20	Coruche	487
88.	GRACA Nuno Miguel	98	EDV	2:17.59	25m	14-12-19	Leiria	486
89.	RODRIGUES Pedro Simoes	01	CUC	2:17.74	25m	01-11-19	Condeixa	485
90.	MORIM Pedro Soares	02	CNPO	2:17.83	25m	30-11-19	Sines	484
91.	MARIN Daniel	02	FCF	2:18.00	25m	24-11-19	Lagos	482
92.	FIGUEIRA Gabriel Jose	01	AAC	2:18.09	25m	24-10-20	Coimbra	481
93.	GRACA Fernando Guerreiro	02	CNF	2:18.26	25m	07-03-20	Funchal	479
94.	MELO Filipe Ferrao	01	CNS	2:18.69	25m	07-11-20	Guarda	475
95.	SOUSA Joao Ribeiro	01	FCP	2:18.76	25m	23-11-19	Felgueiras	474
96.	FANGUEIRO Diogo Morgado	02	CFV	2:19.00	25m	23-11-19	Felgueiras	472
97.	ARZILEIRO Bernardo Vinagre	01	CUC	2:19.04	25m	01-02-20	Coimbra	471
98.	MERUJE Joaquim Agra	01	CUC	2:19.19	25m	01-11-19	Condeixa	470
99.	ROCHA Ricardo Filipe	02	CAP	2:19.70	25m	12-10-19	Pacos de Ferreira	465
100.	GRACA Bernardo Leitao	93	CNCE	2:19.86	25m	30-11-19	Sines	463

100 Estilos

1.	SANTOS Alexis Manacas	92	POR	52.73	25m	07-12-19	GLASGOW (GBR)	865
2.	NASCIMENTO Miguel Duarte	95	SLB	53.56	25m	22-12-20	Coimbra	826
3.	LOPES Gabriel Jose	97	ALN	53.86	25m	22-12-20	Coimbra	812
4.	CARVALHO Diogo Filipe	88	CGA	53.95	25m	22-12-19	Felgueiras	808
5.	SANTOS Pedro Andre	94	SAD	54.75	25m	22-12-19	Felgueiras	773
6.	LOPES Jose Paulo	00	SCB	55.86	25m	10-04-21	Felgueiras	728
7.	SILVA Fernando Souza	86	SFUAP	56.33	25m	09-11-19	Albufeira	710
8.	DANTAS Diogo Leal	00	SCP	56.63	25m	22-12-19	Felgueiras	699
9.	AMORIM Alexandre Ferreira	99	LSC	56.72	25m	15-11-20	Mealhada	695
10.	SILVA Henrique Gomes	02	AEJ	57.05	25m	22-12-19	Felgueiras	683
11.	SIMOES Rafael Gomes	00	SCB	57.29	25m	22-11-19	Braga	675
12.	COSTA Diogo Santos	02	ADRCIMM	57.47	25m	22-12-19	Felgueiras	668
13.	ROCHA Ricardo Filipe	02	CAP	57.65	25m	22-12-19	Felgueiras	662
14.	FRISCHKNECHT Renato Barros	01	SAD	57.74	25m	22-12-19	Felgueiras	659
15.	FRANCISCO Daniel Sebastiao	00	FCP	58.19	25m	10-04-21	Felgueiras	644
16.	BASTOS Lucas Pereira	00	CNAC	58.22	25m	22-12-20	Coimbra	643
17.	COSTA Joao Nogueira	01	VSC	58.28	25m	10-04-21	Felgueiras	641
18.	SILVA Tomas Antonio	01	CNF	58.34	25m	22-12-19	Felgueiras	639
18.	JOAQUIM Andre Serro	00	CNOL	58.34	25m	10-04-21	Felgueiras	639
20.	VELOSO Tomas Miguel	96	CNAC	58.54	25m	01-02-20	Coimbra	632
21.	SAMPAIO Jose Pedro	98	FCP	58.94	25m	22-11-19	Felgueiras	620
22.	NUNES Porfirio Braga	00	FCP	59.01	25m	22-11-19	Felgueiras	617
23.	GOMES Filipe Miguel	97	ADBA	59.29	25m	10-04-21	Felgueiras	609
24.	ZENZA Francisco Manuel	01	CNMAIA	59.37	25m	22-11-19	Felgueiras	606
25.	ALFAMA Martim Primavera	02	GESL	59.41	25m	22-12-19	Felgueiras	605
26.	LEIRIA David Miguel	93	VKGS	59.46	25m	01-11-19	Setúbal	603
27.	SANTOS Joao Duarte	95	CNOL	59.47	25m	11-01-20	Quarteira	603
28.	OLIVEIRA Luis Carlos	97	CNMAIA	59.52	25m	22-12-19	Felgueiras	602
29.	MACHADO Bruno Rafael	01	FCP	59.62	25m	22-12-19	Felgueiras	599
30.	DOMINGUES Ricardo Jorge	02	FBSC	59.83	25m	22-12-19	Felgueiras	592
31.	CATALAO Daniel Nogueira	00	SLB	59.94	25m	09-11-19	Albufeira	589
32.	LOPES Joao Francisco	98	SCB	1:00.00	25m	22-11-19	Braga	587
33.	CAMPOS Tiago Filipe	99	CNRM	1:00.05	25m	23-11-19	Tomar	586
34.	FERNANDES Eduardo Gomes	02	SCP	1:00.07	25m	15-11-20	Leiria	585
35.	ESTEVEES Pedro Ferraz	99	CNLX	1:00.10	25m	25-04-21	Gafanha da Nazaré	584
36.	RAMOS Filipe Carmo	97	CFV	1:00.13	25m	22-11-19	Felgueiras	583
37.	MACHADO Tiago Andrade	02	CGA	1:00.14	25m	16-11-19	Viseu	583
38.	PADRELA Joao Esteves	99	CFB	1:00.32	25m	10-04-21	Felgueiras	578
39.	MADUREIRA Gustavo Almeida	94	AAC	1:00.42	25m	01-02-20	Coimbra	575
40.	MARTINS Bruno Miguel	93	GESL	1:00.47	25m	23-11-19	Algés	574
41.	PON Hugo	98	SAD	1:00.50	25m	23-11-19	Algés	573
42.	RIBEIRO Afonso Mateus	95	CFB	1:00.60	25m	23-11-19	Algés	570
43.	GRENHO Andre Tavares	99	GESL	1:00.77	25m	09-11-19	Albufeira	565
44.	SILVA Miguel Vicente	02	DNMG	1:00.79	25m	08-11-20	Leiria	565
45.	MARREIROS Ricardo Basilio	97	CDCP	1:00.82	25m	23-11-19	Algés	564
46.	CARVALHO Jose Paula	98	SAD	1:00.90	25m	17-11-19	Cova da Piedade	562
46.	PEDROSA Carlos Lopes	94	CAFBDP	1:00.90	25m	15-05-21	Ponta Delgada	562
48.	RIBAS Alexandre Lages	97	EDV	1:00.97	25m	02-11-19	Barcelos	560
48.	DINIS Tiago Moises	98	CNAC	1:00.97	25m	22-12-20	Coimbra	560
50.	AMARAL Francisco Rodriguez	02	CDCA	1:00.98	25m	18-01-20	Mealhada	559
51.	AGOSTINHO Pedro Miguel	92	VKGS	1:01.08	25m	19-12-20	Sines	557
52.	JESUS Afonso Guilherme	00	VKGS	1:01.10	25m	23-11-19	Algés	556
53.	PIRES Ricardo Saraiva	98	CIRL	1:01.11	25m	23-11-19	Algés	556

100 Estilos (desde 54)

54.	COTOVIO Ricardo Ferreira	91	VKGS	1:01.12	25m	01-11-19	Setúbal	556
55.	LOPES David Granja	90	AONDA	1:01.23	25m	23-11-19	Algés	553
56.	SILVA Joao Carlos	98	GDNFAMA	1:01.36	25m	10-04-21	Felgueiras	549
57.	GIL Joao Pedro	97	CDCP	1:01.37	25m	17-11-19	Cova da Piedade	549
58.	MERUJE Joaquim Agra	01	CUC	1:01.42	25m	25-10-20	Coimbra	547
59.	LUCAS Joao Filipe	94	AAC	1:01.43	25m	01-02-20	Coimbra	547
60.	FERREIRA Ricardo Pinela	01	SLB	1:01.46	25m	23-11-19	Algés	546
61.	ZINCA Andrei Iulian	00	CAPGE	1:01.51	25m	25-10-20	Mealhada	545
62.	TEODORO Diogo Filipe	99	CNV	1:01.53	25m	22-11-19	Felgueiras	545
63.	PEDRO Daniel Rochinha	98	AHBE	1:01.59	25m	01-11-19	Setúbal	543
64.	SANTOS Afonso Amaro	02	GESL	1:01.65	25m	23-11-19	Algés	541
65.	NOVA Tiago Vila	00	PORTIN	1:01.66	25m	15-12-19	Portimão	541
66.	GOMES Claudio Miguel	95	CAPGE	1:01.69	25m	25-04-21	Gafanha da Nazaré	540
67.	MATEUS Diogo Garcez	02	AONDA	1:01.77	25m	01-11-19	Setúbal	538
67.	AIRES Rafael Alcantara	01	SLB	1:01.77	25m	09-11-19	Albufeira	538
69.	SOARES Luis Filipe	98	CCLAMAS	1:01.83	25m	22-11-19	Felgueiras	537
70.	PAIS Joao Ventura	02	FBSC	1:01.84	25m	22-12-20	Coimbra	536
71.	CAPITAO Simao Miguel	97	CCLAMAS	1:01.86	25m	22-11-19	Felgueiras	536
72.	CERDEIRINHA Xavier Gomes	02	CDF	1:01.91	25m	18-01-20	Mealhada	535
73.	CRISTINO David Matias	01	SFUAP	1:01.98	25m	01-11-19	Setúbal	533
74.	SANTOS Nuno Goncalo	96	ADBA	1:02.03	25m	17-10-20	Caldas da Rainha	531
75.	SILVA Pedro Ferraz	98	FOCA	1:02.06	25m	22-11-19	Felgueiras	531
76.	DOMINGOS Ruy Manuel	02	SCP	1:02.07	25m	03-11-19	Lagoa	530
77.	RIBEIRO Diogo Filipe	02	LSC	1:02.18	25m	22-11-19	Felgueiras	528
78.	PIEIDADE Sebastiao Limbert	00	SAD	1:02.22	25m	23-11-19	Algés	527
79.	CABRITO Rodrigo Almeida	01	CFB	1:02.24	25m	23-11-19	Algés	526
80.	MAGALHAES Eduardo Miguel	02	VSC	1:02.31	25m	22-11-19	Felgueiras	524
81.	FIDALGO Mateus Valente	01	CDE	1:02.34	25m	16-11-19	Viseu	524
81.	SOUSA Nuno Alexandre	02	AVFC	1:02.34	25m	25-10-20	Mealhada	524
83.	ARAUJO Diogo Alexandre	01	CDOM	1:02.37	25m	23-11-19	Algés	523
84.	COSTA Andre Gouveia	01	CAQC	1:02.44	25m	24-11-19	Coimbra	521
85.	FERNANDES Joao Diogo	98	CFB	1:02.47	25m	23-11-19	Algés	520
86.	SILVA Joao Jesus	02	JACL	1:02.49	25m	23-11-19	Funchal	520
87.	ROSA Rodrigo Antonio	96	VKGS	1:02.51	25m	01-11-19	Setúbal	519
88.	SEQUEIRA Duarte Nunes	02	CNLGOS	1:02.54	25m	03-11-19	Lagoa	519
89.	SANTOS Diego Felipe	87	CDN	1:02.56	25m	12-10-19	Funchal	518
90.	COSTA Marco Antonio	02	CNG	1:02.60	25m	17-11-19	Castelo Branco	517
91.	AUGUSTO Bernardo Antunes	00	AONDA	1:02.62	25m	23-11-19	Algés	517
92.	FAUSTINO Matheus Costa	98	SCB	1:02.63	25m	02-11-19	Barcelos	516
93.	SANTANA Joao Miguel	00	VKGS	1:02.67	25m	01-11-19	Setúbal	515
94.	QUINTAL Nuno Alexandre	99	CDN	1:02.77	25m	21-12-19	Funchal	513
94.	ARAUJO Sergio Daniel	02	CNPO	1:02.77	25m	10-04-21	Felgueiras	513
96.	LARANJEIRA Joao Jose	98	CGA	1:02.88	25m	25-04-21	Gafanha da Nazaré	510
97.	LIMA David Dias	00	CFV	1:03.04	25m	22-11-19	Felgueiras	506
98.	MAGALHAES Hugo Nunes	02	SAD	1:03.09	25m	23-11-19	Algés	505
99.	ANTUNES Jose Pedro	00	AAC	1:03.12	25m	24-11-19	Coimbra	504
100.	RODRIGUES Pedro Simoes	01	CUC	1:03.23	25m	24-11-19	Coimbra	502

200 Estilos

1.	SANTOS Alexis Manacas	92	POR	1:54.25	25m	06-12-19	GLASGOW (GBR)	883
2.	CARVALHO Diogo Filipe	88	POR	1:55.46	25m	06-12-19	GLASGOW (GBR)	856
3.	LOPES Gabriel Jose	97	ALN	1:56.83	25m	23-12-20	Coimbra	826
4.	LOPES Jose Paulo	00	SCB	1:58.89	25m	21-12-19	Felgueiras	784
5.	RAMOS Bruno Miguel	97	CFB	1:59.87	25m	21-12-19	Felgueiras	764
6.	SILVA Henrique Gomes	02	AEJ	2:02.71	25m	21-12-19	Felgueiras	713
7.	DANTAS Diogo Leal	00	SCP	2:03.05	25m	09-11-19	Albufeira	707
8.	SIMOES Rafael Gomes	00	SCB	2:03.81	25m	24-11-19	Braga	694
9.	NUNES Porfirio Braga	00	FCP	2:04.06	25m	21-12-19	Felgueiras	690
10.	SILVA Fernando Souza	86	SFUAP	2:04.09	25m	09-11-19	Albufeira	689
11.	SILVA Tomas Antonio	01	FCP	2:04.28	25m	14-11-20	Mealhada	686
12.	BASTOS Lucas Pereira	00	CNAC	2:04.44	25m	21-12-19	Felgueiras	683
13.	JOAQUIM Andre Serro	00	CNOL	2:05.31	25m	11-04-21	Felgueiras	669
14.	SAMPAIO Jose Pedro	98	FCP	2:05.63	25m	21-12-19	Felgueiras	664
15.	LOPES Tomas Teixeira	02	VSC	2:05.82	25m	08-05-21	Pacos de Ferreira	661
16.	CATALAO Daniel Nogueira	00	SLB	2:05.94	25m	21-12-19	Felgueiras	659
17.	COSTA Joao Nogueira	01	POR	2:05.96	25m	09-01-21	Guarda	659
18.	COSTA Diogo Santos	02	00563	2:05.99	25m	24-04-21	Alcala (ESP)	658
19.	ROCHA Ricardo Filipe	02	CAP	2:07.22	25m	21-12-19	Felgueiras	639
20.	BESSA Antonio Rafael	94	CAP	2:07.27	25m	14-12-19	Leiria	639
21.	CRISTINO David Matias	01	SFUAP	2:07.35	25m	14-11-20	Leiria	637
22.	CORDEIRO Tiago Roberto	00	SLB	2:07.87	25m	14-11-20	Leiria	630
23.	AMORIM Alexandre Ferreira	99	LSC	2:08.08	25m	08-05-21	Pacos de Ferreira	627
24.	VELOSO Tomas Miguel	96	CNAC	2:08.23	25m	24-10-20	Coimbra	624
25.	ALFAMA Martim Primavera	02	GESL	2:08.26	25m	21-12-19	Felgueiras	624
26.	GOMES Filipe Miguel	97	ADBA	2:08.69	25m	07-11-20	Leiria	618
27.	DINIS Tiago Moises	98	CNAC	2:08.95	25m	14-11-20	Mealhada	614
28.	FERNANDES Eduardo Gomes	02	SCP	2:09.36	25m	14-11-20	Leiria	608
29.	CARVALHO Jose Paula	98	SFUAP	2:09.40	25m	14-11-20	Leiria	608
30.	GASPAR Miguel Caridade	99	AAC	2:09.63	25m	14-12-19	Leiria	604
31.	MACHADO Tiago Andrade	02	CGA	2:10.10	25m	24-04-21	Gafanha da Nazaré	598
32.	MOGNE Igor Araujo	96	SCP	2:10.14	25m	09-01-21	Guarda	597
33.	LOUZAN Daniel Sanchez	98	EDV	2:10.16	25m	14-12-19	Leiria	597
34.	SANTOS Pedro Miguel	01	FCP	2:10.24	25m	23-11-19	Felgueiras	596
35.	MARREIROS Ricardo Basilio	97	CDCP	2:10.62	25m	30-11-19	Sines	591
36.	JESUS Afonso Guilherme	00	VKGS	2:10.84	25m	30-11-19	Sines	588
37.	ESTEVEES Pedro Ferraz	99	CNLX	2:11.10	25m	16-05-21	Alvalade	584
38.	MARTINS Bruno Miguel	93	GESL	2:11.53	25m	24-11-19	Algés	579
39.	MATEUS Diogo Garcez	02	AONDA	2:11.80	25m	30-11-19	Sines	575
40.	RIBEIRO Afonso Mateus	95	CFB	2:11.81	25m	24-11-19	Algés	575
41.	VILHENA Tiago Miguel	01	VKGS	2:11.85	25m	24-10-20	Olhão	574
42.	VAZ Luis Emanuel	91	GDNFAMA	2:11.86	25m	23-11-19	Felgueiras	574
43.	PINTO Pedro Miguel	02	SCP	2:11.98	25m	21-12-19	Felgueiras	573
44.	PADRELA Joao Esteves	99	CFB	2:11.99	25m	09-05-21	Alcobaça	573
45.	ZINCA Andrei Iulian	00	CAPGE	2:12.06	25m	14-12-19	Leiria	572
46.	DOMINGOS Ruy Manuel	02	SCP	2:12.23	25m	09-01-21	Guarda	569
47.	DOMINGUES Ricardo Jorge	02	FBSC	2:12.29	25m	23-02-20	Pombal	569
48.	GIL Joao Pedro	97	CDCP	2:12.44	25m	24-11-19	Algés	567
49.	LEIRIA David Miguel	93	VKGS	2:12.45	25m	01-11-19	Setúbal	567
50.	NUNES Francisco Costa	02	SCP	2:12.52	25m	01-02-20	Albufeira	566
51.	COSTA Andre Gouveia	01	CAQC	2:12.66	25m	23-12-20	Coimbra	564
52.	RIBEIRO Diogo Filipe	02	LSC	2:12.70	25m	14-12-19	Leiria	563
53.	LUZ Jose Henriques	99	CNTN	2:12.73	25m	14-12-19	Leiria	563

200 Estilos (desde 54)

54.	RODRIGUES Pedro Reis	02	CDSR	2:12.90	25m	08-03-20	Funchal	561
55.	SOARES Luis Filipe	98	CCLAMAS	2:13.38	25m	30-11-19	Sines	555
56.	AMORIM Ivan Emanuel	02	CNCE	2:13.39	25m	11-04-21	Felgueiras	555
57.	ZENZA Francisco Manuel	01	CNMAIA	2:13.49	25m	08-05-21	Pacos de Ferreira	553
58.	ALVES Nuno Rafael	90	CAP	2:13.54	25m	23-11-19	Felgueiras	553
59.	VARGAS Joao Manuel	00	SLB	2:13.66	25m	24-11-19	Algés	551
60.	CABRITO Rodrigo Almeida	01	CFB	2:13.79	25m	24-11-19	Algés	550
61.	LIMA David Dias	00	CFV	2:13.81	25m	14-12-19	Leiria	549
62.	OLIVEIRA Luis Carlos	97	CNMAIA	2:13.82	25m	14-12-19	Leiria	549
63.	NOVA Tiago Vila	00	PORTIN	2:13.88	25m	30-11-19	Sines	549
64.	LUZ Filipe Ferreira	98	GESL	2:13.90	25m	09-05-21	Sto António Cavaleiros	548
65.	NEVES Pedro Barata	00	CIRL	2:13.92	25m	15-02-20	Torres Novas	548
66.	SOUSA Nuno Alexandre	02	AVFC	2:13.97	25m	02-02-20	Viseu	547
67.	MERUJE Joaquim Agra	01	CUC	2:14.15	25m	01-11-19	Condeixa	545
68.	BRAS Ricardo Martins	01	CFB	2:14.16	25m	24-11-19	Algés	545
69.	MELO Filipe Ferrao	01	CNS	2:14.20	25m	24-11-19	Algés	545
70.	SANTOS Diego Felipe	87	CDN	2:14.39	25m	23-11-19	Funchal	542
70.	SILVA Paulo Filipe	98	CNMAIA	2:14.39	25m	21-12-19	Felgueiras	542
72.	SILVA Joao Carlos	98	GDNFAMA	2:14.51	25m	23-11-19	Felgueiras	541
73.	PEREIRA Joao Peixoto	01	SCB	2:14.55	25m	07-03-20	Braga	540
74.	SANTOS Afonso Amaro	02	GESL	2:14.82	25m	24-11-19	Algés	537
74.	RODRIGUES Miguel Carvalho	02	CGA	2:14.82	25m	18-01-20	Mealhada	537
76.	NEVES Joao Pedro	96	ABPG	2:15.05	25m	30-11-19	Sines	534
77.	MACHADO Joao Gabriel	02	SCP	2:15.16	25m	24-11-19	Algés	533
78.	PEDROSA Carlos Lopes	94	CAFBDP	2:15.21	25m	08-03-20	Ponta Delgada	533
79.	PIEIDADE Sebastiao Limbert	00	SAD	2:15.34	25m	24-11-19	Algés	531
80.	RIVERO GALLARDO Alejandro	00	CNGUA	2:15.65	25m	09-11-19	Albufeira	527
81.	SILVA Miguel Vicente	02	DNMG	2:15.76	25m	20-10-19	Óbidos	526
82.	DIAS Joao Pedro	02	FBSC	2:15.89	25m	23-12-20	Coimbra	525
83.	LOURENCO Tiago Campos	02	CNV	2:15.99	25m	23-11-19	Felgueiras	523
84.	GRENHO Andre Tavares	99	GESL	2:16.02	25m	24-11-19	Algés	523
84.	VIEGAS Hugo Miguel	02	CNOL	2:16.02	25m	01-02-20	Albufeira	523
86.	DUARTE Joao Silverio	99	EFC	2:16.22	25m	30-11-19	Sines	521
87.	FRANCISCO Daniel Sebastiao	00	SLB	2:16.33	25m	24-11-19	Algés	520
88.	SEQUEIRA Duarte Nunes	02	CNLGOS	2:16.54	25m	20-10-19	Quarteira	517
89.	GRACA Bernardo Leitao	93	CNCE	2:16.55	25m	30-11-19	Sines	517
90.	JACINTO Rafael Rodrigues	02	CFB	2:16.64	25m	15-02-20	Torres Novas	516
91.	BARBARA Goncalo Gualberto	00	CNRM	2:16.72	25m	23-11-19	Tomar	515
92.	ANTUNES Jose Pedro	00	AAC	2:16.93	25m	01-11-19	Condeixa	513
93.	GONCALVES Francisco Xavier	97	CNAC	2:16.99	25m	23-12-20	Coimbra	512
94.	MADUREIRA Gustavo Almeida	94	AAC	2:17.06	25m	01-11-19	Condeixa	511
95.	NEVES Tiago Correia	97	CFB	2:17.20	25m	21-12-19	Felgueiras	510
96.	CERDEIRINHA Xavier Gomes	02	CDF	2:17.46	25m	18-01-20	Mealhada	507
97.	FRANCISCO Sandro Emanuel	99	IDV	2:17.72	25m	26-10-19	Lagos	504
98.	PEREIRA Bernardo Sousa	01	PIMP	2:17.77	25m	30-11-19	Sines	503
99.	FROTA Paulo Andre	02	CAQC	2:17.83	25m	14-12-19	Leiria	503
99.	COSTA Marco Antonio	02	CNG	2:17.83	25m	11-01-20	Elvas	503

400 Estilos

1.	LOPES Jose Paulo	00	POR	4:09.05	25m	05-12-19	GLASGOW (GBR)	838
2.	CARVALHO Diogo Filipe	88	CGA	4:09.66	25m	20-12-19	Felgueiras	831
3.	LOPES Gabriel Jose	97	ALN	4:10.18	25m	15-11-20	Mealhada	826
4.	VITAL Joao Alexandre	98	SCP	4:12.28	25m	20-12-19	Felgueiras	806
5.	RAMOS Bruno Miguel	97	CFB	4:19.44	25m	20-12-19	Felgueiras	741
6.	BASTOS Lucas Pereira	00	CNAC	4:23.71	25m	20-12-19	Felgueiras	705
7.	CRISTINO David Matias	01	SFUAP	4:24.95	25m	20-12-19	Felgueiras	696
8.	CAMPOS Tiago Filipe	99	CNRM	4:24.97	25m	07-03-20	Santarém	695
9.	SIMOES Rafael Gomes	00	SCB	4:25.21	25m	10-04-21	Felgueiras	694
10.	SILVA Tomas Antonio	01	FCP	4:26.45	25m	15-11-20	Mealhada	684
11.	SAMPAIO Jose Pedro	98	FCP	4:26.47	25m	10-04-21	Felgueiras	684
12.	COSTA Joao Nogueira	01	VSC	4:28.00	25m	15-12-19	Leiria	672
13.	SANTOS Pedro Miguel	01	FCP	4:28.40	25m	24-11-19	Felgueiras	669
14.	DANTAS Diogo Leal	00	SCP	4:29.72	25m	20-12-19	Felgueiras	659
15.	CORDEIRO Tiago Roberto	00	SLB	4:30.23	25m	20-12-19	Felgueiras	656
16.	CARDOSO Diogo Santos	01	ADRCIMM	4:30.45	25m	15-11-20	Leiria	654
17.	ALVES Nuno Rafael	90	CAP	4:30.63	25m	20-12-19	Felgueiras	653
18.	SILVA Henrique Gomes	02	AEJ	4:30.89	25m	20-12-19	Felgueiras	651
19.	CATALAO Daniel Nogueira	00	SLB	4:31.67	25m	20-12-19	Felgueiras	645
20.	COSTA Tiago Cunha	99	SCP	4:31.82	25m	24-11-19	Algés	644
21.	BESSA Antonio Rafael	94	CAP	4:33.15	25m	15-12-19	Leiria	635
22.	DINIS Tiago Moises	98	CNAC	4:33.33	25m	15-11-20	Mealhada	633
23.	RIBAS Alexandre Lages	97	EDV	4:34.83	25m	18-01-20	Barcelos	623
24.	GASPAR Miguel Caridade	99	AAC	4:35.12	25m	15-12-19	Leiria	621
25.	LUZ Filipe Ferreira	98	GESL	4:35.45	25m	15-12-19	Leiria	619
26.	FERNANDES Eduardo Gomes	02	SCP	4:39.45	25m	02-11-19	Lagoa	593
27.	DOMINGOS Ruy Manuel	02	SCP	4:39.56	25m	01-02-20	Albufeira	592
28.	JOAQUIM Andre Serro	00	CNOL	4:39.62	25m	01-02-20	Albufeira	592
29.	NUNES Rafael Filipe	96	SLB	4:40.22	25m	07-03-20	Santarém	588
30.	NEVES Pedro Barata	00	CIRL	4:40.54	25m	15-12-19	Leiria	586
31.	LOUZAN Daniel Sanchez	98	EDV	4:40.59	25m	15-12-19	Leiria	586
32.	PINTO Pedro Miguel	02	SCP	4:41.76	25m	20-12-19	Felgueiras	578
33.	CABRITO Rodrigo Almeida	01	CFB	4:42.38	25m	09-05-21	Alcobaça	574
34.	NUNES Francisco Costa	02	SCP	4:42.53	25m	01-02-20	Albufeira	574
35.	PINTO Antonio Fernando	99	FOCA	4:43.16	25m	24-11-19	Felgueiras	570
36.	PIEIDADE Sebastiao Limbert	00	SAD	4:43.28	25m	20-12-19	Felgueiras	569
37.	BARBARA Goncalo Gualberto	00	CNRM	4:43.38	25m	24-11-19	Tomar	568
38.	FARIA Rui Pedro	94	GDNFAMA	4:43.54	25m	11-01-20	Aguas Santas	567
39.	VAZ Luis Emanuel	91	GDNFAMA	4:43.80	25m	24-11-19	Felgueiras	566
40.	VARGAS Joao Manuel	00	SLB	4:43.87	25m	24-11-19	Algés	565
41.	RODRIGUES Pedro Reis	02	CDSR	4:44.47	25m	06-03-20	Funchal	562
42.	MARREIROS Ricardo Basilio	97	CDCP	4:45.04	25m	24-11-19	Algés	559
43.	BARROS Bruno Rey	01	SCP	4:45.17	25m	16-05-21	Alvalade	558
44.	RIBEIRO Diogo Filipe	02	LSC	4:45.50	25m	15-12-19	Leiria	556
45.	ESTEVEES Pedro Ferraz	99	CNLX	4:45.98	25m	25-04-21	Gafanha da Nazaré	553
46.	SILVA Paulo Filipe	98	CNMAIA	4:46.09	25m	24-11-19	Felgueiras	552
47.	MALFEITO Martim Rebelo	02	CNLX	4:47.74	25m	15-05-21	Condeixa-a-Nova	543
48.	LIMA David Dias	00	CFV	4:47.84	25m	15-12-19	Leiria	542
49.	NUNES Diogo Barbosa	00	FCP	4:49.39	25m	24-11-19	Felgueiras	534
50.	SOARES Luis Filipe	98	CCLAMAS	4:49.44	25m	12-10-19	Pacos de Ferreira	533
51.	MELO Filipe Ferrao	01	CNS	4:49.71	25m	24-11-19	Algés	532
52.	COSTA Andre Gouveia	01	CAQC	4:50.27	25m	01-11-19	Condeixa	529
53.	ALVES Manuel Landeiro	02	CNPV	4:50.47	25m	06-03-20	Ponta Delgada	528

400 Estilos (desde 54)

54.	FANGUEIRO Diogo Morgado	02	CFV	4:50.69	25m	24-11-19	Felgueiras	527
55.	ZINCA Andrei Iulian	00	CAPGE	4:51.56	25m	25-04-21	Gafanha da Nazaré	522
56.	NEVES Tiago Correia	97	CFB	4:53.10	25m	20-12-19	Felgueiras	514
57.	PAIS Joao Ventura	02	FBSC	4:53.12	25m	23-11-19	Coimbra	514
58.	PADRELA Joao Esteves	99	CFB	4:53.17	25m	09-05-21	Alcobaça	513
59.	SILVA Afonso Varelas	01	DNMG	4:54.56	25m	24-11-19	Caldas da Rainha	506
60.	VENTURA Jose Miguel	97	FBSC	4:54.60	25m	24-10-20	Coimbra	506
61.	RIBEIRO Luis Manuel	02	FCP	4:54.63	25m	24-11-19	Felgueiras	506
62.	FERRO Henrique Martins	01	CNF	4:54.85	25m	17-11-19	Funchal	505
63.	DIAS Sergio Eduardo	00	CFP	4:56.47	25m	24-11-19	Felgueiras	496
64.	DUARTE Joao Nunes	01	CNCE	4:56.85	25m	15-05-21	Condeixa-a-Nova	494
65.	CRUZ Miguel Duarte	99	CFB	4:56.93	25m	20-12-19	Felgueiras	494
66.	DIAS Simao Pedro	02	CNG	4:57.40	25m	06-03-20	Ponte de Sor	492
67.	MERUJE Joaquim Agra	01	CUC	4:58.28	25m	22-12-20	Coimbra	487
68.	PINHO Duarte Sa	02	AEJ	4:59.45	25m	02-02-20	Viseu	482
69.	CUNHA Joao Simons	02	CFP	4:59.78	25m	15-12-19	Leiria	480
70.	ROCHA Ricardo Filipe	02	CAP	5:00.07	25m	12-10-19	Pacos de Ferreira	479
71.	KOBAYASHI Bruno Shinji	02	CFV	5:00.59	25m	09-05-21	Pacos de Ferreira	476
72.	SILVA Joao Jesus	02	JACL	5:00.93	25m	17-11-19	Funchal	475
73.	MARTINS Tiago Rafael	97	VKGS	5:01.21	25m	09-05-21	Alcobaça	473
74.	MARTINS Samuel Dias	02	CCLAMAS	5:01.74	25m	12-10-19	Pacos de Ferreira	471
75.	MATOS Diogo Ribas	02	CSAAXXI	5:03.46	25m	13-10-19	Mealhada	463
76.	FREITAS Joao Tomas	02	JACL	5:04.06	25m	17-11-19	Funchal	460
77.	MOREIRA Ricardo Jorge	01	CNV	5:05.68	25m	12-10-19	Pacos de Ferreira	453
78.	CHAVEIRO Francisco Martins	02	PORTIN	5:06.61	25m	01-02-20	Albufeira	449
79.	COSTA Joao Pedro	01	CFV	5:06.72	25m	11-01-20	Aguas Santas	448
80.	DIAS Joao Pedro	02	FBSC	5:07.39	25m	01-11-19	Condeixa	445
81.	COSTA Rodrigo Marques	76	CNLA	5:07.52	25m	16-11-19	Odemira	445
82.	PEREIRA Jose Manuel	02	CNPV	5:08.04	25m	14-12-19	Praia da Vitória	442
83.	MARTINS Marcos Dias	02	CCLAMAS	5:08.43	25m	11-01-20	Aguas Santas	441
84.	SANTOS Goncalo Moreira	01	AAC	5:09.77	25m	23-11-19	Coimbra	435
85.	MARIANO Samuel Andre	02	CNLA	5:09.97	25m	06-03-20	Ponte de Sor	434
86.	MORIM Pedro Soares	02	CNPO	5:10.07	25m	24-11-19	Felgueiras	434
87.	BASTOS Vasco Pereira	02	CNAC	5:14.62	25m	01-11-19	Condeixa	415
88.	SANTOS Alberto Antonio	01	CPSPA	5:15.99	25m	22-12-19	Cantanhede	410
89.	OLIVEIRA Tomas Fraga	02	CNH	5:17.35	25m	09-04-21	Praia da Vitória	405
90.	GONCALVES Joao Pedro	01	CNTN	5:17.88	25m	24-11-19	Tomar	403
91.	VIEIRA Diogo Silveira	01	CNH	5:18.51	25m	14-12-19	Horta	400
92.	SOUSA Eryk Swalkien	02	CNPDL	5:22.06	25m	09-04-21	Praia da Vitória	387
93.	GAMBOA Filipe Viveiros	02	CAFBDP	5:22.76	25m	15-02-20	Ponta Delgada	385
94.	MARQUES Rui Joao	02	CNAC	5:22.88	25m	01-11-19	Condeixa	384
95.	FIGUEIREDO Gustavo Pinto	02	CRASTO	5:24.54	25m	17-11-19	Viseu	378
96.	BARRULAS Joao Miguel	99	CFE	5:24.64	25m	16-11-19	Odemira	378
97.	VIEIRA Duarte Nuno	95	JACL	5:25.71	25m	17-11-19	Funchal	374
98.	MARQUES Pedro Almeida	02	CNS	5:26.17	25m	26-01-20	Campo Maior	373
99.	INACIO Mauro Santos	84	CNLA	5:31.22	25m	16-11-19	Odemira	356
100.	JURCA Alexandre Joao	02	LDC	5:31.39	25m	02-11-19	Lagoa	355

50 Livres

1.	RODRIGUES Tiago Moura	03	CLIP	23.29	25m	21-12-19	Felgueiras	656
2.	VAKULYUK Paulo	03	CNTN	23.46	25m	21-12-19	Felgueiras	642
3.	FERREIRA Bernardo Felgueiras	03	CNCE	23.50	25m	11-04-21	Felgueiras	638
4.	SILVA Ricardo Lopes	03	DNMG	23.82	25m	21-12-19	Felgueiras	613
5.	CARVALHO Fernando Costa	03	FOCA	24.22	25m	06-03-21	Felgueiras	583
6.	GOMES Tomas Nogueira	03	SFUAP	24.38	25m	20-12-19	Felgueiras	572
7.	GOMES Goncalo Camara	03	CNF	24.73	25m	08-05-21	Funchal	548
8.	GOMES Goncalo Andre	03	FBSC	24.74	25m	23-12-20	Coimbra	547
9.	COELHO Alex Baptista	03	CLIPTEAM	24.78	25m	09-05-21	Pacos de Ferreira	544
10.	SILVA Jason Coutinho	03	GDNFAMA	24.95	25m	03-04-21	Famalicao	533
11.	ROCHA Bernardo Sousa	03	CFP	25.00	25m	15-12-19	Leiria	530
12.	COSTA Afonso Filipe	03	CNNZ	25.19	25m	25-01-20	Alcobaça	518
13.	SANTOS Miguel Alexandre	03	CNOL	25.25	25m	15-05-21	Lagos	515
14.	FERNANDES Rui Afonso	03	CDN	25.26	25m	08-05-21	Funchal	514
15.	FARDILHA Manuel Cruz	03	CGA	25.27	25m	13-03-21	Aveiro	513
16.	PEREIRA Lucas Medeiros	03	SCB	25.29	25m	08-03-20	Braga	512
17.	NETO Rodrigo Jorge	03	CAP	25.33	25m	13-03-21	Pacos de Ferreira	510
18.	MARTYN David	03	BSCN	25.34	25m	09-11-19	Albufeira	509
19.	JUNIOR Luis Cabral	03	CFB	25.37	25m	22-11-19	Algés	507
20.	DIAS Rodrigo Reis	03	CFB	25.41	25m	22-11-19	Algés	505
20.	PEREIRA Henrique Saraiva	03	PORTIN	25.41	25m	15-05-21	Lagos	505
22.	GONCALVES Hugo Fonseca	03	CMNPR	25.45	25m	09-05-21	Peso da Régua	503
23.	MENDES Ricardo Ferreira	03	CCLAMAS	25.50	25m	22-11-19	Felgueiras	500
24.	CASCALHEIRA Joao Miguel	03	CNS	25.53	25m	22-11-19	Algés	498
25.	BRAS Alexandre Miguel	03	CPSPA	25.54	25m	02-02-20	Coimbra	497
25.	ALVES Joao Brandao	03	CJSA	25.54	25m	13-06-21	Viseu	497
27.	AFONSO Francisco Lopes	03	GCVR	25.57	25m	09-05-21	Peso da Régua	495
28.	PEREIRA Diogo Pontes	03	ADF	25.65	25m	09-05-21	Pacos de Ferreira	491
29.	ALVES Rui Chagas	03	VS	25.66	25m	06-03-20	Santarém	490
30.	BOAVIDA Pedro Miguel	03	CNOL	25.74	25m	08-11-20	Lagos	486
31.	SANTOS Joao Pedro	03	CAFBDP	25.76	25m	13-03-21	Ponta Delgada	485
32.	SIMOES Manuel Baptista	03	CUC	25.78	25m	23-11-19	Coimbra	483
33.	FIGUEROA PEREZ-MARIN Ser	03	CNGUA	25.86	25m	11-01-20	Quarteira	479
34.	VIDAL Joao Pedro	03	IDV	25.91	25m	24-11-19	Caldas da Rainha	476
35.	CARDOSO Guilherme Dias	03	FCF	25.94	25m	09-11-19	Albufeira	475
36.	SILVA Joao Jose	03	ADBA	25.97	25m	24-11-19	Caldas da Rainha	473
36.	BORGES Rafael Braga	03	CAFBDP	25.97	25m	21-11-20	Ribeira Grande	473
38.	CRISTOVAO Goncalo Magalhaes	03	VS	25.98	25m	24-11-19	Tomar	472
39.	GONCALVES Jorge Miguel	03	CGA	25.99	25m	25-04-21	Gafanha da Nazaré	472
40.	PINHO Gabriel Alexandre	03	CDF	26.01	25m	25-04-21	Gafanha da Nazaré	471
41.	ANDRADE Mario Luis	03	CNP	26.06	25m	16-11-19	Castelo Branco	468
42.	MATIAS Rafael Candeias	03	CNLGOS	26.10	25m	08-11-20	Lagos	466
43.	CASTRO Helder Ribeiro	03	VSC	26.13	25m	09-05-21	Pacos de Ferreira	464
44.	FERREIRA Tomas Soares	03	CDE	26.14	25m	13-10-19	Mealhada	464
45.	BABANIN Daniel	03	VNC	26.15	25m	26-10-19	Lagos	463
46.	SILVA Pedro Fale	03	ACMN	26.17	25m	19-12-20	Sines	462
47.	RODRIGUES Marco Filipe	03	EDV	26.18	25m	07-03-20	Braga	462
47.	RODRIGUES Renato Correia	03	JACL	26.18	25m	08-03-20	Funchal	462
49.	ENGELEN Dario	03	LDC	26.22	25m	15-05-21	Lagos	459
50.	SILVA Duarte Filipe	03	BUZIOS	26.26	25m	24-11-19	Tomar	457
51.	TEIXEIRA Joao Octavio	03	CGA	26.33	25m	16-11-19	Viseu	454
51.	NUNES Hugo Fernandes	03	CNG	26.33	25m	08-05-21	Guarda	454

50 Livres (desde 53)

53.	CARRASCO Joao Pedro	03	PORTIN	26.35	25m	08-11-20	Lagos	453
53.	OLIVEIRA Daniel Valente	03	SCA	26.35	25m	25-04-21	Gafanha da Nazaré	453
55.	ZAYIKA Daniel Shumeika	03	SLB	26.38	25m	22-11-19	Algés	451
56.	TOME Afonso Esteves	03	ADRCIMM	26.44	25m	22-11-19	Algés	448
56.	DIAS Tiago Miguel	03	CNLX	26.44	25m	22-11-19	Algés	448
56.	MATRENO Diogo Miguel	03	CNTN	26.44	25m	09-01-21	Guarda	448
59.	MARQUES Andre Costa	03	GDNFAMA	26.56	25m	23-11-19	Felgueiras	442
59.	CRISTINA Joao Martins	03	LDC	26.56	25m	12-01-20	Quarteira	442
59.	CAMACHO Joao Simao	03	CDN	26.56	25m	08-05-21	Funchal	442
62.	CASTRO Duarte Monteiro	03	FCP	26.57	25m	22-11-19	Felgueiras	442
63.	CARVALHO Renato Miguel	03	CGA	26.62	25m	25-04-21	Gafanha da Nazaré	439
64.	YURCHUK Artur	03	NBM	26.66	25m	25-10-20	Mealhada	437
65.	FERNANDES Joao Bernardo	03	CNPO	26.67	25m	07-03-20	Braga	437
66.	FARIA Hugo Miguel	03	CAFBDP	26.71	25m	15-02-20	Ponta Delgada	435
67.	MANZ Guilherme Carmo	03	CNCVG	26.78	25m	22-11-19	Algés	431
68.	TOME Diogo Bernardo	03	CNSM	26.80	25m	25-10-20	Tomar	430
69.	BAPTISTA Tiago Ornelas	03	CNF	26.81	25m	08-05-21	Funchal	430
70.	CARREIRA Ruben Filipe	03	CNRM	26.82	25m	25-10-20	Tomar	429
70.	CORREIA Luis Carlos	03	SFUAP	26.82	25m	09-05-21	Sto António Cavaleiros	429
72.	ABREU Nuno Afonso	03	CNF	26.84	25m	08-05-21	Funchal	428
73.	GOMES Nuno Antonio	03	CAFBDP	26.91	25m	13-03-21	Ponta Delgada	425
73.	COUTINHO David Valdagua	03	CUC	26.91	25m	15-05-21	Condeixa-a-Nova	425
75.	COELHO Joao Reis	03	AEFDT	26.94	25m	25-04-21	Gafanha da Nazaré	424
76.	COSTA Alexandre Afonso	03	LDC	27.00	25m	23-11-19	Lagos	421
76.	FARIA Joao Pedro	03	CNF	27.00	25m	08-03-20	Funchal	421
76.	DURAES Diogo Miguel	03	CNMJ	27.00	25m	09-05-21	Sto António Cavaleiros	421
79.	SANTOS Rafael Pinto	03	CDF	27.01	25m	01-02-20	Viseu	420
80.	MENDES Guilherme Marques	03	CNTN	27.06	25m	15-02-20	Torres Novas	418
80.	ASCENSO Daniel Alexandre	03	GESL	27.06	25m	09-05-21	Sto António Cavaleiros	418
82.	ARAUJO Pedro Rodrigues	03	ADPB	27.07	25m	07-03-20	Braga	417
82.	JORGE Tiago Miguel	03	CNRM	27.07	25m	08-03-20	Santarém	417
82.	BESSA Flavio Rafael	03	LSXXI	27.07	25m	09-05-21	Pacos de Ferreira	417
85.	SOLODYUK Micael Kovalchuk	03	CNVA	27.12	25m	16-11-19	Viseu	415
85.	PEREIRA Igor Branco	03	CRASTO	27.12	25m	25-04-21	Gafanha da Nazaré	415
87.	CARNEIRO Joao Torres	03	GDNFAMA	27.15	25m	23-11-19	Felgueiras	414
88.	NORBERTO Diogo Dio	03	AVFC	27.17	25m	16-11-19	Viseu	413
89.	MESTRE Afonso Gomes	03	LDC	27.18	25m	09-11-19	Albufeira	412
89.	LOPES Pedro Henrique	03	CDSR	27.18	25m	17-10-20	Funchal	412
91.	LEITAO Hugo Miguel	03	CNTEJO	27.22	25m	25-10-20	Tomar	411
92.	PAIVA Andre Ferreira	03	CDF	27.26	25m	25-10-20	Mealhada	409
93.	VASS Erik Norbert	03	CNRM	27.32	25m	08-03-20	Santarém	406
94.	MARTINS Henrique Antonio	03	CNTEJO	27.34	25m	06-03-20	Santarém	405
95.	RENDEIRO Miguel Vargas	03	NSIT	27.35	25m	11-04-21	Praia da Vitória	405
96.	VIEIRA Alexandre Coelho	03	SCP	27.38	25m	16-02-20	Sto Antonio dos Cavaleiros	403
97.	SA Rafael Domingues	03	CNVA	27.40	25m	01-02-20	Viseu	403
98.	SILVA Ruben Filipe	03	FOCA	27.58	25m	09-05-21	Pacos de Ferreira	395
99.	ALVES David Carlos	03	CAFBDP	27.64	25m	13-03-21	Ponta Delgada	392
100.	FERREIRA Joao Pedro	03	AVFC	27.65	25m	25-10-20	Mealhada	392

100 Livres

1.	VAKULYUK Paulo	03	CNTN	51.46	25m	20-12-19	Felgueiras	666
2.	RODRIGUES Tiago Moura	03	CLIP	51.55	25m	20-12-19	Felgueiras	662
3.	FERREIRA Bernardo Felgueiras	03	CNCE	51.73	25m	10-04-21	Felgueiras	655
4.	GOMES Tomas Nogueira	03	SFUAP	51.77	25m	15-05-21	Condeixa-a-Nova	654
5.	SILVA Ricardo Lopes	03	DNMG	52.22	25m	20-12-19	Felgueiras	637
6.	GOMES Goncalo Camara	03	CNF	52.68	25m	09-05-21	Funchal	620
7.	CARVALHO Fernando Costa	03	FOCA	53.54	25m	10-04-21	Felgueiras	591
8.	NETO Rodrigo Jorge	03	CAP	54.01	25m	10-04-21	Felgueiras	576
9.	GOMES Goncalo Andre	03	FBSC	54.05	25m	22-12-20	Coimbra	574
10.	FARDILHA Manuel Cruz	03	CGA	54.25	25m	24-04-21	Gafanha da Nazaré	568
11.	COSTA Afonso Filipe	03	CNNZ	54.41	25m	23-05-21	Alcobaça	563
12.	ROCHA Bernardo Sousa	03	CFP	54.60	25m	15-12-19	Leiria	557
13.	PEREIRA Antonio Sousa	03	AHBE	54.79	25m	23-11-19	Algés	551
14.	MARTYN David	03	BSCN	55.05	25m	10-11-19	Albufeira	544
15.	CASCALHEIRA Joao Miguel	03	CNS	55.09	25m	15-05-21	Alcabideche	542
16.	MACHADO Martim Miranda	03	CUC	55.15	25m	22-12-20	Coimbra	541
17.	GONCALVES Jorge Miguel	03	CGA	55.16	25m	24-10-20	Mealhada	540
18.	ANDRADE Mario Luis	03	CNP	55.19	25m	01-02-20	Ponte de Sor	539
19.	CRISTOVAO Goncalo Magalhães	03	VS	55.40	25m	24-11-19	Tomar	533
20.	FIGUEROA PEREZ-MARIN Sergio	03	CNGUA	55.51	25m	10-11-19	Albufeira	530
21.	COELHO Alex Baptista	03	CLIPTEAM	55.55	25m	07-11-20	Guarda	529
22.	PEREIRA Diogo Pontes	03	ADF	55.58	25m	08-05-21	Pacos de Ferreira	528
23.	SILVA Duarte Filipe	03	BUZIOS	55.61	25m	24-11-19	Tomar	527
24.	GONCALVES Hugo Fonseca	03	CMNPR	55.78	25m	08-05-21	Peso da Régua	522
25.	JUNIOR Luis Cabral	03	CFB	55.83	25m	23-11-19	Algés	521
26.	PINHO Gabriel Alexandre	03	CDF	55.86	25m	01-02-20	Viseu	520
27.	ALVES Rui Chagas	03	VS	55.88	25m	24-11-19	Tomar	520
27.	COUTINHO Guilherme Pereira	03	VS	55.88	25m	01-02-20	Ponte de Sor	520
29.	CASTRO Duarte Monteiro	03	FCP	55.89	25m	09-01-21	Guarda	519
30.	FERNANDES Rui Afonso	03	CDN	56.10	25m	07-03-20	Funchal	514
31.	SILVA Joao Jose	03	ADBA	56.12	25m	10-11-19	Albufeira	513
32.	PEREIRA Lucas Medeiros	03	SCB	56.22	25m	24-11-19	Braga	510
33.	PEREIRA Alexandre Alves	03	SCB	56.28	25m	25-10-20	Braga	509
34.	LOPES Luis Afonso	03	VS	56.29	25m	07-03-20	Santarém	508
35.	SANTOS Andre Cardoso	03	AVFC	56.32	25m	17-11-19	Viseu	508
36.	SILVA Jason Coutinho	03	GDNFAMA	56.34	25m	03-04-21	Famalicao	507
37.	SIMOES Manuel Baptista	03	CUC	56.35	25m	23-11-19	Coimbra	507
38.	SANTOS Joao Pedro	03	CAFBDP	56.44	25m	13-03-21	Ponta Delgada	504
39.	RODRIGUES Renato Correia	03	JACL	56.48	25m	31-10-20	Funchal	503
40.	MATIAS Rafael Candeias	03	CNLGOS	56.51	25m	07-11-20	Lagos	502
41.	JORGE Tiago Miguel	03	CNRM	56.57	25m	25-10-20	Tomar	501
42.	FERREIRA Ricardo Martins	03	AONDA	56.62	25m	23-11-19	Algés	500
42.	FERNANDES Joao Bernardo	03	CNPO	56.62	25m	08-05-21	Pacos de Ferreira	500
44.	ZAYIKA Daniel Shumeika	03	SLB	56.63	25m	24-11-19	Algés	499
45.	VALENTE Henrique Pinheiro	03	CNCVG	56.76	25m	23-11-19	Algés	496
46.	ENGELEN Dario	03	LDC	56.79	25m	15-05-21	Lagos	495
47.	TEIXEIRA Joao Octavio	03	CGA	56.83	25m	17-11-19	Viseu	494
48.	LEAL Dinis Barros	03	CAP	56.90	25m	22-02-20	Mirandela	492
49.	LOPES Rodrigo Beja	03	AONDA	56.92	25m	23-11-19	Algés	492
50.	MARQUES Andre Costa	03	GDNFAMA	56.97	25m	23-11-19	Felgueiras	490
51.	MENDES Ricardo Ferreira	03	CCLAMAS	57.05	25m	22-11-19	Felgueiras	488
52.	MATRENO Diogo Miguel	03	CNTN	57.10	25m	25-10-20	Tomar	487
53.	AFONSO Francisco Lopes	03	GCVR	57.13	25m	14-12-19	Leiria	486

100 Livres (desde 54)

53.	BORGES Rafael Braga	03	CAFBDP	57.13	25m	06-03-20	Ponta Delgada	486
55.	ALVES Joao Brandao	03	CJSA	57.17	25m	13-06-21	Viseu	485
56.	GOMES Pedro Pires	03	CFB	57.23	25m	23-11-19	Algés	484
57.	BOAVIDA Pedro Miguel	03	CNOL	57.31	25m	07-11-20	Lagos	482
58.	TOME Afonso Esteves	03	ADRCIMM	57.32	25m	23-11-19	Algés	481
59.	CARVALHO Renato Miguel	03	CGA	57.37	25m	24-04-21	Gafanha da Nazaré	480
60.	OLIVEIRA Daniel Valente	03	SCA	57.40	25m	30-11-19	Sines	479
61.	CARDOSO Guilherme Dias	03	FCF	57.42	25m	01-02-20	Albufeira	479
62.	PEREIRA Henrique Saraiva	03	PORTIN	57.43	25m	01-02-20	Albufeira	479
63.	NUNES Hugo Fernandes	03	CNG	57.45	25m	29-02-20	Coruche	478
64.	CARVALHO Manuel Vanigli	03	CNN	57.46	25m	02-05-21	Lisboa	478
65.	COELHO Joao Reis	03	AEFDT	57.47	25m	17-11-19	Viseu	478
66.	FERREIRA Paulo Sergio	03	CNNZ	57.52	25m	23-02-20	Pombal	476
67.	RODRIGUES Marco Filipe	03	EDV	57.54	25m	19-01-20	Barcelos	476
68.	CORREIA Luis Carlos	03	SFUAP	57.56	25m	09-05-21	Sto António Cavaleiros	475
69.	CASTRO Helder Ribeiro	03	VSC	57.58	25m	08-05-21	Pacos de Ferreira	475
70.	VIEIRA Alexandre Coelho	03	SCP	57.65	25m	16-02-20	Sto Antonio dos Cavaleiros	473
71.	VIDAL Joao Pedro	03	IDV	57.66	25m	23-11-19	Caldas da Rainha	473
72.	CARRASCO Joao Pedro	03	PORTIN	57.68	25m	18-10-20	Lagos	472
73.	BAPTISTA Tiago Ornelas	03	CNF	57.76	25m	09-05-21	Funchal	470
74.	CARNEIRO Andre Martins	03	CAP	57.83	25m	22-11-19	Felgueiras	469
75.	DIAS Tiago Miguel	03	CNLX	57.90	25m	15-05-21	Condeixa-a-Nova	467
76.	SANTOS Roberto Pinho	03	AEJ	57.92	25m	13-10-19	Mealhada	467
77.	YURCHUK Artur	03	NBM	57.97	25m	17-11-19	Viseu	465
77.	SILVA Pedro Fale	03	ACMN	57.97	25m	29-02-20	Coruche	465
79.	BRAS Alexandre Miguel	03	CPSPA	57.98	25m	23-11-19	Coimbra	465
80.	RIBEIRO Vitor Hugo	03	LSXXI	58.01	25m	08-05-21	Pacos de Ferreira	464
81.	CRISTINA Joao Martins	03	LDC	58.03	25m	20-10-19	Quarteira	464
82.	DURAES Diogo Miguel	03	CNMJ	58.07	25m	11-01-20	Elvas	463
83.	BABANIN Daniel	03	VNC	58.11	25m	26-10-19	Lagos	462
84.	DUARTE Pedro Esteves	03	CDCP	58.16	25m	10-11-19	Albufeira	461
85.	SANTOS Miguel Alexandre	03	CNOL	58.17	25m	07-11-20	Lagos	461
86.	COUTINHO David Valdagua	03	CUC	58.39	25m	15-05-21	Condeixa-a-Nova	455
87.	CAMACHO Joao Simao	03	CDN	58.47	25m	09-05-21	Funchal	454
88.	PEREIRA Diogo Guimaraes	03	VSC	58.48	25m	08-05-21	Pacos de Ferreira	453
89.	TOME Diogo Bernardo	03	CNSM	58.58	25m	07-03-20	Santarém	451
90.	OLIVEIRA Vitor Teixeira	03	SCC	58.66	25m	20-10-19	Condeixa	449
91.	FERNANDO Vasco Salvador	03	SAD	58.78	25m	23-11-19	Algés	446
92.	BESSA Flavio Rafael	03	LSXXI	58.80	25m	08-05-21	Pacos de Ferreira	446
93.	CRISTINO Guilherme Matias	03	SFUAP	58.81	25m	01-11-19	Setúbal	446
94.	SOLODYUK Micael Kovalchuk	03	CNVA	58.89	25m	17-11-19	Viseu	444
95.	ARAUJO Pedro Rodrigues	03	ADPB	58.90	25m	08-03-20	Braga	444
96.	AGUIAR Pedro Ferreira	03	CNF	58.99	25m	07-03-20	Funchal	442
97.	LOPES Pedro Henrique	03	CDSR	59.03	25m	09-05-21	Funchal	441
98.	SANTANA Pedro Maria	03	CNTN	59.14	25m	25-10-20	Tomar	438
99.	FERREIRA Joao Pedro	03	AVFC	59.22	25m	24-10-20	Mealhada	437
100.	CARREIRA Ruben Filipe	03	CNRM	59.28	25m	25-10-20	Tomar	435

200 Livres

1.	RIBEIRO Gustavo Carvalhais	03	CGA	1:49.38	25m	25-04-21	Gafanha da Nazaré	749
2.	VAKULYUK Paulo	03	CNTN	1:51.54	25m	15-12-19	Leiria	707
3.	SILVA Ricardo Lopes	03	DNMG	1:52.00	25m	22-12-19	Felgueiras	698
4.	GOMES Goncalo Camara	03	CNF	1:55.35	25m	08-05-21	Funchal	639
5.	FERREIRA Bernardo Felgueiras	03	CNCE	1:56.42	25m	15-05-21	Condeixa-a-Nova	621
6.	GOMES Goncalo Andre	03	FBSC	1:56.48	25m	14-11-20	Mealhada	620
7.	MACHADO Martim Miranda	03	CUC	1:56.51	25m	11-04-21	Felgueiras	620
8.	FARDILHA Manuel Cruz	03	CGA	1:56.53	25m	13-03-21	Aveiro	620
9.	CARVALHO Fernando Costa	03	FOCA	1:57.66	25m	06-03-21	Felgueiras	602
10.	LOPES Luis Afonso	03	VS	1:57.95	25m	08-03-20	Santarém	597
11.	COSTA Afonso Filipe	03	CNNZ	1:58.34	25m	23-02-20	Pombal	592
12.	PEREIRA Antonio Sousa	03	AHBE	1:58.65	25m	24-11-19	Algés	587
13.	CRISTOVAO Goncalo Magalhaes	03	VS	1:59.14	25m	08-03-20	Santarém	580
14.	MARTYN David	03	BSCN	1:59.64	25m	24-11-19	Caldas da Rainha	572
15.	FIGUEROA PEREZ-MARIN Sergio	03	CNGUA	1:59.78	25m	09-11-19	Albufeira	570
15.	FLORES Jesus Galindo	03	LDC	1:59.78	25m	25-10-20	Olhão	570
17.	COUTINHO Guilherme Pereira	03	VS	2:00.06	25m	08-03-20	Santarém	566
18.	ROCHA Bernardo Sousa	03	CFP	2:00.09	25m	22-11-19	Felgueiras	566
19.	DIAS Rodrigo Reis	03	CFB	2:00.29	25m	22-11-19	Algés	563
20.	DIAS Ruben Fonseca	03	CNV	2:00.36	25m	22-11-19	Felgueiras	562
21.	COSTA Hugo Alexandre	03	CNV	2:00.84	25m	09-05-21	Pacos de Ferreira	556
22.	NETO Rodrigo Jorge	03	CAP	2:01.31	25m	22-11-19	Felgueiras	549
23.	FERNANDES Rui Afonso	03	CDN	2:01.51	25m	06-03-20	Funchal	546
24.	GONCALVES Jorge Miguel	03	CGA	2:01.80	25m	25-04-21	Gafanha da Nazaré	543
25.	SANTOS Andre Cardoso	03	AVFC	2:02.13	25m	02-02-20	Viseu	538
26.	SA Joao Luis	03	CFP	2:02.21	25m	09-05-21	Pacos de Ferreira	537
27.	SILVA Joao Jose	03	ADBA	2:02.43	25m	24-11-19	Caldas da Rainha	534
28.	RELVAS David Ferreira	03	DNMG	2:02.49	25m	20-10-19	Óbidos	533
29.	JUNIOR Luis Cabral	03	CFB	2:02.54	25m	24-11-19	Algés	533
30.	FERREIRA Ricardo Martins	03	AONDA	2:02.84	25m	24-11-19	Algés	529
31.	SANTOS Joao Pedro	03	CAFBDP	2:02.92	25m	16-02-20	Ponta Delgada	528
32.	PEREIRA Alexandre Alves	03	SCB	2:02.97	25m	02-11-19	Barcelos	527
33.	JORGE Tiago Miguel	03	CNRM	2:03.23	25m	07-03-20	Santarém	524
34.	AFONSO Francisco Lopes	03	GCVR	2:03.26	25m	08-05-21	Peso da Régua	523
35.	CASTRO Duarte Monteiro	03	FCP	2:03.53	25m	22-11-19	Felgueiras	520
36.	FERREIRA Joao Carlos	03	FCP	2:03.59	25m	22-11-19	Felgueiras	519
37.	DUARTE Pedro Esteves	03	CDCP	2:03.69	25m	09-11-19	Albufeira	518
38.	CORREIA Luis Carlos	03	SFUAP	2:03.80	25m	24-11-19	Algés	517
39.	FELICIO Tomas Miguel	03	CNRM	2:03.92	25m	24-11-19	Tomar	515
40.	SILVA Duarte Filipe	03	BUZIOS	2:03.96	25m	25-10-20	Tomar	515
41.	LOPES Rodrigo Beja	03	AONDA	2:04.02	25m	24-11-19	Algés	514
42.	VIEIRA Alexandre Coelho	03	SCP	2:04.11	25m	15-05-21	Condeixa-a-Nova	513
43.	GONCALVES Hugo Fonseca	03	CMNPR	2:04.16	25m	08-05-21	Peso da Régua	512
44.	PINHO Gabriel Alexandre	03	CDF	2:04.17	25m	16-11-19	Viseu	512
45.	TEIXEIRA Joao Octavio	03	CGA	2:04.22	25m	16-11-19	Viseu	511
46.	ENGELEN Dario	03	LDC	2:04.40	25m	16-05-21	Lagos	509
47.	BORGES Rafael Braga	03	CAFBDP	2:04.54	25m	07-03-20	Ponta Delgada	507
48.	GOMES Nuno Antonio	03	CAFBDP	2:04.60	25m	07-03-20	Ponta Delgada	507
49.	PEREIRA Diogo Pontes	03	ADF	2:05.12	25m	09-05-21	Pacos de Ferreira	500
50.	ZAYIKA Daniel Shumeika	03	SLB	2:05.40	25m	24-11-19	Algés	497
51.	CARVALHO Tiago Fonseca	03	CNPO	2:05.65	25m	11-04-21	Felgueiras	494
51.	SOUSA Diogo Nunes	03	VSC	2:05.65	25m	09-05-21	Pacos de Ferreira	494
53.	MATRENO Diogo Miguel	03	CNTN	2:05.73	25m	23-11-19	Tomar	493

200 Livres (desde 54)

54.	LEAL Dinis Barros	03	CAP	2:05.76	25m	22-02-20	Mirandela	493
55.	NUNES Hugo Fernandes	03	CNG	2:05.92	25m	07-03-20	Ponte de Sor	491
56.	VALENTE Henrique Pinheiro	03	CNCVG	2:06.08	25m	24-11-19	Algés	489
57.	GOMES Pedro Pires	03	CFB	2:06.17	25m	24-11-19	Algés	488
58.	CARDOSO Guilherme Dias	03	FCF	2:06.18	25m	01-02-20	Albufeira	488
59.	MENDES Ricardo Ferreira	03	CCLAMAS	2:06.32	25m	13-10-19	Pacos de Ferreira	486
60.	LEITAO Tomas Almeida	03	SAD	2:06.35	25m	03-11-19	Lagoa	486
61.	MARANTES Goncalo Maria	03	FCP	2:06.44	25m	09-05-21	Pacos de Ferreira	485
62.	FERNANDES Joao Bernardo	03	CNPO	2:06.49	25m	06-03-20	Braga	484
63.	CARVALHO Renato Miguel	03	CGA	2:06.58	25m	25-04-21	Gafanha da Nazaré	483
64.	SOLODYUK Micael Kovalchuk	03	CNVA	2:06.75	25m	16-11-19	Viseu	481
65.	CARNEIRO Andre Martins	03	CAP	2:06.86	25m	22-11-19	Felgueiras	480
66.	ANDRADE Mario Luis	03	CNP	2:06.91	25m	18-01-20	Castelo Branco	480
67.	ALVES Rui Chagas	03	VS	2:07.07	25m	24-11-19	Tomar	478
68.	COELHO Joao Reis	03	AEFDT	2:07.30	25m	02-02-20	Viseu	475
69.	BOAVIDA Pedro Miguel	03	CNOL	2:07.33	25m	07-11-20	Lagos	475
70.	FERREIRA Tomas Soares	03	CDE	2:07.58	25m	13-10-19	Mealhada	472
71.	FERNANDO Vasco Salvador	03	SAD	2:07.63	25m	24-11-19	Algés	471
72.	SILVA Jason Coutinho	03	GDNFAMA	2:07.77	25m	13-10-19	Pacos de Ferreira	470
73.	VALE David Manuel	03	GESL	2:08.14	25m	24-11-19	Algés	466
74.	PEREIRA Daniel Santos	03	CNV	2:08.37	25m	22-11-19	Felgueiras	463
75.	MATIAS Rafael Candeias	03	CNLGOS	2:08.45	25m	03-11-19	Lagoa	462
76.	FERREIRA Paulo Sergio	03	CNNZ	2:08.55	25m	09-05-21	Alcobaça	461
77.	VALENTE Goncalo Filipe	03	GESL	2:08.58	25m	24-11-19	Algés	461
78.	TOME Diogo Bernardo	03	CNSM	2:08.70	25m	24-11-19	Tomar	460
79.	SILVA Pedro Fale	03	ACMN	2:08.81	25m	16-11-19	Odemira	459
80.	GAMEIRO David Almeida	03	NDAP	2:08.89	25m	07-11-20	Leiria	458
81.	FERREIRA Joao Pedro	03	AVFC	2:09.19	25m	25-04-21	Gafanha da Nazaré	455
82.	BAPTISTA Tiago Ornelas	03	CNF	2:09.31	25m	06-03-20	Funchal	453
83.	ASCENSO Daniel Alexandre	03	GESL	2:09.37	25m	24-11-19	Algés	453
84.	LOPES Pedro Henrique	03	CDSR	2:09.65	25m	08-05-21	Funchal	450
85.	VIDAL Joao Pedro	03	IDV	2:09.80	25m	23-02-20	Pombal	448
86.	SILVA Ruben Filipe	03	FOCA	2:09.97	25m	22-11-19	Felgueiras	446
87.	CRISTINA Joao Martins	03	LDC	2:09.98	25m	01-02-20	Albufeira	446
88.	RIBEIRO Vitor Hugo	03	LSXXI	2:10.12	25m	22-02-20	Mirandela	445
89.	LOURENCO Goncalo Pires	03	FBSC	2:10.43	25m	24-11-19	Coimbra	442
90.	PEREIRA Igor Branco	03	CRASTO	2:10.47	25m	22-02-20	Mirandela	441
91.	COELHO Alex Baptista	03	CLIP	2:10.85	25m	13-10-19	Pacos de Ferreira	437
92.	COUTINHO David Valdagua	03	CUC	2:11.00	25m	01-11-19	Condeixa	436
93.	CAMACHO Joao Simao	03	CDN	2:11.09	25m	13-05-21	Funchal	435
94.	BRAS Alexandre Miguel	03	CPSPA	2:11.39	25m	01-11-19	Condeixa	432
95.	MELIM Bruno Pontes	03	JACL	2:11.47	25m	23-11-19	Funchal	431
96.	BESSA Flavio Rafael	03	LSXXI	2:11.70	25m	22-02-20	Mirandela	429
97.	CARVALHO Manuel Vanigli	03	CNN	2:12.28	25m	01-05-21	Lisboa	423
98.	RODRIGUES Marco Filipe	03	EDV	2:12.47	25m	02-11-19	Barcelos	422
99.	RODRIGUES Goncalo Miguel	03	FS	2:12.65	25m	15-05-21	Alcabideche	420
100.	VENTURA Bernardo Jorge	03	AAC	2:12.70	25m	23-12-20	Coimbra	419

400 Livres

1.	RIBEIRO Gustavo Carvalhais	03	CGA	3:55.88	25m	25-04-21	Gafanha da Nazaré	728
2.	VAKULYUK Paulo	03	CNTN	3:59.13	25m	14-12-19	Leiria	699
3.	MACHADO Martim Miranda	03	CUC	3:59.78	25m	10-04-21	Felgueiras	693
4.	LOPES Luis Afonso	03	VS	4:01.75	25m	16-05-21	Abrantes	676
5.	GOMES Goncalo Andre	03	FBSC	4:04.87	25m	02-02-20	Coimbra	651
6.	SILVA Ricardo Lopes	03	DNMG	4:08.93	25m	23-11-19	Caldas da Rainha	619
7.	DIAS Rodrigo Reis	03	CFB	4:12.93	25m	10-11-19	Albufeira	590
7.	DUARTE Pedro Esteves	03	CDCP	4:12.93	25m	30-11-19	Sines	590
9.	FARDILHA Manuel Cruz	03	CGA	4:14.00	25m	25-04-21	Gafanha da Nazaré	583
10.	COSTA Hugo Alexandre	03	CNV	4:14.28	25m	23-11-19	Felgueiras	581
11.	COUTINHO Guilherme Pereira	03	VS	4:14.81	25m	08-03-20	Santarém	577
12.	CANADAS Joao Vasco	03	CNRM	4:14.94	25m	23-11-19	Tomar	577
13.	FIGUEROA PEREZ-MARIN Ser03)	03	CNGUA	4:15.37	25m	10-11-19	Albufeira	574
14.	CARVALHO Fernando Costa	03	FOCA	4:16.71	25m	21-12-19	Felgueiras	565
15.	GOMES Goncalo Camara	03	CNF	4:16.75	25m	07-03-20	Funchal	564
16.	FELICIO Tomas Miguel	03	CNRM	4:17.73	25m	23-11-19	Tomar	558
17.	BORGES Rafael Braga	03	CAFBDP	4:18.17	25m	08-03-20	Ponta Delgada	555
18.	PEREIRA Antonio Sousa	03	AHBE	4:18.50	25m	22-11-19	Algés	553
19.	SANTOS Andre Cardoso	03	AVFC	4:18.52	25m	17-11-19	Viseu	553
20.	RELVAS David Ferreira	03	DNMG	4:19.46	25m	18-10-20	Caldas da Rainha	547
21.	MATRENO Diogo Miguel	03	CNTN	4:19.98	25m	23-11-19	Tomar	544
22.	PEREIRA Alexandre Alves	03	SCB	4:20.09	25m	23-11-19	Braga	543
23.	SILVA Duarte Filipe	03	BUZIOS	4:21.51	25m	23-11-19	Tomar	534
24.	VASS Erik Norbert	03	CNRM	4:22.33	25m	08-03-20	Santarém	529
25.	FERREIRA Ricardo Martins	03	AONDA	4:22.44	25m	30-11-19	Sines	528
26.	FERNANDES Rui Afonso	03	CDN	4:22.83	25m	12-10-19	Funchal	526
27.	DIAS Ruben Fonseca	03	CNV	4:22.95	25m	23-11-19	Felgueiras	525
28.	DURAES Diogo Miguel	03	CNMJ	4:23.01	25m	11-01-20	Elvas	525
29.	VIEIRA Alexandre Coelho	03	SCP	4:23.34	25m	16-05-21	Alvalade	523
30.	COSTA Afonso Filipe	03	CNNZ	4:24.07	25m	13-06-21	Nazaré	519
31.	CASCALHEIRA Joao Miguel	03	CNS	4:24.23	25m	26-10-19	Lagos	518
32.	TEIXEIRA Joao Octavio	03	CGA	4:24.50	25m	17-11-19	Viseu	516
33.	GONCALVES Jorge Miguel	03	CGA	4:24.59	25m	25-04-21	Gafanha da Nazaré	516
34.	FERREIRA Joao Carlos	03	FCP	4:24.67	25m	23-11-19	Felgueiras	515
35.	CORREIA Luis Carlos	03	SFUAP	4:24.78	25m	22-11-19	Algés	515
36.	SA Joao Luis	03	CFP	4:24.90	25m	23-11-19	Felgueiras	514
37.	CARVALHO Tiago Fonseca	03	CNPO	4:25.13	25m	07-03-20	Braga	513
38.	SANTOS Roberto Pinho	03	AEJ	4:25.16	25m	01-02-20	Viseu	512
39.	GOMES Nuno Antonio	03	CAFBDP	4:25.82	25m	08-03-20	Ponta Delgada	509
40.	MARANTES Goncalo Maria	03	FCP	4:25.86	25m	08-05-21	Pacos de Ferreira	508
41.	JORGE Tiago Miguel	03	CNRM	4:26.26	25m	08-03-20	Santarém	506
42.	CARVALHO Renato Miguel	03	CGA	4:26.78	25m	25-04-21	Gafanha da Nazaré	503
42.	FERREIRA Joao Pedro	03	AVFC	4:26.78	25m	25-04-21	Gafanha da Nazaré	503
44.	MATOS Joao Luis	03	CNCVG	4:27.27	25m	22-11-19	Algés	500
45.	SILVA Joao Jose	03	ADBA	4:27.40	25m	20-10-19	Óbidos	500
46.	LOPES Pedro Henrique	03	CDSR	4:27.59	25m	07-03-20	Funchal	499
47.	CRISTINO Guilherme Matias	03	SFUAP	4:28.38	25m	10-11-19	Albufeira	494
48.	TOME Diogo Bernardo	03	CNSM	4:29.16	25m	24-10-20	Tomar	490
49.	CRISTOVAO Goncalo Magalhaes	03	VS	4:29.30	25m	23-11-19	Tomar	489
50.	COUTINHO David Valdagua	03	CUC	4:29.65	25m	19-10-19	Condeixa	487
51.	SANTOS Joao Pedro	03	CAFBDP	4:30.10	25m	18-01-20	Ponta Delgada	485
52.	PEREIRA Diogo Pontes	03	ADF	4:30.38	25m	30-11-19	Sines	483
53.	FERREIRA Tomas Soares	03	CDE	4:30.45	25m	17-11-19	Viseu	483

400 Livres (desde 54)

54.	FERNANDES Joao Bernardo	03	CNPO	4:30.56	25m	30-11-19	Sines	482
55.	SOLODYUK Micael Kovalchuk	03	CNVA	4:31.04	25m	17-11-19	Viseu	480
56.	CARVALHO Ricardo Martins	03	FBSC	4:31.45	25m	20-06-21	Coimbra	478
57.	LOURENCO Goncalo Pires	03	FBSC	4:31.46	25m	23-11-19	Coimbra	477
58.	AFONSO Francisco Lopes	03	GCVR	4:31.82	25m	09-05-21	Peso da Régua	476
59.	NUNES Hugo Fernandes	03	CNG	4:31.98	25m	07-03-20	Ponte de Sor	475
60.	SA Rafael Domingues	03	CNVA	4:32.84	25m	12-10-19	Mealhada	470
61.	CARDOSO Joao Francisco	03	SCA	4:33.02	25m	12-10-19	Mealhada	469
62.	ENGELEN Dario	03	LDC	4:34.15	25m	18-10-20	Lagos	464
63.	FERNANDO Vasco Salvador	03	SAD	4:34.22	25m	22-11-19	Algés	463
64.	SILVA Ruben Filipe	03	FOCA	4:34.41	25m	23-11-19	Felgueiras	462
65.	COELHO Alex Baptista	03	CLIP	4:36.14	25m	23-11-19	Felgueiras	454
66.	PEREIRA Daniel Santos	03	CNV	4:36.51	25m	23-11-19	Felgueiras	452
67.	VIDAL Joao Pedro	03	IDV	4:36.85	25m	26-10-19	Lagos	450
68.	SIMOES Manuel Baptista	03	CUC	4:37.69	25m	19-10-19	Condeixa	446
69.	YURCHUK Artur	03	NBM	4:38.25	25m	01-02-20	Viseu	443
70.	SANTANA Pedro Maria	03	CNTN	4:39.30	25m	08-03-20	Santarém	438
71.	PEREIRA Igor Branco	03	CRASTO	4:39.33	25m	01-02-20	Viseu	438
72.	ANDRADE Mario Luis	03	CNP	4:39.83	25m	11-01-20	Elvas	436
73.	VALENTE Henrique Pinheiro	03	CNCVG	4:40.02	25m	22-11-19	Algés	435
74.	GASPAR Filipe Apostolo	03	JFP	4:40.15	25m	23-11-19	Coimbra	434
75.	GAMEIRO David Almeida	03	NDAP	4:40.95	25m	13-06-21	Nazaré	431
76.	SILVA Pedro Fale	03	ACMN	4:42.11	25m	20-10-19	Évora	425
76.	ALVES David Carlos	03	CAFBDP	4:42.11	25m	18-01-20	Ponta Delgada	425
78.	BULHOSA Silvio Miguel	03	AEJ	4:43.08	25m	01-02-20	Viseu	421
79.	FERREIRA Hugo Valenca	03	EDV	4:44.31	25m	03-11-19	Barcelos	416
80.	CAROCO Dinis Viola	03	SCP	4:45.77	25m	03-11-19	Lisboa	409
81.	COELHO Joao Reis	03	AEFDT	4:46.07	25m	12-10-19	Mealhada	408
82.	MELIM Bruno Pontes	03	JACL	4:47.44	25m	31-10-20	Funchal	402
83.	BESSA Flavio Rafael	03	LSXXI	4:48.84	25m	23-11-19	Felgueiras	396
84.	VIEIRA Emanuel Eloi	03	CDSR	4:49.27	25m	07-05-21	Funchal	395
85.	FIDALGO Joao Matos	03	GESL	4:51.05	25m	30-05-21	Lousada	387
86.	FARIA Hugo Miguel	03	CAFBDP	4:51.87	25m	15-02-20	Ponta Delgada	384
87.	MAROTE Joao Nuno	03	CDSR	4:51.98	25m	07-05-21	Funchal	384
88.	CAMACHO Joao Simao	03	CDN	4:56.17	25m	07-05-21	Funchal	368
89.	ORMONDE Tomas Andrade	03	CNPV	4:58.20	25m	15-02-20	Praia da Vitória	360
90.	PEREIRA Joao Guilherme	03	AMAMB	4:59.75	25m	30-11-19	Sines	355
91.	DIAS Jose Miguel	03	CRIRA	5:02.28	25m	07-03-20	Ponte de Sor	346
92.	BATUCA Joao Maria	03	VNC	5:03.30	25m	19-01-20	Barcelos	342
93.	PEREIRA Rodrigo Sousa	03	CNH	5:08.22	25m	18-01-20	Horta	326
94.	VICTAL Tomas Antonio	03	AVQA	5:09.69	25m	16-05-21	Abrantes	321
95.	AGOSTINHO Iuri Aragonex	03	CNP	5:15.74	25m	29-02-20	Coruche	303
96.	MESTRE Afonso Gomes	03	LDC	5:19.82	25m	20-10-19	Quarteira	292
97.	OLIVEIRA Manuel Luis	03	CNTEJO	5:21.02	25m	24-10-20	Tomar	289
98.	RAPOSO Luis Pedro	03	CNBE	5:22.32	25m	18-10-20	Lagos	285
99.	GERALDO Ricardo Filipe	03	SCMI	5:26.26	25m	20-10-19	Vila Real	275
100.	RIBEIRO Rodrigo Estima	03	CSAAXXI	5:59.58	25m	25-10-20	Mealhada	205

800 Livres

1.	RIBEIRO Gustavo Carvalhais	03	CGA	8:06.66	25m	20-12-19	Felgueiras	756
2.	MACHADO Martim Miranda	03	CUC	8:16.36	25m	11-04-21	Felgueiras	712
3.	LOPES Luis Afonso	03	VS	8:31.34	25m	25-10-20	Tomar	652
4.	GOMES Goncalo Andre	03	FBSC	8:33.32	25m	24-10-20	Coimbra	644
5.	COUTINHO Guilherme Pereira	03	VS	8:38.84	25m	08-03-20	Santarém	624
6.	DUARTE Pedro Esteves	03	CDCP	8:45.89	25m	30-11-19	Sines	599
7.	SANTOS Andre Cardoso	03	AVFC	8:50.71	25m	17-11-19	Viseu	583
8.	FERNANDES Rui Afonso	03	CDN	8:51.84	25m	26-10-19	Funchal	579
9.	VASS Erik Norbert	03	CNRM	8:53.39	25m	29-02-20	Coruche	574
10.	DURAES Diogo Miguel	03	CNMJ	8:53.64	25m	30-11-19	Sines	573
11.	BORGES Rafael Braga	03	CAFBDP	8:58.88	25m	30-11-19	Sines	557
12.	VIEIRA Alexandre Coelho	03	SCP	9:01.08	25m	15-05-21	Condeixa-a-Nova	550
13.	PEREIRA Alexandre Alves	03	SCB	9:01.72	25m	24-11-19	Braga	548
14.	MARANTES Goncalo Maria	03	FCP	9:03.11	25m	11-04-21	Felgueiras	544
15.	FERREIRA Tomas Soares	03	CDE	9:04.61	25m	30-11-19	Sines	539
16.	CARVALHO Tiago Fonseca	03	CNPO	9:05.35	25m	30-11-19	Sines	537
17.	FERREIRA Ricardo Martins	03	AONDA	9:05.49	25m	30-11-19	Sines	537
18.	CRISTINO Guilherme Matias	03	SFUAP	9:08.68	25m	15-05-21	Condeixa-a-Nova	527
19.	SA Joao Luis	03	CFP	9:09.26	25m	24-11-19	Felgueiras	526
20.	GOMES Nuno Antonio	03	CAFBDP	9:09.32	25m	26-10-19	Ponta Delgada	525
21.	SOUSA Diogo Nunes	03	VSC	9:09.63	25m	24-11-19	Felgueiras	525
22.	AFONSO Francisco Lopes	03	GCVR	9:18.06	25m	09-05-21	Peso da Régua	501
23.	SILVA Ruben Filipe	03	FOCA	9:19.79	25m	24-11-19	Felgueiras	497
24.	CARVALHO Ricardo Martins	03	FBSC	9:20.96	25m	22-12-20	Coimbra	493
25.	SANTOS Joao Pedro	03	CAFBDP	9:20.98	25m	16-11-19	Ribeira Grande	493
26.	SILVA Pedro Fale	03	ACMN	9:22.98	25m	29-02-20	Coruche	488
27.	LOPES Pedro Henrique	03	CDSR	9:24.64	25m	24-11-19	Funchal	484
28.	FERREIRA Joao Pedro	03	AVFC	9:26.18	25m	24-04-21	Gafanha da Nazaré	480
29.	PEREIRA Diogo Pontes	03	ADF	9:26.26	25m	30-11-19	Sines	480
30.	NUNES Hugo Fernandes	03	CNG	9:27.00	25m	29-02-20	Coruche	478
31.	SOLODYUK Micael Kovalchuk	03	CNVA	9:27.19	25m	26-10-19	Lagos	477
32.	GONCALVES Hugo Fonseca	03	CMNPR	9:39.73	25m	07-03-20	Mirandela	447
33.	TOME Diogo Bernardo	03	CNSM	9:43.11	25m	19-01-20	Entroncamento	439
34.	RIBEIRO Vitor Hugo	03	LSXXI	9:46.89	25m	24-11-19	Felgueiras	431
35.	VIDAL Joao Pedro	03	IDV	9:50.08	25m	26-10-19	Lagos	424
36.	COELHO Joao Reis	03	AEFDT	9:50.32	25m	17-11-19	Viseu	423
37.	VIEIRA Emanuel Eloi	03	CDSR	9:52.13	25m	16-10-20	Funchal	419
38.	PEREIRA Igor Branco	03	CRASTO	9:59.50	25m	24-10-20	Mealhada	404
39.	PEREIRA Joao Guilherme	03	AMAMB	10:01.16	25m	30-11-19	Sines	401
40.	RODRIGUES Rodrigo Rosa	03	CNRM	10:02.76	25m	19-01-20	Entroncamento	398
41.	CARDOSO Joao Francisco	03	SCA	10:05.25	25m	17-11-19	Viseu	393
42.	VICTAL Tomas Antonio	03	AVQA	10:17.79	25m	08-03-20	Santarém	369
43.	NEVES Antonio Correia	03	NDCO	10:30.82	25m	29-02-20	Coruche	347
44.	PEREIRA Rodrigo Sousa	03	CNH	10:45.80	25m	21-11-20	Horta	323

1500 Livres

1.	RIBEIRO Gustavo Carvalhais	03	CGA	15:36.34	25m	15-12-19	Leiria	742
2.	MACHADO Martim Miranda	03	CUC	15:52.42	25m	23-12-20	Coimbra	705
3.	LOPES Luis Afonso	03	VS	16:02.51	25m	14-11-20	Leiria	684
4.	GOMES Goncalo Andre	03	FBSC	16:18.85	25m	01-02-20	Coimbra	650
5.	COUTINHO Guilherme Pereira	03	VS	16:32.77	25m	06-03-20	Santarém	623
6.	DIAS Rodrigo Reis	03	CFB	16:47.39	25m	23-11-19	Algés	596
7.	SANTOS Andre Cardoso	03	AVFC	16:50.97	25m	16-11-19	Viseu	590
8.	CANADAS Joao Vasco	03	CNRM	16:51.02	25m	15-12-19	Leiria	590
9.	PEREIRA Alexandre Alves	03	SCB	16:52.43	25m	22-12-19	Felgueiras	587
10.	DIAS Ruben Fonseca	03	CNV	16:52.71	25m	22-12-19	Felgueiras	587
11.	COSTA Hugo Alexandre	03	CNV	16:59.22	25m	22-11-19	Felgueiras	576
12.	VASS Erik Norbert	03	CNRM	16:59.35	25m	06-03-20	Santarém	575
13.	PEREIRA Antonio Sousa	03	AHBE	17:01.73	25m	15-12-19	Leiria	571
14.	FERNANDES Rui Afonso	03	CDN	17:04.94	25m	15-12-19	Leiria	566
15.	SA Joao Luis	03	CFP	17:10.05	25m	15-12-19	Leiria	558
16.	VIEIRA Alexandre Coelho	03	SCP	17:11.33	25m	02-02-20	Albufeira	556
17.	CRISTINO Guilherme Matias	03	SFUAP	17:13.33	25m	23-11-19	Algés	552
18.	DUARTE Pedro Esteves	03	CDCP	17:14.31	25m	23-11-19	Algés	551
19.	MATRENO Diogo Miguel	03	CNTN	17:16.45	25m	15-12-19	Leiria	547
20.	BORGES Rafael Braga	03	CAFBDP	17:16.55	25m	07-03-20	Ponta Delgada	547
21.	TEIXEIRA Joao Octavio	03	CGA	17:16.75	25m	16-11-19	Viseu	547
22.	ARAUJO Joao Guilherme	03	CNMAIA	17:20.42	25m	22-11-19	Felgueiras	541
23.	FELICIO Tomas Miguel	03	CNRM	17:22.57	25m	06-03-20	Santarém	538
24.	CARVALHO Tiago Fonseca	03	CNPO	17:22.95	25m	06-03-20	Braga	537
25.	DURAES Diogo Miguel	03	CNMJ	17:24.56	25m	23-11-19	Algés	535
26.	FERREIRA Joao Carlos	03	FCP	17:27.34	25m	22-12-19	Felgueiras	530
27.	JORGE Tiago Miguel	03	CNRM	17:27.54	25m	23-11-19	Tomar	530
28.	GOMES Nuno Antonio	03	CAFBDP	17:27.92	25m	07-03-20	Ponta Delgada	530
29.	NETO Rodrigo Jorge	03	CAP	17:28.43	25m	15-12-19	Leiria	529
30.	MARANTES Goncalo Maria	03	FCP	17:32.70	25m	22-11-19	Felgueiras	522
31.	SILVA Ruben Filipe	03	FOCA	17:42.42	25m	22-11-19	Felgueiras	508
32.	SOUSA Diogo Nunes	03	VSC	17:43.13	25m	22-11-19	Felgueiras	507
33.	CARVALHO Ricardo Martins	03	FBSC	17:45.36	25m	23-12-20	Coimbra	504
34.	TOME Diogo Bernardo	03	CNSM	17:52.05	25m	23-11-19	Tomar	495
35.	PEREIRA Diogo Pontes	03	ADF	17:59.01	25m	22-11-19	Felgueiras	485
36.	SILVA Pedro Fale	03	ACMN	18:08.39	25m	08-03-20	Ponte de Sor	473
37.	PEREIRA Daniel Santos	03	CNV	18:09.19	25m	22-11-19	Felgueiras	472
38.	COUTINHO David Valdagua	03	CUC	18:10.51	25m	01-11-19	Condeixa	470
39.	BOAVIDA Pedro Miguel	03	CNOL	18:11.72	25m	24-10-20	Olhão	468
40.	SANTOS Joao Pedro	03	CAFBDP	18:21.55	25m	14-12-19	Ponta Delgada	456
41.	FERREIRA Joao Pedro	03	AVFC	18:22.15	25m	16-11-19	Viseu	455
42.	LOURENCO Goncalo Pires	03	FBSC	18:22.73	25m	21-12-19	Cantanhede	454
43.	LOPES Pedro Henrique	03	CDSR	18:27.10	25m	16-11-19	Funchal	449
44.	VIDAL Joao Pedro	03	IDV	18:47.52	25m	21-12-19	Pombal	425
45.	RIBEIRO Vitor Hugo	03	LSXXI	19:03.51	25m	13-10-19	Pacos de Ferreira	407
46.	GAMEIRO David Almeida	03	NDAP	19:12.98	25m	21-12-19	Pombal	397
47.	FERREIRA Hugo Valenca	03	EDV	19:21.28	25m	21-12-19	Ponte da Barca	389
48.	BESSA Flavio Rafael	03	LSXXI	19:24.84	25m	13-10-19	Pacos de Ferreira	385
49.	ALVES David Carlos	03	CAFBDP	19:33.26	25m	14-12-19	Ponta Delgada	377
50.	COSTA Afonso Filipe	03	CNNZ	19:37.50	25m	21-12-19	Pombal	373
51.	FARIA Hugo Miguel	03	CAFBDP	19:53.31	25m	14-12-19	Ponta Delgada	358
52.	ORMONDE Tomas Andrade	03	CNPV	19:55.57	25m	14-12-19	Praia da Vitória	356
53.	VICTAL Tomas Antonio	03	AVQA	20:02.40	25m	06-03-20	Santarém	350

1500 Livres (desde 54)

54.	RODRIGUES Renato Correia	03	JACL	20:26.51	25m	16-11-19	Funchal	330
55.	PEREIRA Rodrigo Sousa	03	CNH	20:32.75	25m	16-11-19	Horta	325
56.	ZEMLIANKO Arsenio	03	NDAP	21:21.19	25m	21-12-19	Pombal	290
57.	KOVAL Igor	03	CDN	24:56.58	25m	16-11-19	Funchal	181
58.	LUIS Francisco Sousa	03	CDN	25:39.15	25m	16-11-19	Funchal	167

50 Costas

1.	CASTRO Duarte Monteiro	03	FCP	26.65	25m	14-11-20	Mealhada	579
2.	GOMES Tomas Nogueira	03	SFUAP	26.72	25m	14-11-20	Leiria	575
3.	VAKULYUK Paulo	03	CNTN	27.25	25m	24-10-20	Tomar	542
3.	GOMES Goncalo Camara	03	CNF	27.25	25m	08-05-21	Funchal	542
5.	FERREIRA Bernardo Felgueiras	03	CNCE	27.26	25m	11-04-21	Felgueiras	541
6.	FERNANDES Rui Afonso	03	CDN	27.36	25m	18-10-20	Funchal	535
7.	SANTOS Miguel Alexandre	03	CNOL	27.61	25m	11-04-21	Felgueiras	521
8.	PEREIRA Antonio Sousa	03	AHBE	27.65	25m	21-12-19	Felgueiras	518
9.	COUTINHO Guilherme Pereira	03	VS	27.82	25m	07-03-20	Santarém	509
10.	FREIRE Bernardo Araujo	03	SAD	27.94	25m	21-12-19	Felgueiras	502
11.	SILVA Ricardo Lopes	03	DNMG	28.13	25m	21-12-19	Felgueiras	492
12.	RODRIGUES Tiago Moura	03	CLIP	28.27	25m	03-11-19	Bolzano (ITA)	485
13.	IACHIMOVSKI Nicolae	03	CFB	28.42	25m	24-11-19	Algés	477
14.	MARTYN David	03	BSCN	28.64	25m	23-05-21	Alcobaça	466
15.	PEREIRA Lucas Medeiros	03	SCB	28.69	25m	23-11-19	Braga	464
16.	OLIVEIRA Daniel Valente	03	SCA	28.89	25m	25-04-21	Gafanha da Nazaré	454
17.	SANTOS Joao Pedro	03	CAFBDP	28.91	25m	10-04-21	Praia da Vitória	454
18.	SIMOES Manuel Baptista	03	CUC	28.92	25m	23-11-19	Coimbra	453
19.	GOMES Pedro Pires	03	CFB	28.95	25m	11-04-21	Felgueiras	452
20.	DIAS Tiago Miguel	03	CNLX	28.96	25m	24-11-19	Algés	451
21.	VALENTE Goncalo Filipe	03	GESL	28.97	25m	16-02-20	Sto Antonio dos Cavaleiros	451
22.	LEAL Dinis Barros	03	CAP	28.99	25m	15-12-19	Leiria	450
23.	CARVALHO Tiago Fonseca	03	CNPO	29.06	25m	07-03-20	Braga	447
24.	RELVAS David Ferreira	03	DNMG	29.10	25m	23-11-19	Caldas da Rainha	445
25.	CRISTOVAO Goncalo Magalhães	03	VS	29.19	25m	23-11-19	Tomar	441
26.	SANTANA Pedro Maria	03	CNTN	29.22	25m	07-03-20	Santarém	439
27.	CARDOSO Joao Francisco	03	SCA	29.31	25m	17-11-19	Viseu	435
28.	ARAUJO Pedro Rodrigues	03	ADPB	29.35	25m	08-05-21	Ponte da Barca	433
29.	MARTINS Henrique Antonio	03	CNTEJO	29.36	25m	15-02-20	Torres Novas	433
30.	FERREIRA Tomas Soares	03	CDE	29.40	25m	17-11-19	Viseu	431
31.	CASCALHEIRA Joao Miguel	03	CNS	29.49	25m	26-01-20	Campo Maior	427
32.	FIGUEROA PEREZ-MARIN Sergio	03	CNGUA	29.52	25m	11-01-20	Quarteira	426
33.	MARQUES Andre Costa	03	GDNFAMA	29.60	25m	23-11-19	Felgueiras	423
34.	MATRENO Diogo Miguel	03	CNTN	29.73	25m	07-03-20	Santarém	417
35.	FERREIRA Paulo Sergio	03	CNNZ	29.91	25m	23-11-19	Caldas da Rainha	409
36.	ROCHA Bernardo Sousa	03	CFP	29.92	25m	23-11-19	Felgueiras	409
37.	COUTINHO David Valdagua	03	CUC	29.98	25m	22-12-20	Coimbra	407
38.	OLIVEIRA Jose Miguel	03	CNS	30.03	25m	24-11-19	Algés	405
39.	CAROCO Dinis Viola	03	SCP	30.06	25m	16-02-20	Sto Antonio dos Cavaleiros	403
40.	CARREIRA Ruben Filipe	03	CNRM	30.36	25m	24-10-20	Tomar	392
41.	SA Joao Luis	03	CFP	30.37	25m	22-11-19	Felgueiras	391
42.	ALVES Joao Brandao	03	CJSA	30.51	25m	02-02-20	Viseu	386
43.	SANTOS Rafael Pinto	03	CDF	30.52	25m	17-11-19	Viseu	385
44.	SILVA Pedro Fale	03	ACMN	30.55	25m	19-01-20	Montemor-o-Novo	384
45.	DURAES Diogo Miguel	03	CNMJ	30.58	25m	02-02-20	Montemor-o-Novo	383

50 Costas (desde 46)

46.	CARRASCO Joao Pedro	03	PORTIN	30.71	25m	07-11-20	Lagos	378
47.	LOPES Pedro Henrique	03	CDSR	30.72	25m	08-05-21	Funchal	378
48.	COELHO Bruno Teixeira	03	CNG	30.85	25m	07-03-20	Ponte de Sor	373
49.	VIDAL Joao Pedro	03	IDV	30.96	25m	23-11-19	Caldas da Rainha	369
50.	FELICIO Tomas Miguel	03	CNRM	31.06	25m	07-03-20	Santarém	366
51.	TOME Diogo Bernardo	03	CNSM	31.17	25m	07-03-20	Santarém	362
52.	SILVA Guilherme Tomas	03	CDCA	31.18	25m	18-01-20	Mealhada	361
53.	SILVA Duarte Filipe	03	BUZIOS	31.21	25m	24-10-20	Tomar	360
54.	RODRIGUES Goncalo Miguel	03	AHBE	31.23	25m	24-11-19	Algés	360
55.	COELHO Joao Salvador	03	CRASTO	31.24	25m	17-11-19	Viseu	359
56.	VASS Erik Norbert	03	CNRM	31.25	25m	07-03-20	Santarém	359
57.	ARAUJO Jose Miguel	03	VSC	31.31	25m	22-11-19	Felgueiras	357
58.	PEREIRA Henrique Saraiva	03	PORTIN	31.36	25m	11-01-20	Quarteira	355
59.	BULHOSA Silvio Miguel	03	AEJ	31.37	25m	17-11-19	Viseu	355
60.	COELHO Alex Baptista	03	CLIP	31.41	25m	03-11-19	Bolzano (ITA)	354
61.	SOLODYUK Micael Kovalchuk	03	CNVA	31.57	25m	17-11-19	Viseu	348
62.	MESTRE Afonso Gomes	03	LDC	31.58	25m	11-01-20	Quarteira	348
63.	FARIA Hugo Miguel	03	CAFBDP	31.69	25m	07-03-20	Ponta Delgada	344
64.	COSTA Alexandre Afonso	03	LDC	31.79	25m	02-11-19	Lagoa	341
65.	JORGE Tiago Miguel	03	CNRM	31.84	25m	15-02-20	Torres Novas	339
66.	RENDEIRO Miguel Vargas	03	NSIT	32.34	25m	16-11-19	Angra do Heroísmo	324
66.	RODRIGUES Jose Pedro	03	GCVR	32.34	25m	07-03-20	Mirandela	324
68.	YURCHUK Artur	03	NBM	32.35	25m	20-10-19	Condeixa	324
69.	ORMONDE Tomas Andrade	03	CNPV	32.76	25m	07-03-20	Ponta Delgada	312
70.	BATUCA Joao Maria	03	VNC	32.91	25m	24-11-19	Braga	307
71.	GRILO Miguel Santos	03	AMINATA	32.94	25m	19-01-20	Montemor-o-Novo	306
72.	MATIAS Rafael Candeias	03	CNLGOS	33.07	25m	11-01-20	Quarteira	303
73.	DIOGO Vasco Nunes	03	CNFA	33.10	25m	20-10-19	Quarteira	302
74.	FERREIRA Hugo Valenca	03	EDV	33.12	25m	08-03-20	Braga	301
75.	SOUSA Hugo Eduardo	03	ACRZA	33.46	25m	19-01-20	Montemor-o-Novo	292
76.	CARVALHO Nuno Alexandre	03	LAGAC	33.91	25m	24-11-19	Lagos	281
77.	RODRIGUES Henrique Rocha	03	SCA	34.16	25m	02-02-20	Viseu	275
78.	VAZ Luis Vicente	03	SCE	34.24	25m	18-01-20	Mealhada	273
79.	RODRIGUES Renato Correia	03	JACL	34.35	25m	22-11-19	Funchal	270
80.	DIAS Jose Miguel	03	CRIRA	34.47	25m	17-11-19	Odemira	267
81.	RODRIGUES Marco Filipe	03	EDV	34.51	25m	08-03-20	Braga	266
82.	PEREIRA Rodrigo Sousa	03	CNH	34.61	25m	21-11-20	Horta	264
83.	CAMACHO Joao Simao	03	CDN	34.76	25m	21-12-19	Funchal	261
84.	AGOSTINHO Iuri Aragonéz	03	CNP	35.06	25m	26-01-20	Campo Maior	254
85.	FREIRE Rui Miguel	03	NFDCA	35.36	25m	17-10-20	Caldas da Rainha	248
86.	VENTURA Bernardo Jorge	03	AAC	35.66	25m	15-02-20	Torres Novas	241
87.	OLIVEIRA Manuel Luis	03	CNTEJO	36.42	25m	24-10-20	Tomar	227
88.	ALMEIDA Fabio Gomes	03	CNG	36.63	25m	24-10-20	Sertã	223
89.	NEVES Antonio Correia	03	NDCO	36.78	25m	19-01-20	Montemor-o-Novo	220
89.	VICTAL Tomas Antonio	03	AVQA	36.78	25m	24-10-20	Tomar	220
91.	ZEMLIANKO Arsenio	03	NDAP	37.22	25m	23-11-19	Caldas da Rainha	212
92.	GONCALVES Gabriel Simao	03	ENB	37.39	25m	07-03-20	Mirandela	209
93.	RAPOSO Luis Pedro	03	CNBE	37.51	25m	17-10-20	Lagos	207
94.	PEREIRA Afonso Fonseca	03	CNG	38.63	25m	08-05-21	Guarda	190
95.	SILVA Diogo Barros	03	PIMP	38.81	25m	20-10-19	Óbidos	187
96.	LUIS Francisco Sousa	03	CDN	38.89	25m	22-11-19	Funchal	186
97.	RAFEIRO Pedro Marques	03	CAPGE	39.04	25m	25-04-21	Gafanha da Nazaré	184
98.	TSURSKIY Yegor	03	BUZIOS	39.87	25m	19-01-20	Entroncamento	173

50 Costas (desde 99)

99. KOVAL Igor	03	CDN	40.18	25m	18-07-20	Funchal	169
100. PACHECO Dercio Sampaio	03	CDEAP	44.31	25m	21-11-20	Ribeira Grande	126

100 Costas

1. CASTRO Duarte Monteiro	03	FCP	56.24	25m	15-11-20	Mealhada	656
2. GOMES Tomas Nogueira	03	SFUAP	56.74	25m	15-11-20	Leiria	639
3. FERNANDES Rui Afonso	03	CDN	57.39	25m	14-12-19	Leiria	617
4. VAKULYUK Paulo	03	CNTN	58.43	25m	09-11-19	Albufeira	585
5. SILVA Ricardo Lopes	03	DNMG	58.74	25m	14-12-19	Leiria	576
6. SANTOS Miguel Alexandre	03	CNOL	58.87	25m	10-04-21	Felgueiras	572
7. FERREIRA Bernardo Felgueiras	03	CNCE	59.56	25m	22-12-19	Felgueiras	552
8. PEREIRA Antonio Sousa	03	AHBE	59.64	25m	22-12-19	Felgueiras	550
9. RODRIGUES Tiago Moura	03	CLIP	59.71	25m	22-12-19	Felgueiras	548
10. GOMES Goncalo Camara	03	CNF	59.84	25m	08-03-20	Funchal	545
11. COUTINHO Guilherme Pereira	03	VS	59.95	25m	06-03-20	Santarém	542
12. DIAS Tiago Miguel	03	CNLX	59.96	25m	22-12-19	Felgueiras	541
13. FLORES Jesus Galindo	03	LDC	1:00.16	25m	25-10-20	Olhão	536
14. RELVAS David Ferreira	03	DNMG	1:00.77	25m	08-11-20	Leiria	520
15. IACHIMOVSKI Nicolae	03	CFB	1:01.21	25m	22-11-19	Algés	509
16. GOMES Pedro Pires	03	CFB	1:01.54	25m	10-04-21	Felgueiras	501
17. MARQUES Andre Costa	03	GDNFAMA	1:01.61	25m	20-12-19	Felgueiras	499
18. FREIRE Bernardo Araujo	03	SAD	1:01.64	25m	20-12-19	Felgueiras	498
19. LEAL Dinis Barros	03	CAP	1:01.66	25m	24-11-19	Felgueiras	498
20. OLIVEIRA Daniel Valente	03	SCA	1:01.97	25m	01-02-20	Viseu	490
21. MATRENO Diogo Miguel	03	CNTN	1:02.13	25m	14-12-19	Leiria	486
22. COUTINHO David Valdagua	03	CUC	1:02.14	25m	23-12-20	Coimbra	486
23. VALENTE Goncalo Filipe	03	GESL	1:02.37	25m	16-02-20	Sto Antonio dos Cavaleiros	481
24. CARVALHO Manuel Vanigli	03	CNN	1:02.50	25m	01-05-21	Lisboa	478
25. FERREIRA Ricardo Martins	03	AONDA	1:02.54	25m	20-12-19	Felgueiras	477
26. CRISTOVAO Goncalo Magalhães	03	VS	1:02.57	25m	06-03-20	Santarém	476
27. CARDOSO Joao Francisco	03	SCA	1:02.61	25m	30-11-19	Sines	475
28. SANTOS Joao Pedro	03	CAFBDP	1:02.68	25m	30-11-19	Sines	474
29. SANTOS Andre Cardoso	03	AVFC	1:03.00	25m	16-11-19	Viseu	467
29. SIMOES Manuel Baptista	03	INDANC	1:03.00	25m	20-06-21	Coimbra	467
31. LOPES Luis Afonso	03	VS	1:03.11	25m	06-03-20	Santarém	464
32. COLACO Joao Maria	03	SCP	1:03.23	25m	22-11-19	Algés	461
33. CASCALHEIRA Joao Miguel	03	CNS	1:03.28	25m	15-05-21	Alcabideche	460
34. SOUSA Diogo Nunes	03	VSC	1:03.39	25m	24-11-19	Felgueiras	458
35. SANTANA Pedro Maria	03	CNTN	1:03.60	25m	06-03-20	Santarém	453
36. CARVALHO Tiago Fonseca	03	CNPO	1:03.63	25m	08-05-21	Pacos de Ferreira	453
37. CARVALHO Fernando Costa	03	FOCA	1:03.85	25m	11-01-20	Aguas Santas	448
38. COSTA Afonso Filipe	03	CNNZ	1:03.88	25m	25-01-20	Alcobaça	448
39. SA Joao Luis	03	CFP	1:03.93	25m	14-12-19	Leiria	446
40. CAROCO Dinis Viola	03	SCP	1:03.98	25m	15-05-21	Condeixa-a-Nova	445
41. SANTOS Roberto Pinho	03	AEJ	1:04.10	25m	16-11-19	Viseu	443
42. SILVA Pedro Fale	03	ACMN	1:04.29	25m	29-02-20	Coruche	439
43. MARTINS Henrique Antonio	03	CNTEJO	1:04.67	25m	15-02-20	Torres Novas	431
44. FERREIRA Tomas Soares	03	CDE	1:04.69	25m	11-01-20	Aguas Santas	431
45. SILVA Guilherme Tomas	03	CDCA	1:04.82	25m	30-11-19	Sines	428
46. FERREIRA Paulo Sergio	03	CNNZ	1:05.13	25m	24-11-19	Caldas da Rainha	422
47. SANTOS Rafael Pinto	03	CDF	1:05.49	25m	17-11-19	Viseu	415
48. MACHADO Martim Miranda	03	CUC	1:05.65	25m	18-10-20	Coimbra	412

100 Costas (desde 49)

49.	OLIVEIRA Jose Miguel	03	CNS	1:05.67	25m	26-10-19	Lagos	412
50.	COELHO Bruno Teixeira	03	CNG	1:05.75	25m	06-03-20	Ponte de Sor	410
51.	TOME Diogo Bernardo	03	CNSM	1:05.91	25m	23-11-19	Tomar	407
52.	ARAUJO Jose Miguel	03	VSC	1:05.92	25m	24-11-19	Felgueiras	407
53.	COELHO Joao Salvador	03	CRASTO	1:05.96	25m	26-10-19	Lagos	406
54.	FELICIO Tomas Miguel	03	CNRM	1:05.97	25m	14-12-19	Leiria	406
55.	SILVA Duarte Filipe	03	BUZIOS	1:06.35	25m	07-11-20	Guarda	399
56.	AFONSO Francisco Lopes	03	GCVR	1:06.36	25m	07-03-20	Mirandela	399
57.	CRISTINO Guilherme Matias	03	SFUAP	1:06.47	25m	17-11-19	Cova da Piedade	397
58.	COELHO Alex Baptista	03	CLIP	1:06.51	25m	24-11-19	Felgueiras	396
59.	NUNES Hugo Fernandes	03	CNG	1:06.54	25m	06-03-20	Ponte de Sor	396
60.	PEREIRA Lucas Medeiros	03	SCB	1:06.58	25m	07-03-20	Braga	395
61.	VIDAL Joao Pedro	03	IDV	1:06.65	25m	23-02-20	Pombal	394
62.	SILVA Jason Coutinho	03	GDNFAMA	1:06.66	25m	24-11-19	Felgueiras	394
63.	VASS Erik Norbert	03	CNRM	1:06.72	25m	06-03-20	Santarém	393
64.	DIAS Ruben Fonseca	03	CNV	1:06.73	25m	10-04-21	Felgueiras	393
65.	FARIA Hugo Miguel	03	CAFBDP	1:06.84	25m	26-10-19	Ponta Delgada	391
66.	GOMES Goncalo Andre	03	FBSC	1:07.10	25m	19-10-19	Condeixa	386
67.	PEREIRA Daniel Santos	03	CNV	1:07.13	25m	24-11-19	Felgueiras	386
68.	BULHOSA Silvio Miguel	03	AEJ	1:07.38	25m	16-11-19	Viseu	381
69.	BATUCA Joao Maria	03	VNC	1:07.82	25m	07-03-20	Braga	374
70.	CARREIRA Ruben Filipe	03	CNRM	1:07.86	25m	06-03-20	Santarém	373
71.	SOLODYUK Micael Kovalchuk	03	CNVA	1:08.02	25m	26-10-19	Lagos	371
72.	GAMEIRO David Almeida	03	NDAP	1:08.33	25m	08-11-20	Leiria	366
73.	ALMEIDA Goncalo Vieira	03	SFUAP	1:08.37	25m	17-11-19	Cova da Piedade	365
74.	DURAES Diogo Miguel	03	CNMJ	1:08.49	25m	02-02-20	Montemor-o-Novo	363
75.	YURCHUK Artur	03	NBM	1:08.70	25m	13-10-19	Mealhada	360
76.	MATOS Pedro Miguel	03	CNCVG	1:08.71	25m	22-11-19	Algés	360
77.	ENGELEN Dario	03	LDC	1:08.73	25m	22-02-20	Lagos	359
78.	COSTA Alexandre Afonso	03	LDC	1:08.97	25m	20-10-19	Quarteira	355
79.	RENDEIRO Miguel Vargas	03	NSIT	1:09.33	25m	16-11-19	Angra do Heroísmo	350
80.	ALVES Rui Chagas	03	VS	1:09.39	25m	20-10-19	Torres Novas	349
81.	LOPES Pedro Henrique	03	CDSR	1:09.58	25m	15-11-19	Funchal	346
82.	ARAUJO Pedro Rodrigues	03	ADPB	1:09.69	25m	22-12-19	Ponte da Barca	345
83.	OLIVEIRA Vitor Teixeira	03	SCC	1:09.77	25m	19-10-19	Condeixa	343
84.	GOMES Bruno Ferreira	03	CDF	1:09.79	25m	13-10-19	Mealhada	343
85.	RIBEIRO Vitor Hugo	03	LSXXI	1:09.97	25m	08-05-21	Pacos de Ferreira	340
86.	RODRIGUES Jose Pedro	03	GCVR	1:10.36	25m	20-10-19	Vila Real	335
87.	FERREIRA Hugo Valenca	03	EDV	1:10.40	25m	23-11-19	Braga	334
88.	PEGADO Luis Maia	03	EULX	1:10.63	25m	01-11-19	Setúbal	331
89.	VIEIRA Emanuel Eloi	03	CDSR	1:10.72	25m	08-05-21	Funchal	330
90.	DUARTE Pedro Esteves	03	CDCP	1:11.26	25m	23-02-20	Pombal	322
91.	FARIA Joao Pedro	03	CNF	1:11.49	25m	26-10-19	Funchal	319
92.	ANDRADE Mario Luis	03	CNP	1:11.60	25m	26-01-20	Campo Maior	318
93.	ASCENSO Daniel Alexandre	03	GESL	1:11.65	25m	17-11-19	Cova da Piedade	317
94.	ORMONDE Tomas Andrade	03	CNPV	1:11.69	25m	08-03-20	Ponta Delgada	316
95.	RODRIGUES Renato Correia	03	JACL	1:11.70	25m	18-10-20	Funchal	316
96.	GRILO Miguel Santos	03	AMINATA	1:11.82	25m	06-03-20	Ponte de Sor	315
97.	BESSA Flavio Rafael	03	LSXXI	1:11.91	25m	24-11-19	Felgueiras	314
98.	PEREIRA Rodrigo Sousa	03	CNH	1:12.18	25m	08-05-21	Horta	310
99.	JORGE Tiago Miguel	03	CNRM	1:12.23	25m	20-10-19	Torres Novas	309
100.	AGOSTINHO Iuri Aragonéz	03	CNP	1:12.46	25m	16-11-19	Castelo Branco	306

200 Costas

1.	CASTRO Duarte Monteiro	03	FCP	2:01.47	25m	11-04-21	Felgueiras	657
2.	FERNANDES Rui Afonso	03	CDN	2:03.83	25m	25-07-20	Funchal	620
3.	GOMES Tomas Nogueira	03	SFUAP	2:03.94	25m	15-11-20	Leiria	619
4.	SILVA Ricardo Lopes	03	DNMG	2:08.28	25m	15-12-19	Leiria	558
5.	RODRIGUES Tiago Moura	03	CLIPTEAM	2:08.63	25m	15-11-20	Mealhada	553
6.	PEREIRA Antonio Sousa	03	AHBE	2:09.51	25m	20-12-19	Felgueiras	542
7.	MARQUES Andre Costa	03	GDNFAMA	2:11.06	25m	20-12-19	Felgueiras	523
8.	DIAS Tiago Miguel	03	CNLX	2:11.20	25m	30-11-19	Sines	521
9.	SANTOS Miguel Alexandre	03	CNOL	2:11.38	25m	11-04-21	Felgueiras	519
10.	COUTINHO Guilherme Pereira	03	VS	2:11.41	25m	20-12-19	Felgueiras	519
11.	GOMES Goncalo Camara	03	CNF	2:11.61	25m	15-12-19	Leiria	517
12.	RELVAS David Ferreira	03	DNMG	2:11.68	25m	12-06-21	Nazaré	516
13.	FERREIRA Bernardo Felgueiras	03	CNCE	2:11.89	25m	15-05-21	Condeixa-a-Nova	513
14.	GOMES Pedro Pires	03	CFB	2:13.07	25m	11-04-21	Felgueiras	500
15.	VAKULYUK Paulo	03	CNTN	2:13.28	25m	24-11-19	Tomar	497
16.	SANTOS Andre Cardoso	03	AVFC	2:13.30	25m	30-11-19	Sines	497
17.	VALENTE Goncalo Filipe	03	GESL	2:13.62	25m	16-02-20	Sto Antonio dos Cavaleiros	494
18.	CARVALHO Manuel Vanigli	03	CNN	2:15.30	25m	02-05-21	Lisboa	475
19.	IACHIMOVSKI Nicolae	03	CFB	2:15.82	25m	22-11-19	Algés	470
20.	MATRENO Diogo Miguel	03	CNTN	2:16.18	25m	15-12-19	Leiria	466
21.	CRISTOVAO Goncalo Magalhães	03	VS	2:16.21	25m	08-03-20	Santarém	466
22.	COUTINHO David Valdagua	03	CUC	2:16.27	25m	01-02-20	Coimbra	465
23.	LOPES Luis Afonso	03	VS	2:16.77	25m	24-11-19	Tomar	460
24.	CAROCO Dinis Viola	03	SCP	2:16.99	25m	16-05-21	Alvalade	458
25.	FERREIRA Ricardo Martins	03	AONDA	2:17.18	25m	22-11-19	Algés	456
26.	OLIVEIRA Daniel Valente	03	SCA	2:17.20	25m	01-02-20	Viseu	456
26.	MARTYN David	03	BSCN	2:17.20	25m	09-05-21	Alcobaça	456
28.	CARVALHO Fernando Costa	03	FOCA	2:17.34	25m	13-10-19	Pacos de Ferreira	454
29.	MACHADO Martim Miranda	03	INDANC	2:17.81	25m	19-06-21	Coimbra	450
30.	FELICIO Tomas Miguel	03	CNRM	2:18.30	25m	24-11-19	Tomar	445
31.	SA Joao Luis	03	CFP	2:18.44	25m	09-05-21	Pacos de Ferreira	444
32.	CARDOSO Joao Francisco	03	SCA	2:18.46	25m	16-11-19	Viseu	444
33.	CARVALHO Tiago Fonseca	03	CNPO	2:18.72	25m	30-11-19	Sines	441
34.	SOUSA Diogo Nunes	03	VSC	2:18.85	25m	22-11-19	Felgueiras	440
35.	SANTOS Joao Pedro	03	CAFBDP	2:19.30	25m	17-10-20	Ponta Delgada	436
36.	ARAUJO Joao Guilherme	03	CNMAIA	2:19.37	25m	13-10-19	Pacos de Ferreira	435
37.	SANTOS Roberto Pinho	03	AEJ	2:19.83	25m	01-02-20	Viseu	431
38.	TOME Diogo Bernardo	03	CNSM	2:19.89	25m	24-11-19	Tomar	430
39.	FARDILHA Manuel Cruz	03	CGA	2:20.17	25m	12-10-19	Mealhada	427
40.	DIAS Rodrigo Reis	03	CFB	2:20.21	25m	09-05-21	Alcobaça	427
41.	SANTANA Pedro Maria	03	CNTN	2:20.37	25m	24-11-19	Tomar	426
42.	GOMES Goncalo Andre	03	FBSC	2:21.18	25m	01-11-19	Condeixa	418
43.	SILVA Duarte Filipe	03	BUZIOS	2:21.30	25m	24-11-19	Tomar	417
44.	CORREIA Pedro Henriques	03	SLB	2:21.38	25m	22-11-19	Algés	417
45.	SANTOS Rafael Pinto	03	CDF	2:21.40	25m	16-11-19	Viseu	416
46.	FREIRE Bernardo Araujo	03	SAD	2:21.79	25m	22-11-19	Algés	413
47.	COELHO Bruno Teixeira	03	CNG	2:22.01	25m	07-03-20	Ponte de Sor	411
48.	MARTINS Henrique Antonio	03	CNTEJO	2:22.16	25m	24-11-19	Tomar	410
49.	DIAS Ruben Fonseca	03	CNV	2:22.27	25m	13-10-19	Pacos de Ferreira	409
50.	SILVA Guilherme Tomas	03	CDCA	2:22.70	25m	30-11-19	Sines	405
51.	OLIVEIRA Jose Miguel	03	CNS	2:22.95	25m	26-10-19	Lagos	403
52.	FERREIRA Paulo Sergio	03	CNNZ	2:22.98	25m	08-11-20	Leiria	403
53.	COSTA Afonso Filipe	03	CNNZ	2:23.36	25m	11-01-20	Nazaré	400

200 Costas (desde 54)

54.	COELHO Joao Salvador	03	CRASTO	2:24.09	25m	26-10-19	Lagos	393
55.	ARAUJO Jose Miguel	03	VSC	2:24.25	25m	22-11-19	Felgueiras	392
56.	SILVA Pedro Fale	03	ACMN	2:24.35	25m	20-10-19	Évora	391
57.	AFONSO Francisco Lopes	03	GCVR	2:24.52	25m	08-03-20	Mirandela	390
58.	FARIA Hugo Miguel	03	CAFBDP	2:25.00	25m	26-10-19	Ponta Delgada	386
59.	PEGADO Luis Maia	03	EULX	2:25.54	25m	22-11-19	Algés	382
60.	CARRASCO Joao Pedro	03	PORTIN	2:25.91	25m	17-10-20	Lagos	379
61.	VIDAL Joao Pedro	03	IDV	2:26.70	25m	23-02-20	Pombal	373
62.	FERREIRA Hugo Valenca	03	EDV	2:27.06	25m	22-11-19	Braga	370
63.	BULHOSA Silvio Miguel	03	AEJ	2:27.82	25m	13-06-21	Viseu	364
64.	SOLODYUK Micael Kovalchuk	03	CNVA	2:28.52	25m	01-02-20	Viseu	359
65.	CARREIRA Ruben Filipe	03	CNRM	2:28.53	25m	08-03-20	Santarém	359
66.	GAMEIRO David Almeida	03	NDAP	2:28.94	25m	08-11-20	Leiria	356
67.	SA Rafael Domingues	03	CNVA	2:29.99	25m	01-02-20	Viseu	349
68.	MESTRE Afonso Gomes	03	LDC	2:31.16	25m	17-10-20	Lagos	341
69.	COSTA Alexandre Afonso	03	LDC	2:32.73	25m	10-11-19	Albufeira	330
70.	LOURENCO Goncalo Pires	03	FBSC	2:33.01	25m	01-11-19	Condeixa	329
71.	ENGELEN Dario	03	LDC	2:33.88	25m	23-02-20	Lagos	323
72.	SILVA Rui Pedro	03	CFP	2:35.04	25m	13-10-19	Pacos de Ferreira	316
73.	MATOS Pedro Miguel	03	CNCVG	2:35.72	25m	22-11-19	Algés	312
74.	BATUCA Joao Maria	03	VNC	2:36.12	25m	22-11-19	Braga	309
75.	GRILO Miguel Santos	03	AMINATA	2:36.18	25m	16-11-19	Odemira	309
76.	NUNES Hugo Fernandes	03	CNG	2:36.28	25m	17-11-19	Castelo Branco	308
77.	ALVES David Carlos	03	CAFBDP	2:37.63	25m	12-10-19	Ponta Delgada	300
78.	CARVALHO Nuno Alexandre	03	LAGAC	2:40.27	25m	01-02-20	Albufeira	286
79.	MELIM Bruno Pontes	03	JACL	2:40.73	25m	25-07-20	Funchal	283
80.	ORMONDE Tomas Andrade	03	CNPV	2:41.00	25m	07-03-20	Ponta Delgada	282
81.	RENDEIRO Miguel Vargas	03	NSIT	2:41.54	25m	16-02-20	Praia da Vitória	279
82.	CARVALHO Ricardo Martins	03	FBSC	2:41.72	25m	01-02-20	Coimbra	278
83.	VIEIRA Emanuel Eloi	03	CDSR	2:41.99	25m	24-11-19	Funchal	277
84.	PEREIRA Joao Guilherme	03	AMAMB	2:44.65	25m	18-01-20	Barcelos	264
85.	PEREIRA Rodrigo Sousa	03	CNH	2:44.97	25m	18-01-20	Horta	262
86.	DIAS Jose Miguel	03	CRIRA	2:45.60	25m	16-11-19	Odemira	259
87.	AGOSTINHO Iuri Aragonex	03	CNP	2:45.84	25m	26-01-20	Campo Maior	258
88.	FREIRE Rui Miguel	03	NFDCA	2:46.20	25m	17-10-20	Caldas da Rainha	256
89.	VICTAL Tomas Antonio	03	AVQA	2:50.48	25m	08-03-20	Santarém	237
90.	SILVA Diogo Barros	03	PIMP	2:52.94	25m	23-11-19	Caldas da Rainha	227
91.	ZEMLIANKO Arsenio	03	NDAP	2:53.19	25m	12-06-21	Nazaré	226

50 Bruços

1.	JUNIOR Luis Cabral	03	CFB	29.02	25m	22-12-19	Felgueiras	658
2.	PEREIRA Ricardo Samuel	03	SLB	29.17	25m	22-12-19	Felgueiras	648
3.	LOPES Luis Afonso	03	VS	30.15	25m	22-12-19	Felgueiras	587
4.	MATIAS Rafael Candeias	03	CNLGOS	30.23	25m	07-11-20	Lagos	582
5.	CARVALHO Renato Miguel	03	CGA	30.53	25m	22-12-19	Felgueiras	565
6.	AFONSO Francisco Lopes	03	GCVR	30.80	25m	08-05-21	Peso da Régua	550
7.	MATOS Joao Luis	03	CNCVG	31.07	25m	22-12-19	Felgueiras	536
8.	BRAS Alexandre Miguel	03	CPSPA	31.19	25m	24-11-19	Coimbra	530
9.	NETO Rodrigo Jorge	03	CAP	31.25	25m	09-05-21	Pacos de Ferreira	527
10.	FAIA Mateus Costa	03	GDNFAMA	31.26	25m	11-04-21	Felgueiras	527
11.	RODRIGUES Tiago Moura	03	CLIP	31.36	25m	19-01-20	Entroncamento	521
12.	CASCALHEIRA Joao Miguel	03	CNS	31.49	25m	26-01-20	Campo Maior	515

50 Bruços (desde 13)

13.	LEITAO Tomas Almeida	03	SAD	31.51	25m	23-11-19	Algés	514
14.	SILVA Rui Pedro	03	CFP	31.62	25m	11-04-21	Felgueiras	509
15.	PEREIRA Diogo Guimaraes	03	VSC	31.67	25m	09-05-21	Pacos de Ferreira	506
16.	SANTANA Pedro Maria	03	CNTN	31.68	25m	15-05-21	Abrantes	506
17.	ENGELEN Dario	03	LDC	31.69	25m	12-01-20	Quarteira	505
18.	MENDES Ricardo Ferreira	03	CCLAMAS	31.85	25m	24-11-19	Felgueiras	498
19.	CASTRO Helder Ribeiro	03	VSC	32.14	25m	09-05-21	Pacos de Ferreira	484
20.	RELVAS David Ferreira	03	DNMG	32.19	25m	24-11-19	Caldas da Rainha	482
21.	PINHO Gabriel Alexandre	03	CDF	32.21	25m	18-01-20	Mealhada	481
22.	MATOS Rodrigo Vieira	03	CNF	32.46	25m	07-03-20	Funchal	470
23.	OSSENBRUGGEN David Van	03	SFUAP	32.50	25m	23-11-19	Algés	468
24.	CARRASCO Joao Pedro	03	PORTIN	32.66	25m	07-11-20	Lagos	462
25.	SANTOS Roberto Pinho	03	AEJ	32.85	25m	25-10-20	Mealhada	454
26.	SANTOS Andre Cardoso	03	AVFC	32.94	25m	18-01-20	Mealhada	450
27.	SILVA Jason Coutinho	03	GDNFAMA	32.98	25m	09-05-21	Pacos de Ferreira	448
28.	CRISTINA Joao Martins	03	LDC	33.11	25m	23-11-19	Lagos	443
29.	DURAES Diogo Miguel	03	CNMJ	33.13	25m	09-05-21	Sto António Cavaleiros	442
30.	LOUREIRO Tiago Represas	03	CNLX	33.18	25m	23-11-19	Algés	440
30.	PAIVA Andre Ferreira	03	CDF	33.18	25m	25-10-20	Mealhada	440
32.	COLACO Joao Maria	03	SCP	33.26	25m	23-11-19	Algés	437
33.	CARNEIRO Andre Martins	03	CAP	33.30	25m	24-11-19	Felgueiras	435
34.	LOPES Pedro Henrique	03	CDSR	33.34	25m	07-03-20	Funchal	434
35.	SIMOES Manuel Baptista	03	CUC	33.36	25m	24-11-19	Coimbra	433
36.	COSTA Hugo Alexandre	03	CNV	33.38	25m	24-11-19	Felgueiras	432
37.	FARIA Hugo Miguel	03	CAFBDP	33.58	25m	09-04-21	Praia da Vitória	425
38.	FERREIRA Tomas Soares	03	CDE	33.74	25m	17-11-19	Viseu	419
39.	FIGUEROA PEREZ-MARIN Ser	03	CNGUA	33.75	25m	12-01-20	Quarteira	418
40.	RENDEIRO Miguel Vargas	03	NSIT	34.01	25m	09-04-21	Praia da Vitória	409
41.	ARAUJO Pedro Rodrigues	03	ADPB	34.22	25m	06-03-20	Braga	401
42.	BULHOSA Silvio Miguel	03	AEJ	34.30	25m	01-02-20	Viseu	398
43.	NASCIMENTO Filipe Andalecio	03	CNLA	34.37	25m	14-12-19	Portimão	396
44.	FELICIO Tomas Miguel	03	CNRM	34.40	25m	07-03-20	Santarém	395
45.	PEREIRA Henrique Saraiva	03	PORTIN	34.52	25m	14-12-19	Portimão	391
46.	GERALDO Ricardo Filipe	03	SCMI	34.67	25m	08-03-20	Mirandela	386
47.	SANTOS Miguel Alexandre	03	CNOL	34.70	25m	12-01-20	Quarteira	385
48.	ANTUNES Jose Joao	03	FCF	34.85	25m	24-10-20	Olhão	380
49.	CARNEIRO Joao Torres	03	GDNFAMA	34.93	25m	24-11-19	Felgueiras	377
50.	GRILO Miguel Santos	03	AMINATA	34.97	25m	19-01-20	Montemor-o-Novo	376
51.	NEVES Antonio Correia	03	NDCO	35.27	25m	08-03-20	Ponte de Sor	366
52.	SANTOS Joao Pedro	03	CAFBDP	35.70	25m	21-11-20	Ribeira Grande	353
53.	PEREIRA Igor Branco	03	CRASTO	35.80	25m	17-11-19	Viseu	350
54.	ABREU Nuno Afonso	03	CNF	35.81	25m	18-10-20	Funchal	350
55.	NUNES Hugo Fernandes	03	CNG	35.89	25m	24-10-20	Sertã	348
56.	RODRIGUES Henrique Rocha	03	SCA	35.92	25m	12-10-19	Mealhada	347
57.	YURCHUK Artur	03	NBM	36.09	25m	13-06-21	Viseu	342
58.	CARDOSO Guilherme Dias	03	FCF	36.26	25m	12-01-20	Quarteira	337
58.	VIEIRA Emanuel Eloi	03	CDSR	36.26	25m	18-07-20	Funchal	337
60.	FERREIRA Paulo Sergio	03	CNNZ	36.35	25m	23-05-21	Alcobaça	335
61.	AGOSTINHO Iuri Aragonex	03	CNP	36.36	25m	08-03-20	Ponte de Sor	334
62.	RIBEIRO Rodrigo Estima	03	CSAAXXI	36.47	25m	18-01-20	Mealhada	331
63.	COSTA Alexandre Afonso	03	LDC	36.50	25m	12-01-20	Quarteira	331
64.	ALMEIDA Fabio Gomes	03	CNG	36.60	25m	17-11-19	Castelo Branco	328
65.	VAZ Luis Vicente	03	SCE	36.67	25m	13-06-21	Viseu	326

50 Bruços (desde 66)

66.	LUIS Francisco Sousa	03	CDN	36.68	25m	07-03-20	Funchal	326
67.	MESTRE Afonso Gomes	03	LDC	36.79	25m	12-01-20	Quarteira	323
68.	CONCEICAO Hugo Pacheco	03	LAGAC	36.96	25m	12-01-20	Quarteira	318
69.	RODRIGUES Jose Pedro	03	GCVR	36.98	25m	08-03-20	Mirandela	318
70.	CUNHA Martim Abrantes	03	CDCA	37.06	25m	01-02-20	Viseu	316
71.	RAFEIRO Pedro Marques	03	CAPGE	37.17	25m	13-06-21	Viseu	313
72.	PEREIRA Diogo Alexandre	03	CNV	37.44	25m	24-11-19	Felgueiras	306
72.	FARIA Joao Pedro	03	CNF	37.44	25m	24-11-19	Funchal	306
74.	SOARES Francisco Rafael	03	PIMP	37.77	25m	18-10-20	Caldas da Rainha	298
75.	CARVALHO Nuno Alexandre	03	ACS	37.83	25m	16-05-21	Lagos	297
76.	SOUSA Hugo Eduardo	03	ACRZA	38.25	25m	19-01-20	Montemor-o-Novo	287
77.	COELHO Bruno Teixeira	03	CNG	38.53	25m	08-05-21	Guarda	281
78.	MELIM Bruno Pontes	03	JACL	38.60	25m	18-10-20	Funchal	279
79.	OLIVEIRA Manuel Luis	03	CNTEJO	38.95	25m	07-03-20	Santarém	272
79.	CASTRO Guilherme Peres	03	CNG	38.95	25m	08-05-21	Guarda	272
81.	PEREIRA Rodrigo Sousa	03	CNH	39.11	25m	21-11-20	Horta	269
82.	PEREIRA Joao Guilherme	03	AMAMB	39.25	25m	06-03-20	Braga	266
83.	DIOGO Vasco Nunes	03	CNFA	39.70	25m	20-10-19	Quarteira	257
84.	RAPOSO Luis Pedro	03	CNBE	41.02	25m	07-11-20	Lagos	233
85.	VENTURA Bernardo Jorge	03	AAC	41.07	25m	15-02-20	Torres Novas	232
86.	PAULETA Miguel Angelo	03	CNP	42.58	25m	17-11-19	Castelo Branco	208
87.	ORMONDE Tomas Andrade	03	CNPV	43.51	25m	16-11-19	Angra do Heroísmo	195
88.	REIS Tiago Neto	03	CSAAXXI	43.78	25m	01-02-20	Viseu	191
89.	COSTA Duarte Miguel	03	CAUN	44.20	25m	19-01-20	Entroncamento	186
90.	COELHO Joao Pedro	03	FS	45.01	25m	26-01-20	Campo Maior	176
91.	GONCALVES Gabriel Simao	03	ENB	46.16	25m	24-11-19	Bragança	163
92.	KOVAL Igor	03	CDN	49.60	25m	18-07-20	Funchal	131

100 Bruços

1.	PEREIRA Ricardo Samuel	03	SLB	1:03.68	25m	20-12-19	Felgueiras	665
2.	JUNIOR Luis Cabral	03	CFB	1:04.53	25m	20-12-19	Felgueiras	639
3.	CARNEIRO Joao Soares	03	SLB	1:04.65	25m	20-12-19	Felgueiras	636
4.	LOPES Luis Afonso	03	VS	1:04.69	25m	15-11-20	Leiria	635
5.	MATIAS Rafael Candeias	03	CNLGOS	1:05.50	25m	20-12-19	Felgueiras	611
6.	CARVALHO Renato Miguel	03	CGA	1:07.15	25m	13-03-21	Aveiro	567
7.	AFONSO Francisco Lopes	03	GCVR	1:07.18	25m	15-11-20	Mealhada	567
8.	NETO Rodrigo Jorge	03	CAP	1:07.77	25m	10-04-21	Felgueiras	552
9.	LEITAO Tomas Almeida	03	SAD	1:07.84	25m	22-11-19	Algés	550
10.	PEREIRA Diogo Guimaraes	03	VSC	1:07.90	25m	08-05-21	Pacos de Ferreira	549
11.	BRAS Alexandre Miguel	03	CPSPA	1:08.16	25m	23-11-19	Coimbra	543
12.	FAIA Mateus Costa	03	GDNFAMA	1:08.28	25m	10-04-21	Felgueiras	540
13.	SANTANA Pedro Maria	03	CNTN	1:08.56	25m	16-05-21	Abrantes	533
14.	OSSENBRUGGEN David Van	03	SFUAP	1:08.85	25m	15-11-20	Leiria	526
15.	SILVA Rui Pedro	03	CFP	1:09.13	25m	08-05-21	Pacos de Ferreira	520
16.	ENGELEN Dario	03	LDC	1:09.24	25m	02-02-20	Albufeira	518
17.	MATOS Joao Luis	03	CNCVG	1:09.53	25m	22-11-19	Algés	511
18.	MATOS Rodrigo Vieira	03	CNF	1:09.63	25m	20-12-19	Felgueiras	509
19.	CRISTINO Guilherme Matias	03	SFUAP	1:09.81	25m	22-11-19	Algés	505
20.	MENDES Ricardo Ferreira	03	CCLAMAS	1:10.03	25m	23-11-19	Felgueiras	500
21.	SANTOS Roberto Pinho	03	AEJ	1:10.15	25m	30-11-19	Sines	498
22.	CARRASCO Joao Pedro	03	PORTIN	1:11.01	25m	17-10-20	Lagos	480
23.	PAIVA Andre Ferreira	03	CDF	1:11.07	25m	18-01-20	Mealhada	479

100 Bruços (desde 24)

24.	RELVAS David Ferreira	03	DNMG	1:11.14	25m	23-11-19	Caldas da Rainha	477
25.	CASTRO Helder Ribeiro	03	VSC	1:11.16	25m	23-11-19	Felgueiras	477
26.	CRISTINA Joao Martins	03	LDC	1:11.61	25m	22-02-20	Lagos	468
27.	FELICIO Tomas Miguel	03	CNRM	1:11.79	25m	06-03-20	Santarém	464
28.	CARNEIRO Andre Martins	03	CAP	1:11.87	25m	23-11-19	Felgueiras	463
29.	CASCALHEIRA Joao Miguel	03	CNS	1:12.00	25m	26-01-20	Campo Maior	460
30.	PINHO Gabriel Alexandre	03	CDF	1:12.20	25m	02-02-20	Viseu	456
31.	DURAES Diogo Miguel	03	CNMJ	1:12.30	25m	09-05-21	Sto António Cavaleiros	455
32.	LOPES Pedro Henrique	03	CDSR	1:12.49	25m	30-11-19	Sines	451
33.	SANTOS Andre Cardoso	03	AVFC	1:12.65	25m	13-10-19	Mealhada	448
34.	COLACO Joao Maria	03	SCP	1:12.68	25m	03-11-19	Lisboa	447
35.	FERNANDES Rui Afonso	03	CDN	1:12.83	25m	08-03-20	Funchal	445
36.	NUNES Hugo Fernandes	03	CNG	1:13.73	25m	23-11-19	Guarda	429
37.	PEREIRA Alexandre Alves	03	SCB	1:13.94	25m	19-01-20	Barcelos	425
38.	TEIXEIRA Joao Octavio	03	CGA	1:14.00	25m	13-10-19	Mealhada	424
39.	VIEIRA Emanuel Eloi	03	CDSR	1:14.11	25m	31-10-20	Funchal	422
40.	FERREIRA Hugo Valenca	03	EDV	1:14.46	25m	07-03-20	Braga	416
41.	FARIA Hugo Miguel	03	CAFBDP	1:14.81	25m	10-04-21	Praia da Vitória	410
42.	BULHOSA Silvio Miguel	03	AEJ	1:14.83	25m	16-11-19	Viseu	410
43.	LOUREIRO Tiago Represas	03	CNLX	1:14.85	25m	22-11-19	Algés	410
44.	GONCALVES Jorge Miguel	03	CGA	1:15.23	25m	24-04-21	Gafanha da Nazaré	403
45.	NASCIMENTO Filipe Andalecio	03	CNLA	1:15.44	25m	07-03-20	Ponte de Sor	400
46.	RENDEIRO Miguel Vargas	03	NSIT	1:15.80	25m	07-03-20	Ponta Delgada	394
47.	ALVES Rui Chagas	03	VS	1:15.83	25m	01-02-20	Ponte de Sor	394
48.	VAKULYUK Paulo	03	CNTN	1:15.86	25m	24-11-19	Tomar	393
49.	RIBEIRO Vitor Hugo	03	LSXXI	1:15.96	25m	08-05-21	Pacos de Ferreira	392
50.	CARNEIRO Joao Torres	03	GDNFAMA	1:16.11	25m	23-11-19	Felgueiras	390
51.	PEREIRA Igor Branco	03	CRASTO	1:16.33	25m	22-02-20	Mirandela	386
52.	ARAUJO Pedro Rodrigues	03	ADPB	1:16.44	25m	07-03-20	Braga	385
53.	AGUIAR Pedro Ferreira	03	CNF	1:16.50	25m	23-11-19	Funchal	384
54.	JORGE Tiago Miguel	03	CNRM	1:16.70	25m	06-03-20	Santarém	381
55.	NEVES Antonio Correia	03	NDCO	1:16.81	25m	07-03-20	Ponte de Sor	379
56.	MATOS Pedro Miguel	03	CNCVG	1:16.86	25m	22-11-19	Algés	378
57.	GRILO Miguel Santos	03	AMINATA	1:17.44	25m	07-11-20	Guarda	370
58.	SA Rafael Domingues	03	CNVA	1:18.02	25m	26-10-19	Lagos	362
59.	RODRIGUES Goncalo Miguel	03	AHBE	1:18.20	25m	01-02-20	Ponte de Sor	359
60.	VASS Erik Norbert	03	CNRM	1:18.35	25m	20-10-19	Torres Novas	357
61.	FREIRE Rui Miguel	03	NFDCA	1:18.40	25m	08-11-20	Leiria	356
62.	GERALDO Ricardo Filipe	03	SCMI	1:18.67	25m	20-10-19	Vila Real	353
63.	YURCHUK Artur	03	NBM	1:18.71	25m	24-10-20	Mealhada	352
64.	MESTRE Afonso Gomes	03	LDC	1:18.72	25m	17-10-20	Lagos	352
65.	SILVA Guilherme Tomas	03	CDCA	1:18.78	25m	02-02-20	Viseu	351
66.	AGOSTINHO Iuri Aragonéz	03	CNP	1:19.15	25m	01-02-20	Ponte de Sor	346
67.	FERREIRA Paulo Sergio	03	CNNZ	1:19.28	25m	11-01-20	Nazaré	345
68.	ANTUNES Jose Joao	03	FCF	1:19.31	25m	02-11-19	Lagoa	344
69.	RODRIGUES Henrique Rocha	03	SCA	1:19.35	25m	30-11-19	Sines	344
70.	CORREIA Pedro Henriques	03	SLB	1:19.38	25m	01-11-19	Setúbal	343
71.	COUTINHO David Valdagua	03	CUC	1:19.61	25m	15-05-21	Condeixa-a-Nova	340
72.	MARTINS Henrique Antonio	03	CNTEJO	1:19.64	25m	24-11-19	Tomar	340
73.	PEREIRA Antonio Sousa	03	AHBE	1:20.14	25m	01-11-19	Setúbal	334
74.	ANDRADE Mario Luis	03	CNP	1:20.27	25m	26-01-20	Campo Maior	332
75.	FERNANDES Joao Bernardo	03	CNPO	1:20.66	25m	23-11-19	Felgueiras	327
76.	VAZ Luis Vicente	03	SCE	1:20.72	25m	13-10-19	Mealhada	326

100 Bruços (desde 77)

77.	CUNHA Martim Abrantes	03	CDCA	1:20.84	25m	02-02-20	Viseu	325
78.	RIBEIRO Rodrigo Estima	03	CSAXXI	1:20.90	25m	13-10-19	Mealhada	324
79.	LOURENCO Goncalo Pires	03	FBSC	1:20.95	25m	20-10-19	Condeixa	324
80.	OLIVEIRA Vitor Teixeira	03	SCC	1:21.04	25m	20-10-19	Condeixa	323
81.	CONCEICAO Hugo Pacheco	03	LAGAC	1:21.25	25m	02-02-20	Albufeira	320
82.	ALMEIDA Fabio Gomes	03	CNG	1:21.31	25m	29-02-20	Coruche	319
83.	RODRIGUES Renato Correia	03	JACL	1:21.71	25m	09-05-21	Funchal	315
84.	COELHO Bruno Teixeira	03	CNG	1:21.88	25m	07-03-20	Ponte de Sor	313
85.	CARVALHO Nuno Alexandre	03	ACS	1:22.32	25m	16-05-21	Lagos	308
86.	CARDOSO Guilherme Dias	03	FCF	1:22.62	25m	02-02-20	Albufeira	304
87.	CANADAS Joao Vasco	03	CNRM	1:22.71	25m	20-10-19	Torres Novas	303
88.	PEREIRA Joao Guilherme	03	AMAMB	1:23.33	25m	07-03-20	Braga	297
89.	VENTURA Bernardo Jorge	03	AAC	1:23.72	25m	21-12-19	Cantanhede	293
90.	LAPSHYN Volodymyr	03	CNGUA	1:23.76	25m	26-10-19	Lagos	292
91.	GAMEIRO David Almeida	03	NDAP	1:24.37	25m	23-05-21	Alcobaça	286
92.	PEREIRA Diogo Alexandre	03	CNV	1:24.48	25m	23-11-19	Felgueiras	285
93.	BAPTISTA Tiago Ornelas	03	CNF	1:24.73	25m	16-11-19	Funchal	282
94.	RAFEIRO Pedro Marques	03	CAPGE	1:25.04	25m	13-06-21	Viseu	279
95.	MELIM Bruno Pontes	03	JACL	1:25.51	25m	16-11-19	Funchal	275
96.	FIRME Tomas Graca	03	EULX	1:26.47	25m	01-11-19	Setúbal	265
97.	GASPAR Filipe Apostolo	03	JFP	1:26.81	25m	23-11-19	Coimbra	262
98.	AZEVEDO Rodrigo Sousa	03	CNCA	1:27.14	25m	19-01-20	Entroncamento	259
99.	LUIS Francisco Sousa	03	CDN	1:27.17	25m	31-10-20	Funchal	259
100.	CARVALHO Ricardo Martins	03	FBSC	1:28.92	25m	20-10-19	Condeixa	244

200 Bruços

1.	CARNEIRO Joao Soares	03	SLB	2:20.87	25m	21-12-19	Felgueiras	620
2.	LOPES Luis Afonso	03	VS	2:21.84	25m	21-12-19	Felgueiras	607
3.	PEREIRA Ricardo Samuel	03	SLB	2:22.34	25m	15-11-20	Leiria	601
4.	MATIAS Rafael Candeias	03	CNLGOS	2:25.83	25m	21-12-19	Felgueiras	559
5.	CRISTINO Guilherme Matias	03	SFUAP	2:26.12	25m	15-11-20	Leiria	556
6.	SANTANA Pedro Maria	03	CNTN	2:27.54	25m	15-11-20	Leiria	540
7.	JUNIOR Luis Cabral	03	CFB	2:27.59	25m	09-11-19	Albufeira	539
8.	ENGELEN Dario	03	LDC	2:28.29	25m	21-12-19	Felgueiras	532
9.	MATOS Rodrigo Vieira	03	CNF	2:28.55	25m	06-03-20	Funchal	529
10.	FAIA Mateus Costa	03	GDNFAMA	2:28.70	25m	21-12-19	Felgueiras	527
11.	CARVALHO Renato Miguel	03	CGA	2:28.80	25m	13-03-21	Aveiro	526
12.	AFONSO Francisco Lopes	03	GCVR	2:29.63	25m	21-12-19	Felgueiras	517
13.	MENDES Ricardo Ferreira	03	CCLAMAS	2:30.26	25m	30-11-19	Sines	511
14.	BRAS Alexandre Miguel	03	CPSPA	2:30.70	25m	01-02-20	Coimbra	506
15.	LEITAO Tomas Almeida	03	SAD	2:31.30	25m	24-11-19	Algés	500
16.	PEREIRA Diogo Guimaraes	03	VSC	2:31.80	25m	15-12-19	Leiria	495
17.	ARAUJO Joao Guilherme	03	CNMAIA	2:31.82	25m	15-12-19	Leiria	495
18.	FELICIO Tomas Miguel	03	CNRM	2:32.15	25m	07-03-20	Santarém	492
19.	RELVAS David Ferreira	03	DNMG	2:33.72	25m	12-06-21	Nazaré	477
20.	SANTOS Roberto Pinho	03	AEJ	2:33.85	25m	30-11-19	Sines	476
21.	MATOS Joao Luis	03	CNCVG	2:33.93	25m	30-11-19	Sines	475
22.	CARRASCO Joao Pedro	03	PORTIN	2:33.94	25m	15-11-20	Leiria	475
23.	OSSENBRUGGEN David Van	03	SFUAP	2:34.37	25m	15-11-20	Leiria	471
24.	CRISTINA Joao Martins	03	LDC	2:35.31	25m	01-02-20	Albufeira	463
25.	NETO Rodrigo Jorge	03	CAP	2:35.43	25m	22-11-19	Felgueiras	462
26.	FERREIRA Joao Carlos	03	FCP	2:36.44	25m	22-11-19	Felgueiras	453

200 Bruços (desde 27)

27.	CARVALHO Fernando Costa	03	FOCA	2:36.65	25m	12-10-19	Pacos de Ferreira	451
28.	RODRIGUES Tiago Moura	03	CLIP	2:37.28	25m	12-10-19	Pacos de Ferreira	445
29.	SILVA Rui Pedro	03	CFP	2:37.61	25m	09-05-21	Pacos de Ferreira	443
30.	FERNANDES Rui Afonso	03	CDN	2:37.81	25m	06-03-20	Funchal	441
31.	PAIVA Andre Ferreira	03	CDF	2:38.27	25m	25-10-20	Mealhada	437
32.	SANTOS Andre Cardoso	03	AVFC	2:38.31	25m	01-02-20	Viseu	437
33.	LOPES Pedro Henrique	03	CDSR	2:38.72	25m	30-11-19	Sines	433
34.	CASTRO Helder Ribeiro	03	VSC	2:39.26	25m	22-11-19	Felgueiras	429
35.	LEAL Dinis Barros	03	CAP	2:40.50	25m	12-10-19	Pacos de Ferreira	419
36.	VIEIRA Emanuel Eloi	03	CDSR	2:40.67	25m	31-10-20	Funchal	418
37.	TEIXEIRA Joao Octavio	03	CGA	2:41.66	25m	13-10-19	Mealhada	410
38.	PINHO Gabriel Alexandre	03	CDF	2:41.71	25m	25-04-21	Gafanha da Nazaré	410
39.	COSTA Hugo Alexandre	03	CNV	2:42.10	25m	12-10-19	Pacos de Ferreira	407
40.	CARNEIRO Andre Martins	03	CAP	2:42.63	25m	22-11-19	Felgueiras	403
41.	COLACO Joao Maria	03	SCP	2:42.88	25m	24-11-19	Algés	401
42.	NUNES Hugo Fernandes	03	CNG	2:43.50	25m	12-10-19	Portalegre	396
42.	FERREIRA Hugo Valenca	03	EDV	2:43.50	25m	24-11-19	Braga	396
44.	SIMOES Manuel Baptista	03	CUC	2:44.45	25m	01-11-19	Condeixa	390
45.	NASCIMENTO Filipe Andalecio	03	CNLA	2:45.27	25m	29-02-20	Coruche	384
46.	CARVALHO Tiago Fonseca	03	CNPO	2:46.12	25m	12-10-19	Pacos de Ferreira	378
47.	YURCHUK Artur	03	NBM	2:47.40	25m	25-04-21	Gafanha da Nazaré	369
48.	RENDEIRO Miguel Vargas	03	NSIT	2:47.80	25m	10-04-21	Praia da Vitória	367
49.	SANTOS Antonio Miguel	03	CFV	2:48.08	25m	12-10-19	Pacos de Ferreira	365
50.	SANTOS Joao Pedro	03	CAFBDP	2:48.10	25m	18-01-20	Ponta Delgada	365
51.	SILVA Jason Coutinho	03	GDNFAMA	2:48.47	25m	12-10-19	Pacos de Ferreira	362
52.	FERNANDES Joao Bernardo	03	CNPO	2:48.95	25m	30-11-19	Sines	359
53.	PEREIRA Igor Branco	03	CRASTO	2:50.03	25m	17-11-19	Viseu	352
54.	NEVES Antonio Correia	03	NDCO	2:50.55	25m	07-03-20	Ponte de Sor	349
55.	GRILO Miguel Santos	03	AMINATA	2:50.61	25m	20-10-19	Évora	349
56.	FREIRE Rui Miguel	03	NFDCA	2:50.64	25m	17-10-20	Caldas da Rainha	349
57.	ROCHA Bernardo Sousa	03	CFP	2:50.83	25m	12-10-19	Pacos de Ferreira	348
58.	RODRIGUES Goncalo Miguel	03	AHBE	2:50.87	25m	25-01-20	Alcobaça	347
59.	CUNHA Martim Abrantes	03	CDCA	2:51.87	25m	30-11-19	Sines	341
60.	GERALDO Ricardo Filipe	03	SCMI	2:52.05	25m	08-03-20	Mirandela	340
61.	FARIA Hugo Miguel	03	CAFBDP	2:52.25	25m	18-01-20	Ponta Delgada	339
62.	RIBEIRO Joao Afonso	03	CFP	2:53.10	25m	12-10-19	Pacos de Ferreira	334
63.	GONCALVES Jorge Miguel	03	CGA	2:53.21	25m	13-10-19	Mealhada	333
64.	COELHO Alex Baptista	03	CLIP	2:54.77	25m	12-10-19	Pacos de Ferreira	324
65.	VENTURA Bernardo Jorge	03	AAC	2:55.46	25m	23-11-19	Coimbra	321
66.	TEIXEIRA Pedro Rui	03	CAP	2:55.70	25m	12-10-19	Pacos de Ferreira	319
67.	RODRIGUES Henrique Rocha	03	SCA	2:55.88	25m	30-11-19	Sines	318
68.	PEREIRA Diogo Pontes	03	ADF	2:56.28	25m	12-10-19	Pacos de Ferreira	316
69.	VAZ Luis Vicente	03	SCE	2:56.36	25m	01-02-20	Viseu	316
70.	ALMEIDA Fabio Gomes	03	CNG	2:57.89	25m	07-03-20	Ponte de Sor	308
71.	CARVALHO Nuno Alexandre	03	LAGAC	2:59.35	25m	01-02-20	Albufeira	300
72.	AGOSTINHO Iuri Aragonéz	03	CNP	2:59.49	25m	26-01-20	Campo Maior	300
73.	PEREIRA Joao Guilherme	03	AMAMB	3:00.17	25m	08-03-20	Braga	296
74.	SOARES Francisco Rafael	03	PIMP	3:02.95	25m	09-05-21	Alcobaça	283
75.	CARVALHO Ricardo Martins	03	FBSC	3:04.59	25m	01-11-19	Condeixa	275
76.	RAPOSO Luis Pedro	03	CNBE	3:05.69	25m	08-11-20	Lagos	270
77.	ALVES David Carlos	03	CAFBDP	3:06.58	25m	18-01-20	Ponta Delgada	267
78.	COSTA Afonso Filipe	03	CNNZ	3:08.54	25m	20-10-19	Óbidos	258
79.	PEREIRA Rodrigo Sousa	03	CNH	3:12.18	25m	23-01-21	Horta	244

200 Bruços (desde 80)

80.	LARANJEIRA Tomas Alexandre	03	CPSPA	3:12.48	25m	01-11-19	Condeixa	243
81.	RIBEIRO Rodrigo Estima	03	CSAAXI	3:15.24	25m	25-10-20	Mealhada	233
82.	PEREIRA Diogo Alexandre	03	CNV	3:17.12	25m	12-10-19	Pacos de Ferreira	226
83.	ORMONDE Tomas Andrade	03	CNPV	3:22.03	25m	18-01-20	Angra do Heroísmo	210

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1.	GORDO Salvador Vieira	03	SCP	24.96	25m	20-12-19	Felgueiras	661
2.	VAKULYUK Paulo	03	CNTN	25.04	25m	20-12-19	Felgueiras	655
3.	SIMOES Manuel Baptista	03	CUC	25.45	25m	20-12-19	Felgueiras	624
4.	FERNANDES Rui Afonso	03	CDN	25.85	25m	09-05-21	Funchal	595
5.	FERREIRA Bernardo Felgueiras	03	CNCE	25.89	25m	10-04-21	Felgueiras	592
6.	PEREIRA Lucas Medeiros	03	SCB	26.03	25m	20-12-19	Felgueiras	583
7.	ARAUJO Joao Guilherme	03	CNMAIA	26.20	25m	08-05-21	Pacos de Ferreira	572
8.	LEAL Dinis Barros	03	CAP	26.26	25m	20-12-19	Felgueiras	568
9.	DIAS Rodrigo Reis	03	CFB	26.39	25m	10-04-21	Felgueiras	559
10.	MARTYN David	03	BSCN	26.51	25m	15-11-20	Leiria	552
11.	CARVALHO Fernando Costa	03	FOCA	26.66	25m	08-05-21	Pacos de Ferreira	542
12.	RODRIGUES Tiago Moura	03	CLIP	26.70	25m	19-01-20	Entroncamento	540
13.	JUNIOR Luis Cabral	03	CFB	26.78	25m	10-11-19	Albufeira	535
14.	CARVALHO Tiago Fonseca	03	CNPO	26.95	25m	08-05-21	Pacos de Ferreira	525
15.	PEREIRA Henrique Saraiva	03	PORTIN	26.99	25m	15-05-21	Lagos	523
16.	SILVA Ricardo Lopes	03	DNMG	27.11	25m	08-11-20	Leiria	516
17.	GONCALVES Hugo Fonseca	03	CMNPR	27.23	25m	09-05-21	Peso da Régua	509
18.	LOPES Rodrigo Beja	03	AONDA	27.26	25m	24-11-19	Algés	507
19.	SILVA Joao Jose	03	ADBA	27.32	25m	15-02-20	Torres Novas	504
20.	VALENTE Henrique Pinheiro	03	CNCVG	27.43	25m	24-11-19	Algés	498
21.	BOAVIDA Pedro Miguel	03	CNOL	27.53	25m	08-11-20	Lagos	493
22.	MATOS Rodrigo Vieira	03	CNF	27.70	25m	23-11-19	Funchal	484
23.	FERREIRA Tomas Soares	03	CDE	27.88	25m	17-11-19	Viseu	474
24.	FIGUEROA PEREZ-MARIN Ser	03	CNGUA	27.93	25m	11-01-20	Quarteira	472
25.	CASCALHEIRA Joao Miguel	03	CNS	27.96	25m	24-11-19	Algés	470
25.	SANTOS Joao Pedro	03	CAFBDP	27.96	25m	13-03-21	Ponta Delgada	470
27.	CARDOSO Guilherme Dias	03	FCF	27.97	25m	11-01-20	Quarteira	470
28.	ALVES Rui Chagas	03	VS	27.98	25m	25-10-20	Tomar	469
29.	SANTOS Miguel Alexandre	03	CNOL	28.00	25m	08-11-20	Lagos	468
30.	RODRIGUES Renato Correia	03	JACL	28.01	25m	08-03-20	Funchal	468
31.	NETO Rodrigo Jorge	03	CAP	28.02	25m	24-11-19	Felgueiras	467
32.	MESTRE Afonso Gomes	03	LDC	28.08	25m	08-11-20	Lagos	464
33.	CASTRO Helder Ribeiro	03	VSC	28.09	25m	08-05-21	Pacos de Ferreira	464
34.	BRAS Alexandre Miguel	03	CPSPA	28.11	25m	23-12-20	Coimbra	463
35.	COSTA Afonso Filipe	03	CNZ	28.15	25m	20-10-19	Óbidos	461
35.	ROCHA Bernardo Sousa	03	CFP	28.15	25m	08-05-21	Pacos de Ferreira	461
37.	SANTOS Rafael Pinto	03	CDF	28.18	25m	02-02-20	Viseu	459
38.	COELHO Alex Baptista	03	CLIPTEAM	28.24	25m	08-05-21	Pacos de Ferreira	456
38.	BAPTISTA Tiago Ornelas	03	CNF	28.24	25m	09-05-21	Funchal	456
40.	OLIVEIRA Daniel Valente	03	SCA	28.27	25m	24-04-21	Gafanha da Nazaré	455
41.	CARREIRA Ruben Filipe	03	CNRM	28.29	25m	08-03-20	Santarém	454
41.	AFONSO Francisco Lopes	03	GCVR	28.29	25m	08-03-20	Mirandela	454
43.	BESSA Flavio Rafael	03	LSXXI	28.33	25m	08-05-21	Pacos de Ferreira	452
44.	VALE David Manuel	03	GESL	28.38	25m	24-11-19	Algés	450
45.	GOMES Nuno Antonio	03	CAFBDP	28.46	25m	10-04-21	Praia da Vitória	446
46.	JORGE Tiago Miguel	03	CNRM	28.48	25m	25-10-20	Tomar	445

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47.	CRISTOVAO Goncalo Magalhaes	03	VS	28.51	25m	24-11-19	Tomar	444
48.	NUNES Hugo Fernandes	03	CNG	28.53	25m	24-10-20	Sertã	443
49.	SANTANA Pedro Maria	03	CNTN	28.57	25m	24-11-19	Tomar	441
50.	MENDES Guilherme Marques	03	CNTN	28.63	25m	15-02-20	Torres Novas	438
51.	BORGES Rafael Braga	03	CAFBDP	28.69	25m	07-03-20	Ponta Delgada	435
52.	GONCALVES Jorge Miguel	03	CGA	28.71	25m	24-04-21	Gafanha da Nazaré	434
53.	COUTINHO David Valdagua	03	CUC	28.72	25m	23-12-20	Coimbra	434
54.	CAMACHO Joao Simao	03	CDN	28.78	25m	09-05-21	Funchal	431
55.	SA Joao Luis	03	CFP	28.80	25m	08-05-21	Pacos de Ferreira	430
56.	CORREIA Luis Carlos	03	SFUAP	28.81	25m	24-11-19	Algés	430
57.	SILVA Pedro Fale	03	ACMN	28.85	25m	19-01-20	Montemor-o-Novo	428
57.	FREIRE Bernardo Araujo	03	SAD	28.85	25m	15-02-20	Torres Novas	428
59.	ANDRADE Mario Luis	03	CNP	28.94	25m	16-11-19	Castelo Branco	424
60.	MATIAS Rafael Candeias	03	CNLGOS	29.05	25m	11-01-20	Quarteira	419
61.	COELHO Joao Reis	03	AEFDT	29.06	25m	17-11-19	Viseu	419
61.	SILVA Rui Pedro	03	CFP	29.06	25m	24-11-19	Felgueiras	419
63.	YURCHUK Artur	03	NBM	29.10	25m	13-10-19	Mealhada	417
64.	CARRASCO Joao Pedro	03	PORTIN	29.16	25m	11-01-20	Quarteira	414
65.	FARIA Hugo Miguel	03	CAFBDP	29.33	25m	10-04-21	Praia da Vitória	407
66.	CRISTINA Joao Martins	03	LDC	29.36	25m	11-01-20	Quarteira	406
67.	BATUCA Joao Maria	03	VNC	29.37	25m	09-05-21	Ponte da Barca	406
68.	ASCENSO Daniel Alexandre	03	GESL	29.49	25m	16-02-20	Sto Antonio dos Cavaleiros	401
69.	ENGELEN Dario	03	LDC	29.60	25m	24-11-19	Lagos	396
70.	PEREIRA Rodrigo Sousa	03	CNH	29.70	25m	13-03-21	Horta	392
71.	FARIA Joao Pedro	03	CNF	29.92	25m	23-11-19	Funchal	384
72.	LAPSHYN Volodymyr	03	CNGUA	30.04	25m	11-01-20	Quarteira	379
73.	FERREIRA Paulo Sergio	03	CNZ	30.07	25m	23-11-19	Caldas da Rainha	378
73.	SA Rafael Domingues	03	CNVA	30.07	25m	02-02-20	Viseu	378
75.	MELIM Bruno Pontes	03	JACL	30.09	25m	23-11-19	Funchal	377
76.	VASS Erik Norbert	03	CNRM	30.11	25m	08-03-20	Santarém	376
77.	SOLODYUK Micael Kovalchuk	03	CNVA	30.14	25m	13-06-21	Viseu	375
78.	COELHO Joao Salvador	03	CRASTO	30.29	25m	17-11-19	Viseu	370
79.	RENDEIRO Miguel Vargas	03	NSIT	30.31	25m	21-11-20	Angra do Heroismo	369
80.	RODRIGUES Marco Filipe	03	EDV	30.39	25m	22-11-19	Braga	366
81.	COUTINHO Guilherme Pereira	03	VS	30.47	25m	19-01-20	Entroncamento	363
82.	DUARTE Pedro Esteves	03	CDCP	30.51	25m	15-02-20	Torres Novas	362
82.	VENTURA Bernardo Jorge	03	AAC	30.51	25m	23-12-20	Coimbra	362
84.	CANADAS Joao Vasco	03	CNRM	30.60	25m	24-11-19	Tomar	359
84.	LEITAO Hugo Miguel	03	CNTEJO	30.60	25m	25-10-20	Tomar	359
86.	GONCALVES Gabriel Simao	03	ENB	30.74	25m	08-03-20	Mirandela	354
87.	COSTA Alexandre Afonso	03	LDC	30.78	25m	20-10-19	Quarteira	352
88.	FREIRE Gabriel Coelho	03	ADM	30.83	25m	17-10-20	Funchal	351
89.	NEVES Antonio Correia	03	NDCO	31.11	25m	06-03-20	Ponte de Sor	341
90.	ABREU Nuno Afonso	03	CNF	31.17	25m	18-07-20	Funchal	339
91.	ZEMLIANKO Arsenio	03	NDAP	31.28	25m	17-10-20	Caldas da Rainha	336
92.	FREIRE Rui Miguel	03	NFDCA	31.31	25m	17-10-20	Caldas da Rainha	335
93.	ALVES David Carlos	03	CAFBDP	31.41	25m	13-03-21	Ponta Delgada	332
94.	RIBEIRO Rodrigo Estima	03	CSAAXXI	31.42	25m	17-11-19	Viseu	331
95.	GRILLO Miguel Santos	03	AMINATA	31.45	25m	16-11-19	Odemira	330
96.	COELHO Bruno Teixeira	03	CNG	31.57	25m	16-11-19	Castelo Branco	327
97.	ANTUNES Rodrigo Sarmiento	03	FNC	31.64	25m	08-03-20	Mirandela	324
98.	RODRIGUES Jose Pedro	03	GCVR	31.73	25m	08-03-20	Mirandela	322
99.	SILVA Guilherme Tomas	03	CDCA	31.88	25m	17-11-19	Viseu	317

50 Mariposa (desde 100)

100.	NASCIMENTO Filipe Andalecio	03	CNLA	31.93	25m	16-11-19	Odemira	316
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1.	VAKULYUK Paulo	03	CNTN	54.09	25m	21-12-19	Felgueiras	702
2.	GORDO Salvador Vieira	03	SCP	55.07	25m	21-12-19	Felgueiras	665
3.	DIAS Rodrigo Reis	03	CFB	56.82	25m	11-04-21	Felgueiras	605
4.	MARTYN David	03	BSCN	57.36	25m	21-12-19	Felgueiras	588
5.	FERNANDES Rui Afonso	03	CDN	58.06	25m	08-05-21	Funchal	567
6.	ARAUJO Joao Guilherme	03	CNMAIA	58.49	25m	09-05-21	Pacos de Ferreira	555
7.	LEAL Dinis Barros	03	CAP	58.54	25m	21-12-19	Felgueiras	554
8.	PEREIRA Lucas Medeiros	03	SCB	58.65	25m	07-03-20	Braga	550
9.	CARVALHO Fernando Costa	03	FOCA	58.72	25m	11-04-21	Felgueiras	548
10.	LOPES Luis Afonso	03	VS	58.78	25m	15-05-21	Abrantes	547
11.	SIMOES Manuel Baptista	03	CUC	58.80	25m	30-11-19	Sines	546
12.	SILVA Joao Jose	03	ADBA	58.84	25m	21-12-19	Felgueiras	545
13.	VALENTE Henrique Pinheiro	03	CNCVG	59.06	25m	30-11-19	Sines	539
14.	RODRIGUES Tiago Moura	03	CLIPTEAM	59.46	25m	07-11-20	Guarda	528
15.	FARDILHA Manuel Cruz	03	CGA	59.48	25m	13-06-21	Viseu	528
16.	GONCALVES Hugo Fonseca	03	CMNPR	59.70	25m	08-05-21	Peso da Régua	522
17.	FERREIRA Bernardo Felgueiras	03	CNCE	59.89	25m	15-05-21	Condeixa-a-Nova	517
18.	JUNIOR Luis Cabral	03	CFB	1:00.01	25m	22-11-19	Algés	514
19.	FIGUEROA PEREZ-MARIN Ser	03	CNGUA	1:00.47	25m	09-11-19	Albufeira	502
19.	BOAVIDA Pedro Miguel	03	CNOL	1:00.47	25m	07-11-20	Lagos	502
21.	LOPES Rodrigo Beja	03	AONDA	1:00.58	25m	22-11-19	Algés	499
22.	SANTOS Joao Pedro	03	CAFBDP	1:00.65	25m	16-02-20	Ponta Delgada	498
23.	JORGE Tiago Miguel	03	CNRM	1:01.02	25m	24-10-20	Tomar	489
24.	NETO Rodrigo Jorge	03	CAP	1:01.39	25m	22-02-20	Mirandela	480
25.	PEREIRA Henrique Saraiva	03	PORTIN	1:01.41	25m	07-11-20	Lagos	479
26.	SANTANA Pedro Maria	03	CNTN	1:01.59	25m	09-01-21	Guarda	475
27.	MATOS Rodrigo Vieira	03	CNF	1:01.62	25m	24-11-19	Funchal	475
28.	ALVES Rui Chagas	03	VS	1:01.75	25m	24-10-20	Tomar	472
29.	RELVAS David Ferreira	03	DNMG	1:01.88	25m	11-01-20	Nazaré	469
30.	CASCALHEIRA Joao Miguel	03	CNS	1:01.92	25m	01-11-19	Setúbal	468
31.	SILVA Ricardo Lopes	03	DNMG	1:02.03	25m	09-11-19	Albufeira	465
32.	VALE David Manuel	03	GESL	1:02.06	25m	16-02-20	Sto Antonio dos Cavaleiros	465
32.	AFONSO Francisco Lopes	03	GCVR	1:02.06	25m	08-03-20	Mirandela	465
34.	CASTRO Duarte Monteiro	03	FCP	1:02.10	25m	22-11-19	Felgueiras	464
35.	SANTOS Rafael Pinto	03	CDF	1:02.24	25m	01-02-20	Viseu	460
36.	SILVA Pedro Fale	03	ACMN	1:02.40	25m	19-12-20	Sines	457
37.	SANTOS Miguel Alexandre	03	CNOL	1:02.41	25m	15-05-21	Lagos	457
38.	FERREIRA Tomas Soares	03	CDE	1:02.51	25m	12-10-19	Mealhada	455
39.	BORGES Rafael Braga	03	CAFBDP	1:02.58	25m	16-02-20	Ponta Delgada	453
40.	CARREIRA Ruben Filipe	03	CNRM	1:02.94	25m	24-10-20	Tomar	445
41.	COELHO Joao Reis	03	AEFDT	1:02.99	25m	01-02-20	Viseu	444
42.	GOMES Goncalo Camara	03	CNF	1:03.02	25m	26-10-19	Funchal	444
43.	SANTOS Roberto Pinho	03	AEJ	1:03.43	25m	25-10-20	Mealhada	435
44.	GOMES Nuno Antonio	03	CAFBDP	1:03.47	25m	26-10-19	Ponta Delgada	434
45.	RIBEIRO Vitor Hugo	03	LSXXI	1:03.62	25m	09-05-21	Pacos de Ferreira	431
46.	BAPTISTA Tiago Ornelas	03	CNF	1:03.68	25m	13-05-21	Funchal	430
47.	CARDOSO Guilherme Dias	03	FCF	1:03.69	25m	09-11-19	Albufeira	430
48.	MACHADO Martim Miranda	03	CUC	1:03.71	25m	24-10-20	Coimbra	429
49.	MESTRE Afonso Gomes	03	LDC	1:03.78	25m	07-11-20	Lagos	428

100 Mariposa (desde 50)

50.	RODRIGUES Renato Correia	03	JACL	1:03.80	25m	17-10-20	Funchal	427
51.	COUTINHO Guilherme Pereira	03	VS	1:03.82	25m	01-02-20	Ponte de Sor	427
52.	ASCENSO Daniel Alexandre	03	GESL	1:03.91	25m	09-05-21	Sto António Cavaleiros	425
53.	COUTINHO David Valdagua	03	CUC	1:03.99	25m	15-05-21	Condeixa-a-Nova	424
54.	OLIVEIRA Daniel Valente	03	SCA	1:04.01	25m	25-10-20	Mealhada	423
55.	CORREIA Luis Carlos	03	SFUAP	1:04.12	25m	01-11-19	Setúbal	421
56.	CARVALHO Renato Miguel	03	CGA	1:04.17	25m	25-04-21	Gafanha da Nazaré	420
57.	CRISTOVAO Goncalo Magalhaes	03	VS	1:04.23	25m	07-03-20	Santarém	419
58.	MENDES Guilherme Marques	03	CNTN	1:04.38	25m	07-03-20	Santarém	416
59.	FERREIRA Paulo Sergio	03	CNNZ	1:04.56	25m	07-11-20	Leiria	413
60.	DURAES Diogo Miguel	03	CNMJ	1:04.67	25m	02-02-20	Montemor-o-Novo	410
61.	BATUCA Joao Maria	03	VNC	1:05.04	25m	07-03-20	Braga	403
62.	AGUIAR Pedro Ferreira	03	CNF	1:05.12	25m	06-03-20	Funchal	402
63.	FREIRE Bernardo Araujo	03	SAD	1:05.17	25m	15-02-20	Torres Novas	401
64.	YURCHUK Artur	03	NBM	1:05.22	25m	12-10-19	Mealhada	400
65.	SANTOS Antonio Miguel	03	CFV	1:05.39	25m	22-11-19	Felgueiras	397
66.	CRISTINA Joao Martins	03	LDC	1:05.47	25m	22-02-20	Lagos	396
67.	CAMACHO Joao Simao	03	CDN	1:05.53	25m	08-05-21	Funchal	394
68.	ANDRADE Mario Luis	03	CNP	1:05.54	25m	11-01-20	Elvas	394
69.	GOMES Goncalo Andre	03	FBSC	1:05.56	25m	18-10-20	Coimbra	394
70.	BESSA Flavio Rafael	03	LSXXI	1:05.71	25m	09-05-21	Pacos de Ferreira	391
71.	SILVA Duarte Filipe	03	BUZIOS	1:05.78	25m	19-01-20	Entroncamento	390
72.	NUNES Hugo Fernandes	03	CNG	1:05.82	25m	01-02-20	Ponte de Sor	389
73.	TOME Afonso Esteves	03	ADRCIMM	1:05.93	25m	22-11-19	Algés	387
74.	BRAS Alexandre Miguel	03	CPSPA	1:06.08	25m	23-11-19	Coimbra	385
75.	MAIA Rodrigo Costa	03	CFP	1:06.09	25m	22-11-19	Felgueiras	385
76.	VIDAL Joao Pedro	03	IDV	1:06.14	25m	23-11-19	Caldas da Rainha	384
77.	GONCALVES Jorge Miguel	03	CGA	1:06.19	25m	16-11-19	Viseu	383
78.	OLIVEIRA Vitor Teixeira	03	SCC	1:06.20	25m	20-10-19	Condeixa	383
79.	PEREIRA Antonio Sousa	03	AHBE	1:06.41	25m	01-11-19	Setúbal	379
80.	MELIM Bruno Pontes	03	JACL	1:06.43	25m	08-05-21	Funchal	379
81.	FERREIRA Joao Pedro	03	AVFC	1:06.45	25m	18-01-20	Mealhada	378
82.	ALMEIDA Goncalo Vieira	03	SFUAP	1:06.53	25m	22-11-19	Algés	377
83.	OSSENBRUGGEN David Van	03	SFUAP	1:06.69	25m	01-11-19	Setúbal	374
84.	RODRIGUES Marco Filipe	03	EDV	1:06.73	25m	23-11-19	Braga	374
85.	ABREU Nuno Afonso	03	CNF	1:06.84	25m	13-05-21	Funchal	372
86.	DUARTE Pedro Esteves	03	CDCP	1:06.86	25m	15-02-20	Torres Novas	371
87.	LOURENCO Goncalo Pires	03	FBSC	1:07.17	25m	23-11-19	Coimbra	366
88.	COELHO Alex Baptista	03	CLIPTEAM	1:07.67	25m	09-05-21	Pacos de Ferreira	358
89.	VENTURA Bernardo Jorge	03	AAC	1:07.88	25m	22-12-20	Coimbra	355
90.	CORREIA Pedro Henriques	03	EULX	1:07.94	25m	01-02-20	Ponte de Sor	354
91.	VASS Erik Norbert	03	CNRM	1:07.98	25m	15-05-21	Abrantes	353
92.	ALVES David Carlos	03	CAFBDP	1:08.23	25m	18-01-20	Ponta Delgada	349
93.	GOMES Bruno Ferreira	03	CDF	1:08.74	25m	12-10-19	Mealhada	342
94.	SOLODYUK Micael Kovalchuk	03	CNVA	1:08.75	25m	13-06-21	Viseu	342
95.	PEREIRA Igor Branco	03	CRASTO	1:08.93	25m	18-01-20	Mealhada	339
96.	ZAYIKA Daniel Shumeika	03	SLB	1:08.96	25m	01-11-19	Setúbal	338
97.	PEREIRA Rodrigo Sousa	03	CNH	1:09.04	25m	14-03-21	Horta	337
98.	CARDOSO Paulo Alexandre	03	CNMAIA	1:09.09	25m	09-05-21	Pacos de Ferreira	337
99.	CUNHA Pedro Miguel	03	VNC	1:09.41	25m	23-11-19	Braga	332
100.	FELICIO Tomas Miguel	03	CNRM	1:09.45	25m	20-10-19	Torres Novas	331

200 Mariposa

1.	VAKULYUK Paulo	03	CNTN	2:01.72	25m	14-12-19	Leiria	703
2.	GORDO Salvador Vieira	03	SCP	2:03.49	25m	22-12-19	Felgueiras	673
3.	CARNEIRO Joao Soares	03	SLB	2:03.82	25m	22-12-19	Felgueiras	668
4.	DIAS Rodrigo Reis	03	CFB	2:06.45	25m	22-12-19	Felgueiras	627
5.	LOPES Luis Afonso	03	VS	2:06.71	25m	15-05-21	Abrantes	623
6.	ARAUJO Joao Guilherme	03	CNMAIA	2:06.72	25m	10-04-21	Felgueiras	623
7.	MARTYN David	03	BSCN	2:08.44	25m	22-12-19	Felgueiras	598
8.	LEAL Dinis Barros	03	CAP	2:08.94	25m	22-12-19	Felgueiras	591
9.	DIAS Ruben Fonseca	03	CNV	2:10.40	25m	14-12-19	Leiria	571
10.	SILVA Joao Jose	03	ADBA	2:11.07	25m	22-12-19	Felgueiras	563
11.	PEREIRA Lucas Medeiros	03	SCB	2:11.68	25m	11-01-20	Aguas Santas	555
12.	FERNANDES Rui Afonso	03	CDN	2:12.08	25m	22-11-19	Funchal	550
13.	RELVAS David Ferreira	03	DNMG	2:12.12	25m	13-06-21	Nazaré	549
14.	VALENTE Henrique Pinheiro	03	CNCVG	2:12.22	25m	22-12-19	Felgueiras	548
14.	FARDILHA Manuel Cruz	03	CGA	2:12.22	25m	13-06-21	Viseu	548
16.	BOAVIDA Pedro Miguel	03	CNOL	2:12.43	25m	10-04-21	Felgueiras	546
17.	FIGUEROA PEREZ-MARIN Ser	03	CNGUA	2:13.03	25m	26-10-19	Lagos	538
18.	JORGE Tiago Miguel	03	CNRM	2:14.04	25m	25-10-20	Tomar	526
19.	RODRIGUES Tiago Moura	03	CLIPTEAM	2:14.27	25m	07-11-20	Guarda	523
20.	MACHADO Martim Miranda	03	CUC	2:15.22	25m	15-05-21	Condeixa-a-Nova	512
21.	SOUSA Diogo Nunes	03	VSC	2:15.51	25m	08-05-21	Pacos de Ferreira	509
22.	SANTOS Joao Pedro	03	CAFBDP	2:15.98	25m	15-02-20	Ponta Delgada	504
23.	SANTOS Rafael Pinto	03	CDF	2:16.57	25m	25-10-20	Mealhada	497
24.	LOPES Rodrigo Beja	03	AONDA	2:17.18	25m	30-11-19	Sines	491
25.	FAIA Mateus Costa	03	GDNFAMA	2:17.26	25m	10-04-21	Felgueiras	490
26.	BORGES Rafael Braga	03	CAFBDP	2:17.48	25m	07-03-20	Ponta Delgada	488
27.	CASCALHEIRA Joao Miguel	03	CNS	2:17.66	25m	26-10-19	Lagos	486
28.	VASS Erik Norbert	03	CNRM	2:18.66	25m	07-03-20	Santarém	475
29.	GOMES Nuno Antonio	03	CAFBDP	2:18.85	25m	07-03-20	Ponta Delgada	473
30.	ASCENSO Daniel Alexandre	03	GESL	2:18.86	25m	16-02-20	Sto Antonio dos Cavaleiros	473
31.	COSTA Hugo Alexandre	03	CNV	2:18.88	25m	11-01-20	Aguas Santas	473
32.	MATOS Rodrigo Vieira	03	CNF	2:18.90	25m	22-11-19	Funchal	473
33.	SILVA Ricardo Lopes	03	DNMG	2:18.99	25m	24-11-19	Caldas da Rainha	472
34.	VALE David Manuel	03	GESL	2:19.21	25m	16-02-20	Sto Antonio dos Cavaleiros	470
35.	SANTOS Roberto Pinho	03	AEJ	2:19.37	25m	25-10-20	Mealhada	468
36.	FERREIRA Tomas Soares	03	CDE	2:21.08	25m	11-01-20	Aguas Santas	451
37.	GONCALVES Hugo Fonseca	03	CMNPR	2:21.09	25m	24-04-21	Vila Real	451
38.	CORREIA Pedro Henriques	03	SLB	2:22.44	25m	22-11-19	Algés	438
39.	NETO Rodrigo Jorge	03	CAP	2:23.11	25m	11-01-20	Aguas Santas	432
40.	FELICIO Tomas Miguel	03	CNRM	2:23.23	25m	07-03-20	Santarém	431
41.	MENDES Ricardo Ferreira	03	CCLAMAS	2:23.32	25m	12-10-19	Pacos de Ferreira	430
42.	COSTA Afonso Filipe	03	CNZ	2:24.07	25m	23-02-20	Pombal	424
43.	CARVALHO Ricardo Martins	03	FBSC	2:24.80	25m	23-12-20	Coimbra	417
44.	SILVA Duarte Filipe	03	BUZIOS	2:25.42	25m	26-10-19	Lagos	412
45.	DUARTE Pedro Esteves	03	CDCP	2:25.57	25m	23-02-20	Pombal	411
46.	MAIA Rodrigo Costa	03	CFP	2:25.68	25m	23-11-19	Felgueiras	410
47.	CRISTINO Guilherme Matias	03	SFUAP	2:26.34	25m	15-05-21	Condeixa-a-Nova	404
48.	SA Rafael Domingues	03	CNVA	2:27.02	25m	26-10-19	Lagos	399
49.	GOMES Goncalo Andre	03	FBSC	2:27.29	25m	23-12-20	Coimbra	396
50.	LOURENCO Goncalo Pires	03	FBSC	2:27.30	25m	23-11-19	Coimbra	396
51.	CARREIRA Ruben Filipe	03	CNRM	2:27.84	25m	07-03-20	Santarém	392
52.	BAPTISTA Tiago Ornelas	03	CNF	2:27.85	25m	22-11-19	Funchal	392
53.	ALMEIDA Goncalo Vieira	03	SFUAP	2:28.45	25m	10-11-19	Albufeira	387

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54.	RIBEIRO Vitor Hugo	03	LSXXI	2:28.53	25m	23-11-19	Felgueiras	387
55.	MELIM Bruno Pontes	03	JACL	2:29.94	25m	31-10-20	Funchal	376
56.	SIMOES Manuel Baptista	03	CUC	2:30.29	25m	01-11-19	Condeixa	373
57.	PEREIRA Henrique Saraiva	03	PORTIN	2:30.30	25m	23-02-20	Lagos	373
58.	ANDRADE Mario Luis	03	CNP	2:30.45	25m	26-01-20	Campo Maior	372
59.	COUTINHO David Valdagua	03	CUC	2:30.77	25m	01-11-19	Condeixa	370
60.	CARVALHO Tiago Fonseca	03	CNPO	2:31.45	25m	12-10-19	Pacos de Ferreira	365
61.	MESTRE Afonso Gomes	03	LDC	2:32.10	25m	07-11-20	Lagos	360
62.	ALVES David Carlos	03	CAFBDP	2:32.72	25m	26-10-19	Ponta Delgada	356
63.	PEREIRA Igor Branco	03	CRASTO	2:34.08	25m	13-10-19	Mealhada	346
64.	OLIVEIRA Daniel Valente	03	SCA	2:34.23	25m	30-11-19	Sines	345
65.	BATUCA Joao Maria	03	VNC	2:35.34	25m	24-11-19	Braga	338
66.	SANTOS Antonio Miguel	03	CFV	2:35.88	25m	12-10-19	Pacos de Ferreira	334
67.	COELHO Joao Salvador	03	CRASTO	2:38.35	25m	26-10-19	Lagos	319
68.	PEREIRA Rodrigo Sousa	03	CNH	2:40.10	25m	10-04-21	Praia da Vitória	309
69.	CUNHA Pedro Miguel	03	VNC	2:46.51	25m	24-11-19	Braga	274
70.	MARANTES Goncalo Maria	03	FCP	2:54.69	25m	12-10-19	Pacos de Ferreira	237

100 Estilos

1.	VAKULYUK Paulo	03	CNTN	57.55	25m	22-12-19	Felgueiras	666
2.	GORDO Salvador Vieira	03	SCP	58.21	25m	22-12-19	Felgueiras	643
3.	RODRIGUES Tiago Moura	03	CLIP	1:00.53	25m	22-12-19	Felgueiras	572
4.	RELVAS David Ferreira	03	DNMG	1:00.72	25m	08-11-20	Leiria	567
5.	LOPES Luis Afonso	03	VS	1:00.82	25m	23-11-19	Tomar	564
6.	CARVALHO Fernando Costa	03	FOCA	1:00.92	25m	22-12-19	Felgueiras	561
7.	JUNIOR Luis Cabral	03	CFB	1:01.48	25m	23-11-19	Algés	546
8.	SILVA Ricardo Lopes	03	DNMG	1:01.94	25m	24-11-19	Caldas da Rainha	534
9.	FARDILHA Manuel Cruz	03	CGA	1:02.00	25m	18-01-20	Mealhada	532
10.	FERREIRA Bernardo Felgueiras	03	CNCE	1:02.16	25m	22-11-19	Felgueiras	528
11.	MENDES Ricardo Ferreira	03	CCLAMAS	1:03.04	25m	22-11-19	Felgueiras	506
12.	GOMES Tomas Nogueira	03	SFUAP	1:03.14	25m	01-11-19	Setúbal	504
13.	FERREIRA Tomas Soares	03	CDE	1:03.17	25m	18-01-20	Mealhada	503
14.	MATOS Rodrigo Vieira	03	CNF	1:03.39	25m	23-11-19	Funchal	498
15.	MATOS Joao Luis	03	CNCVG	1:03.85	25m	23-11-19	Algés	487
16.	CASCALHEIRA Joao Miguel	03	CNS	1:03.91	25m	01-11-19	Setúbal	486
16.	FAIA Mateus Costa	03	GDNFAMA	1:03.91	25m	22-11-19	Felgueiras	486
18.	GONCALVES Jorge Miguel	03	CGA	1:03.98	25m	25-10-20	Mealhada	484
19.	ENGELEN Dario	03	LDC	1:04.05	25m	11-01-20	Quarteira	483
20.	CARVALHO Renato Miguel	03	CGA	1:04.09	25m	16-11-19	Viseu	482
21.	SANTOS Roberto Pinho	03	AEJ	1:04.13	25m	25-04-21	Gafanha da Nazaré	481
22.	CARRASCO Joao Pedro	03	PORTIN	1:04.18	25m	18-10-20	Lagos	480
23.	CRISTINA Joao Martins	03	LDC	1:04.24	25m	11-01-20	Quarteira	478
24.	GOMES Goncalo Camara	03	CNF	1:04.25	25m	12-10-19	Funchal	478
25.	PEREIRA Antonio Sousa	03	AHBE	1:04.28	25m	01-11-19	Setúbal	478
26.	AFONSO Francisco Lopes	03	GCVR	1:04.44	25m	24-11-19	Bragança	474
27.	BRAS Alexandre Miguel	03	CPSPA	1:04.49	25m	01-02-20	Coimbra	473
28.	SANTOS Joao Pedro	03	CAFBDP	1:04.75	25m	17-10-20	Ponta Delgada	467
29.	FERREIRA Ricardo Martins	03	AONDA	1:04.82	25m	01-11-19	Setúbal	466
30.	SIMOES Manuel Baptista	03	CUC	1:04.88	25m	24-11-19	Coimbra	464
31.	FELICIO Tomas Miguel	03	CNRM	1:05.02	25m	23-11-19	Tomar	461
32.	SANTANA Pedro Maria	03	CNTN	1:05.06	25m	20-10-19	Torres Novas	461
33.	MATIAS Rafael Candeias	03	CNLGOS	1:05.09	25m	23-11-19	Lagos	460

100 Estilos (desde 34)

34.	SANTOS Rafael Pinto	03	CDF	1:05.36	25m	18-01-20	Mealhada	454
35.	CRISTINO Guilherme Matias	03	SFUAP	1:05.40	25m	17-11-19	Cova da Piedade	453
36.	IACHIMOVSKI Nicolae	03	CFB	1:05.48	25m	23-11-19	Algés	452
37.	PINHO Gabriel Alexandre	03	CDF	1:05.57	25m	25-04-21	Gafanha da Nazaré	450
38.	CRISTOVAO Goncalo Magalhaes	03	VS	1:05.62	25m	23-11-19	Tomar	449
39.	SILVA Pedro Fale	03	ACMN	1:05.73	25m	05-06-21	Sines	447
40.	OSSENBRUGGEN David Van	03	SFUAP	1:05.79	25m	01-11-19	Setúbal	445
41.	ALVES Rui Chagas	03	VS	1:05.84	25m	23-11-19	Tomar	444
42.	ROCHA Bernardo Sousa	03	CFP	1:06.00	25m	22-11-19	Felgueiras	441
43.	JORGE Tiago Miguel	03	CNRM	1:06.04	25m	24-10-20	Tomar	440
44.	SILVA Rui Pedro	03	CFP	1:06.08	25m	22-11-19	Felgueiras	440
45.	PEREIRA Lucas Medeiros	03	SCB	1:06.18	25m	02-11-19	Barcelos	438
46.	VIDAL Joao Pedro	03	IDV	1:06.22	25m	24-11-19	Caldas da Rainha	437
47.	NUNES Hugo Fernandes	03	CNG	1:06.69	25m	08-05-21	Guarda	428
48.	MATRENO Diogo Miguel	03	CNTN	1:06.76	25m	20-10-19	Torres Novas	426
49.	OLIVEIRA Daniel Valente	03	SCA	1:06.93	25m	25-04-21	Gafanha da Nazaré	423
50.	SANTOS Antonio Miguel	03	CFV	1:06.95	25m	22-11-19	Felgueiras	423
51.	LOPES Pedro Henrique	03	CDSR	1:07.27	25m	12-10-19	Funchal	417
52.	PEREIRA Diogo Guimaraes	03	VSC	1:07.28	25m	22-02-20	Guimaraes	416
53.	MESTRE Afonso Gomes	03	LDC	1:07.40	25m	08-11-20	Lagos	414
54.	MARTINS Henrique Antonio	03	CNTEJO	1:07.51	25m	23-11-19	Tomar	412
55.	BULHOSA Silvio Miguel	03	AEJ	1:07.61	25m	18-01-20	Mealhada	410
56.	COSTA Alexandre Afonso	03	LDC	1:07.63	25m	03-11-19	Lagoa	410
57.	TOME Diogo Bernardo	03	CNSM	1:07.73	25m	23-11-19	Tomar	408
58.	CARVALHO Tiago Fonseca	03	CNPO	1:07.79	25m	22-11-19	Felgueiras	407
59.	SA Rafael Domingues	03	CNVA	1:07.81	25m	18-01-20	Mealhada	407
60.	CAROCO Dinis Viola	03	SCP	1:07.82	25m	23-11-19	Algés	406
61.	OLIVEIRA Vitor Teixeira	03	SCC	1:07.85	25m	19-10-19	Condeixa	406
62.	YURCHUK Artur	03	NBM	1:07.94	25m	25-10-20	Mealhada	404
63.	CARREIRA Ruben Filipe	03	CNRM	1:08.06	25m	24-10-20	Tomar	402
64.	SILVA Duarte Filipe	03	BUZIOS	1:08.11	25m	20-10-19	Torres Novas	401
65.	BORGES Rafael Braga	03	CAFBDP	1:08.20	25m	21-11-20	Ribeira Grande	400
66.	COELHO Alex Baptista	03	CLIP	1:08.46	25m	02-11-19	Bolzano (ITA)	395
67.	FERREIRA Paulo Sergio	03	CNNZ	1:08.57	25m	20-10-19	Óbidos	393
68.	MATOS Pedro Miguel	03	CNCVG	1:08.65	25m	23-11-19	Algés	392
69.	PEREIRA Henrique Saraiva	03	PORTIN	1:08.70	25m	15-12-19	Portimão	391
70.	RODRIGUES Renato Correia	03	JACL	1:08.80	25m	12-10-19	Funchal	389
71.	ABREU Nuno Afonso	03	CNF	1:08.89	25m	08-05-21	Funchal	388
72.	RODRIGUES Goncalo Miguel	03	AHBE	1:08.92	25m	23-11-19	Algés	387
73.	PAIVA Andre Ferreira	03	CDF	1:08.96	25m	25-04-21	Gafanha da Nazaré	387
74.	MANZ Guilherme Carmo	03	CNCVG	1:09.00	25m	23-11-19	Algés	386
75.	CORREIA Luis Carlos	03	SFUAP	1:09.11	25m	01-11-19	Setúbal	384
76.	GONCALVES Hugo Fonseca	03	CMNPR	1:09.28	25m	24-11-19	Bragança	381
77.	CARDOSO Guilherme Dias	03	FCF	1:09.46	25m	11-01-20	Quarteira	378
78.	COELHO Joao Salvador	03	CRASTO	1:09.51	25m	16-11-19	Viseu	378
79.	PEREIRA Igor Branco	03	CRASTO	1:09.63	25m	18-01-20	Mealhada	376
80.	ARAUJO Pedro Rodrigues	03	ADPB	1:09.78	25m	22-11-19	Braga	373
81.	FARIA Joao Pedro	03	CNF	1:10.00	25m	12-10-19	Funchal	370
82.	SOLODYUK Micael Kovalchuk	03	CNVA	1:10.01	25m	25-04-21	Gafanha da Nazaré	369
83.	VALENTE Goncalo Filipe	03	GESL	1:10.03	25m	03-11-19	Lisboa	369
84.	DUARTE Pedro Esteves	03	CDCP	1:10.24	25m	01-11-19	Setúbal	366
84.	PEGADO Luis Maia	03	EULX	1:10.24	25m	23-11-19	Algés	366
86.	COELHO Bruno Teixeira	03	CNG	1:10.27	25m	17-11-19	Castelo Branco	365

100 Estilos (desde 87)

87.	FERREIRA Hugo Valenca	03	EDV	1:10.30	25m	22-11-19	Braga	365
88.	VALE David Manuel	03	GESL	1:10.31	25m	03-11-19	Lisboa	365
89.	ANTUNES Jose Joao	03	FCF	1:10.33	25m	18-10-20	Lagos	364
90.	LOURENCO Goncalo Pires	03	FBSC	1:10.37	25m	19-10-19	Condeixa	364
90.	FARIA Hugo Miguel	03	CAFBDP	1:10.37	25m	21-11-20	Ribeira Grande	364
92.	GRILO Miguel Santos	03	AMINATA	1:10.39	25m	19-01-20	Montemor-o-Novo	364
93.	VASS Erik Norbert	03	CNRM	1:10.57	25m	20-10-19	Torres Novas	361
94.	CANADAS Joao Vasco	03	CNRM	1:10.59	25m	20-10-19	Torres Novas	360
95.	AGUIAR Pedro Ferreira	03	CNF	1:10.67	25m	12-10-19	Funchal	359
96.	MAIA Rodrigo Costa	03	CFP	1:10.80	25m	22-11-19	Felgueiras	357
97.	PEREIRA Diogo Pontes	03	ADF	1:11.03	25m	22-11-19	Felgueiras	354
98.	ARAUJO Jose Miguel	03	VSC	1:11.47	25m	22-02-20	Guimaraes	347
99.	PEREIRA Rodrigo Sousa	03	CNH	1:11.58	25m	08-05-21	Horta	346
100.	COELHO Joao Reis	03	AEFDT	1:11.63	25m	25-04-21	Gafanha da Nazaré	345

200 Estilos

1.	RIBEIRO Gustavo Carvalhais	03	CGA	2:04.13	25m	24-04-21	Gafanha da Nazaré	688
2.	GOMES Tomas Nogueira	03	SFUAP	2:06.93	25m	14-11-20	Leiria	644
3.	LOPES Luis Afonso	03	VS	2:07.68	25m	14-11-20	Leiria	633
4.	CARNEIRO Joao Soares	03	SLB	2:07.91	25m	21-12-19	Felgueiras	629
5.	RODRIGUES Tiago Moura	03	CLIPTEAM	2:09.27	25m	14-11-20	Mealhada	609
6.	ARAUJO Joao Guilherme	03	CNMAIA	2:09.70	25m	11-04-21	Felgueiras	603
7.	RELVAS David Ferreira	03	DNMG	2:10.87	25m	14-12-19	Leiria	587
8.	FARDILHA Manuel Cruz	03	CGA	2:12.94	25m	24-04-21	Gafanha da Nazaré	560
9.	CARVALHO Fernando Costa	03	FOCA	2:13.14	25m	23-11-19	Felgueiras	558
10.	DIAS Ruben Fonseca	03	CNV	2:14.82	25m	14-12-19	Leiria	537
11.	SILVA Ricardo Lopes	03	DNMG	2:15.16	25m	23-11-19	Caldas da Rainha	533
12.	JUNIOR Luis Cabral	03	CFB	2:15.37	25m	09-11-19	Albufeira	531
13.	FAIA Mateus Costa	03	GDNFAMA	2:15.50	25m	11-04-21	Felgueiras	529
14.	CASTRO Duarte Monteiro	03	FCP	2:15.57	25m	08-05-21	Pacos de Ferreira	528
15.	VAKULYUK Paulo	03	CNTN	2:15.91	25m	23-11-19	Tomar	524
16.	LEAL Dinis Barros	03	CAP	2:16.11	25m	11-04-21	Felgueiras	522
17.	FELICIO Tomas Miguel	03	CNRM	2:16.58	25m	14-12-19	Leiria	517
18.	FERNANDES Rui Afonso	03	CDN	2:16.63	25m	25-07-20	Funchal	516
19.	MATOS Joao Luis	03	CNCVG	2:16.67	25m	24-11-19	Algés	516
20.	SANTOS Andre Cardoso	03	AVFC	2:16.68	25m	30-11-19	Sines	516
21.	FERREIRA Joao Carlos	03	FCP	2:16.93	25m	23-11-19	Felgueiras	513
22.	SANTANA Pedro Maria	03	CNTN	2:16.94	25m	15-02-20	Torres Novas	513
23.	COSTA Hugo Alexandre	03	CNV	2:17.02	25m	23-11-19	Felgueiras	512
24.	SANTOS Roberto Pinho	03	AEJ	2:17.09	25m	13-06-21	Viseu	511
25.	MENDES Ricardo Ferreira	03	CCLAMAS	2:17.65	25m	23-11-19	Felgueiras	505
26.	PEREIRA Antonio Sousa	03	AHBE	2:17.75	25m	01-11-19	Setúbal	504
27.	NETO Rodrigo Jorge	03	CAP	2:18.00	25m	22-02-20	Mirandela	501
28.	SOUSA Diogo Nunes	03	VSC	2:18.47	25m	11-04-21	Felgueiras	496
29.	CASCALHEIRA Joao Miguel	03	CNS	2:18.50	25m	24-11-19	Algés	495
29.	FERREIRA Tomas Soares	03	CDE	2:18.50	25m	30-11-19	Sines	495
31.	CRISTINO Guilherme Matias	03	SFUAP	2:18.58	25m	24-11-19	Algés	495
32.	AFONSO Francisco Lopes	03	GCVR	2:18.64	25m	08-03-20	Mirandela	494
33.	MATOS Rodrigo Vieira	03	CNF	2:18.76	25m	08-03-20	Funchal	493
34.	MARTYN David	03	BSCN	2:19.04	25m	23-11-19	Caldas da Rainha	490
35.	CARVALHO Renato Miguel	03	CGA	2:19.19	25m	24-04-21	Gafanha da Nazaré	488
36.	DURAES Diogo Miguel	03	CNMJ	2:19.21	25m	02-02-20	Montemor-o-Novo	488

200 Estilos (desde 37)

37.	CORREIA Pedro Henriques	03	SLB	2:19.33	25m	24-11-19	Algés	487
38.	MARQUES Andre Costa	03	GDNFAMA	2:19.40	25m	23-11-19	Felgueiras	486
39.	JORGE Tiago Miguel	03	CNRM	2:19.86	25m	24-10-20	Tomar	481
40.	COLACO Joao Maria	03	SCP	2:20.13	25m	24-11-19	Algés	478
41.	CRISTINA Joao Martins	03	LDC	2:20.16	25m	24-11-19	Lagos	478
42.	CARRASCO Joao Pedro	03	PORTIN	2:20.20	25m	23-02-20	Lagos	478
43.	CRISTOVAO Goncalo Magalhaes	03	VS	2:21.08	25m	01-02-20	Ponte de Sor	469
44.	SANTOS Joao Pedro	03	CAFBDP	2:21.09	25m	18-01-20	Ponta Delgada	469
45.	NUNES Hugo Fernandes	03	CNG	2:21.33	25m	30-11-19	Sines	466
46.	OSSENBRUGGEN David Van	03	SFUAP	2:21.66	25m	24-11-19	Algés	463
47.	GOMES Goncalo Camara	03	CNF	2:21.76	25m	26-10-19	Funchal	462
48.	PARENTE Salvador Ataide	03	GESL	2:21.90	25m	09-05-21	Sto António Cavaleiros	461
49.	SANTOS Miguel Alexandre	03	CNOL	2:22.33	25m	01-02-20	Albufeira	456
50.	ENGELEN Dario	03	00563	2:22.53	25m	08-05-21	ALCALA (ESP)	455
51.	TOME Afonso Esteves	03	ADRCIMM	2:22.87	25m	24-11-19	Algés	451
52.	FERREIRA Joao Pedro	03	AVFC	2:23.20	25m	24-10-20	Mealhada	448
53.	ROCHA Bernardo Sousa	03	CFP	2:23.44	25m	23-11-19	Felgueiras	446
54.	CARVALHO Tiago Fonseca	03	CNPO	2:23.83	25m	23-11-19	Felgueiras	442
55.	COELHO Alex Baptista	03	CLIPTEAM	2:23.94	25m	07-11-20	Guarda	441
56.	TOME Diogo Bernardo	03	CNSM	2:24.06	25m	08-03-20	Santarém	440
57.	SANTOS Rafael Pinto	03	CDF	2:24.08	25m	18-01-20	Mealhada	440
58.	OLIVEIRA Daniel Valente	03	SCA	2:24.83	25m	02-02-20	Viseu	433
59.	MATIAS Rafael Candeias	03	CNLGOS	2:24.85	25m	09-11-19	Albufeira	433
60.	PEREIRA Alexandre Alves	03	SCB	2:25.54	25m	03-11-19	Barcelos	427
61.	MATRENO Diogo Miguel	03	CNTN	2:25.57	25m	15-05-21	Abrantes	427
62.	ASCENSO Daniel Alexandre	03	GESL	2:25.72	25m	24-11-19	Algés	425
63.	CAROCO Dinis Viola	03	SCP	2:25.73	25m	24-11-19	Algés	425
64.	SA Rafael Domingues	03	CNVA	2:25.75	25m	13-10-19	Mealhada	425
65.	BULHOSA Silvio Miguel	03	AEJ	2:25.88	25m	17-11-19	Viseu	424
66.	FARIA Hugo Miguel	03	CAFBDP	2:25.92	25m	12-10-19	Ponta Delgada	424
67.	VASS Erik Norbert	03	CNRM	2:26.03	25m	23-11-19	Tomar	423
68.	YURCHUK Artur	03	NBM	2:26.05	25m	02-02-20	Viseu	422
69.	GONCALVES Hugo Fonseca	03	CMNPR	2:26.12	25m	19-01-20	Barcelos	422
70.	SILVA Pedro Fale	03	ACMN	2:26.17	25m	16-11-19	Odemira	421
71.	SANTOS Antonio Miguel	03	CFV	2:26.19	25m	23-11-19	Felgueiras	421
72.	BORGES Rafael Braga	03	CAFBDP	2:26.20	25m	18-01-20	Ponta Delgada	421
73.	PEREIRA Diogo Pontes	03	ADF	2:26.29	25m	23-11-19	Felgueiras	420
74.	RIBEIRO Vitor Hugo	03	LSXXI	2:26.61	25m	23-11-19	Felgueiras	418
75.	LOPES Pedro Henrique	03	CDSR	2:26.93	25m	08-05-21	Funchal	415
76.	DUARTE Pedro Esteves	03	CDCP	2:27.27	25m	01-11-19	Setúbal	412
77.	ANDRADE Mario Luis	03	CNP	2:27.55	25m	01-02-20	Ponte de Sor	410
78.	COELHO Bruno Teixeira	03	CNG	2:27.58	25m	08-03-20	Ponte de Sor	409
79.	GONCALVES Jorge Miguel	03	CGA	2:27.65	25m	17-11-19	Viseu	409
80.	ARAUJO Jose Miguel	03	VSC	2:27.86	25m	23-11-19	Felgueiras	407
81.	RENDEIRO Miguel Vargas	03	NSIT	2:28.00	25m	16-11-19	Angra do Heroísmo	406
82.	FERREIRA Paulo Sergio	03	CNNZ	2:28.18	25m	23-02-20	Pombal	404
83.	COUTINHO Guilherme Pereira	03	VS	2:28.20	25m	19-01-20	Entroncamento	404
84.	COUTINHO David Valdagua	03	CUC	2:28.68	25m	24-10-20	Coimbra	400
85.	ALVES Rui Chagas	03	VS	2:29.55	25m	01-02-20	Ponte de Sor	393
86.	GOMES Nuno Antonio	03	CAFBDP	2:29.63	25m	13-03-21	Ponta Delgada	393
87.	VALE David Manuel	03	GESL	2:29.67	25m	03-11-19	Lisboa	392
88.	MARTINS Henrique Antonio	03	CNTEJO	2:29.94	25m	19-01-20	Entroncamento	390
89.	COELHO Joao Reis	03	AEFDT	2:30.21	25m	13-10-19	Mealhada	388

200 Estilos (desde 90)

90.	COELHO Joao Salvador	03	CRASTO	2:30.22	25m	13-10-19	Mealhada	388
91.	MAIA Rodrigo Costa	03	CFP	2:30.40	25m	23-11-19	Felgueiras	387
92.	ALVES David Carlos	03	CAFBDP	2:30.85	25m	18-01-20	Ponta Delgada	383
93.	SILVA Guilherme Tomas	03	CDCA	2:31.03	25m	17-11-19	Viseu	382
94.	PEREIRA Igor Branco	03	CRASTO	2:31.13	25m	22-02-20	Mirandela	381
95.	RODRIGUES Goncalo Miguel	03	AHBE	2:31.53	25m	01-02-20	Ponte de Sor	378
96.	SIMOES Manuel Baptista	03	CUC	2:31.57	25m	01-11-19	Condeixa	378
97.	VIEIRA Emanuel Eloi	03	CDSR	2:31.75	25m	18-10-20	Funchal	377
98.	GAMEIRO David Almeida	03	NDAP	2:32.48	25m	13-06-21	Nazaré	371
99.	PEREIRA Daniel Santos	03	CNV	2:32.56	25m	23-11-19	Felgueiras	371
100.	BESSA Flavio Rafael	03	LSXXI	2:33.33	25m	22-02-20	Mirandela	365

400 Estilos

1.	CARNEIRO Joao Soares	03	SLB	4:31.45	25m	20-12-19	Felgueiras	647
2.	LOPES Luis Afonso	03	VS	4:34.82	25m	09-04-21	Praia da Vitória	623
3.	RIBEIRO Gustavo Carvahais	03	CGA	4:37.54	25m	20-12-19	Felgueiras	605
4.	ARAUJO Joao Guilherme	03	CNMAIA	4:39.32	25m	15-12-19	Leiria	594
5.	RELVAS David Ferreira	03	DNMG	4:42.41	25m	15-12-19	Leiria	574
6.	CARVALHO Fernando Costa	03	FOCA	4:42.47	25m	20-12-19	Felgueiras	574
7.	FARDILHA Manuel Cruz	03	CGA	4:42.68	25m	15-12-19	Leiria	573
8.	FELICIO Tomas Miguel	03	CNRM	4:44.30	25m	24-11-19	Tomar	563
9.	DIAS Rodrigo Reis	03	CFB	4:48.71	25m	20-12-19	Felgueiras	537
10.	DIAS Ruben Fonseca	03	CNV	4:51.74	25m	15-12-19	Leiria	521
11.	JORGE Tiago Miguel	03	CNRM	4:51.85	25m	07-03-20	Santarém	520
12.	SANTOS Roberto Pinho	03	AEJ	4:53.65	25m	13-06-21	Viseu	511
13.	VASS Erik Norbert	03	CNRM	4:54.48	25m	07-03-20	Santarém	506
14.	SANTANA Pedro Maria	03	CNTN	4:54.64	25m	24-11-19	Tomar	506
15.	COSTA Hugo Alexandre	03	CNV	4:54.88	25m	11-01-20	Aguas Santas	504
16.	AFONSO Francisco Lopes	03	GCVR	4:54.91	25m	15-12-19	Leiria	504
17.	SOUSA Diogo Nunes	03	VSC	4:55.32	25m	09-05-21	Pacos de Ferreira	502
18.	FERREIRA Joao Carlos	03	FCP	4:55.52	25m	12-10-19	Pacos de Ferreira	501
19.	COUTINHO David Valdagua	03	CUC	4:56.82	25m	22-12-20	Coimbra	495
20.	FAIA Mateus Costa	03	GDNFAMA	4:57.36	25m	24-11-19	Felgueiras	492
21.	CORREIA Pedro Henriques	03	SLB	4:58.69	25m	24-11-19	Algés	485
22.	BORGES Rafael Braga	03	CAFBDP	4:59.38	25m	14-12-19	Ponta Delgada	482
23.	SANTOS Joao Pedro	03	CAFBDP	4:59.48	25m	14-12-19	Ponta Delgada	481
24.	CRISTINA Joao Martins	03	LDC	5:00.05	25m	23-11-19	Lagos	479
25.	CASTRO Duarte Monteiro	03	FCP	5:00.38	25m	24-11-19	Felgueiras	477
26.	PEREIRA Diogo Guimaraes	03	VSC	5:00.52	25m	24-11-19	Felgueiras	477
27.	SILVA Duarte Filipe	03	BUZIOS	5:03.47	25m	07-03-20	Santarém	463
28.	TOME Diogo Bernardo	03	CNSM	5:03.67	25m	25-10-20	Tomar	462
29.	LOURENCO Goncalo Pires	03	FBSC	5:06.27	25m	23-11-19	Coimbra	450
30.	MARANTES Goncalo Maria	03	FCP	5:06.33	25m	24-11-19	Felgueiras	450
31.	SILVA Pedro Fale	03	ACMN	5:06.45	25m	06-03-20	Ponte de Sor	449
32.	PARENTE Salvador Ataide	03	GESL	5:07.27	25m	09-05-21	Sto António Cavaleiros	446
33.	COLACO Joao Maria	03	SCP	5:08.70	25m	24-11-19	Algés	440
34.	FERREIRA Tomas Soares	03	CDE	5:09.57	25m	13-10-19	Mealhada	436
35.	SA Rafael Domingues	03	CNVA	5:10.00	25m	17-11-19	Viseu	434
36.	DUARTE Pedro Esteves	03	CDCP	5:10.07	25m	24-11-19	Algés	434
37.	COSTA Afonso Filipe	03	CNNZ	5:12.87	25m	22-12-19	Pombal	422
38.	CARVALHO Tiago Fonseca	03	CNPO	5:14.81	25m	24-11-19	Felgueiras	414
39.	FARIA Hugo Miguel	03	CAFBDP	5:14.86	25m	06-03-20	Ponta Delgada	414

400 Estilos (desde 40)

40.	PEREIRA Igor Branco	03	CRASTO	5:15.67	25m	02-02-20	Viseu	411
41.	COELHO Alex Baptista	03	CLIP	5:16.27	25m	24-11-19	Felgueiras	409
42.	VIDAL Joao Pedro	03	IDV	5:19.47	25m	22-12-19	Pombal	397
43.	CARVALHO Ricardo Martins	03	FBSC	5:22.12	25m	22-12-19	Cantanhede	387
44.	FERREIRA Hugo Valenca	03	EDV	5:23.36	25m	11-01-20	Aguas Santas	382
45.	SA Joao Luis	03	CFP	5:23.89	25m	12-10-19	Pacos de Ferreira	381
46.	MELIM Bruno Pontes	03	JACL	5:25.94	25m	17-11-19	Funchal	373
47.	RODRIGUES Goncalo Miguel	03	AHBE	5:26.12	25m	15-12-19	Leiria	373
48.	RIBEIRO Vitor Hugo	03	LSXXI	5:27.56	25m	24-11-19	Felgueiras	368
49.	ORMONDE Tomas Andrade	03	CNPV	5:28.23	25m	06-03-20	Ponta Delgada	366
50.	BRAS Alexandre Miguel	03	CPSPA	5:29.97	25m	01-11-19	Condeixa	360
51.	GAMEIRO David Almeida	03	NDAP	5:30.94	25m	22-12-19	Pombal	357
52.	FERNANDES Joao Bernardo	03	CNPO	5:33.49	25m	24-11-19	Felgueiras	349
53.	VIEIRA Emanuel Eloi	03	CDSR	5:36.82	25m	21-12-19	Funchal	338
54.	BESSA Flavio Rafael	03	LSXXI	5:37.05	25m	24-11-19	Felgueiras	338
55.	RENDEIRO Miguel Vargas	03	NSIT	5:47.31	25m	14-12-19	Praia da Vitória	309
56.	RAPOSO Luis Pedro	03	CNBE	5:57.87	25m	25-10-20	Olhão	282
57.	PEREIRA Rodrigo Sousa	03	CNH	6:06.30	25m	27-10-19	Ponta Delgada	263
58.	LARANJEIRA Tomas Alexandre	03	CPSPA	6:12.99	25m	01-11-19	Condeixa	249

50 Livres

1.	RIBEIRO Diogo Matos	04	CUC	23.35	25m	22-12-20	Coimbra	651
2.	REIS Rodrigo Miguel	04	ADBA	24.06	25m	15-11-20	Leiria	595
3.	FERNANDES Diogo Henrique	04	CNF	24.56	25m	08-05-21	Funchal	559
4.	COSTA Joao Peres	04	CNPV	24.68	25m	30-11-19	Sines	551
5.	COSTA Afonso Vilhena	04	CFV	24.70	25m	15-12-19	Leiria	550
6.	GOMES Guilherme Sousa	04	ACS	25.08	25m	12-01-20	Quarteira	525
7.	SANTOS Rui Mamede	04	CUC	25.11	25m	24-10-20	Coimbra	523
8.	MARQUES Gustavo Pires	04	CUC	25.13	25m	15-05-21	Condeixa-a-Nova	522
9.	OLIVEIRA Pedro Nuno	04	CNTN	25.19	25m	16-05-21	Abrantes	518
10.	BORGES David Costa	04	CFP	25.25	25m	09-05-21	Pacos de Ferreira	515
11.	ANTUNES David Alexandre	04	LSC	25.31	25m	09-05-21	Pacos de Ferreira	511
12.	SOUSA Tomas Castro	04	VSC	25.38	25m	09-05-21	Pacos de Ferreira	507
13.	AGUIAR Vasco Ormonde	04	TAC	25.44	25m	08-05-21	Praia da Vitória	503
14.	SILVA Daniel Alexandre	04	GCNF	25.49	25m	25-10-20	Olhão	500
15.	POIARES Tiago Andre	04	FBSC	25.59	25m	23-12-20	Coimbra	494
15.	SIMOES Miguel Costa	04	CDCP	25.59	25m	16-05-21	Abrantes	494
17.	FARIAS Alexandre Moreira	04	LDC	25.60	25m	11-01-20	Quarteira	494
18.	BARAONA Andre Azevedo	04	CNMJ	25.63	25m	02-02-20	Montemor-o-Novo	492
19.	MADUREIRA Rui Pedro	04	VSC	25.71	25m	22-11-19	Felgueiras	487
19.	ANICETO Joao Gabriel	04	ADBA	25.71	25m	06-03-21	Leiria	487
21.	CHOCAS Afonso Alves	04	SANIC	25.74	25m	09-01-21	Guarda	486
22.	JESUS Pedro Duarte	04	CGA	25.75	25m	25-10-20	Mealhada	485
23.	DIAS Jose Diogo	04	FBSC	25.78	25m	23-12-20	Coimbra	483
24.	DIOGO Dinis Miranda	04	FBSC	25.80	25m	23-12-20	Coimbra	482
25.	PENELAS Joao Pedro	04	GESL	25.85	25m	09-05-21	Sto António Cavaleiros	480
26.	MENA Jorge Perez	04	LDC	25.87	25m	25-10-20	Olhão	478
27.	ALMEIDA Francisco Ferreira	04	SCE	25.88	25m	18-01-20	Mealhada	478
28.	GUERREIRO Joao Negreiros	04	CIRL	25.91	25m	09-05-21	Sto António Cavaleiros	476
28.	CARVALHO Martim Henriques	04	CNRM	25.91	25m	16-05-21	Abrantes	476
30.	FERNANDES Rodrigo Cardoso	04	CNCA	25.92	25m	08-03-20	Santarém	476
31.	OLIVEIRA Goncalo Daniel	04	AAC	25.97	25m	20-06-21	Coimbra	473
32.	NUNES Diogo Severino	04	CNV	26.02	25m	22-11-19	Felgueiras	470
33.	MARQUES Vicente Cruzeiro	04	SCA	26.04	25m	30-11-19	Sines	469
34.	ANGELINO Joao Silva	04	PDEM	26.08	25m	30-11-19	Sines	467
35.	RODEIA Jose Miguel	04	LDC	26.11	25m	09-11-19	Albufeira	465
36.	FARIA Ricardo Morais	04	ADBA	26.15	25m	15-02-20	Torres Novas	463
37.	OLIVEIRA Joao Campelo	04	GDNFAMA	26.21	25m	09-01-21	Guarda	460
38.	SANTOS Gabriel Moreira	04	GDNFAMA	26.23	25m	22-11-19	Felgueiras	459
39.	GROSHEV Vladislav	04	FCF	26.24	25m	08-11-20	Lagos	458
40.	BORISOV Iuri Lucas	04	GCNF	26.30	25m	15-05-21	Lagos	455
41.	MONTEIRO Jose Miguel	04	SFGP	26.35	25m	16-05-21	Abrantes	453
42.	RODRIGUES Rodrigo Reis	04	CDSR	26.37	25m	08-05-21	Funchal	452
43.	GONCALVES Duarte Cadima	04	CNMJ	26.39	25m	30-11-19	Sines	451
44.	MARTINEZ PONCE DE LEON	04/rid	CNGUA	26.42	25m	12-01-20	Quarteira	449
45.	BARATA Pedro Afonso	04	CNFU	26.48	25m	08-05-21	Guarda	446
46.	TSYKAL Daniel	04	CNAL	26.49	25m	23-05-21	Alcobaça	446
47.	SOUSA Fabio Joao	04	GCVR	26.52	25m	07-03-20	Mirandela	444
48.	ALVES Paulo Rodrigues	04	CDN	26.55	25m	18-07-20	Funchal	443
49.	PEREIRA Paulo Bernardo	04	ADP	26.56	25m	23-11-19	Felgueiras	442
50.	MORAIS Alexandre Duarte	04	PDEM	26.65	25m	17-11-19	Cova da Piedade	438
50.	HASSENTEUFEL Marco Antoni	04	CNPO	26.65	25m	07-03-20	Braga	438
52.	TATO Vitor Pedro	04	LSC	26.69	25m	23-11-19	Felgueiras	436

50 Livres (desde 53)

53.	NASCIMENTO Angelo Miranda	04	GCNF	26.72	25m	08-11-20	Lagos	434
54.	ALVES Goncalo Moreira	04	CCLAMAS	26.73	25m	22-11-19	Felgueiras	434
55.	PAZ Antonio Manuel	04	CAFBDP	26.74	25m	16-11-19	Ribeira Grande	433
56.	CARVALHO Goncalo Renato	04	FCP	26.76	25m	09-01-21	Guarda	432
57.	IRIMIA Andrei Claudiu	04	SFUS	26.78	25m	19-01-20	Entroncamento	431
58.	CAROLA Jose Pedro	04	CGA	26.83	25m	25-04-21	Gafanha da Nazaré	429
59.	GASPAR Andre Jesus	04	SFGP	26.88	25m	08-03-20	Santarém	426
60.	PALMA Francisco Caetano	04	ACRZA	26.93	25m	19-01-20	Montemor-o-Novo	424
61.	NUNES Miguel Filipe	04	CNCA	26.98	25m	08-03-20	Santarém	422
62.	PACHECO Francisco Silva	04	NSIT	27.09	25m	16-11-19	Angra do Heroísmo	417
63.	FERREIRA Leonardo Filipe	04	CNF	27.13	25m	18-07-20	Funchal	415
64.	DUARTE Bernardo Boal	04	CNCA	27.15	25m	08-03-20	Santarém	414
65.	AFONSO Martim Rodrigues	04	ACS	27.17	25m	14-12-19	Portimão	413
65.	VICENTE Tiago Miguel	04	ACS	27.17	25m	14-12-19	Portimão	413
67.	MATOS Gil Amaral	04	TAC	27.18	25m	21-11-20	Angra do Heroísmo	412
68.	MACHADO Tiago Magalhaes	04	CDN	27.24	25m	08-08-20	Funchal	410
68.	FERNANDES Lucas Andre	04	VSC	27.24	25m	09-05-21	Pacos de Ferreira	410
70.	SANTOS Vasco Malia	04	CNLGOS	27.25	25m	25-10-20	Olhão	409
71.	BOIAN Danut	04	SFGP	27.27	25m	16-05-21	Abrantes	408
72.	CAMPOS Rafael Alves	04	CPSPA	27.35	25m	23-12-20	Coimbra	405
73.	PIMENTA Bernardo Oliveira	04	CNV	27.37	25m	23-11-19	Felgueiras	404
73.	SIMAO Goncalo Revez	04	CRIRA	27.37	25m	19-01-20	Montemor-o-Novo	404
75.	CARDOSO Lucas Pipiraite	04	CNNZ	27.39	25m	24-11-19	Caldas da Rainha	403
76.	OLIVEIRA Vasco Peixoto	04	CNAL	27.42	25m	25-01-20	Alcobaça	402
77.	BRANCO Rodrigo Figueiredo	04	CGA	27.45	25m	25-10-20	Mealhada	400
78.	SILVA Francisco Oliveira	04	FOCA	27.48	25m	22-11-19	Felgueiras	399
79.	SILVA Guilherme Antonio	04	ACS	27.63	25m	12-01-20	Quarteira	393
79.	NEVES Luis Miguel	04	AMINATA	27.63	25m	07-03-20	Ponte de Sor	393
81.	FRANCISCO Afonso Romao	04	CDCP	27.65	25m	15-02-20	Torres Novas	392
82.	PINTO Miguel Angelo	04	SCMI	27.73	25m	07-03-20	Mirandela	388
83.	FRANCISCO Ruben Filipe	04	PORTIN	27.75	25m	12-01-20	Quarteira	388
84.	FERNANDES Eduardo Figueira	04	CNBE	27.78	25m	08-11-20	Lagos	386
84.	OLIVEIRA Ricardo Gabriel	04	CDE	27.78	25m	25-04-21	Gafanha da Nazaré	386
86.	CORREIA Francisco Alves	04	CNLA	27.86	25m	17-11-19	Odemira	383
87.	GLORIA Afonso Marreiros	04	LAGAC	27.87	25m	23-11-19	Lagos	383
87.	GAGO Tiago Charrua	04	CNRM	27.87	25m	08-03-20	Santarém	383
89.	BARRADAS Tiago Trigg	04	PORTIN	27.91	25m	14-12-19	Portimão	381
89.	GUERREIRO Pedro Henrique	04	CNBE	27.91	25m	08-11-20	Lagos	381
91.	TRISTAO Miguel Salomao	04	PORTIN	27.94	25m	23-11-19	Lagos	380
92.	LEAL Diogo Silva	04	JACL	27.95	25m	08-03-20	Funchal	379
93.	CANTANHEDE Guilherme Alexandre	04	ACMN	27.97	25m	19-01-20	Montemor-o-Novo	378
94.	ANDRADE Cesar Rodrigues	04	NBM	28.05	25m	01-02-20	Viseu	375
95.	SILVA Rui Barreira	04	FNC	28.14	25m	07-03-20	Mirandela	372
96.	GOMES Alexandre Monteiro	04	JACL	28.17	25m	17-10-20	Funchal	370
97.	ALVES Guilherme Cotovio	04	ACMN	28.25	25m	19-01-20	Montemor-o-Novo	367
97.	ACHRAFI Naim El Fallaki El	04	LDC	28.25	25m	25-10-20	Olhão	367
99.	MARQUES Tiago Oliveira	04	CDF	28.31	25m	13-06-21	Viseu	365
100.	SILVA Diogo Xavier	04	CNOL	28.39	25m	12-01-20	Quarteira	362

100 Livres

1.	RIBEIRO Diogo Matos	04	CUC	49.56	25m	22-12-20	Coimbra	745
2.	REIS Rodrigo Miguel	04	ADBA	51.60	25m	14-11-20	Leiria	660
3.	SIMOES Bernardo Jorge	04	CNCVG	52.63	25m	10-04-21	Felgueiras	622
4.	COSTA Joao Peres	04	CNPV	52.88	25m	14-11-20	Leiria	613
5.	SILVA Gustavo Carvalho	04	CNPV	53.16	25m	09-04-21	Praia da Vitória	604
6.	ALMEIDA Bernardo Victorino	04	SCP	53.17	25m	07-12-19	Sines	603
7.	SANTOS Gabriel Moreira	04	GDNFAMA	53.19	25m	08-12-19	Mealhada	603
8.	FERNANDES Diogo Henrique	04	CNF	53.25	25m	14-05-21	Funchal	601
9.	MARQUES Gustavo Pires	04	CUC	53.27	25m	23-12-20	Coimbra	600
10.	CLARA Vitor Belo	04	ADBA	53.68	25m	30-04-21	Leiria	586
11.	OLIVEIRA Pedro Nuno	04	CNTN	53.72	25m	14-11-20	Leiria	585
12.	BARAONA Andre Azevedo	04	CNMJ	53.74	25m	09-05-21	Sto António Cavaleiros	584
13.	JESUS Pedro Duarte	04	CGA	54.00	25m	14-11-20	Mealhada	576
14.	GOMES Guilherme Sousa	04	ACS	54.04	25m	15-05-21	Lagos	575
15.	QUEIROS Luis Pedro	04	VNC	54.16	25m	06-03-20	Braga	571
16.	SANTOS Rui Mamede	04	INDANC	54.33	25m	19-06-21	Coimbra	565
17.	MADUREIRA Rui Pedro	04	GDNFAMA	54.39	25m	14-11-20	Mealhada	564
18.	MOITA Goncalo Brites	04	CUC	54.41	25m	08-12-19	Mealhada	563
19.	ANTUNES Joao Afonso	04	CGA	54.52	25m	13-06-21	Viseu	560
20.	REBELO Joao Lourenco	04	SAD	54.55	25m	14-11-20	Leiria	559
21.	CASTANHEIRA Guilherme Silva	04	ADBA	54.77	25m	08-12-19	Sines	552
22.	COSTA Afonso Vilhena	04	CFV	54.80	25m	08-12-19	Mealhada	551
23.	TAVARES Bernardo Rodrigues	04	CGA	54.97	25m	24-04-21	Gafanha da Nazaré	546
24.	AGUIAR Vasco Ormonde	04	TAC	54.98	25m	21-11-20	Angra do Heroísmo	546
25.	BORGES David Costa	04	CFP	55.01	25m	08-05-21	Pacos de Ferreira	545
26.	SIMOES Miguel Costa	04	CDCP	55.07	25m	09-05-21	Sto António Cavaleiros	543
27.	PAZ Antonio Manuel	04	CAFBDP	55.15	25m	30-11-19	Sines	541
28.	CARVALHO Martim Henriques	04	CNRM	55.16	25m	25-10-20	Tomar	540
28.	POIARES Tiago Andre	04	FBSC	55.16	25m	19-06-21	Coimbra	540
30.	OLIVEIRA Joao Campelo	04	GDNFAMA	55.25	25m	14-11-20	Mealhada	538
31.	FARIA Ricardo Morais	04	ADBA	55.37	25m	30-04-21	Leiria	534
32.	ANICETO Joao Gabriel	04	ADBA	55.49	25m	15-05-21	Condeixa-a-Nova	531
33.	SILVA Nuno Marques	04	ADBA	55.60	25m	23-11-19	Caldas da Rainha	528
34.	SOUSA Tomas Castro	04	VSC	55.64	25m	10-06-21	Vila Real	526
35.	MOREIRA Joao Pedro	04	CNCE	55.67	25m	08-12-19	Mealhada	526
36.	ALMEIDA Francisco Ferreira	04	SCE	55.77	25m	30-11-19	Sines	523
37.	ANTUNES David Alexandre	04	LSC	55.85	25m	08-12-19	Mealhada	520
38.	PENELAS Joao Pedro	04	GESL	55.92	25m	08-12-19	Sines	519
39.	SILVA Frederico Ferreira	04	GDNFAMA	55.98	25m	08-12-19	Mealhada	517
40.	GUIMARAES Hugo Goncalves	04	EDV	56.17	25m	08-12-19	Mealhada	512
40.	RODEIA Jose Miguel	04	LDC	56.17	25m	22-02-20	Lagos	512
42.	TATO Vitor Pedro	04	LSC	56.30	25m	08-12-19	Mealhada	508
43.	BARBOSA Pedro Xavier	04	EDV	56.37	25m	24-11-19	Braga	506
44.	CARVALHO Antonio Lombardi	04	SCP	56.39	25m	08-12-19	Sines	506
45.	SANTOS Joao Afonso	04	SCP	56.41	25m	16-02-20	Sto Antonio dos Cavaleiros	505
46.	DIAS Jose Diogo	04	FBSC	56.49	25m	22-12-20	Coimbra	503
47.	SILVA Miguel Madeira	04	AONDA	56.63	25m	08-12-19	Sines	499
48.	FRANCISCO Afonso Romao	04	CDCP	56.64	25m	08-12-19	Sines	499
49.	MORAIS Alexandre Duarte	04	PDEM	56.68	25m	08-12-19	Sines	498
50.	RODRIGUES Rodrigo Reis	04	CDSR	56.70	25m	18-10-20	Funchal	497
51.	MAIA Felipe Menegassi	04	SAD	56.78	25m	23-11-19	Algés	495
52.	FARIAS Alexandre Moreira	04	LDC	56.81	25m	08-12-19	Sines	495
53.	ALVES Paulo Rodrigues	04	CDN	56.82	25m	08-03-20	Funchal	494

100 Livres (desde 54)

54.	SILVA Daniel Alexandre	04	GCNF	56.89	25m	07-11-20	Lagos	492
55.	GUERREIRO Joao Negreiros	04	CIRL	56.90	25m	09-05-21	Sto António Cavaleiros	492
56.	CARDOSO Filipe Santos	04	CAPGE	56.92	25m	14-12-19	Leiria	492
56.	SOUSA Fabio Joao	04	GCVR	56.92	25m	07-03-20	Mirandela	492
58.	VIEIRA Francisco Ribeiro	04	AEFDTV	56.94	25m	10-11-19	Albufeira	491
58.	NUNES Diogo Severino	04	CNV	56.94	25m	23-11-19	Felgueiras	491
60.	MIRA Tomas Martins	04	CNS	56.96	25m	07-11-20	Guarda	491
61.	PALMA Francisco Caetano	04	ACRZA	57.03	25m	08-03-20	Ponte de Sor	489
62.	FERNANDES Rodrigo Cardoso	04	CNCA	57.05	25m	24-11-19	Tomar	488
63.	FRASQUILHO Afonso Figueiredo	04	SCP	57.08	25m	16-02-20	Sto Antonio dos Cavaleiros	488
63.	SANTOS Vasco Malia	04	CNLGOS	57.08	25m	07-11-20	Lagos	488
65.	PEREIRA Paulo Bernardo	04	ADP	57.09	25m	07-03-20	Mirandela	487
66.	VIEIRA Tomas Sa	04	SAD	57.14	25m	08-12-19	Sines	486
67.	GONCALVES Duarte Cadima	04	CNMJ	57.22	25m	30-11-19	Sines	484
68.	OLIVEIRA Goncalo Daniel	04	AAC	57.25	25m	19-06-21	Coimbra	483
69.	LIMA Tiago Diniz	04	CDE	57.26	25m	13-06-21	Viseu	483
70.	FRANCISCO Ruben Filipe	04	PORTIN	57.40	25m	22-02-20	Lagos	479
71.	DIOGO Dinis Miranda	04	FBSC	57.45	25m	23-11-19	Coimbra	478
72.	FAUSTINO Joao Pedro	04	CDCP	57.46	25m	07-12-19	Sines	478
73.	GROSHEV Vladislav	04	FCF	57.60	25m	18-10-20	Lagos	474
74.	AFONSO Martim Rodrigues	04	ACS	57.68	25m	07-11-20	Lagos	472
75.	NASCIMENTO Angelo Miranda	04	GCNF	57.76	25m	15-05-21	Lagos	470
76.	ALVES Goncalo Moreira	04	CCLAMAS	57.87	25m	22-11-19	Felgueiras	468
77.	KHOURY Marvin	04	SCB	57.88	25m	09-05-21	Ponte da Barca	468
77.	MONTEIRO Jose Miguel	04	SFGP	57.88	25m	15-05-21	Abrantes	468
79.	MARQUES Vicente Cruzeiro	04	SCA	57.93	25m	08-12-19	Mealhada	466
80.	FERREIRA Joao Marques	04	VS	58.05	25m	15-05-21	Abrantes	463
81.	FERREIRA Tiago Felix	04	VSC	58.25	25m	10-06-21	Vila Real	459
82.	PEREIRA Tiago Maia	04	CGA	58.26	25m	24-10-20	Mealhada	458
83.	CAROLA Jose Pedro	04	CGA	58.28	25m	13-03-21	Aveiro	458
84.	BARRY Rafael Francisco	04	CNF	58.31	25m	18-07-20	Funchal	457
85.	BARATA Pedro Afonso	04	CNFU	58.33	25m	08-05-21	Guarda	457
86.	LOPES Rafael Caceres	04	SFUAP	58.34	25m	23-11-19	Algés	457
87.	CHOCAS Afonso Alves	04	EFC	58.37	25m	07-03-20	Ponte de Sor	456
88.	SANTOS Guilherme Machado	04	SFUAP	58.57	25m	08-12-19	Sines	451
89.	GASPAR Andre Jesus	04	SFGP	58.59	25m	25-10-20	Tomar	451
89.	ROCHA Jose Pedro	04	CMNPR	58.59	25m	24-04-21	Vila Real	451
91.	SALGUEIRO Ruben Jose	04	SCP	58.61	25m	16-02-20	Sto Antonio dos Cavaleiros	450
91.	PACHECO Francisco Silva	04	NSIT	58.61	25m	08-05-21	Praia da Vitória	450
93.	MATOS Gil Amaral	04	TAC	58.69	25m	23-01-21	Angra do Heroísmo	448
94.	UVA Francisco Sousa	04	SAD	58.71	25m	15-05-21	Alcabideche	448
95.	FERNANDES Martim Pestana	04	CNF	58.73	25m	07-03-20	Funchal	448
96.	AGUILAR Luis Santos	04	CDN	58.78	25m	09-05-21	Funchal	446
97.	TROMBINHAS Tiago Miguel	04	ADRCIMM	58.80	25m	08-12-19	Sines	446
98.	ALVES Guilherme Cotovio	04	ACMN	58.93	25m	19-12-20	Sines	443
99.	NUNES Miguel Filipe	04	CNCA	58.99	25m	15-05-21	Abrantes	442
100.	RIBEIRO Nuno Miguel	04	EDV	59.05	25m	08-12-19	Mealhada	440

200 Livres

1.	RIBEIRO Diogo Matos	04	CUC	1:47.65	25m	11-04-21	Felgueiras	786
2.	ALMEIDA Bernardo Victorino	04	SCP	1:53.73	25m	07-12-19	Sines	667
3.	SILVA Gustavo Carvalho	04	CNPV	1:54.46	25m	10-04-21	Praia da Vitória	654
4.	REIS Rodrigo Miguel	04	ADBA	1:54.77	25m	07-12-19	Sines	649
5.	SANTOS Gabriel Moreira	04	GDNFAMA	1:55.26	25m	07-12-19	Mealhada	640
6.	CLARA Vitor Belo	04	ADBA	1:55.66	25m	14-11-20	Leiria	634
7.	PAZ Antonio Manuel	04	CAFBDP	1:56.01	25m	14-11-20	Leiria	628
8.	CARVALHO Martim Henriques	04	CNRM	1:56.30	25m	14-11-20	Leiria	623
9.	MARQUES Gustavo Pires	04	CUC	1:56.87	25m	25-10-20	Coimbra	614
10.	JESUS Pedro Duarte	04	CGA	1:57.10	25m	14-11-20	Mealhada	611
11.	NUNES Diogo Severino	04	CNV	1:57.17	25m	09-05-21	Pacos de Ferreira	609
12.	BARAONA Andre Azevedo	04	CNMJ	1:57.92	25m	15-05-21	Abrantes	598
13.	FERNANDES Diogo Henrique	04	CNF	1:58.28	25m	13-05-21	Funchal	592
14.	SILVA Nuno Marques	04	ADBA	1:58.48	25m	11-04-21	Felgueiras	589
15.	COSTA Joao Peres	04	CNPV	1:58.52	25m	11-04-21	Praia da Vitória	589
16.	CARDOSO Filipe Santos	04	CAPGE	1:58.68	25m	25-10-20	Mealhada	586
17.	REBELO Joao Lourenco	04	SAD	1:59.02	25m	06-12-19	Sines	581
18.	MOITA Goncalo Brites	04	CUC	1:59.43	25m	07-12-19	Mealhada	576
19.	BORGES David Costa	04	CFP	1:59.54	25m	15-12-19	Leiria	574
20.	SIMOES Miguel Costa	04	CDCP	1:59.67	25m	15-05-21	Abrantes	572
21.	MADUREIRA Rui Pedro	04	GDNFAMA	1:59.70	25m	14-11-20	Mealhada	572
22.	ANTUNES Joao Afonso	04	CGA	2:00.18	25m	25-04-21	Gafanha da Nazaré	565
23.	FRASQUILHO Afonso Figueiredo	04	SCP	2:00.44	25m	07-12-19	Sines	561
24.	GUIMARAES Hugo Goncalves	04	EDV	2:00.90	25m	07-12-19	Mealhada	555
25.	GOMES Guilherme Sousa	04	ACS	2:00.96	25m	07-11-20	Lagos	554
26.	FARIA Ricardo Morais	04	ADBA	2:01.36	25m	17-10-20	Caldas da Rainha	548
27.	DIAS Jose Diogo	04	FBSC	2:01.41	25m	07-12-19	Mealhada	548
28.	MENA Jorge Perez	04	LDC	2:01.44	25m	25-10-20	Olhão	547
29.	COSTA Afonso Vilhena	04	CFV	2:01.78	25m	07-12-19	Mealhada	543
29.	RODEIA Jose Miguel	04	LDC	2:01.78	25m	07-12-19	Sines	543
31.	SANTOS Rui Mamede	04	CUC	2:01.86	25m	07-12-19	Mealhada	542
31.	CARVALHO Goncalo Renato	04	FCP	2:01.86	25m	09-05-21	Pacos de Ferreira	542
33.	CASTANHEIRA Guilherme Silva	04	ADBA	2:02.05	25m	07-12-19	Sines	539
34.	PENELAS Joao Pedro	04	GESL	2:02.13	25m	06-12-19	Sines	538
35.	TAVARES Bernardo Rodrigues	04	CGA	2:02.22	25m	07-12-19	Mealhada	537
36.	PINTO Guilherme Lobo	04	FOCA	2:02.23	25m	09-05-21	Pacos de Ferreira	537
37.	MOREIRA Joao Pedro	04	CNCE	2:02.38	25m	13-10-19	Pacos de Ferreira	535
38.	RODRIGUES Rodrigo Reis	04	CDSR	2:02.62	25m	25-07-20	Funchal	532
39.	PEREIRA Tiago Maia	04	CGA	2:02.71	25m	25-10-20	Mealhada	531
40.	CHOCAS Afonso Alves	04	EFC	2:02.84	25m	07-03-20	Ponte de Sor	529
41.	SANTOS Joao Afonso	04	SCP	2:03.02	25m	06-12-19	Sines	527
42.	POIARES Tiago Andre	04	FBSC	2:03.06	25m	23-12-20	Coimbra	526
43.	VIEIRA Francisco Ribeiro	04	AEFDTV	2:03.16	25m	07-12-19	Sines	525
44.	BARBOSA Pedro Xavier	04	EDV	2:03.37	25m	08-05-21	Ponte da Barca	522
45.	ALVES Paulo Rodrigues	04	CDN	2:03.60	25m	25-07-20	Funchal	519
46.	DIOGO Dinis Miranda	04	FBSC	2:03.70	25m	24-11-19	Coimbra	518
47.	SOUSA Tomas Castro	04	VSC	2:03.86	25m	07-12-19	Mealhada	516
48.	NASCIMENTO Angelo Miranda	04	CNOL	2:04.24	25m	06-12-19	Sines	511
49.	PALMA Francisco Caetano	04	ACRZA	2:04.34	25m	07-03-20	Ponte de Sor	510
50.	ANICETO Joao Gabriel	04	ADBA	2:04.40	25m	17-10-20	Caldas da Rainha	509
50.	QUEIROS Luis Pedro	04	VNC	2:04.40	25m	24-10-20	Braga	509
52.	SANTOS Vasco Malia	04	CNLGOS	2:04.44	25m	07-12-19	Sines	509
53.	FRANCISCO Afonso Romao	04	CDCP	2:04.52	25m	07-12-19	Sines	508

200 Livres (desde 54)

54.	TRISTAO Miguel Salomao	04	PORTIN	2:04.67	25m	16-05-21	Lagos	506
55.	SILVA Frederico Ferreira	04	GDNFAMA	2:04.75	25m	22-11-19	Felgueiras	505
56.	TATO Vitor Pedro	04	LSC	2:04.93	25m	07-12-19	Mealhada	503
57.	SOUSA Fabio Joao	04	GCVR	2:05.00	25m	08-03-20	Mirandela	502
58.	ALVES Goncalo Moreira	04	CCLAMAS	2:05.31	25m	07-12-19	Mealhada	498
59.	BRAZ Romao Noronha	04	CNPDL	2:05.40	25m	14-03-21	Ponta Delgada	497
60.	GOMES Marcio Fernandes	04	SCB	2:05.58	25m	08-05-21	Ponte da Barca	495
61.	SILVA Miguel Madeira	04	AONDA	2:05.64	25m	07-12-19	Sines	494
62.	LIMA Tiago Diniz	04	CDE	2:05.90	25m	13-06-21	Viseu	491
63.	SANTOS Francisco Amaro	04	GESL	2:05.96	25m	07-12-19	Sines	490
64.	LIMA Gaspar Pinheiro	04	LSC	2:06.02	25m	22-11-19	Felgueiras	490
65.	FRANCISCO Ruben Filipe	04	PORTIN	2:06.13	25m	25-10-20	Olhão	489
66.	TSYKAL Daniel	04	CNAL	2:06.59	25m	15-12-19	Leiria	483
67.	LOPES Rafael Caceres	04	SFUAP	2:06.80	25m	07-12-19	Sines	481
68.	OLIVEIRA Goncalo Daniel	04	FBSC	2:06.87	25m	07-12-19	Mealhada	480
69.	MONTEIRO Jose Miguel	04	SFGP	2:06.90	25m	15-05-21	Abrantes	480
70.	NEAGU Tiberius Sebastian	04	AVFC	2:06.91	25m	02-02-20	Viseu	480
71.	TROMBINHAS Tiago Miguel	04	ADRCIMM	2:07.21	25m	07-12-19	Sines	476
72.	GONCALVES Duarte Cadima	04	CNMJ	2:07.40	25m	24-11-19	Algés	474
73.	GAGO Tiago Charrua	04	VS	2:07.64	25m	25-10-20	Tomar	471
74.	CAROLA Jose Pedro	04	CGA	2:08.14	25m	25-04-21	Gafanha da Nazaré	466
75.	PACHECO Francisco Silva	04	NSIT	2:08.21	25m	11-04-21	Praia da Vitória	465
76.	FERNANDES Rodrigo Cardoso	04	VS	2:08.29	25m	15-05-21	Abrantes	464
77.	LOPES Tiago Fanha	04	CNMJ	2:08.36	25m	24-11-19	Algés	463
78.	PROENCA Tiago Barroso	04	EULX	2:08.39	25m	24-11-19	Algés	463
79.	AFONSO Martim Rodrigues	04	ACS	2:08.43	25m	23-02-20	Lagos	463
79.	CORREIA Francisco Alves	04	CNLA	2:08.43	25m	07-03-20	Ponte de Sor	463
81.	MATOS Gil Amaral	04	TAC	2:08.55	25m	21-11-20	Angra do Heroísmo	461
82.	PEREIRA Jose Goncalo	04	ADF	2:08.64	25m	13-10-19	Pacos de Ferreira	460
83.	MORAIS Alexandre Duarte	04	PDEM	2:08.66	25m	24-11-19	Algés	460
84.	GRILO Afonso Corte-Real	04	FBSC	2:08.69	25m	23-12-20	Coimbra	460
85.	AUGUSTO Goncalo Gomes	04	AONDA	2:08.97	25m	24-11-19	Algés	457
86.	FERREIRA Joao Marques	04	VS	2:09.02	25m	15-05-21	Abrantes	456
87.	GUERREIRO Joao Negreiros	04	CIRL	2:09.06	25m	24-11-19	Algés	456
88.	BRANCO Rodrigo Figueiredo	04	CGA	2:09.08	25m	25-04-21	Gafanha da Nazaré	456
89.	PEREIRA Paulo Bernardo	04	ADP	2:09.09	25m	22-02-20	Mirandela	456
90.	FARIAS Alexandre Moreira	04	LDC	2:09.12	25m	01-02-20	Albufeira	455
91.	TIGRE Victor Bethlem	04	SCP	2:09.17	25m	24-11-19	Algés	455
91.	LOPES Francisco Oliveira	04	CAFBDP	2:09.17	25m	16-02-20	Ponta Delgada	455
93.	UVA Francisco Sousa	04	SAD	2:09.35	25m	24-11-19	Algés	453
94.	FAUSTINO Joao Pedro	04	CDCP	2:09.41	25m	24-11-19	Algés	452
95.	ROCHA Jose Pedro	04	CMNPR	2:09.43	25m	22-02-20	Mirandela	452
96.	ANTUNES David Alexandre	04	LSC	2:09.54	25m	13-10-19	Pacos de Ferreira	451
97.	GROSHEV Vladislav	04	FCF	2:09.61	25m	09-11-19	Albufeira	450
98.	OLIVEIRA Vasco Peixoto	04	CNAL	2:09.65	25m	24-11-19	Caldas da Rainha	450
99.	SALGUEIRO Ruben Jose	04	SCP	2:09.79	25m	24-11-19	Algés	448
100.	MENDES Tomas Marques	04	NSIT	2:10.28	25m	16-11-19	Angra do Heroísmo	443

400 Livres

1.	MARQUES Gustavo Pires	04	INDANC	3:58.76	25m	20-06-21	Coimbra	702
2.	RIBEIRO Diogo Matos	04	CUC	3:58.82	25m	07-12-19	Mealhada	701
3.	SIMOES Bernardo Jorge	04	CNCVG	4:00.08	25m	10-04-21	Felgueiras	690
4.	ALMEIDA Bernardo Victorino	04	SCP	4:03.10	25m	07-12-19	Sines	665
5.	SILVA Gustavo Carvalho	04	CNPV	4:04.80	25m	11-04-21	Praia da Vitória	651
6.	PAZ Antonio Manuel	04	CAFBDP	4:07.36	25m	15-11-20	Leiria	631
7.	CLARA Vitor Belo	04	ADBA	4:08.25	25m	20-10-19	Óbidos	624
8.	REIS Rodrigo Miguel	04	ADBA	4:08.98	25m	07-12-19	Sines	619
9.	SILVA Nuno Marques	04	ADBA	4:09.22	25m	07-12-19	Sines	617
10.	CARDOSO Filipe Santos	04	CAPGE	4:10.09	25m	25-04-21	Gafanha da Nazaré	611
11.	SANTOS Gabriel Moreira	04	GDNFAMA	4:10.56	25m	07-12-19	Mealhada	607
12.	APSENECE Kevins Alexandre	04	FCP	4:11.14	25m	08-05-21	Pacos de Ferreira	603
13.	NUNES Diogo Severino	04	CNV	4:11.15	25m	14-12-19	Leiria	603
14.	BORGES David Costa	04	CFP	4:12.55	25m	07-12-19	Mealhada	593
15.	GUIMARAES Hugo Goncalves	04	EDV	4:13.18	25m	07-03-20	Braga	589
16.	ALVES Paulo Rodrigues	04	CDN	4:14.41	25m	07-03-20	Funchal	580
17.	CARVALHO Goncalo Renato	04	FCP	4:14.56	25m	08-05-21	Pacos de Ferreira	579
18.	CARVALHO Martim Henriques	04	CNRM	4:14.86	25m	08-03-20	Santarém	577
19.	MADUREIRA Rui Pedro	04	GDNFAMA	4:15.01	25m	15-11-20	Mealhada	576
20.	SIMOES Miguel Costa	04	CDCP	4:16.56	25m	18-01-20	Pinhal Novo	566
21.	COSTA Joao Peres	04	CNPV	4:16.57	25m	16-11-19	Angra do Heroísmo	566
22.	SANTOS Rui Mamede	04	CUC	4:16.76	25m	23-11-19	Coimbra	564
23.	POIARES Tiago Andre	04	FBSC	4:16.80	25m	20-06-21	Coimbra	564
24.	CRUZ David Miguel	04	SCB	4:17.18	25m	09-05-21	Ponte da Barca	562
25.	PEREIRA Tiago Maia	04	CGA	4:17.42	25m	07-12-19	Mealhada	560
26.	RODRIGUES Rodrigo Reis	04	CDSR	4:17.80	25m	07-03-20	Funchal	558
27.	CARVALHO Antonio Lombardi	04	SCP	4:18.03	25m	07-12-19	Sines	556
28.	RODEIA Jose Miguel	04	LDC	4:18.05	25m	07-12-19	Sines	556
28.	PINTO Guilherme Lobo	04	FOCA	4:18.05	25m	06-03-21	Felgueiras	556
30.	BARAONA Andre Azevedo	04	CNMJ	4:18.06	25m	18-01-20	Pinhal Novo	556
31.	FRASQUILHO Afonso Figueiredo	04	SCP	4:18.17	25m	16-05-21	Alvalade	555
32.	MOREIRA Joao Pedro	04	CNCE	4:18.44	25m	23-11-19	Felgueiras	553
33.	DIOGO Dinis Miranda	04	FBSC	4:19.50	25m	19-10-19	Condeixa	547
34.	ANTUNES Joao Afonso	04	CGA	4:20.01	25m	25-04-21	Gafanha da Nazaré	543
35.	BARBOSA Pedro Xavier	04	EDV	4:20.92	25m	07-03-20	Braga	538
36.	DIAS Jose Diogo	04	FBSC	4:21.14	25m	02-02-20	Coimbra	536
37.	GOMES Marcio Fernandes	04	SCB	4:22.22	25m	09-05-21	Ponte da Barca	530
38.	JESUS Pedro Duarte	04	CGA	4:22.32	25m	07-12-19	Mealhada	529
39.	CHOCAS Afonso Alves	04	EFC	4:22.48	25m	07-12-19	Sines	528
40.	NASCIMENTO Angelo Miranda	04	CNOL	4:23.19	25m	07-12-19	Sines	524
41.	TROMBINHAS Tiago Miguel	04	ADRCIMM	4:23.33	25m	16-05-21	Alvalade	523
42.	SANTOS Joao Afonso	04	SCP	4:23.38	25m	18-01-20	Pinhal Novo	523
43.	GOMES Guilherme Sousa	04	ACS	4:23.64	25m	22-02-20	Lagos	521
44.	OLIVEIRA Goncalo Daniel	04	FBSC	4:24.02	25m	07-12-19	Mealhada	519
45.	SANTOS Vasco Malia	04	CNLGOS	4:24.40	25m	10-11-19	Albufeira	517
46.	MATOS Gil Amaral	04	TAC	4:24.89	25m	07-12-19	Sines	514
47.	SANTOS Francisco Amaro	04	GESL	4:25.22	25m	07-12-19	Sines	512
48.	QUEIROS Luis Pedro	04	VNC	4:25.25	25m	19-01-20	Barcelos	512
49.	MONTEIRO Jose Miguel	04	SFGP	4:25.34	25m	24-10-20	Tomar	511
50.	CASTANHEIRA Guilherme Silva	04	ADBA	4:25.48	25m	07-12-19	Sines	511
51.	FERNANDES Diogo Henrique	04	CNF	4:25.66	25m	07-12-19	Sines	509
52.	LOPES Francisco Oliveira	04	CAFBDP	4:25.97	25m	13-03-21	Ponta Delgada	508
53.	ANJO Miguel Filipe	04	CDCP	4:26.44	25m	07-12-19	Sines	505

400 Livres (desde 54)

54.	SOUSA Vasco Silva	04	ADBA	4:26.62	25m	07-12-19	Sines	504
55.	UVA Francisco Sousa	04	SAD	4:26.92	25m	09-05-21	Alcobaça	502
56.	SILVA Frederico Ferreira	04	GDNFAMA	4:27.23	25m	23-11-19	Felgueiras	501
57.	VALE Henrique Santa	04	GCST	4:27.57	25m	07-11-20	Guarda	499
58.	FOCK Yann Chetelat	04	EULX	4:27.61	25m	07-12-19	Sines	498
59.	MOITA Goncalo Brites	04	CUC	4:27.65	25m	19-10-19	Condeixa	498
60.	TAVARES Bernardo Rodrigues	04	CGA	4:27.72	25m	25-10-20	Mealhada	498
61.	VICENTE Tiago Miguel	04	ACS	4:27.94	25m	08-11-20	Lagos	497
62.	AFONSO Martim Rodrigues	04	ACS	4:28.21	25m	22-02-20	Lagos	495
63.	GAGO Tiago Charrua	04	CNRM	4:28.81	25m	08-03-20	Santarém	492
64.	VIEIRA Francisco Ribeiro	04	AEFDTV	4:29.11	25m	18-01-20	Pinhal Novo	490
65.	TSYKAL Daniel	04	CNAL	4:29.21	25m	25-01-20	Alcobaça	490
66.	LOPES Tiago Fanha	04	CNMJ	4:29.58	25m	18-01-20	Pinhal Novo	488
67.	CORREIA Francisco Alves	04	SANALEN	4:29.82	25m	25-01-20	Abrantes	486
68.	NOGUEIRA Tiago Morgado	04	ADRCIMM	4:30.53	25m	22-11-19	Algés	482
69.	MAIA Felipe Menegassi	04	SAD	4:30.64	25m	22-11-19	Algés	482
70.	TIGRE Victor Bethlem	04	SCP	4:30.71	25m	22-11-19	Algés	481
71.	PEREIRA Diogo Magalhaes	04	FCP	4:30.95	25m	07-12-19	Mealhada	480
72.	NEAGU Tiberius Sebastian	04	AVFC	4:31.60	25m	01-02-20	Viseu	477
72.	SOUSA Fabio Joao	04	GCVR	4:31.60	25m	08-03-20	Mirandela	477
74.	BRAZ Romao Noronha	04	CNPDL	4:31.62	25m	08-03-20	Ponta Delgada	477
75.	LIMA Tiago Diniz	04	CDE	4:31.71	25m	25-04-21	Gafanha da Nazaré	476
76.	OLIVEIRA Vasco Peixoto	04	CNAL	4:32.67	25m	23-11-19	Caldas da Rainha	471
77.	VIEIRA Tomas Sa	04	SAD	4:32.79	25m	22-11-19	Algés	471
78.	FERNANDES Rodrigo Cardoso	04	VS	4:33.15	25m	16-05-21	Abrantes	469
79.	ANICETO Joao Gabriel	04	ADBA	4:33.53	25m	18-10-20	Caldas da Rainha	467
80.	PACHECO Francisco Silva	04	NSIT	4:33.63	25m	07-12-19	Sines	466
81.	CIRURGIAO Pedro Forjaz	04	SAD	4:34.00	25m	22-11-19	Algés	464
82.	GRILO Afonso Corte-Real	04	FBSC	4:34.13	25m	22-12-20	Coimbra	464
83.	SALGUEIRO Ruben Jose	04	SCP	4:34.31	25m	18-01-20	Pinhal Novo	463
84.	TRISTAO Miguel Salomao	04	PORTIN	4:34.35	25m	24-11-19	Lagos	463
85.	FAUSTINO Joao Pedro	04	CDCP	4:34.80	25m	18-01-20	Pinhal Novo	460
86.	ALVES Goncalo Moreira	04	CCLAMAS	4:35.09	25m	23-11-19	Felgueiras	459
87.	TATO Vitor Pedro	04	LSC	4:35.16	25m	23-11-19	Felgueiras	458
88.	MARTINS Miguel Alexandre	04	BUZIOS	4:35.47	25m	24-10-20	Tomar	457
89.	MENDES Tomas Marques	04	NSIT	4:36.08	25m	15-02-20	Praia da Vitória	454
90.	BRANCO Rodrigo Figueiredo	04	CGA	4:36.12	25m	25-04-21	Gafanha da Nazaré	454
91.	FERREIRA Joao Marques	04	VS	4:36.13	25m	24-10-20	Tomar	454
92.	TELES Artur Corte	04	JACL	4:36.21	25m	26-10-19	Funchal	453
93.	ROCHA Jose Pedro	04	CMNPR	4:37.22	25m	26-10-19	Lagos	448
94.	FRANCISCO Afonso Romao	04	CDCP	4:37.67	25m	22-11-19	Algés	446
95.	NETO Tomas Pratas	04	PDEM	4:37.79	25m	18-01-20	Pinhal Novo	446
96.	BARRETO Afonso Leonel	04	CPCD	4:37.88	25m	18-01-20	Pinhal Novo	445
97.	MORAIS Alexandre Duarte	04	PDEM	4:37.97	25m	18-01-20	Pinhal Novo	445
98.	SILVA Diogo Xavier	04	CNOL	4:38.18	25m	24-11-19	Lagos	444
99.	ALVES Guilherme Cotovio	04	ACMN	4:38.33	25m	07-03-20	Ponte de Sor	443
100.	GUERREIRO Joao Negreiros	04	CIRL	4:38.94	25m	22-11-19	Algés	440

800 Livres

1.	MARQUES Gustavo Pires	04	CUC	8:21.07	25m	11-04-21	Felgueiras	693
2.	SIMOES Bernardo Jorge	04	CNCVG	8:26.90	25m	30-11-19	Sines	669
3.	CLARA Vitor Belo	04	ADBA	8:32.24	25m	08-11-20	Leiria	648
4.	CARDOSO Filipe Santos	04	CAPGE	8:35.18	25m	24-04-21	Gafanha da Nazaré	637
5.	CARVALHO Goncalo Renato	04	FCP	8:43.37	25m	09-05-21	Pacos de Ferreira	608
6.	PEREIRA Tiago Maia	04	CGA	8:47.38	25m	24-04-21	Gafanha da Nazaré	594
7.	MOREIRA Joao Pedro	04	CNCE	8:50.95	25m	30-11-19	Sines	582
8.	GUIMARAES Hugo Goncalves	04	EDV	8:54.23	25m	09-05-21	Ponte da Barca	571
9.	SILVA Gustavo Carvalho	04	CNPV	8:55.42	25m	31-10-20	Ponta Delgada	568
10.	GOMES Marcio Fernandes	04	SCB	8:57.00	25m	09-05-21	Ponte da Barca	563
11.	NUNES Diogo Severino	04	CNV	8:57.25	25m	09-05-21	Pacos de Ferreira	562
12.	PINTO Guilherme Lobo	04	FOCA	8:58.16	25m	11-04-21	Felgueiras	559
13.	PAZ Antonio Manuel	04	CAFBDP	9:04.62	25m	15-02-20	Ponta Delgada	539
14.	BORGES David Costa	04	CFP	9:04.89	25m	09-05-21	Pacos de Ferreira	538
15.	NASCIMENTO Angelo Miranda	04	CNOL	9:06.98	25m	24-11-19	Lagos	532
16.	CARVALHO Martim Henriques	04	CNRM	9:07.15	25m	16-05-21	Abrantes	532
17.	ANJO Miguel Filipe	04	CDCP	9:07.31	25m	16-05-21	Abrantes	531
18.	SANTOS Vasco Malia	04	CNLGOS	9:07.82	25m	24-11-19	Lagos	530
19.	LOPES Francisco Oliveira	04	CAFBDP	9:09.20	25m	15-02-20	Ponta Delgada	526
20.	CHOCAS Afonso Alves	04	EFC	9:11.25	25m	30-11-19	Sines	520
21.	POIARES Tiago Andre	04	FBSC	9:17.13	25m	22-12-20	Coimbra	504
22.	MONTEIRO Jose Miguel	04	SFGP	9:17.99	25m	08-03-20	Santarém	501
23.	VICENTE Tiago Miguel	04	ACS	9:18.94	25m	17-10-20	Lagos	499
24.	GAGO Tiago Charrua	04	VS	9:22.15	25m	25-10-20	Tomar	490
25.	AFONSO Martim Rodrigues	04	ACS	9:22.35	25m	26-10-19	Lagos	490
26.	FOCK Yann Chetelat	04	EULX	9:22.54	25m	26-10-19	Lagos	489
27.	MARTINS Miguel Alexandre	04	BUZIOS	9:22.97	25m	25-10-20	Tomar	488
28.	QUEIROS Luis Pedro	04	VNC	9:23.94	25m	08-03-20	Braga	486
29.	TRISTAO Miguel Salomao	04	PORTIN	9:24.97	25m	30-11-19	Sines	483
30.	FERNANDES Diogo Henrique	04	CNF	9:26.90	25m	26-10-19	Funchal	478
31.	BRAZ Romao Noronha	04	CNPDL	9:28.01	25m	31-10-20	Ponta Delgada	475
32.	LIMA Tiago Diniz	04	CDE	9:29.12	25m	24-04-21	Gafanha da Nazaré	472
33.	SILVA Diogo Xavier	04	CNOL	9:30.93	25m	24-11-19	Lagos	468
34.	MIRA Tomas Martins	04	CNS	9:31.62	25m	26-10-19	Lagos	466
35.	FERNANDES Rodrigo Cardoso	04	VS	9:33.76	25m	16-05-21	Abrantes	461
36.	TELES Artur Corte	04	JACL	9:33.83	25m	26-10-19	Lagos	461
37.	MENDES Tomas Marques	04	NSIT	9:38.73	25m	26-10-19	Ponta Delgada	449
38.	ALVES Guilherme Cotovio	04	ACMN	9:43.97	25m	07-03-20	Ponte de Sor	437
39.	GRILO Afonso Corte-Real	04	FBSC	9:44.54	25m	22-12-20	Coimbra	436
40.	MARTINEZ PONCE DE LEON	04/id	CNGUA	9:47.43	25m	24-11-19	Lagos	430
41.	GROSHEV Vladislav	04	FCF	9:49.44	25m	26-10-19	Lagos	425
42.	FERREIRA Joao Marques	04	VS	9:51.69	25m	08-03-20	Santarém	420
43.	MARQUES Vicente Cruzeiro	04	SCA	9:55.12	25m	30-11-19	Sines	413
44.	SOUSA Fabio Joao	04	GCVR	9:55.18	25m	20-10-19	Vila Real	413
45.	DUARTE Bernardo Boal	04	CNCA	9:58.73	25m	08-03-20	Santarém	406
46.	MATIAS Francisco Miguel	04	CCDSERTA	10:07.69	25m	16-11-19	Castelo Branco	388
47.	BARRETO Afonso Leonel	04	CPCD	10:08.31	25m	07-11-20	Guarda	387
48.	LOPES Renato Teixeira	04	CNMAIA	10:15.55	25m	24-11-19	Felgueiras	373
49.	LUZ Bernardo Silva	04	GCVR	10:19.64	25m	23-11-19	Bragança	366
50.	SOARES Daniel Pacheco	04	CNPDL	10:21.26	25m	26-10-19	Ponta Delgada	363
51.	ALMEIDA Antonio Botelho	04	CDEAP	10:21.57	25m	31-10-20	Ponta Delgada	363
52.	NUNES Goncalo Farinha	04	CCDSERTA	10:27.74	25m	07-11-20	Guarda	352
53.	PEREIRA Diogo Pinto	04	CMNPR	10:31.23	25m	07-11-20	Guarda	346

800 Livres (desde 54)

54.	MENDONCA Goncalo Maria	04	VS	10:44.37	25m	24-11-19	Tomar	325
55.	NOBRE Joao Nuno	04	CNCA	10:48.76	25m	08-03-20	Santarém	319
56.	GOMES Alexandre Monteiro	04	JACL	11:05.13	25m	31-10-20	Funchal	296
57.	BARBOSA Pedro Xavier	04	EDV	11:07.34	25m	08-03-20	Braga	293
58.	FERNANDEZ Joao Guilherme	04	JACL	11:12.04	25m	31-10-20	Funchal	287
59.	PINA Tiago Alexandre	04	CMNPR	12:36.16	25m	23-11-19	Bragança	201

1500 Livres

1.	SIMOES Bernardo Jorge	04	CNCVG	16:17.51	25m	23-11-19	Algés	653
2.	ALMEIDA Bernardo Victorino	04	SCP	16:19.12	25m	23-11-19	Algés	649
3.	MARQUES Gustavo Pires	04	CUC	16:21.65	25m	25-10-20	Coimbra	644
4.	SILVA Nuno Marques	04	ADBA	16:21.78	25m	14-11-20	Leiria	644
5.	GUIMARAES Hugo Goncalves	04	EDV	16:28.34	25m	06-03-20	Braga	631
6.	CLARA Vitor Belo	04	ADBA	16:31.45	25m	09-11-19	Albufeira	625
7.	CARVALHO Martim Henriques	04	CNRM	16:31.51	25m	14-11-20	Leiria	625
8.	RIBEIRO Diogo Matos	04	CUC	16:32.03	25m	21-12-19	Cantanhede	624
9.	BORGES David Costa	04	CFP	16:37.39	25m	21-12-19	Porto	614
10.	NUNES Diogo Severino	04	CNV	16:39.15	25m	22-11-19	Felgueiras	611
11.	SANTOS Gabriel Moreira	04	GDNFAMA	16:40.67	25m	22-11-19	Felgueiras	608
12.	PEREIRA Tiago Maia	04	CGA	16:42.75	25m	14-11-20	Mealhada	604
13.	CARVALHO Goncalo Renato	04	FCP	16:43.19	25m	08-05-21	Pacos de Ferreira	604
14.	RODRIGUES Rodrigo Reis	04	CDSR	16:51.35	25m	16-10-20	Funchal	589
15.	ALVES Paulo Rodrigues	04	CDN	16:52.85	25m	08-03-20	Funchal	587
16.	POIARES Tiago Andre	04	FBSC	16:58.08	25m	14-11-20	Mealhada	578
17.	REBELO Joao Lourenco	04	SAD	16:59.56	25m	23-11-19	Algés	575
18.	GOMES Marcio Fernandes	04	SCB	16:59.63	25m	08-05-21	Ponte da Barca	575
19.	FRASQUILHO Afonso Figueiredo	04	SCP	17:00.59	25m	08-12-19	Sines	573
20.	CARDOSO Filipe Santos	04	CAPGE	17:01.01	25m	08-12-19	Mealhada	573
21.	TSYKAL Daniel	04	CNAL	17:01.75	25m	14-11-20	Leiria	571
22.	SANTOS Rui Mamede	04	CUC	17:02.29	25m	08-12-19	Mealhada	570
23.	LOPES Francisco Oliveira	04	CAFBDP	17:04.97	25m	14-11-20	Leiria	566
24.	DIAS Jose Diogo	04	FBSC	17:07.15	25m	08-12-19	Mealhada	562
25.	NASCIMENTO Angelo Miranda	04	CNOL	17:12.16	25m	08-12-19	Sines	554
26.	OLIVEIRA Joao Campelo	04	GDNFAMA	17:12.22	25m	21-12-19	Porto	554
27.	APSENIECE Kevins Alexandre	04	FCP	17:12.57	25m	21-12-19	Porto	554
28.	SANTOS Francisco Amaro	04	GESL	17:13.09	25m	08-12-19	Sines	553
29.	BARBOSA Pedro Xavier	04	EDV	17:13.61	25m	06-03-20	Braga	552
30.	NOGUEIRA Tiago Morgado	04	ADRCIMM	17:17.13	25m	08-12-19	Sines	546
31.	CARVALHO Antonio Lombardi	04	SCP	17:17.18	25m	23-11-19	Algés	546
32.	ANJO Miguel Filipe	04	CDCP	17:18.02	25m	14-11-20	Leiria	545
33.	MADUREIRA Rui Pedro	04	VSC	17:19.48	25m	22-11-19	Felgueiras	543
34.	COSTA Joao Peres	04	CNPV	17:21.55	25m	14-12-19	Praia da Vitória	539
35.	CRUZ David Miguel	04	SCB	17:22.86	25m	21-12-19	Ponte da Barca	537
36.	OLIVEIRA Goncalo Daniel	04	FBSC	17:23.24	25m	01-02-20	Coimbra	537
37.	GOMES Guilherme Sousa	04	ACS	17:23.47	25m	16-11-19	Silves	536
38.	PAZ Antonio Manuel	04	CAFBDP	17:24.05	25m	10-04-21	Praia da Vitória	535
39.	MATOS Gil Amaral	04	TAC	17:25.98	25m	08-12-19	Sines	532
40.	DIOGO Dinis Miranda	04	FBSC	17:26.02	25m	21-12-19	Cantanhede	532
41.	TROMBINHAS Tiago Miguel	04	ADRCIMM	17:27.03	25m	14-11-20	Leiria	531
42.	MOREIRA Joao Pedro	04	CNCE	17:27.78	25m	21-12-19	Porto	530
43.	UVA Francisco Sousa	04	SAD	17:30.69	25m	08-12-19	Sines	525
44.	PINTO Guilherme Lobo	04	FOCA	17:31.07	25m	08-12-19	Mealhada	525

1500 Livres (desde 45)

45.	VICENTE Tiago Miguel	04	ACS	17:34.29	25m	24-10-20	Olhão	520
46.	TATO Vitor Pedro	04	LSC	17:36.78	25m	21-12-19	Porto	516
47.	CUNHA Rodrigo Manuel	04	VSC	17:37.97	25m	22-11-19	Felgueiras	515
48.	MONTEIRO Jose Miguel	04	SFGP	17:38.38	25m	24-10-20	Tomar	514
49.	SANTOS Vasco Malia	04	CNLGOS	17:38.46	25m	16-11-19	Silves	514
50.	SILVA Gustavo Carvalho	04	CNPV	17:39.24	25m	16-02-20	Praia da Vitória	513
51.	NEAGU Tiberius Sebastian	04	AVFC	17:39.52	25m	23-11-19	Gafanha da Nazaré	512
52.	RODEIA Jose Miguel	04	LDC	17:43.89	25m	08-12-19	Sines	506
53.	BARAONA Andre Azevedo	04	CNMJ	17:45.62	25m	23-11-19	Algés	504
54.	PEREIRA Diogo Magalhaes	04	FCP	17:46.49	25m	22-11-19	Felgueiras	502
55.	REIS Rodrigo Miguel	04	ADBA	17:48.68	25m	21-12-19	Pombal	499
56.	FERNANDES Diogo Henrique	04	CNF	17:49.43	25m	08-12-19	Sines	498
57.	VIEIRA Francisco Ribeiro	04	AEFDTV	17:49.60	25m	23-11-19	Algés	498
58.	AFONSO Martim Rodrigues	04	ACS	17:51.16	25m	02-02-20	Albufeira	496
59.	QUEIROS Luis Pedro	04	VNC	17:52.38	25m	08-12-19	Mealhada	494
60.	SANTOS Joao Afonso	04	SCP	17:54.50	25m	23-11-19	Algés	491
61.	MENDES Tomas Marques	04	NSIT	17:55.18	25m	07-03-20	Ponta Delgada	490
62.	MARTINS Miguel Alexandre	04	BUZIOS	17:55.76	25m	24-10-20	Tomar	489
63.	CIRURGIAO Pedro Forjaz	04	SAD	17:57.89	25m	08-12-19	Sines	487
64.	GRILO Afonso Corte-Real	04	FBSC	17:58.19	25m	08-12-19	Mealhada	486
65.	TAVARES Bernardo Rodrigues	04	CGA	17:58.24	25m	23-11-19	Gafanha da Nazaré	486
66.	JESUS Pedro Duarte	04	CGA	17:58.71	25m	23-11-19	Gafanha da Nazaré	485
67.	GAGO Tiago Charrua	04	CNRM	18:00.95	25m	06-03-20	Santarém	482
68.	BELTRAO Marcos Goncalves	04	CNMAIA	18:02.03	25m	21-12-19	Porto	481
69.	FERNANDES Lucas Andre	04	VSC	18:02.55	25m	22-11-19	Felgueiras	480
70.	SILVA Frederico Ferreira	04	GDNFAMA	18:05.91	25m	21-12-19	Porto	476
71.	FRANCISCO Ruben Filipe	04	PORTIN	18:06.01	25m	16-11-19	Silves	476
72.	OLIVEIRA Vasco Peixoto	04	CNAL	18:06.19	25m	21-12-19	Pombal	475
73.	CASTANHEIRA Guilherme Silva	04	ADBA	18:06.26	25m	24-11-19	Caldas da Rainha	475
74.	VALE Henrique Santa	04	GCST	18:06.33	25m	21-12-19	Porto	475
75.	SOUSA Vasco Silva	04	ADBA	18:07.01	25m	21-12-19	Pombal	474
76.	LOPES Tiago Fanha	04	CNMJ	18:09.28	25m	23-11-19	Algés	471
77.	TIGRE Victor Bethlem	04	SCP	18:11.88	25m	23-11-19	Algés	468
78.	LIMA Tiago Diniz	04	CDE	18:13.83	25m	25-10-20	Mealhada	466
79.	GROSHEV Vladislav	04	FCF	18:15.44	25m	16-11-19	Silves	463
80.	FLORIDO Pedro Miguel	04	FBSC	18:15.55	25m	21-12-19	Cantanhede	463
81.	CANCELA Rodrigo Gil	04	SCB	18:16.40	25m	21-12-19	Ponte da Barca	462
82.	TELES Artur Corte	04	JACL	18:19.54	25m	08-12-19	Sines	458
83.	BRAZ Romao Noronha	04	CNPDL	18:22.77	25m	08-12-19	Sines	454
84.	CHOCAS Afonso Alves	04	EFC	18:22.80	25m	21-12-19	Guarda	454
85.	PINTO Afonso Cipriano	04	SCP	18:23.39	25m	23-11-19	Algés	454
86.	CORDEIRO Tomas Coelho	04	CFP	18:25.15	25m	21-12-19	Porto	451
87.	ANTUNES Joao Afonso	04	CGA	18:25.16	25m	23-11-19	Gafanha da Nazaré	451
88.	TRISTAO Miguel Salomao	04	PORTIN	18:28.21	25m	16-11-19	Silves	448
89.	FERREIRA Joao Marques	04	VS	18:29.50	25m	06-03-20	Santarém	446
90.	PEREIRA Paulo Bernardo	04	ADP	18:30.87	25m	21-12-19	Porto	444
91.	ROCHA Jose Pedro	04	CMNPR	18:32.94	25m	21-12-19	Guarda	442
92.	SILVA Daniel Alexandre	04	CNOL	18:35.51	25m	16-11-19	Silves	439
93.	MIRA Tomas Martins	04	CNS	18:36.19	25m	23-11-19	Algés	438
94.	ANTUNES David Alexandre	04	LSC	18:36.87	25m	21-12-19	Porto	437
95.	COSTA Goncalo Filipe	04	CAPGE	18:38.13	25m	23-11-19	Gafanha da Nazaré	436
96.	AGUILAR Luis Santos	04	CDN	18:42.10	25m	23-11-19	Funchal	431
97.	CORREIA Francisco Alves	04	CNLA	18:44.64	25m	17-11-19	Odemira	428

1500 Livres (desde 98)

98.	SILVA Diogo Xavier	04	CNOL	18:45.44	25m	16-11-19	Silves	427
99.	PACHECO Francisco Silva	04	NSIT	18:47.56	25m	14-12-19	Praia da Vitória	425
100.	FERREIRA Tiago Felix	04	VSC	18:52.40	25m	21-12-19	Porto	420

50 Costas

1.	SILVA Gustavo Carvalho	04	CNPV	26.34	25m	14-11-20	Leiria	600
2.	GOMES Guilherme Sousa	04	ACS	26.99	25m	16-05-21	Lagos	557
3.	CUNHA Rodrigo Manuel	04	VSC	27.07	25m	11-04-21	Felgueiras	553
4.	RIBEIRO Diogo Matos	04	CUC	27.55	25m	20-10-19	Condeixa	524
5.	DIAS Jose Diogo	04	FBSC	27.71	25m	22-12-20	Coimbra	515
6.	LIMA Gaspar Pinheiro	04	LSC	27.97	25m	11-04-21	Felgueiras	501
7.	MARQUES Gustavo Pires	04	CUC	28.10	25m	23-12-20	Coimbra	494
8.	COSTA Joao Peres	04	CNPV	28.26	25m	15-02-20	Praia da Vitória	486
9.	FARIA Ricardo Morais	04	ADBA	28.37	25m	06-03-21	Leiria	480
10.	REIS Rodrigo Miguel	04	ADBA	28.55	25m	23-11-19	Caldas da Rainha	471
11.	SIMOES Miguel Costa	04	CDCP	28.59	25m	15-05-21	Abrantes	469
12.	PALMA Francisco Caetano	04	ACRZA	28.90	25m	19-12-20	Sines	454
13.	OLIVEIRA Pedro Nuno	04	CNTN	28.94	25m	15-05-21	Abrantes	452
14.	CARDOSO Filipe Santos	04	CAPGE	28.98	25m	25-10-20	Mealhada	450
15.	BARAONA Andre Azevedo	04	CNMJ	28.99	25m	02-02-20	Montemor-o-Novo	450
16.	RIBEIRO Nuno Miguel	04	EDV	29.06	25m	08-05-21	Ponte da Barca	447
17.	CLARA Vitor Belo	04	ADBA	29.12	25m	15-02-20	Torres Novas	444
18.	ANTUNES Joao Afonso	04	CGA	29.48	25m	18-01-20	Mealhada	428
19.	OLIVEIRA Joao Campelo	04	GDNFAMA	29.51	25m	03-04-21	Famalicao	426
20.	FRANCISCO Ruben Filipe	04	PORTIN	29.68	25m	11-01-20	Quarteira	419
20.	TSYKAL Daniel	04	CNAL	29.68	25m	23-05-21	Alcobaça	419
22.	SILVA Daniel Alexandre	04	GCNF	29.71	25m	07-11-20	Lagos	418
23.	PEREIRA Paulo Bernardo	04	ADP	29.73	25m	23-11-19	Felgueiras	417
24.	LOPES Tiago Fanha	04	CNMJ	29.74	25m	15-05-21	Abrantes	417
25.	SILVA Frederico Ferreira	04	GDNFAMA	30.00	25m	22-11-19	Felgueiras	406
26.	NOGUEIRA Tiago Morgado	04	ADRCIMM	30.21	25m	01-11-19	Setúbal	397
27.	FARIAS Alexandre Moreira	04	LDC	30.25	25m	11-01-20	Quarteira	396
28.	FERNANDES Rodrigo Cardoso	04	CNCA	30.31	25m	07-03-20	Santarém	393
29.	COSTA Goncalo Filipe	04	CAPGE	30.49	25m	25-04-21	Gafanha da Nazaré	387
30.	AGUIAR Vasco Ormonde	04	TAC	30.53	25m	16-11-19	Angra do Heroísmo	385
31.	CARDOSO Lucas Pipiraite	04	CNNZ	30.57	25m	23-11-19	Caldas da Rainha	384
32.	CANELAS Pedro Nuno	04	CFP	30.72	25m	09-05-21	Pacos de Ferreira	378
33.	TRISTAO Miguel Salomao	04	PORTIN	30.84	25m	11-01-20	Quarteira	374
33.	LEAL Diogo Silva	04	JACL	30.84	25m	06-03-20	Funchal	374
35.	GROSHEV Vladislav	04	FCF	30.87	25m	17-10-20	Lagos	372
36.	BARATA Pedro Afonso	04	CNFU	30.89	25m	07-03-20	Ponte de Sor	372
36.	SANTOS Rui Mamede	04	CUC	30.89	25m	24-10-20	Coimbra	372
38.	TATO Vitor Pedro	04	LSC	31.04	25m	09-05-21	Pacos de Ferreira	366
39.	GASPAR Andre Jesus	04	SFGP	31.06	25m	15-05-21	Abrantes	366
40.	NETO Afonso Pereira	04	VSC	31.12	25m	09-05-21	Pacos de Ferreira	364
41.	ANICETO Joao Gabriel	04	ADBA	31.13	25m	15-02-20	Torres Novas	363
42.	SOARES Ricardo Pedrosa	04	IDV	31.15	25m	23-11-19	Caldas da Rainha	362
43.	BELTRAO Marcos Goncalves	04	CNMAIA	31.19	25m	23-11-19	Felgueiras	361
44.	ALVES Guilherme Cotovio	04	ACMN	31.36	25m	19-01-20	Montemor-o-Novo	355
45.	CORREIA Francisco Alves	04	CNLA	31.74	25m	17-11-19	Odemira	343
46.	NUNES Goncalo Farinha	04	CCDSERTA	31.93	25m	08-05-21	Guarda	337
47.	GUERREIRO Pedro Henrique	04	CNBE	31.97	25m	16-05-21	Lagos	335

50 Costas (desde 48)

48.	BOIAN Danut	04	SFGP	32.13	25m	24-10-20	Tomar	330
49.	LIMA Tiago Diniz	04	CDE	32.27	25m	18-01-20	Mealhada	326
50.	NETO Tomas Pratas	04	PDEM	32.33	25m	01-11-19	Setúbal	324
51.	MATOS Gil Amaral	04	TAC	32.36	25m	08-05-21	Praia da Vitória	323
52.	NUNES Afonso Miguel	04	JACL	32.47	25m	21-12-19	Funchal	320
53.	ANDRADE Cesar Rodrigues	04	NBM	32.52	25m	17-11-19	Viseu	318
53.	LOPES Goncalo Carneiro	04	CDF	32.52	25m	13-06-21	Viseu	318
55.	ANJO Miguel Filipe	04	CDCP	32.61	25m	15-02-20	Torres Novas	316
56.	FREITAS Roberto Rodrigues	04	CCLAMAS	32.70	25m	23-11-19	Felgueiras	313
57.	CORDEIRO Tomas Coelho	04	CFP	32.73	25m	09-05-21	Pacos de Ferreira	312
58.	MILHEIRO Jaime Bentes	04	CFP	32.82	25m	23-11-19	Felgueiras	310
59.	GLORIA Afonso Marreiros	04	LAGAC	32.86	25m	23-11-19	Lagos	309
60.	FERNANDES Eduardo Figueira	04	CNBE	32.90	25m	07-11-20	Lagos	308
61.	MACHADO Tiago Magalhaes	04	CDN	32.92	25m	18-07-20	Funchal	307
62.	PAZ Antonio Manuel	04	CAFBDP	32.98	25m	15-02-20	Ponta Delgada	305
63.	IRIMIA Andrei Claudiu	04	SFUS	33.00	25m	19-01-20	Entroncamento	305
64.	COSTA Daniel Filipe	04	APUVE	33.07	25m	22-11-19	Felgueiras	303
65.	AFONSO Martim Rodrigues	04	ACS	33.12	25m	11-01-20	Quarteira	301
66.	GUERREIRO Goncalo Romao	04	LDC	33.16	25m	24-11-19	Lagos	300
67.	NETO Rodrigo Manuel	04	CAP	33.27	25m	09-05-21	Pacos de Ferreira	297
68.	FERREIRA Joao Marques	04	VS	33.41	25m	07-03-20	Santarém	294
69.	FERREIRA Renato Maria	04	CUC	33.60	25m	24-10-20	Coimbra	289
70.	SIMAO Goncalo Revez	04	CRIRA	33.67	25m	17-11-19	Odemira	287
71.	TERESA Angelo Holovryak	04	CRIRA	33.73	25m	19-01-20	Montemor-o-Novo	285
72.	FERNANDES Daniel Jose	04	CNAL	34.13	25m	15-12-19	Leiria	275
73.	BARRADAS Tiago Trigg	04	PORTIN	34.16	25m	17-10-20	Lagos	275
74.	GONCALVES Leonardo Martins	04	PIMP	34.23	25m	23-11-19	Caldas da Rainha	273
75.	NUNES Miguel Filipe	04	CNCA	34.37	25m	23-11-19	Tomar	270
76.	PIMENTA Bernardo Oliveira	04	CNV	34.39	25m	22-11-19	Felgueiras	269
77.	FERNANDEZ Joao Guilherme	04	JACL	34.46	25m	18-10-20	Funchal	268
78.	GAGO Tiago Charrua	04	CNRM	34.47	25m	07-03-20	Santarém	267
79.	PACHECO Francisco Silva	04	NSIT	34.52	25m	21-11-20	Angra do Heroísmo	266
80.	ALEXANDRE Francisco Polonic	04	CLAC	34.69	25m	07-03-20	Santarém	262
81.	POMAR David Alves	04	CFE	34.70	25m	26-01-20	Campo Maior	262
82.	JESUS Bruno Daniel	04	CNOL	34.75	25m	11-01-20	Quarteira	261
82.	SANTOS Rodrigo Alexandre	04	GSC	34.75	25m	19-01-20	Montemor-o-Novo	261
84.	CANTANHEDE Guilherme Alexi	04	ACMN	34.76	25m	19-01-20	Montemor-o-Novo	261
85.	SANTOS Diogo Goncalo	04	SCMI	34.95	25m	23-11-19	Bragança	256
86.	MENDES Tomas Marques	04	NSIT	35.08	25m	27-10-19	Ponta Delgada	254
87.	MONIZ Ismael Medeiros	04	CAFBDP	35.13	25m	16-11-19	Ribeira Grande	253
88.	BARREIRA Diogo Lourenco	04	SCMI	35.54	25m	07-03-20	Mirandela	244
89.	KLEIMONOV Oleksandr	04	PORTIN	35.64	25m	17-10-20	Lagos	242
90.	SERRA Ivo Rafael	04	CLAC	35.77	25m	07-03-20	Santarém	239
91.	PEREIRA Rodrigo Rebelo	04	CIRL	35.86	25m	15-02-20	Torres Novas	237
92.	GOMES Alexandre Monteiro	04	JACL	35.94	25m	18-10-20	Funchal	236
93.	OLIVEIRA Andre Sousa	04	JO	36.18	25m	07-03-20	Santarém	231
94.	SOARES Daniel Pacheco	04	CNPDL	36.25	25m	13-03-21	Ponta Delgada	230
95.	BARATA Simao Duarte	04	CNFU	36.35	25m	16-11-19	Castelo Branco	228
96.	ROMEIRO Leonardo Vicencia	04	TAC	36.47	25m	16-11-19	Angra do Heroísmo	226
97.	MARTINS Miguel Alexandre	04	BUZIOS	36.56	25m	19-01-20	Entroncamento	224
98.	SILVA Rui Barreira	04	FNC	36.77	25m	23-11-19	Bragança	220
99.	SILVA Diogo Xavier	04	CNOL	37.18	25m	11-01-20	Quarteira	213
100.	GUERREIRO Ruben Luis	04	PORTIN	37.21	25m	15-12-19	Portimão	212

100 Costas

1.	SILVA Gustavo Carvalho	04	CNPV	56.48	25m	09-04-21	Praia da Vitória	648
2.	RIBEIRO Diogo Matos	04	CUC	56.63	25m	23-12-20	Coimbra	643
3.	CUNHA Rodrigo Manuel	04	VSC	57.71	25m	15-11-20	Mealhada	607
4.	GOMES Guilherme Sousa	04	ACS	58.99	25m	16-05-21	Lagos	568
5.	CLARA Vitor Belo	04	ADBA	59.03	25m	10-04-21	Felgueiras	567
6.	BARAONA Andre Azevedo	04	CNMJ	59.26	25m	15-11-20	Leiria	561
7.	DIAS Jose Diogo	04	FBSC	59.39	25m	23-12-20	Coimbra	557
8.	COSTA Joao Peres	04	CNPV	59.91	25m	31-10-20	Ponta Delgada	543
9.	MARQUES Gustavo Pires	04	CUC	1:00.16	25m	22-12-20	Coimbra	536
10.	FARIA Ricardo Morais	04	ADBA	1:00.23	25m	15-11-20	Leiria	534
11.	ANTUNES Joao Afonso	04	CGA	1:00.29	25m	15-11-20	Mealhada	532
12.	FRASQUILHO Afonso Figueiredo	04	SCP	1:00.57	25m	08-12-19	Sines	525
13.	REIS Rodrigo Miguel	04	ADBA	1:00.66	25m	15-02-20	Torres Novas	523
14.	SIMOES Miguel Costa	04	CDCP	1:00.71	25m	16-05-21	Abrantes	521
15.	MADUREIRA Rui Pedro	04	GDNFAMA	1:00.95	25m	10-04-21	Felgueiras	515
16.	CARDOSO Filipe Santos	04	CAPGE	1:01.12	25m	25-04-21	Gafanha da Nazaré	511
17.	LIMA Gaspar Pinheiro	04	LSC	1:01.15	25m	10-04-21	Felgueiras	510
18.	PALMA Francisco Caetano	04	ACRZA	1:01.18	25m	19-12-20	Sines	509
19.	ALMEIDA Bernardo Victorino	04	SCP	1:01.26	25m	16-02-20	Sto Antonio dos Cavaleiros	507
20.	SOUSA Tomas Castro	04	VSC	1:01.54	25m	10-04-21	Felgueiras	501
21.	RIBEIRO Nuno Miguel	04	EDV	1:01.74	25m	09-05-21	Ponte da Barca	496
22.	PINTO Afonso Cipriano	04	SCP	1:01.92	25m	15-11-20	Leiria	491
23.	PEREIRA Tiago Maia	04	CGA	1:02.08	25m	25-04-21	Gafanha da Nazaré	488
24.	DIOGO Dinis Miranda	04	FBSC	1:02.11	25m	06-12-19	Mealhada	487
25.	MAIA Felipe Menegassi	04	SAD	1:02.35	25m	15-11-20	Leiria	481
25.	JESUS Pedro Duarte	04	CGA	1:02.35	25m	25-04-21	Gafanha da Nazaré	481
27.	SILVA Nuno Marques	04	ADBA	1:02.41	25m	15-02-20	Torres Novas	480
28.	PEREIRA Paulo Bernardo	04	ADP	1:02.42	25m	10-04-21	Felgueiras	480
29.	VIEIRA Francisco Ribeiro	04	AEFDTV	1:02.49	25m	09-05-21	Sto António Cavaleiros	478
30.	CARVALHO Martim Henriques	04	CNRM	1:02.58	25m	06-03-20	Santarém	476
31.	SILVA Frederico Ferreira	04	GDNFAMA	1:02.78	25m	06-12-19	Mealhada	471
32.	FRANCISCO Ruben Filipe	04	PORTIN	1:02.93	25m	08-11-20	Lagos	468
33.	SANTOS Vasco Malia	04	CNLGOS	1:02.96	25m	16-05-21	Lagos	467
34.	PENELAS Joao Pedro	04	GESL	1:03.22	25m	08-12-19	Sines	462
34.	ALVES Paulo Rodrigues	04	CDN	1:03.22	25m	21-12-19	Funchal	462
36.	APSENIECE Kevins Alexandre	04	FCP	1:03.30	25m	06-12-19	Mealhada	460
37.	LOPES Tiago Fanha	04	CNMJ	1:03.40	25m	30-11-19	Sines	458
38.	OLIVEIRA Pedro Nuno	04	CNTN	1:03.74	25m	06-03-20	Santarém	450
38.	TRISTAO Miguel Salomao	04	PORTIN	1:03.74	25m	25-10-20	Olhão	450
40.	TAVARES Bernardo Rodrigues	04	CGA	1:03.77	25m	06-12-19	Mealhada	450
41.	SANTOS Rui Mamede	04	INDANC	1:03.95	25m	20-06-21	Coimbra	446
42.	NOGUEIRA Tiago Morgado	04	ADRCIMM	1:03.98	25m	06-12-19	Sines	445
43.	OLIVEIRA Joao Campelo	04	GDNFAMA	1:04.10	25m	09-01-21	Guarda	443
44.	CARVALHO Antonio Lombardi	04	SCP	1:04.54	25m	22-11-19	Algés	434
45.	SILVA Daniel Alexandre	04	CNOL	1:04.64	25m	06-12-19	Sines	432
46.	BARRY Rafael Francisco	04	CNF	1:04.93	25m	08-12-19	Sines	426
47.	SANTOS Guilherme Machado	04	SFUAP	1:04.99	25m	06-12-19	Sines	425
48.	COSTA Afonso Vilhena	04	CFV	1:05.18	25m	06-12-19	Mealhada	421
49.	TATO Vitor Pedro	04	LSC	1:05.27	25m	06-12-19	Mealhada	420
50.	SOUSA Fabio Joao	04	GCVR	1:05.39	25m	07-03-20	Mirandela	417
51.	RODRIGUES Rodrigo Reis	04	CDSR	1:05.43	25m	14-05-21	Funchal	416
52.	CASTANHEIRA Guilherme Silva	04	ADBA	1:05.54	25m	24-11-19	Caldas da Rainha	414
53.	CHOCAS Afonso Alves	04	EFC	1:05.56	25m	06-03-20	Ponte de Sor	414

100 Costas (desde 54)

54.	CARDOSO Lucas Pipiraite	04	CNNZ	1:05.65	25m	08-11-20	Leiria	412
55.	MIRA Tomas Martins	04	CNS	1:05.78	25m	07-11-20	Guarda	410
56.	UVA Francisco Sousa	04	SAD	1:06.03	25m	06-12-19	Sines	405
57.	COSTA Goncalo Filipe	04	CAPGE	1:06.04	25m	25-04-21	Gafanha da Nazaré	405
58.	SILVA Hugo Tomas	04	AONDA	1:06.08	25m	22-11-19	Algés	404
59.	MOREIRA Joao Pedro	04	CNCE	1:06.22	25m	06-12-19	Mealhada	402
60.	CORREIA Francisco Alves	04	CNLA	1:06.30	25m	06-12-19	Sines	400
61.	NETO Tomas Pratas	04	PDEM	1:06.32	25m	06-12-19	Sines	400
62.	LIMA Tiago Diniz	04	CDE	1:06.54	25m	25-04-21	Gafanha da Nazaré	396
63.	BELTRAO Marcos Goncalves	04	CNMAIA	1:06.65	25m	24-11-19	Felgueiras	394
64.	SOARES Ricardo Pedrosa	04	IDV	1:06.69	25m	24-11-19	Caldas da Rainha	393
65.	NETO Afonso Pereira	04	VSC	1:06.77	25m	10-06-21	Vila Real	392
66.	CANELAS Pedro Nuno	04	CFP	1:07.05	25m	08-05-21	Pacos de Ferreira	387
67.	NUNES Afonso Miguel	04	JACL	1:07.08	25m	23-11-19	Funchal	386
68.	AUGUSTO Goncalo Gomes	04	AONDA	1:07.11	25m	22-11-19	Algés	386
68.	FARIAS Alexandre Moreira	04	LDC	1:07.11	25m	22-02-20	Lagos	386
70.	QUEIROS Luis Pedro	04	VNC	1:07.13	25m	06-12-19	Mealhada	386
71.	BARATA Pedro Afonso	04	CNFU	1:07.17	25m	07-03-20	Ponte de Sor	385
72.	SALGUEIRO Ruben Jose	04	SCP	1:07.27	25m	16-02-20	Sto Antonio dos Cavaleiros	383
73.	FRANCISCO Afonso Romao	04	CDCP	1:07.34	25m	08-12-19	Sines	382
74.	NUNES Jaeden Michael	04	CFB	1:07.54	25m	22-11-19	Algés	379
75.	PEREIRA Jordao Abreu	04	JACL	1:07.70	25m	06-12-19	Sines	376
76.	MOITA Goncalo Brites	04	CNAC	1:07.78	25m	24-10-20	Coimbra	375
77.	LEAL Diogo Silva	04	JACL	1:07.83	25m	23-11-19	Funchal	374
77.	JORGE Afonso Goncalves	04	GESL	1:07.83	25m	01-02-20	Ponte de Sor	374
79.	PAZ Antonio Manuel	04	CAFBDP	1:07.91	25m	16-11-19	Ribeira Grande	372
80.	AGUIAR Vasco Ormonde	04	TAC	1:08.06	25m	11-04-21	Praia da Vitória	370
80.	AGUILAR Luis Santos	04	CDN	1:08.06	25m	08-05-21	Funchal	370
82.	FERNANDES Rodrigo Cardoso	04	CNCA	1:08.16	25m	23-11-19	Tomar	368
83.	BRANCO Rodrigo Figueiredo	04	CGA	1:08.36	25m	25-10-20	Mealhada	365
84.	PINTO Guilherme Lobo	04	FOCA	1:08.48	25m	24-11-19	Felgueiras	363
85.	ALVES Goncalo Moreira	04	CCLAMAS	1:08.50	25m	24-11-19	Felgueiras	363
86.	CORDEIRO Tomas Coelho	04	CFP	1:08.60	25m	24-11-19	Felgueiras	361
87.	GOMES Marcio Fernandes	04	SCB	1:08.64	25m	07-03-20	Braga	361
88.	LOPES Rafael Caceres	04	SFUAP	1:08.65	25m	17-11-19	Cova da Piedade	360
89.	MOURA Mario Catalao	04	CNS	1:08.69	25m	22-11-19	Algés	360
90.	NUNES Goncalo Farinha	04	CCDSERTA	1:08.81	25m	08-05-21	Guarda	358
91.	GOUVEIA Goncalo Afonso	04	SCP	1:08.94	25m	03-11-19	Lisboa	356
92.	VIEIRA Tomas Sa	04	SAD	1:08.97	25m	03-11-19	Lagoa	355
93.	FREITAS Roberto Rodrigues	04	CCLAMAS	1:09.14	25m	24-11-19	Felgueiras	353
94.	FERREIRA Renato Maria	04	CUC	1:09.19	25m	15-05-21	Condeixa-a-Nova	352
95.	ROCHA Jose Pedro	04	CMNPR	1:09.21	25m	09-05-21	Peso da Régua	352
96.	CAMPOS Rafael Alves	04	CPSPA	1:09.23	25m	22-12-19	Cantanhede	351
97.	ALVES Guilherme Cotovio	04	ACMN	1:09.28	25m	06-03-20	Ponte de Sor	351
98.	SILVA Goncalo Oliveira	04	FOCA	1:09.53	25m	24-11-19	Felgueiras	347
99.	MORAIS Alexandre Duarte	04	PDEM	1:09.78	25m	22-11-19	Algés	343
100.	GAMA Pedro Manuel	04	CCLAMAS	1:09.81	25m	24-11-19	Felgueiras	343

200 Costas

1.	SILVA Gustavo Carvalho	04	CNPV	2:01.90	25m	15-11-20	Leiria	650
2.	COSTA Joao Peres	04	CNPV	2:05.47	25m	10-04-21	Praia da Vitória	596
3.	CUNHA Rodrigo Manuel	04	VSC	2:06.03	25m	15-12-19	Leiria	588
4.	SIMOES Bernardo Jorge	04	CNCVG	2:07.99	25m	30-11-19	Sines	562
5.	BARAONA Andre Azevedo	04	CNMJ	2:08.44	25m	16-05-21	Abrantes	556
6.	DIAS Jose Diogo	04	FBSC	2:08.73	25m	22-12-20	Coimbra	552
7.	MARQUES Gustavo Pires	04	INDANC	2:09.03	25m	19-06-21	Coimbra	548
8.	CLARA Vitor Belo	04	ADBA	2:09.88	25m	11-04-21	Felgueiras	537
9.	REIS Rodrigo Miguel	04	ADBA	2:10.85	25m	23-02-20	Pombal	526
10.	SIMOES Miguel Costa	04	CDCP	2:10.89	25m	15-11-20	Leiria	525
11.	RIBEIRO Diogo Matos	04	CUC	2:11.05	25m	15-05-21	Condeixa-a-Nova	523
12.	FARIA Ricardo Morais	04	ADBA	2:11.28	25m	06-03-21	Leiria	520
13.	GOMES Guilherme Sousa	04	ACS	2:11.32	25m	08-11-20	Lagos	520
14.	PEREIRA Tiago Maia	04	CGA	2:11.92	25m	13-06-21	Viseu	513
15.	MAIA Felipe Menegassi	04	SAD	2:12.20	25m	15-11-20	Leiria	510
16.	CARDOSO Filipe Santos	04	CAPGE	2:12.26	25m	24-10-20	Mealhada	509
17.	RIBEIRO Nuno Miguel	04	EDV	2:13.78	25m	15-11-20	Mealhada	492
18.	CARVALHO Martim Henriques	04	CNRM	2:13.93	25m	07-12-19	Sines	490
19.	ANTUNES Joao Afonso	04	CGA	2:14.20	25m	07-12-19	Mealhada	487
20.	VIEIRA Francisco Ribeiro	04	AEFDTV	2:14.25	25m	15-11-20	Leiria	487
21.	DIOGO Dinis Miranda	04	FBSC	2:14.37	25m	07-12-19	Mealhada	485
22.	SILVA Frederico Ferreira	04	GDNFAMA	2:15.17	25m	07-12-19	Mealhada	477
23.	LIMA Gaspar Pinheiro	04	LSC	2:15.60	25m	15-12-19	Leiria	472
24.	SOUSA Tomas Castro	04	VSC	2:15.92	25m	15-11-20	Mealhada	469
25.	PALMA Francisco Caetano	04	ACRZA	2:15.97	25m	15-11-20	Leiria	468
26.	ALVES Paulo Rodrigues	04	CDN	2:16.12	25m	17-10-20	Funchal	467
27.	PINTO Afonso Cipriano	04	SCP	2:16.16	25m	07-12-19	Sines	466
28.	FRASQUILHO Afonso Figueiredo	04	SCP	2:16.79	25m	07-12-19	Sines	460
29.	SANTOS Guilherme Machado	04	SFUAP	2:17.29	25m	07-12-19	Sines	455
30.	FRANCISCO Ruben Filipe	04	PORTIN	2:17.53	25m	17-10-20	Lagos	453
31.	PEREIRA Paulo Bernardo	04	ADP	2:17.70	25m	07-12-19	Mealhada	451
32.	LOPES Tiago Fanha	04	CNMJ	2:18.01	25m	07-12-19	Sines	448
33.	GUIMARAES Hugo Goncalves	04	EDV	2:18.40	25m	18-01-20	Barcelos	444
34.	TRISTAO Miguel Salomao	04	PORTIN	2:19.07	25m	07-12-19	Sines	438
35.	TSYKAL Daniel	04	CNAL	2:19.32	25m	09-05-21	Alcobaça	435
36.	NOGUEIRA Tiago Morgado	04	ADRCIMM	2:19.60	25m	07-12-19	Sines	433
37.	MOREIRA Joao Pedro	04	CNCE	2:19.74	25m	15-05-21	Condeixa-a-Nova	431
38.	APSENIECE Kevins Alexandre	04	FCP	2:19.94	25m	22-11-19	Felgueiras	430
39.	COSTA Goncalo Filipe	04	CAPGE	2:20.07	25m	24-04-21	Gafanha da Nazaré	428
40.	SANTOS Vasco Malia	04	CNLGOS	2:20.15	25m	07-03-20	Quarteira	428
41.	CRUZ David Miguel	04	SCB	2:20.31	25m	06-03-20	Braga	426
42.	CARDOSO Lucas Pipiraite	04	CNNZ	2:20.50	25m	23-02-20	Pombal	424
43.	FARIAS Alexandre Moreira	04	LDC	2:21.01	25m	17-10-20	Lagos	420
44.	CHOCAS Afonso Alves	04	EFC	2:21.03	25m	30-11-19	Sines	420
45.	UVA Francisco Sousa	04	SAD	2:21.12	25m	07-12-19	Sines	419
46.	BELTRAO Marcos Goncalves	04	CNMAIA	2:21.36	25m	15-12-19	Leiria	417
47.	BARBOSA Pedro Xavier	04	EDV	2:21.49	25m	22-11-19	Braga	416
48.	RODRIGUES Rodrigo Reis	04	CDSR	2:21.84	25m	21-12-19	Funchal	413
49.	NETO Tomas Pratas	04	PDEM	2:22.77	25m	07-12-19	Sines	404
50.	TELES Artur Corte	04	JACL	2:23.09	25m	17-10-20	Funchal	402
51.	PEREIRA Jordao Abreu	04	JACL	2:23.18	25m	07-12-19	Sines	401
52.	NEAGU Tiberius Sebastian	04	AVFC	2:23.21	25m	01-02-20	Viseu	401
53.	AGUIAR Vasco Ormonde	04	TAC	2:23.61	25m	14-03-21	Praia da Vitória	397

200 Costas (desde 54)

54.	QUEIROS Luis Pedro	04	VNC	2:23.89	25m	07-12-19	Mealhada	395
55.	BORGES David Costa	04	CFP	2:24.11	25m	13-10-19	Pacos de Ferreira	393
56.	NETO Afonso Pereira	04	VSC	2:24.77	25m	09-05-21	Pacos de Ferreira	388
57.	TATO Vitor Pedro	04	LSC	2:25.36	25m	13-10-19	Pacos de Ferreira	383
58.	SILVA Daniel Alexandre	04	CNOL	2:25.63	25m	07-12-19	Sines	381
59.	FERREIRA Renato Maria	04	INDANC	2:25.64	25m	19-06-21	Coimbra	381
60.	BRAZ Romao Noronha	04	CNPDL	2:25.71	25m	14-03-21	Ponta Delgada	380
61.	NUNES Jaeden Michael	04	CFB	2:25.79	25m	22-11-19	Algés	380
62.	LIMA Tiago Diniz	04	CDE	2:26.15	25m	24-10-20	Mealhada	377
63.	CANELAS Pedro Nuno	04	CFP	2:26.42	25m	09-05-21	Pacos de Ferreira	375
64.	GOMES Marcio Fernandes	04	SCB	2:26.53	25m	24-10-20	Braga	374
65.	NUNES Diogo Severino	04	CNV	2:26.56	25m	13-10-19	Pacos de Ferreira	374
66.	SOARES Ricardo Pedrosa	04	IDV	2:27.08	25m	23-11-19	Caldas da Rainha	370
67.	FREITAS Roberto Rodrigues	04	CCLAMAS	2:27.20	25m	22-11-19	Felgueiras	369
68.	FRANCISCO Afonso Romao	04	CDCP	2:27.27	25m	22-11-19	Algés	368
69.	CORDEIRO Tomas Coelho	04	CFP	2:27.39	25m	22-11-19	Felgueiras	368
70.	NUNES Afonso Miguel	04	JACL	2:27.50	25m	24-11-19	Funchal	367
70.	SOUSA Fabio Joao	04	GCVR	2:27.50	25m	15-12-19	Leiria	367
72.	MIRA Tomas Martins	04	CNS	2:27.81	25m	19-01-20	Pinhal Novo	364
73.	LOPES Rafael Caceres	04	SFUAP	2:28.26	25m	19-01-20	Pinhal Novo	361
74.	SANTOS Rui Mamede	04	CUC	2:28.60	25m	01-11-19	Condeixa	359
75.	GRILO Afonso Corte-Real	04	FBSC	2:29.01	25m	01-02-20	Coimbra	356
76.	PAZ Antonio Manuel	04	CAFBDP	2:29.73	25m	18-01-20	Ponta Delgada	351
77.	LEAL Diogo Silva	04	JACL	2:29.96	25m	24-11-19	Funchal	349
78.	NUNES Goncalo Farinha	04	CCDSERTA	2:30.62	25m	07-11-20	Guarda	344
79.	GRABOVSKI Jorge	04	DNMG	2:30.74	25m	08-11-20	Leiria	344
80.	ROCHA Jose Pedro	04	CMNPR	2:31.99	25m	09-05-21	Peso da Régua	335
81.	BARATA Pedro Afonso	04	CNFU	2:32.66	25m	17-11-19	Castelo Branco	331
82.	POIARES Tiago Andre	04	FBSC	2:32.86	25m	24-11-19	Coimbra	329
83.	MATOS Gil Amaral	04	TAC	2:33.00	25m	17-10-20	Praia da Vitória	329
84.	FERNANDES Eduardo Figueira	04	CNBE	2:33.34	25m	17-10-20	Lagos	326
85.	OLIVEIRA Gustavo Reis	04	CCLAMAS	2:33.89	25m	13-10-19	Pacos de Ferreira	323
86.	GAGO Tiago Charrua	04	CNRM	2:34.04	25m	24-11-19	Tomar	322
87.	FAUSTINO Joao Pedro	04	CDCP	2:34.45	25m	19-01-20	Pinhal Novo	319
88.	COSTA Daniel Filipe	04	APUVE	2:34.71	25m	13-10-19	Pacos de Ferreira	318
89.	NETO Rodrigo Manuel	04	CAP	2:34.91	25m	13-03-21	Pacos de Ferreira	317
90.	XIMENES Duarte Rodrigues	04	CNSM	2:34.94	25m	16-05-21	Abrantes	316
91.	DUARTE Daniel Elias	04	CIRL	2:35.29	25m	22-11-19	Algés	314
92.	AGUILAR Luis Santos	04	CDN	2:35.40	25m	24-11-19	Funchal	314
93.	GONCALVES Luis Antonio	04	GCST	2:35.48	25m	22-11-19	Felgueiras	313
94.	FERNANDES Daniel Jose	04	CNAL	2:35.57	25m	15-05-21	Condeixa-a-Nova	313
95.	PIMENTA Bernardo Oliveira	04	CNV	2:35.58	25m	22-11-19	Felgueiras	312
96.	OLIVEIRA Goncalo Daniel	04	FBSC	2:36.06	25m	01-11-19	Condeixa	310
97.	MENDES Tomas Marques	04	NSIT	2:37.04	25m	16-02-20	Praia da Vitória	304
98.	PINTO Joao Pedro	04	ADA	2:37.31	25m	26-10-19	Ponta Delgada	302
99.	JESUS Bruno Daniel	04	CNOL	2:38.00	25m	01-02-20	Albufeira	298
100.	GLORIA Afonso Marreiros	04	LAGAC	2:38.66	25m	23-02-20	Lagos	295

50 Bruços

1.	OLIVEIRA Joao Campelo	04	GDNFAMA	30.31	25m	09-05-21	Pacos de Ferreira	578
2.	MOREIRA Joao Pedro	04	CNCE	30.54	25m	11-04-21	Felgueiras	565
3.	FERNANDES Martim Pestana	04	CNF	30.59	25m	08-05-21	Funchal	562
4.	ANICETO Joao Gabriel	04	ADBA	31.47	25m	11-04-21	Felgueiras	516
5.	HASSENTEUFEL Marco Antonio	04	CNPO	31.59	25m	11-04-21	Felgueiras	510
6.	CHOCAS Afonso Alves	04	EFC	32.04	25m	14-11-20	Leiria	489
7.	CAMPOS Rafael Alves	04	CPSPA	32.09	25m	14-11-20	Mealhada	487
8.	ANJO Miguel Filipe	04	CDCP	32.12	25m	09-05-21	Sto António Cavaleiros	485
9.	SILVA Gustavo Carvalho	04	CNPV	32.37	25m	06-03-20	Ponta Delgada	474
10.	REBELO Joao Lourenco	04	SAD	32.56	25m	09-11-19	Albufeira	466
11.	FARIAS Alexandre Moreira	04	LDC	32.59	25m	07-11-20	Lagos	465
12.	LOPES Tiago Fanha	04	CNMJ	32.78	25m	15-05-21	Abrantes	457
13.	MATOS Gil Amaral	04	TAC	32.80	25m	09-04-21	Praia da Vitória	456
14.	AGUIAR Vasco Ormonde	04	TAC	33.00	25m	16-11-19	Angra do Heroísmo	447
15.	ALMEIDA Francisco Ferreira	04	SCE	33.03	25m	25-04-21	Gafanha da Nazaré	446
16.	DIOGO Dinis Miranda	04	FBSC	33.06	25m	23-12-20	Coimbra	445
17.	CLARA Vitor Belo	04	ADBA	33.07	25m	18-10-20	Caldas da Rainha	445
18.	BARAONA Andre Azevedo	04	CNMJ	33.10	25m	15-05-21	Abrantes	443
19.	BRAZ Romao Noronha	04	CNPDL	33.13	25m	09-04-21	Praia da Vitória	442
20.	BORISOV Iuri Lucas	04	GCNF	33.27	25m	16-05-21	Lagos	437
21.	MATIAS Francisco Miguel	04	CCDSERTA	33.31	25m	09-11-19	Albufeira	435
22.	SILVA Goncalo Oliveira	04	FOCA	33.42	25m	24-11-19	Felgueiras	431
23.	POIARES Tiago Andre	04	FBSC	33.44	25m	25-10-20	Coimbra	430
24.	OLIVEIRA Pedro Nuno	04	CNTN	33.53	25m	24-10-20	Tomar	427
25.	PEREIRA Tiago Maia	04	CGA	33.62	25m	25-10-20	Mealhada	423
26.	TRISTAO Miguel Salomao	04	PORTIN	33.78	25m	14-12-19	Portimão	417
27.	FERREIRA Tiago Felix	04	VSC	33.81	25m	09-05-21	Pacos de Ferreira	416
28.	RODEIA Jose Miguel	04	LDC	33.89	25m	12-01-20	Quarteira	413
29.	SILVA Daniel Alexandre	04	GCNF	33.96	25m	24-10-20	Olhão	411
30.	FERNANDES Lucas Andre	04	VSC	33.99	25m	09-05-21	Pacos de Ferreira	409
31.	OLIVEIRA Vasco Peixoto	04	CNAL	34.02	25m	15-12-19	Leiria	408
32.	RODRIGUES Rodrigo Reis	04	CDSR	34.10	25m	18-10-20	Funchal	405
33.	FAUSTINO Joao Pedro	04	CDCP	34.16	25m	15-02-20	Torres Novas	403
34.	BOIAN Danut	04	SFGP	34.21	25m	15-05-21	Abrantes	402
35.	GLORIA Afonso Marreiros	04	LAGAC	34.30	25m	23-11-19	Lagos	398
36.	GASPAR Andre Jesus	04	SFGP	34.40	25m	07-03-20	Santarém	395
36.	LOMBA Afonso Maia	04	CDF	34.40	25m	13-06-21	Viseu	395
38.	SANTOS Vasco Malia	04	CNLGOS	34.45	25m	12-01-20	Quarteira	393
39.	SILVA Francisco Oliveira	04	FOCA	34.53	25m	09-05-21	Pacos de Ferreira	391
40.	SILVA Guilherme Antonio	04	ACS	34.61	25m	16-05-21	Lagos	388
41.	PEREIRA Paulo Bernardo	04	ADP	34.63	25m	24-11-19	Felgueiras	387
42.	CANTANHEDE Guilherme Alexandre	04	ACMN	34.67	25m	08-03-20	Ponte de Sor	386
43.	OLIVEIRA Goncalo Daniel	04	AAC	34.86	25m	23-12-20	Coimbra	380
44.	PACHECO Francisco Silva	04	NSIT	34.91	25m	21-11-20	Angra do Heroísmo	378
45.	COSTA David Miguel	04	CNV	34.96	25m	09-05-21	Pacos de Ferreira	376
46.	PALMA Francisco Caetano	04	ACRZA	34.99	25m	17-11-19	Odemira	375
47.	PINTO Miguel Angelo	04	SCMI	35.17	25m	08-03-20	Mirandela	370
48.	LOPES Renato Teixeira	04	CNMAIA	35.25	25m	09-05-21	Pacos de Ferreira	367
49.	CORDEIRO Tomas Coelho	04	CFP	35.39	25m	09-05-21	Pacos de Ferreira	363
50.	JESUS Bruno Daniel	04	CNOL	35.49	25m	23-11-19	Lagos	360
51.	CANCELA Rodrigo Gil	04	SCB	35.53	25m	06-03-20	Braga	358
52.	BARRADAS Tiago Trigg	04	PORTIN	35.74	25m	14-12-19	Portimão	352
53.	OLIVEIRA Rodrigo Alexandre	04	VNC	35.94	25m	22-11-19	Braga	346

50 Bruços (desde 54)

54.	GROSHEV Vladislav	04	FCF	35.99	25m	24-10-20	Olhão	345
55.	AGUILAR Luis Santos	04	CDN	36.06	25m	07-03-20	Funchal	343
56.	AFONSO Martim Rodrigues	04	ACS	36.19	25m	12-01-20	Quarteira	339
57.	MARTINEZ PONCE DE LEON [04/rid		CNGUA	36.22	25m	12-01-20	Quarteira	338
58.	SILVA Rui Barreira	04	FNC	36.25	25m	08-03-20	Mirandela	337
59.	POMAR David Alves	04	CFE	36.63	25m	19-01-20	Montemor-o-Novo	327
60.	NASCIMENTO Angelo Miranda	04	CNOL	36.64	25m	12-01-20	Quarteira	327
61.	FRANCISCO Ruben Filipe	04	PORTIN	36.65	25m	24-10-20	Olhão	327
62.	VICENTE Tiago Miguel	04	ACS	36.91	25m	12-01-20	Quarteira	320
63.	GUIMARAES Gui Alexandre	04	APUVE	37.22	25m	09-05-21	Pacos de Ferreira	312
64.	PEREIRA Jordao Abreu	04	JACL	37.28	25m	18-10-20	Funchal	310
65.	NOBRE Joao Nuno	04	CNCA	37.36	25m	23-11-19	Tomar	308
66.	KLEIMONOV Oleksandr	04	PORTIN	37.43	25m	16-05-21	Lagos	306
67.	GUERREIRO Ruben Luis	04	PORTIN	37.50	25m	12-01-20	Quarteira	305
68.	MARTINS Francisco Aires	04	TAC	37.58	25m	16-11-19	Angra do Heroísmo	303
69.	SILVA Paulo Miguel	04	ADP	37.74	25m	24-11-19	Felgueiras	299
70.	ROCHA Rui Osvaldo	04	JO	37.84	25m	23-11-19	Tomar	297
71.	NETO Rodrigo Manuel	04	CAP	38.05	25m	24-11-19	Felgueiras	292
72.	ANTUNES Diogo Rafael	04	CLAC	38.07	25m	07-03-20	Santarém	291
73.	DUARTE Daniel Elias	04	CIRL	38.13	25m	15-02-20	Torres Novas	290
74.	URDANETA Lisandro Alberto	04	CDN	38.21	25m	18-10-20	Funchal	288
75.	ALMEIDA Guilherme Fernando	04	APUVE	38.52	25m	09-05-21	Pacos de Ferreira	281
76.	MARTINS Miguel Alexandre	04	BUZIOS	39.07	25m	19-01-20	Entroncamento	269
77.	MACHADO Tiago Magalhaes	04	CDN	39.08	25m	18-07-20	Funchal	269
78.	SILVA Diogo Xavier	04	CNOL	39.16	25m	12-01-20	Quarteira	268
79.	SILVA Eduardo Rodrigues	04	JACL	39.19	25m	18-10-20	Funchal	267
80.	GONCALVES David Joao	04	NCC	39.54	25m	08-03-20	Mirandela	260
81.	MARQUES Tiago Oliveira	04	CDF	40.20	25m	25-10-20	Mealhada	247
82.	COELHO Nuno Antonio	04	LSXXI	40.21	25m	24-11-19	Felgueiras	247
83.	CIPRIANO Francisco Jose	04	CNSBA	40.92	25m	12-01-20	Quarteira	234
84.	CAMPOS Dinis Santiago	04	CNG	40.97	25m	08-05-21	Guarda	234
85.	ALMEIDA Antonio Botelho	04	CDEAP	41.58	25m	15-02-20	Ponta Delgada	223
86.	PINA Tiago Alexandre	04	CMNPR	42.36	25m	08-05-21	Peso da Régua	211
87.	SANTOS Miguel Ferreira	04	CNTEJO	43.18	25m	07-03-20	Santarém	199
88.	GANANCA Tiago Rodrigues	04	CNF	43.85	25m	07-03-20	Funchal	190
89.	FERNANDES Tiago Miguel	04	SCA	43.97	25m	29-05-21	Lousada	189
90.	QUINTEIRO David Breda	04	NBM	44.19	25m	25-04-21	Gafanha da Nazaré	186
91.	RODRIGUES Fernando Joao	04	CNSBA	44.21	25m	14-12-19	Portimão	186
92.	BERNARDINO Bruno Silva	04	CNSBA	45.71	25m	14-12-19	Portimão	168
93.	PIRES Joao Pedro	04	CNTEJO	46.26	25m	23-11-19	Tomar	162
94.	FREIRE Hugo Filipe	04	SCA	47.03	25m	01-03-20	Mealhada	154
95.	BRANCO Francisco Almas	04	CEN	53.81	25m	26-01-20	Campo Maior	103
96.	AFONSO Goncalo Manuel	04	CDV	58.42	25m	08-03-20	Mirandela	80

100 Bruços

1.	FERNANDES Martim Pestana	04	CNF	1:04.77	25m	09-05-21	Funchal	632
2.	MOREIRA Joao Pedro	04	CNCE	1:05.85	25m	15-11-20	Mealhada	602
3.	ALVES Paulo Rodrigues	04	CDN	1:05.91	25m	08-08-20	Funchal	600
4.	OLIVEIRA Joao Campelo	04	GDNFAMA	1:06.07	25m	10-04-21	Felgueiras	596
5.	TSYKAL Daniel	04	CNAL	1:07.09	25m	15-05-21	Condeixa-a-Nova	569
6.	SILVA Gustavo Carvalho	04	CNPV	1:07.14	25m	30-11-19	Sines	568
7.	SILVA Nuno Marques	04	ADBA	1:07.57	25m	10-04-21	Felgueiras	557
8.	REBELO Joao Lourenco	04	SAD	1:07.64	25m	15-11-20	Leiria	555
9.	ANICETO Joao Gabriel	04	ADBA	1:08.42	25m	10-04-21	Felgueiras	536
10.	PEREIRA Tiago Maia	04	CGA	1:08.61	25m	13-06-21	Viseu	532
11.	JORGE Afonso Goncalves	04	GESL	1:08.68	25m	15-11-20	Leiria	530
12.	COSTA Joao Peres	04	CNPV	1:08.71	25m	31-10-20	Ponta Delgada	530
13.	ALMEIDA Francisco Ferreira	04	SCE	1:09.15	25m	07-12-19	Mealhada	520
14.	CARVALHO Antonio Lombardi	04	SCP	1:09.18	25m	07-12-19	Sines	519
14.	CHOCAS Afonso Alves	04	EFC	1:09.18	25m	07-12-19	Sines	519
16.	ANTUNES Joao Afonso	04	CGA	1:09.49	25m	24-04-21	Gafanha da Nazaré	512
17.	SIMOES Bernardo Jorge	04	CNCVG	1:09.56	25m	15-05-21	Alcabideche	510
18.	FARIAS Alexandre Moreira	04	LDC	1:09.69	25m	08-11-20	Lagos	508
19.	NEAGU Tiberius Sebastian	04	AVFC	1:09.75	25m	24-04-21	Gafanha da Nazaré	506
20.	CRUZ David Miguel	04	SCB	1:09.91	25m	08-05-21	Ponte da Barca	503
21.	RODRIGUES Rodrigo Reis	04	CDSR	1:09.96	25m	13-05-21	Funchal	502
22.	GUIMARAES Hugo Goncalves	04	EDV	1:10.06	25m	08-05-21	Ponte da Barca	500
23.	CAMPOS Rafael Alves	04	CPSPA	1:10.22	25m	21-12-19	Cantanhede	496
24.	CLARA Vitor Belo	04	ADBA	1:10.31	25m	30-04-21	Leiria	494
25.	MATIAS Francisco Miguel	04	CCDSERTA	1:10.35	25m	01-02-20	Ponte de Sor	493
26.	VIEIRA Tomas Sa	04	SAD	1:10.58	25m	07-12-19	Sines	489
27.	PEREIRA Jose Goncalo	04	ADF	1:10.59	25m	07-12-19	Mealhada	488
28.	ALMEIDA Bernardo Victorino	04	SCP	1:10.74	25m	03-11-19	Lisboa	485
29.	LOPES Francisco Oliveira	04	CAFBDP	1:10.77	25m	10-04-21	Praia da Vitória	485
30.	LOPES Tiago Fanha	04	CNMJ	1:10.84	25m	07-12-19	Sines	483
31.	TRISTAO Miguel Salomao	04	PORTIN	1:11.03	25m	16-05-21	Lagos	479
32.	ANJO Miguel Filipe	04	CDCP	1:11.21	25m	09-05-21	Sto António Cavaleiros	476
32.	AGUILAR Luis Santos	04	CDN	1:11.21	25m	13-05-21	Funchal	476
34.	CAROLA Jose Pedro	04	CGA	1:11.27	25m	13-06-21	Viseu	475
35.	NUNES Jaeden Michael	04	CFB	1:11.51	25m	07-12-19	Sines	470
36.	SILVA Goncalo Oliveira	04	FOCA	1:11.67	25m	07-12-19	Mealhada	467
37.	DIOGO Dinis Miranda	04	FBSC	1:11.71	25m	22-12-20	Coimbra	466
38.	GONCALVES Duarte Cadima	04	CNMJ	1:11.78	25m	07-12-19	Sines	464
39.	MATOS Gil Amaral	04	TAC	1:11.87	25m	13-12-20	Praia da Vitória	463
40.	SANTOS Vasco Malia	04	CNLGOS	1:12.06	25m	16-05-21	Lagos	459
41.	REIS Rodrigo Miguel	04	INDANC	1:12.22	25m	20-06-21	Coimbra	456
42.	AGUIAR Vasco Ormonde	04	TAC	1:12.69	25m	13-12-20	Praia da Vitória	447
43.	FERNANDES Lucas Andre	04	VSC	1:12.86	25m	10-06-21	Vila Real	444
44.	MOITA Goncalo Brites	04	CUC	1:12.88	25m	23-11-19	Coimbra	444
45.	RODEIA Jose Miguel	04	GCNF	1:13.08	25m	17-10-20	Lagos	440
46.	POIARES Tiago Andre	04	FBSC	1:13.18	25m	07-12-19	Mealhada	438
47.	OLIVEIRA Vasco Peixoto	04	CNAL	1:13.58	25m	07-12-19	Sines	431
48.	PINTO Joao Pedro	04	ADA	1:13.66	25m	26-10-19	Ponta Delgada	430
49.	BRAZ Romao Noronha	04	CNPDL	1:13.75	25m	12-06-21	Ponta Delgada	428
50.	FAUSTINO Joao Pedro	04	CDCP	1:13.96	25m	15-02-20	Torres Novas	425
51.	CANCELA Rodrigo Gil	04	SCB	1:14.06	25m	07-12-19	Mealhada	423
52.	MONTEIRO Diogo Miguel	04	DRCN	1:14.27	25m	11-01-20	Elvas	419
53.	GASPAR Andre Jesus	04	SFGP	1:14.58	25m	25-10-20	Tomar	414

100 Bruços (desde 54)

54.	FERNANDES Rodrigo Neves	04	GESL	1:14.67	25m	03-11-19	Lisboa	413
55.	SILVA Francisco Oliveira	04	FOCA	1:14.78	25m	07-12-19	Mealhada	411
56.	BORISOV Iuri Lucas	04	LDC	1:14.83	25m	22-02-20	Lagos	410
57.	LOPES Renato Teixeira	04	CNMAIA	1:14.94	25m	08-05-21	Pacos de Ferreira	408
58.	CORDEIRO Tomas Coelho	04	CFP	1:15.32	25m	08-05-21	Pacos de Ferreira	402
59.	RIBEIRO Nuno Miguel	04	EDV	1:15.34	25m	21-12-19	Ponte da Barca	402
60.	BOIAN Danut	04	SFGP	1:15.42	25m	16-05-21	Abrantes	400
61.	FERREIRA Tiago Felix	04	VSC	1:15.46	25m	23-11-19	Felgueiras	400
62.	PACHECO Francisco Silva	04	NSIT	1:15.54	25m	16-02-20	Praia da Vitória	398
63.	PEREIRA Paulo Bernardo	04	ADP	1:15.58	25m	23-11-19	Felgueiras	398
64.	AUGUSTO Goncalo Gomes	04	AONDA	1:15.66	25m	22-11-19	Algés	397
65.	LOMBA Afonso Maia	04	CDF	1:15.85	25m	24-10-20	Mealhada	394
66.	SILVA Daniel Alexandre	04	GCNF	1:16.07	25m	17-10-20	Lagos	390
67.	TROMBINHAS Tiago Miguel	04	ADRCIMM	1:16.08	25m	01-11-19	Setúbal	390
68.	DIAS Jose Diogo	04	FBSC	1:16.23	25m	20-10-19	Condeixa	388
69.	SANTOS Joao Afonso	04	SCP	1:16.27	25m	03-11-19	Lisboa	387
69.	MOURA Mario Catalao	04	CNS	1:16.27	25m	22-11-19	Algés	387
71.	SILVA Guilherme Antonio	04	ACS	1:16.51	25m	16-05-21	Lagos	383
72.	CANTANHEDE Guilherme Alexandre	04	ACMN	1:16.80	25m	19-12-20	Sines	379
73.	BRANCO Rodrigo Figueiredo	04	CGA	1:16.86	25m	24-04-21	Gafanha da Nazaré	378
74.	GLORIA Afonso Marreiros	04	LAGAC	1:16.88	25m	02-11-19	Lagoa	378
75.	OLIVEIRA Rodrigo Alexandre	04	VNC	1:16.92	25m	21-12-19	Ponte da Barca	377
76.	MORAIS Alexandre Duarte	04	PDEM	1:17.00	25m	30-11-19	Sines	376
77.	SILVA Paulo Miguel	04	ADP	1:17.01	25m	08-05-21	Pacos de Ferreira	376
78.	SILVA Hugo Tomas	04	AONDA	1:17.05	25m	22-11-19	Algés	375
79.	FERREIRA Leonardo Filipe	04	CNF	1:17.39	25m	21-12-19	Funchal	371
80.	COSTA David Miguel	04	CNV	1:17.86	25m	08-05-21	Pacos de Ferreira	364
81.	NETO Rodrigo Manuel	04	CAP	1:18.04	25m	13-03-21	Pacos de Ferreira	361
82.	SILVA Miguel Madeira	04	AONDA	1:18.06	25m	22-11-19	Algés	361
83.	GUERREIRO Joao Negreiros	04	CIRL	1:18.20	25m	22-11-19	Algés	359
84.	DUARTE Daniel Elias	04	CIRL	1:18.21	25m	09-05-21	Sto António Cavaleiros	359
85.	JESUS Bruno Daniel	04	CNOL	1:18.49	25m	24-11-19	Lagos	355
86.	SANTOS Guilherme Machado	04	SFUAP	1:18.51	25m	01-11-19	Setúbal	355
87.	NUNES Afonso Miguel	04	JACL	1:18.57	25m	18-07-20	Funchal	354
88.	ROCHA Jose Pedro	04	CMNPR	1:18.88	25m	24-04-21	Vila Real	350
89.	ROCHA Rui Osvaldo	04	JO	1:18.94	25m	06-03-20	Santarém	349
90.	VICENTE Tiago Miguel	04	ACS	1:19.42	25m	15-12-19	Portimão	343
91.	BARRADAS Tiago Trigg	04	PORTIN	1:19.47	25m	17-10-20	Lagos	342
92.	TERESA Angelo Holovryak	04	CRIRA	1:19.84	25m	07-03-20	Ponte de Sor	337
93.	SOUSA Fabio Joao	04	GCVR	1:19.93	25m	20-10-19	Vila Real	336
94.	PALMA Francisco Caetano	04	ACRZA	1:20.00	25m	17-11-19	Odemira	335
95.	POMAR David Alves	04	CFE	1:20.07	25m	17-11-19	Odemira	335
96.	FOCK Yann Chetelat	04	EULX	1:20.08	25m	01-02-20	Ponte de Sor	334
97.	LOURENCO Martim Branco	04	AVFC	1:20.18	25m	16-11-19	Viseu	333
98.	SILVA Rui Barreira	04	FNC	1:20.23	25m	07-03-20	Mirandela	333
99.	GUERREIRO Ruben Luis	04	PORTIN	1:20.63	25m	22-02-20	Lagos	328
100.	FLORIDO Pedro Miguel	04	FBSC	1:21.03	25m	23-11-19	Coimbra	323

200 Bruços

1.	SILVA Nuno Marques	04	ADBA	2:23.08	25m	11-04-21	Felgueiras	592
2.	REBELO Joao Lourenco	04	SAD	2:23.40	25m	15-11-20	Leiria	588
3.	ALVES Paulo Rodrigues	04	CDN	2:23.49	25m	08-08-20	Funchal	587
4.	OLIVEIRA Joao Campelo	04	GDNFAMA	2:23.83	25m	15-11-20	Mealhada	583
5.	MOREIRA Joao Pedro	04	CNCE	2:24.39	25m	11-04-21	Felgueiras	576
6.	FERNANDES Martim Pestana	04	CNF	2:24.77	25m	14-05-21	Funchal	571
7.	TSYKAL Daniel	04	CNAL	2:24.92	25m	15-11-20	Leiria	570
8.	PEREIRA Tiago Maia	04	CGA	2:27.42	25m	25-04-21	Gafanha da Nazaré	541
9.	NEAGU Tiberius Sebastian	04	AVFC	2:28.58	25m	25-04-21	Gafanha da Nazaré	528
10.	LOPES Francisco Oliveira	04	CAFBDP	2:28.72	25m	31-10-20	Ponta Delgada	527
11.	ANICETO Joao Gabriel	04	ADBA	2:28.92	25m	15-05-21	Condeixa-a-Nova	525
12.	COSTA Joao Peres	04	CNPV	2:29.10	25m	30-11-19	Sines	523
13.	CARVALHO Antonio Lombardi	04	SCP	2:30.19	25m	08-12-19	Sines	512
14.	CRUZ David Miguel	04	SCB	2:31.34	25m	09-05-21	Ponte da Barca	500
15.	FARIAS Alexandre Moreira	04	LDC	2:31.45	25m	08-12-19	Sines	499
16.	CHOCAS Afonso Alves	04	EFC	2:31.99	25m	15-11-20	Leiria	494
17.	GUIMARAES Hugo Goncalves	04	EDV	2:33.07	25m	08-03-20	Braga	483
18.	ALMEIDA Francisco Ferreira	04	SCE	2:33.56	25m	08-12-19	Mealhada	479
19.	DIOGO Dinis Miranda	04	FBSC	2:33.62	25m	23-02-20	Pombal	478
20.	ACHRAFI Naim El Fallaki El	04	LDC	2:33.78	25m	25-10-20	Olhão	477
21.	PEREIRA Jose Goncalo	04	ADF	2:33.87	25m	30-11-19	Sines	476
22.	GONCALVES Duarte Cadima	04	CNMJ	2:33.90	25m	30-11-19	Sines	475
23.	SILVA Goncalo Oliveira	04	FOCA	2:34.57	25m	22-11-19	Felgueiras	469
24.	RODRIGUES Rodrigo Reis	04	CDSR	2:34.66	25m	06-03-20	Funchal	468
25.	POIARES Tiago Andre	04	FBSC	2:34.71	25m	15-11-20	Mealhada	468
26.	JORGE Afonso Goncalves	04	GESL	2:34.74	25m	15-11-20	Leiria	468
27.	SANTOS Vasco Malia	04	CNLGOS	2:35.40	25m	23-11-19	Lagos	462
28.	MATIAS Francisco Miguel	04	CCDSERTA	2:35.46	25m	07-11-20	Guarda	461
29.	BORGES David Costa	04	CFP	2:36.14	25m	12-10-19	Pacos de Ferreira	455
30.	RIBEIRO Diogo Matos	04	CUC	2:36.20	25m	23-11-19	Coimbra	455
31.	LOPES Tiago Fanha	04	CNMJ	2:36.55	25m	08-12-19	Sines	452
32.	TROMBINHAS Tiago Miguel	04	ADRCIMM	2:36.72	25m	16-05-21	Alvalade	450
33.	MATOS Gil Amaral	04	TAC	2:36.76	25m	07-03-20	Ponta Delgada	450
34.	NUNES Jaeden Michael	04	CFB	2:36.93	25m	24-11-19	Algés	448
35.	VIEIRA Tomas Sa	04	SAD	2:37.49	25m	08-12-19	Sines	444
36.	REIS Rodrigo Miguel	04	CUC	2:37.53	25m	15-05-21	Condeixa-a-Nova	443
37.	BARAONA Andre Azevedo	04	CNMJ	2:37.62	25m	18-01-20	Pinhal Novo	443
38.	ANJO Miguel Filipe	04	CDCP	2:38.11	25m	16-05-21	Abrantes	438
39.	AGUILAR Luis Santos	04	CDN	2:38.21	25m	14-05-21	Funchal	438
40.	OLIVEIRA Vasco Peixoto	04	CNAL	2:38.99	25m	08-12-19	Sines	431
41.	SILVA Gustavo Carvalho	04	CNPV	2:39.24	25m	18-01-20	Angra do Heroísmo	429
42.	TRISTAO Miguel Salomao	04	PORTIN	2:39.63	25m	23-11-19	Lagos	426
43.	CAROLA Jose Pedro	04	CGA	2:39.65	25m	13-06-21	Viseu	426
44.	TAVARES Bernardo Rodrigues	04	CGA	2:40.21	25m	17-11-19	Viseu	421
45.	CAMPOS Rafael Alves	04	CPSPA	2:40.30	25m	01-11-19	Condeixa	421
46.	CARVALHO Goncalo Renato	04	FCP	2:40.68	25m	22-11-19	Felgueiras	418
47.	FAUSTINO Joao Pedro	04	CDCP	2:40.79	25m	23-02-20	Pombal	417
48.	NASCIMENTO Angelo Miranda	04	CNOL	2:41.30	25m	23-11-19	Lagos	413
49.	CANCELA Rodrigo Gil	04	SCB	2:41.36	25m	25-10-20	Braga	412
50.	ALMEIDA Bernardo Victorino	04	SCP	2:41.68	25m	16-02-20	Sto Antonio dos Cavaleiros	410
51.	BORISOV Iuri Lucas	04	LDC	2:41.76	25m	23-11-19	Lagos	409
52.	SILVA Francisco Oliveira	04	FOCA	2:41.85	25m	22-11-19	Felgueiras	409
53.	MOITA Goncalo Brites	04	CUC	2:41.97	25m	01-11-19	Condeixa	408

200 Bruços (desde 54)

54.	BRAZ Romao Noronha	04	CNPDL	2:42.38	25m	10-04-21	Praia da Vitória	405
55.	NETO Tomas Pratas	04	PDEM	2:42.48	25m	24-11-19	Algés	404
56.	CARDOSO Filipe Santos	04	CAPGE	2:43.03	25m	25-04-21	Gafanha da Nazaré	400
57.	PINTO Joao Pedro	04	ADA	2:43.70	25m	26-10-19	Ponta Delgada	395
58.	PEREIRA Diogo Magalhaes	04	FCP	2:43.76	25m	22-11-19	Felgueiras	395
59.	COSTA Afonso Vilhena	04	CFV	2:44.43	25m	12-10-19	Pacos de Ferreira	390
60.	CUNHA Rodrigo Manuel	04	VSC	2:44.69	25m	12-10-19	Pacos de Ferreira	388
61.	RIBEIRO Nuno Miguel	04	EDV	2:44.94	25m	19-01-20	Barcelos	386
62.	FOCK Yann Chetelat	04	EULX	2:45.24	25m	26-10-19	Lagos	384
63.	FERREIRA Tiago Felix	04	VSC	2:45.53	25m	22-11-19	Felgueiras	382
64.	BARBOSA Pedro Xavier	04	EDV	2:45.58	25m	19-01-20	Barcelos	382
65.	GRILO Afonso Corte-Real	04	FBSC	2:45.85	25m	23-12-20	Coimbra	380
66.	MADUREIRA Rui Pedro	04	VSC	2:46.02	25m	12-10-19	Pacos de Ferreira	379
67.	SILVA Hugo Tomas	04	AONDA	2:46.19	25m	24-11-19	Algés	377
68.	ROCHA Jose Pedro	04	CMNPR	2:46.30	25m	08-03-20	Mirandela	377
69.	DUARTE Daniel Elias	04	CIRL	2:47.07	25m	15-12-19	Leiria	372
70.	COSTA David Miguel	04	CNV	2:47.17	25m	22-11-19	Felgueiras	371
71.	SANTOS Francisco Amaro	04	GESL	2:47.21	25m	16-02-20	Sto Antonio dos Cavaleiros	371
72.	GASPAR Andre Jesus	04	SFGP	2:47.44	25m	24-10-20	Tomar	369
73.	AGUIAR Vasco Ormonde	04	TAC	2:47.79	25m	23-01-21	Angra do Heroísmo	367
74.	PACHECO Francisco Silva	04	NSIT	2:47.93	25m	07-03-20	Ponta Delgada	366
75.	BRANCO Rodrigo Figueiredo	04	CGA	2:48.18	25m	25-04-21	Gafanha da Nazaré	364
76.	APSENIECE Kevins Alexandre	04	FCP	2:48.39	25m	12-10-19	Pacos de Ferreira	363
77.	FLORIDO Pedro Miguel	04	FBSC	2:49.03	25m	01-02-20	Coimbra	359
78.	GONCALVES Luis Antonio	04	GCST	2:49.48	25m	22-11-19	Felgueiras	356
79.	SILVA Paulo Miguel	04	ADP	2:49.60	25m	09-05-21	Pacos de Ferreira	355
80.	SILVA Miguel Madeira	04	AONDA	2:49.69	25m	24-11-19	Algés	355
81.	OLIVEIRA Rodrigo Alexandre	04	VNC	2:49.79	25m	24-11-19	Braga	354
82.	BARRADAS Tiago Trigg	04	PORTIN	2:50.46	25m	23-02-20	Lagos	350
83.	AFONSO Martim Rodrigues	04	ACS	2:50.53	25m	20-10-19	Quarteira	349
84.	CANTANHEDE Guilherme Alexandre	04	ACMN	2:51.66	25m	07-03-20	Ponte de Sor	342
85.	SILVA Rui Barreira	04	FNC	2:52.10	25m	08-03-20	Mirandela	340
86.	JESUS Bruno Daniel	04	CNOL	2:52.25	25m	23-11-19	Lagos	339
87.	POMAR David Alves	04	CFE	2:52.31	25m	20-10-19	Évora	339
88.	SOUSA Tomas Castro	04	VSC	2:52.64	25m	12-10-19	Pacos de Ferreira	337
89.	LOPES Renato Teixeira	04	CNMAIA	2:52.70	25m	22-11-19	Felgueiras	336
90.	NETO Rodrigo Manuel	04	CAP	2:53.29	25m	22-11-19	Felgueiras	333
91.	OLIVEIRA Goncalo Daniel	04	FBSC	2:54.35	25m	01-11-19	Condeixa	327
92.	ARAUJO Miguel Alexandre	04	SFUAP	2:54.80	25m	24-11-19	Algés	324
93.	MORAIS Alexandre Duarte	04	PDEM	2:55.17	25m	18-01-20	Pinhal Novo	322
94.	GUERREIRO Ruben Luis	04	PORTIN	2:55.27	25m	01-02-20	Albufeira	322
95.	NUNES Afonso Miguel	04	JACL	2:55.32	25m	21-12-19	Funchal	321
96.	CORDEIRO Tomas Coelho	04	CFP	2:56.01	25m	12-10-19	Pacos de Ferreira	318
97.	COSTA Goncalo Filipe	04	CAPGE	2:56.21	25m	15-12-19	Leiria	317
98.	LOMBA Afonso Maia	04	CDF	2:56.24	25m	17-11-19	Viseu	316
99.	LOURENCO Martim Branco	04	AVFC	2:56.35	25m	17-11-19	Viseu	316
100.	ALMEIDA Antonio Botelho	04	CDEAP	2:57.50	25m	15-05-21	Ponta Delgada	310

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1.	RIBEIRO Diogo Matos	04	CUC	24.49	25m	23-12-20	Coimbra	700
2.	REIS Rodrigo Miguel	04	ADBA	25.51	25m	15-11-20	Leiria	619
3.	ANTUNES David Alexandre	04	LSC	26.13	25m	10-04-21	Felgueiras	576
4.	MADUREIRA Rui Pedro	04	GDNFAMA	26.21	25m	08-05-21	Pacos de Ferreira	571
5.	DIOGO Dinis Miranda	04	FBSC	26.55	25m	15-11-20	Mealhada	549
6.	BARAONA Andre Azevedo	04	CNMJ	26.58	25m	16-05-21	Abrantes	547
7.	COSTA Afonso Vilhena	04	CFV	26.60	25m	14-12-19	Leiria	546
8.	VIEIRA Francisco Ribeiro	04	AEFDTV	26.62	25m	09-05-21	Sto António Cavaleiros	545
9.	OLIVEIRA Pedro Nuno	04	CNTN	26.68	25m	16-05-21	Abrantes	541
10.	TAVARES Bernardo Rodrigues	04	CGA	26.73	25m	24-10-20	Mealhada	538
11.	BORGES David Costa	04	CFP	26.87	25m	10-04-21	Felgueiras	530
11.	BARRY Rafael Francisco	04	CNF	26.87	25m	09-05-21	Funchal	530
13.	JESUS Pedro Duarte	04	CGA	26.95	25m	15-11-20	Mealhada	525
14.	SILVA Gustavo Carvalho	04	CNPV	27.04	25m	07-03-20	Ponta Delgada	520
15.	BARBOSA Pedro Xavier	04	EDV	27.18	25m	09-05-21	Ponte da Barca	512
16.	AGUIAR Vasco Ormonde	04	TAC	27.38	25m	10-04-21	Praia da Vitória	501
17.	SOUSA Tomas Castro	04	VSC	27.60	25m	08-05-21	Pacos de Ferreira	489
18.	LOPES Tiago Fanha	04	CNMJ	27.61	25m	16-05-21	Abrantes	488
19.	SANTOS Rui Mamede	04	CUC	27.71	25m	25-10-20	Coimbra	483
20.	MAIA Felipe Menegassi	04	SAD	27.82	25m	15-02-20	Torres Novas	477
20.	NASCIMENTO Angelo Miranda	04	GCNF	27.82	25m	15-05-21	Lagos	477
22.	VICENTE Tiago Miguel	04	ACS	27.94	25m	15-05-21	Lagos	471
23.	PAZ Antonio Manuel	04	CAFBDP	27.99	25m	07-03-20	Ponta Delgada	469
24.	FRANCISCO Ruben Filipe	04	PORTIN	28.00	25m	14-12-19	Portimão	468
24.	SILVA Daniel Alexandre	04	GCNF	28.00	25m	18-10-20	Lagos	468
26.	HASSENTEUFEL Marco Antoni	04	CNPO	28.01	25m	08-05-21	Pacos de Ferreira	468
27.	COSTA Joao Peres	04	CNPV	28.08	25m	15-02-20	Praia da Vitória	464
28.	OLIVEIRA Ricardo Gabriel	04	CDE	28.13	25m	13-06-21	Viseu	462
29.	GOMES Guilherme Sousa	04	ACS	28.15	25m	11-01-20	Quarteira	461
30.	ALVES Guilherme Cotovio	04	ACMN	28.33	25m	05-06-21	Sines	452
31.	RODEIA Jose Miguel	04	GCNF	28.35	25m	18-10-20	Lagos	451
32.	PALMA Francisco Caetano	04	ACRZA	28.37	25m	19-01-20	Montemor-o-Novo	450
33.	BORISOV Iuri Lucas	04	GCNF	28.41	25m	15-05-21	Lagos	448
34.	GASPAR Andre Jesus	04	SFGP	28.44	25m	25-10-20	Tomar	447
35.	XIMENES Duarte Rodrigues	04	CNSM	28.46	25m	16-05-21	Abrantes	446
36.	TRISTAO Miguel Salomao	04	PORTIN	28.56	25m	15-05-21	Lagos	441
37.	FARIAS Alexandre Moreira	04	LDC	28.60	25m	18-10-20	Lagos	439
38.	FARIA Ricardo Morais	04	ADBA	28.68	25m	23-11-19	Caldas da Rainha	436
39.	MARQUES Vicente Cruzeiro	04	SCA	28.69	25m	24-10-20	Mealhada	435
40.	RODRIGUES Rodrigo Reis	04	CDSR	28.78	25m	09-05-21	Funchal	431
41.	KHOURY Marvin	04	SCB	28.81	25m	09-05-21	Ponte da Barca	430
42.	GROSHEV Vladislav	04	FCF	28.82	25m	08-11-20	Lagos	429
43.	MATOS Gil Amaral	04	TAC	28.84	25m	16-11-19	Angra do Heroísmo	428
44.	SOUSA Fabio Joao	04	GCVR	28.92	25m	08-03-20	Mirandela	425
45.	CARVALHO Martim Henriques	04	CNRM	28.99	25m	24-11-19	Tomar	422
46.	MIRA Tomas Martins	04	CNS	29.01	25m	26-01-20	Campo Maior	421
47.	CASTANHEIRA Guilherme Silva	04	ADBA	29.09	25m	23-11-19	Caldas da Rainha	417
47.	ALMEIDA Francisco Ferreira	04	SCE	29.09	25m	24-04-21	Gafanha da Nazaré	417
49.	FERNANDES Martim Pestana	04	CNF	29.18	25m	18-07-20	Funchal	414
50.	PACHECO Francisco Silva	04	NSIT	29.19	25m	01-11-20	Ponta Delgada	413
51.	SOUSA Vasco Silva	04	ADBA	29.20	25m	15-02-20	Torres Novas	413
52.	MARTINEZ PONCE DE LEON	04	CNGUA	29.29	25m	24-11-19	Lagos	409
53.	SILVA Guilherme Antonio	04	ACS	29.32	25m	18-10-20	Lagos	408

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54.	CAMPOS Rafael Alves	04	CPSPA	29.40	25m	23-12-20	Coimbra	404
55.	NUNES Afonso Miguel	04	JACL	29.41	25m	18-07-20	Funchal	404
55.	CHOCAS Afonso Alves	04	EFC	29.41	25m	24-10-20	Sertã	404
57.	CARDOSO Filipe Santos	04	CAPGE	29.47	25m	13-10-19	Mealhada	402
58.	PINTO Joao Pedro	04	ADA	29.55	25m	27-10-19	Ponta Delgada	398
59.	JESUS Bruno Daniel	04	CNOL	29.57	25m	24-11-19	Lagos	397
59.	TELES Antonio Carlos	04	FOCA	29.57	25m	08-05-21	Pacos de Ferreira	397
61.	FERREIRA Leonardo Filipe	04	CNF	29.58	25m	18-07-20	Funchal	397
62.	VALE Henrique Santa	04	GCST	29.63	25m	08-05-21	Pacos de Ferreira	395
63.	BARRADAS Tiago Trigg	04	PORTIN	29.69	25m	08-11-20	Lagos	393
64.	NUNES Miguel Filipe	04	CNCA	29.84	25m	08-03-20	Santarém	387
65.	GOMES Alexandre Monteiro	04	JACL	29.97	25m	08-03-20	Funchal	382
66.	FERNANDES Rodrigo Cardoso	04	CNCA	30.02	25m	08-03-20	Santarém	380
67.	NEVES Luis Miguel	04	AMINATA	30.03	25m	06-03-20	Ponte de Sor	379
68.	GLORIA Afonso Marreiros	04	LAGAC	30.07	25m	24-11-19	Lagos	378
69.	SANTOS Vasco Malia	04	CNLGOS	30.09	25m	11-01-20	Quarteira	377
70.	MONTEIRO Jose Miguel	04	SFGP	30.12	25m	16-05-21	Abrantes	376
71.	MACHADO Tiago Magalhaes	04	CDN	30.29	25m	08-03-20	Funchal	370
72.	OLIVEIRA Goncalo Daniel	04	AAC	30.45	25m	23-12-20	Coimbra	364
73.	ROCHA Rui Osvaldo	04	JO	30.48	25m	19-01-20	Entroncamento	363
74.	ALEXANDRE Francisco Polonic	04	CLAC	30.81	25m	08-03-20	Santarém	351
75.	TSYKAL Daniel	04	CNAL	30.98	25m	20-10-19	Óbidos	346
76.	MENDES Tomas Marques	04	NSIT	31.20	25m	16-11-19	Angra do Heroísmo	338
76.	CANTANHEDE Guilherme Alexandre	04	ACMN	31.20	25m	05-06-21	Sines	338
78.	OLIVEIRA Vasco Peixoto	04	CNAL	31.23	25m	20-10-19	Óbidos	337
79.	FERREIRA Joao Marques	04	VS	31.25	25m	24-11-19	Tomar	337
80.	SIMAO Goncalo Revez	04	CRIRA	31.28	25m	16-11-19	Odemira	336
81.	PEREIRA Diogo Pinto	04	CMNPR	31.39	25m	24-04-21	Vila Real	332
82.	TERESA Angelo Holovryak	04	CRIRA	31.44	25m	19-01-20	Montemor-o-Novo	331
83.	KLEIMONOV Oleksandr	04	PORTIN	31.46	25m	15-05-21	Lagos	330
84.	GUERREIRO Pedro Henrique	04	CNBE	31.82	25m	15-05-21	Lagos	319
85.	SILVA Eduardo Rodrigues	04	JACL	31.88	25m	18-07-20	Funchal	317
86.	FERNANDEZ Joao Guilherme	04	JACL	32.05	25m	09-05-21	Funchal	312
87.	NOBRE Joao Nuno	04	CNCA	32.06	25m	24-11-19	Tomar	312
87.	BOIAN Danut	04	SFGP	32.06	25m	08-03-20	Santarém	312
89.	GUERREIRO Goncalo Romao	04	LDC	32.18	25m	11-01-20	Quarteira	308
90.	COSTA Goncalo Filipe	04	CAPGE	32.24	25m	13-10-19	Mealhada	307
91.	SERRA Ivo Rafael	04	CNTEJO	32.29	25m	25-10-20	Tomar	305
92.	FERNANDES Eduardo Figueira	04	CNBE	32.36	25m	08-11-20	Lagos	303
93.	GANCHO Luis Maria	04	CFE	32.41	25m	19-01-20	Montemor-o-Novo	302
94.	BRAS Tomas Marques	04	NBM	32.43	25m	24-04-21	Gafanha da Nazaré	301
95.	FERNANDES Daniel Jose	04	CNAL	32.46	25m	15-02-20	Torres Novas	300
96.	BARATA Simao Duarte	04	CNFU	32.68	25m	16-11-19	Castelo Branco	294
97.	SOARES Daniel Pacheco	04	CNPDL	32.92	25m	13-03-21	Ponta Delgada	288
98.	LUZ Bernardo Silva	04	GCVR	33.04	25m	09-05-21	Peso da Régua	285
99.	PEREIRA Francisco Sousa	04	CDBRG	33.45	25m	15-05-21	Ponta Delgada	274
100.	BARREIRA Diogo Lourenco	04	SCMI	33.78	25m	08-03-20	Mirandela	266

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1.	RIBEIRO Diogo Matos	04	CUC	54.22	25m	11-04-21	Felgueiras	697
2.	SIMOES Bernardo Jorge	04	CNCVG	56.36	25m	07-12-19	Sines	620
3.	MARQUES Gustavo Pires	04	INDANC	56.54	25m	20-06-21	Coimbra	614
4.	REIS Rodrigo Miguel	04	ADBA	56.74	25m	07-12-19	Sines	608
5.	APSENIENCE Kevins Alexandre	04	FCP	57.74	25m	11-04-21	Felgueiras	577
6.	COSTA Joao Peres	04	CNPV	57.75	25m	09-04-21	Praia da Vitória	577
7.	TAVARES Bernardo Rodrigues	04	CGA	57.89	25m	13-06-21	Viseu	572
8.	ANTUNES David Alexandre	04	LSC	58.33	25m	11-04-21	Felgueiras	560
9.	BARAONA Andre Azevedo	04	CNMJ	58.41	25m	14-11-20	Leiria	557
10.	MADUREIRA Rui Pedro	04	GDNFAMA	58.48	25m	09-05-21	Pacos de Ferreira	555
11.	DIOGO Dinis Miranda	04	FBSC	58.61	25m	07-12-19	Mealhada	552
12.	BORGES David Costa	04	CFP	58.81	25m	07-12-19	Mealhada	546
13.	OLIVEIRA Joao Campelo	04	GDNFAMA	58.99	25m	09-05-21	Pacos de Ferreira	541
14.	ALVES Paulo Rodrigues	04	CDN	59.09	25m	08-05-21	Funchal	538
15.	COSTA Afonso Vilhena	04	CFV	59.11	25m	15-12-19	Leiria	538
16.	SILVA Gustavo Carvalho	04	CNPV	59.22	25m	16-11-19	Angra do Heroísmo	535
17.	JESUS Pedro Duarte	04	CGA	59.46	25m	13-03-21	Aveiro	528
18.	CLARA Vitor Belo	04	ADBA	59.58	25m	30-04-21	Leiria	525
19.	MOITA Goncalo Brites	04	CUC	59.67	25m	07-12-19	Mealhada	523
20.	BARRY Rafael Francisco	04	CNF	59.93	25m	18-07-20	Funchal	516
21.	CARVALHO Martim Henriques	04	CNRM	1:00.24	25m	24-10-20	Tomar	508
22.	VIEIRA Francisco Ribeiro	04	AEFDTV	1:00.25	25m	16-05-21	Alvalade	508
23.	BARBOSA Pedro Xavier	04	EDV	1:00.31	25m	08-05-21	Ponte da Barca	506
24.	AGUIAR Vasco Ormonde	04	TAC	1:00.43	25m	12-12-20	Praia da Vitória	503
25.	NASCIMENTO Angelo Miranda	04	GCNF	1:00.67	25m	15-05-21	Lagos	497
25.	SANTOS Rui Mamede	04	INDANC	1:00.67	25m	20-06-21	Coimbra	497
27.	CARVALHO Antonio Lombardi	04	SCP	1:00.78	25m	16-02-20	Sto Antonio dos Cavaleiros	495
28.	ALMEIDA Francisco Ferreira	04	SCE	1:00.81	25m	30-11-19	Sines	494
29.	CARDOSO Filipe Santos	04	CAPGE	1:00.86	25m	25-04-21	Gafanha da Nazaré	493
30.	FARIA Ricardo Morais	04	ADBA	1:01.00	25m	15-05-21	Condeixa-a-Nova	489
31.	OLIVEIRA Pedro Nuno	04	CNTN	1:01.03	25m	15-02-20	Torres Novas	488
32.	PINTO Afonso Cipriano	04	SCP	1:01.09	25m	07-12-19	Sines	487
33.	OLIVEIRA Ricardo Gabriel	04	CDE	1:01.12	25m	13-06-21	Viseu	486
34.	NEAGU Tiberius Sebastian	04	AVFC	1:01.26	25m	25-04-21	Gafanha da Nazaré	483
35.	PAZ Antonio Manuel	04	CAFBDP	1:01.36	25m	07-12-19	Sines	481
36.	NUNES Diogo Severino	04	CNV	1:01.37	25m	07-12-19	Mealhada	480
37.	RODRIGUES Rodrigo Reis	04	CDSR	1:01.49	25m	13-05-21	Funchal	478
38.	SILVA Nuno Marques	04	ADBA	1:01.52	25m	23-11-19	Caldas da Rainha	477
39.	SOUSA Tomas Castro	04	VSC	1:01.56	25m	10-06-21	Vila Real	476
40.	VICENTE Tiago Miguel	04	ACS	1:01.67	25m	15-05-21	Lagos	473
41.	GOMES Guilherme Sousa	04	ACS	1:01.74	25m	24-10-20	Olhão	472
42.	PEREIRA Tiago Maia	04	CGA	1:01.77	25m	25-04-21	Gafanha da Nazaré	471
43.	CORREIA Francisco Alves	04	CNLA	1:01.81	25m	05-06-21	Sines	470
44.	FRANCISCO Ruben Filipe	04	PORTIN	1:01.83	25m	07-11-20	Lagos	470
45.	VIEIRA Tomas Sa	04	SAD	1:01.86	25m	07-12-19	Sines	469
46.	CRUZ David Miguel	04	SCB	1:02.14	25m	07-03-20	Braga	463
47.	RODEIA Jose Miguel	04	GCNF	1:02.26	25m	24-10-20	Olhão	460
48.	MOREIRA Joao Pedro	04	CNCE	1:02.90	25m	22-11-19	Felgueiras	446
49.	FRASQUILHO Afonso Figueiredo	04	SCP	1:02.99	25m	16-02-20	Sto Antonio dos Cavaleiros	444
50.	MAIA Felipe Menegassi	04	SAD	1:03.00	25m	07-12-19	Sines	444
51.	MATOS Gil Amaral	04	TAC	1:03.06	25m	07-12-19	Sines	443
52.	BORISOV Iuri Lucas	04	LDC	1:03.23	25m	07-11-20	Lagos	439
53.	PACHECO Francisco Silva	04	NSIT	1:03.26	25m	07-12-19	Sines	439

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53.	CAROLA Jose Pedro	04	CGA	1:03.26	25m	13-03-21	Aveiro	439
55.	SOUSA Vasco Silva	04	ADBA	1:03.59	25m	23-02-20	Pombal	432
56.	CAMPOS Rafael Alves	04	CPSPA	1:03.95	25m	02-02-20	Coimbra	424
57.	SANTOS Joao Afonso	04	SCP	1:04.00	25m	22-11-19	Algés	423
58.	SILVA Miguel Madeira	04	AONDA	1:04.05	25m	07-12-19	Sines	422
58.	PALMA Francisco Caetano	04	SANALEN	1:04.05	25m	25-01-20	Abrantes	422
60.	DIAS Jose Diogo	04	FBSC	1:04.20	25m	18-10-20	Coimbra	420
61.	MIRA Tomas Martins	04	CNS	1:04.25	25m	07-12-19	Sines	419
62.	VALE Henrique Santa	04	GCST	1:04.31	25m	09-05-21	Pacos de Ferreira	417
63.	SOUSA Fabio Joao	04	GCVR	1:04.39	25m	08-03-20	Mirandela	416
64.	PROENCA Tiago Barroso	04	EULX	1:04.49	25m	22-11-19	Algés	414
65.	ROCHA Jose Pedro	04	CMNPR	1:04.69	25m	18-01-20	Barcelos	410
66.	BELTRAO Marcos Goncalves	04	CNMAIA	1:04.73	25m	07-12-19	Mealhada	409
67.	SILVA Guilherme Antonio	04	ACS	1:04.81	25m	15-12-19	Portimão	408
68.	SIMOES Miguel Costa	04	CDCP	1:04.82	25m	01-11-19	Setúbal	408
69.	MARQUES Vicente Cruzeiro	04	SCA	1:04.87	25m	07-12-19	Mealhada	407
70.	FERNANDES Rodrigo Cardoso	04	CNCA	1:04.93	25m	07-03-20	Santarém	406
71.	PINTO Joao Pedro	04	TAC	1:04.97	25m	16-11-19	Angra do Heroísmo	405
72.	SANTOS Vasco Malia	04	CNLGOS	1:05.15	25m	22-02-20	Lagos	401
73.	ALVES Goncalo Moreira	04	CCLAMAS	1:05.26	25m	22-11-19	Felgueiras	399
73.	ALVES Guilherme Cotovio	04	ACMN	1:05.26	25m	29-02-20	Coruche	399
75.	TELES Antonio Carlos	04	FOCA	1:05.44	25m	07-12-19	Mealhada	396
75.	MONTEIRO Diogo Miguel	04	DRCN	1:05.44	25m	07-12-19	Sines	396
77.	GASPAR Andre Jesus	04	SFGP	1:05.55	25m	15-05-21	Abrantes	394
78.	CHOCAS Afonso Alves	04	EFC	1:05.61	25m	07-03-20	Ponte de Sor	393
79.	FLORIDO Pedro Miguel	04	FBSC	1:05.76	25m	07-12-19	Mealhada	390
79.	LOPES Renato Teixeira	04	CNMAIA	1:05.76	25m	09-05-21	Pacos de Ferreira	390
81.	NEVES Luis Miguel	04	AMINATA	1:05.90	25m	05-06-21	Sines	388
82.	FERNANDES Diogo Henrique	04	CNF	1:06.32	25m	18-07-20	Funchal	381
83.	SILVA Daniel Alexandre	04	GCNF	1:06.47	25m	24-10-20	Olhão	378
84.	NOGUEIRA Tiago Morgado	04	ADRCIMM	1:06.57	25m	22-11-19	Algés	376
85.	PENELAS Joao Pedro	04	GESL	1:06.62	25m	22-11-19	Algés	375
85.	LOPES Rafael Caceres	04	SFUAP	1:06.62	25m	22-11-19	Algés	375
85.	XIMENES Duarte Rodrigues	04	CNSM	1:06.62	25m	15-05-21	Abrantes	375
88.	LOPES Tiago Fanha	04	CNMJ	1:06.64	25m	02-02-20	Montemor-o-Novo	375
89.	CARNEIRO Guilherme Miguel	04	AHBE	1:06.75	25m	01-02-20	Ponte de Sor	373
90.	NUNES Miguel Filipe	04	CNCA	1:06.88	25m	23-11-19	Tomar	371
91.	NUNES Afonso Miguel	04	JACL	1:06.89	25m	21-12-19	Funchal	371
92.	LEAL Diogo Silva	04	JACL	1:06.90	25m	07-12-19	Sines	371
93.	CARDOSO Lucas Pipiraite	04	CNNZ	1:06.92	25m	23-02-20	Pombal	370
94.	TRISTAO Miguel Salomao	04	PORTIN	1:06.95	25m	07-11-20	Lagos	370
95.	BARRADAS Tiago Trigg	04	PORTIN	1:07.05	25m	07-11-20	Lagos	368
96.	FERREIRA Leonardo Filipe	04	CNF	1:07.06	25m	21-12-19	Funchal	368
97.	OLIVEIRA Goncalo Daniel	04	FBSC	1:07.16	25m	02-02-20	Coimbra	366
98.	MONTEIRO Jose Miguel	04	SFGP	1:07.38	25m	15-05-21	Abrantes	363
99.	GROSHEV Vladislav	04	FCF	1:07.60	25m	23-11-19	Lagos	359
100.	SANTOS Guilherme Machado	04	SFUAP	1:07.61	25m	01-11-19	Setúbal	359

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1.	RIBEIRO Diogo Matos	04	CUC	2:01.07	25m	10-04-21	Felgueiras	714
2.	SIMOES Bernardo Jorge	04	CNCVG	2:04.63	25m	08-12-19	Sines	655
3.	MARQUES Gustavo Pires	04	INDANC	2:06.68	25m	19-06-21	Coimbra	623
4.	TAVARES Bernardo Rodrigues	04	CGA	2:08.45	25m	13-06-21	Viseu	598
5.	APSENEICE Kevins Alexandre	04	FCP	2:08.68	25m	08-05-21	Pacos de Ferreira	595
6.	COSTA Joao Peres	04	CNPV	2:09.38	25m	10-04-21	Praia da Vitória	585
7.	BARAONA Andre Azevedo	04	CNMJ	2:10.36	25m	15-05-21	Abrantes	572
8.	CARVALHO Martim Henriques	04	CNRM	2:11.12	25m	24-11-19	Tomar	562
9.	ALMEIDA Bernardo Victorino	04	SCP	2:11.84	25m	16-05-21	Alvalade	553
10.	DIOGO Dinis Miranda	04	FBSC	2:11.93	25m	08-12-19	Mealhada	552
11.	BORGES David Costa	04	CFP	2:12.65	25m	14-12-19	Leiria	543
12.	NASCIMENTO Angelo Miranda	04	GCNF	2:13.12	25m	10-04-21	Felgueiras	537
13.	RODRIGUES Rodrigo Reis	04	CDSR	2:13.21	25m	08-05-21	Funchal	536
14.	CRUZ David Miguel	04	SCB	2:13.68	25m	14-11-20	Mealhada	530
15.	PAZ Antonio Manuel	04	CAFBDP	2:13.93	25m	31-10-20	Ponta Delgada	527
16.	BARBOSA Pedro Xavier	04	EDV	2:14.44	25m	09-05-21	Ponte da Barca	521
17.	VIEIRA Francisco Ribeiro	04	AEFDTV	2:14.63	25m	14-11-20	Leiria	519
18.	NEAGU Tiberius Sebastian	04	AVFC	2:15.53	25m	25-04-21	Gafanha da Nazaré	509
19.	ALVES Paulo Rodrigues	04	CDN	2:15.84	25m	08-05-21	Funchal	505
20.	REIS Rodrigo Miguel	04	INDANC	2:16.24	25m	19-06-21	Coimbra	501
21.	VICENTE Tiago Miguel	04	ACS	2:16.37	25m	16-05-21	Lagos	500
22.	ALMEIDA Francisco Ferreira	04	SCE	2:16.45	25m	30-11-19	Sines	499
23.	SANTOS Rui Mamede	04	CUC	2:16.74	25m	08-12-19	Mealhada	495
24.	SILVA Nuno Marques	04	ADBA	2:17.19	25m	24-11-19	Caldas da Rainha	491
25.	NUNES Diogo Severino	04	CNV	2:18.23	25m	08-12-19	Mealhada	480
26.	CARVALHO Antonio Lombardi	04	SCP	2:18.31	25m	16-05-21	Alvalade	479
27.	PINTO Afonso Cipriano	04	SCP	2:18.79	25m	22-11-19	Algés	474
28.	COSTA Afonso Vilhena	04	CFV	2:18.80	25m	23-11-19	Felgueiras	474
29.	MATOS Gil Amaral	04	TAC	2:18.95	25m	08-12-19	Sines	472
30.	SANTOS Joao Afonso	04	SCP	2:19.31	25m	16-02-20	Sto Antonio dos Cavaleiros	469
31.	BARRY Rafael Francisco	04	CNF	2:19.72	25m	07-03-20	Funchal	464
32.	VALE Henrique Santa	04	GCST	2:19.75	25m	07-11-20	Guarda	464
33.	SIMOES Miguel Costa	04	CDCP	2:19.76	25m	22-11-19	Algés	464
34.	CARDOSO Filipe Santos	04	CAPGE	2:19.95	25m	08-12-19	Mealhada	462
35.	CORREIA Francisco Alves	04	CNLA	2:20.54	25m	08-12-19	Sines	456
36.	VIEIRA Tomas Sa	04	SAD	2:20.84	25m	18-01-20	Pinhal Novo	453
37.	PACHECO Francisco Silva	04	NSIT	2:21.11	25m	08-12-19	Sines	451
38.	ANTUNES David Alexandre	04	LSC	2:21.47	25m	08-12-19	Mealhada	447
39.	GUIMARAES Hugo Goncalves	04	EDV	2:21.60	25m	18-01-20	Barcelos	446
40.	TELES Antonio Carlos	04	FOCA	2:21.86	25m	08-12-19	Mealhada	444
41.	FRANCISCO Ruben Filipe	04	PORTIN	2:22.28	25m	30-11-19	Sines	440
42.	CUNHA Rodrigo Manuel	04	VSC	2:23.04	25m	12-10-19	Pacos de Ferreira	433
43.	SOUSA Vasco Silva	04	ADBA	2:23.34	25m	23-02-20	Pombal	430
44.	RODEIA Jose Miguel	04	LDC	2:23.47	25m	23-02-20	Lagos	429
45.	QUEIROS Luis Pedro	04	VNC	2:23.79	25m	25-10-20	Braga	426
46.	PROENCA Tiago Barroso	04	EULX	2:24.00	25m	22-11-19	Algés	424
47.	MADUREIRA Rui Pedro	04	VSC	2:24.08	25m	12-10-19	Pacos de Ferreira	423
48.	OLIVEIRA Ricardo Gabriel	04	CDE	2:24.20	25m	25-04-21	Gafanha da Nazaré	422
49.	SANTOS Gabriel Moreira	04	GDNFAMA	2:24.79	25m	12-10-19	Pacos de Ferreira	417
50.	ROCHA Jose Pedro	04	CMNPR	2:25.33	25m	07-11-20	Guarda	413
51.	NOGUEIRA Tiago Morgado	04	ADRCIMM	2:25.36	25m	08-12-19	Sines	412
52.	SILVA Guilherme Antonio	04	ACS	2:25.92	25m	08-12-19	Sines	408
53.	FARIA Ricardo Morais	04	ADBA	2:26.21	25m	20-10-19	Óbidos	405

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54.	BORISOV Iuri Lucas	04	LDC	2:26.64	25m	23-02-20	Lagos	402
55.	MORAIS Alexandre Duarte	04	PDEM	2:27.55	25m	30-11-19	Sines	394
56.	POIARES Tiago Andre	04	FBSC	2:27.65	25m	01-02-20	Coimbra	393
57.	NUNES Afonso Miguel	04	JACL	2:27.93	25m	07-03-20	Funchal	391
58.	MIL-HOMENS Nuno Fontes	04	SCP	2:28.23	25m	22-11-19	Algés	389
59.	MIRA Tomas Martins	04	CNS	2:28.37	25m	18-01-20	Pinhal Novo	388
60.	GRILO Afonso Corte-Real	04	FBSC	2:28.69	25m	23-12-20	Coimbra	385
61.	ALVES Guilherme Cotovio	04	ACMN	2:29.68	25m	29-02-20	Coruche	378
62.	RIBEIRO Nuno Miguel	04	EDV	2:30.54	25m	18-01-20	Barcelos	371
63.	LOPES Tiago Fanha	04	CNMJ	2:30.67	25m	18-01-20	Pinhal Novo	370
64.	SILVA Eduardo Rodrigues	04	JACL	2:30.99	25m	07-03-20	Funchal	368
65.	GOMES Guilherme Sousa	04	ACS	2:31.63	25m	18-10-20	Lagos	363
66.	DIAS Jose Diogo	04	FBSC	2:31.82	25m	23-11-19	Coimbra	362
67.	FERNANDES Daniel Jose	04	CNAL	2:31.98	25m	25-01-20	Alcobaça	361
68.	MOITA Goncalo Brites	04	CUC	2:32.10	25m	01-11-19	Condeixa	360
69.	LOPES Francisco Oliveira	04	CAFBDP	2:33.14	25m	16-11-19	Ribeira Grande	353
70.	TSYKAL Daniel	04	CNAL	2:33.28	25m	11-01-20	Nazaré	352
71.	PEREIRA Jordao Abreu	04	JACL	2:33.48	25m	07-03-20	Funchal	350
72.	CARNEIRO Guilherme Miguel	04	AHBE	2:33.59	25m	14-12-19	Leiria	350
73.	NUNES Miguel Filipe	04	CNCA	2:34.24	25m	24-11-19	Tomar	345
74.	SOUSA Tomas Castro	04	VSC	2:34.31	25m	12-10-19	Pacos de Ferreira	345
75.	GLORIA Afonso Marreiros	04	LAGAC	2:34.68	25m	03-11-19	Lagoa	342
76.	PEREIRA Jose Goncalo	04	ADF	2:34.89	25m	12-10-19	Pacos de Ferreira	341
77.	NETO Tomas Pratas	04	PDEM	2:35.08	25m	18-01-20	Pinhal Novo	340
78.	OLIVEIRA Goncalo Daniel	04	FBSC	2:35.21	25m	23-11-19	Coimbra	339
79.	NEVES Luis Miguel	04	AMINATA	2:35.77	25m	20-10-19	Évora	335
80.	AFONSO Martim Rodrigues	04	ACS	2:35.86	25m	23-02-20	Lagos	334
81.	MENDES Tomas Marques	04	NSIT	2:38.43	25m	07-03-20	Ponta Delgada	318
82.	CIRURGIAO Pedro Forjaz	04	SAD	2:38.72	25m	03-11-19	Lagoa	317
83.	CAMPOS Rafael Alves	04	CPSPA	2:38.76	25m	01-11-19	Condeixa	316
84.	MONTEIRO Jose Miguel	04	SFGP	2:39.20	25m	07-03-20	Santarém	314
85.	BRAZ Romao Noronha	04	CNPDL	2:39.49	25m	17-10-20	Ponta Delgada	312
86.	FERREIRA Joao Marques	04	VS	2:40.86	25m	07-03-20	Santarém	304
87.	JESUS Bruno Daniel	04	CNOL	2:41.02	25m	24-11-19	Lagos	303
88.	PEREIRA Diogo Pinto	04	CMNPR	2:41.10	25m	08-05-21	Peso da Régua	303
89.	FRANCISCO Afonso Romao	04	CDCP	2:41.70	25m	18-01-20	Pinhal Novo	299
90.	SOARES Ricardo Pedrosa	04	IDV	2:42.50	25m	23-02-20	Pombal	295
91.	ANJO Miguel Filipe	04	CDCP	2:42.69	25m	18-01-20	Pinhal Novo	294
92.	BARATA Pedro Afonso	04	CNFU	2:44.12	25m	07-11-20	Guarda	286
93.	COSTA Daniel Filipe	04	APUVE	2:44.75	25m	12-10-19	Pacos de Ferreira	283
94.	PEREIRA Diogo Magalhaes	04	FCP	2:45.16	25m	12-10-19	Pacos de Ferreira	281
95.	MATIAS Francisco Miguel	04	CCDSERTA	2:45.22	25m	08-05-21	Guarda	281
96.	PEREIRA Paulo Bernardo	04	ADP	2:47.20	25m	12-10-19	Pacos de Ferreira	271
97.	GONCALVES Duarte Cadima	04	CNMJ	2:49.23	25m	18-01-20	Pinhal Novo	261
98.	LOPES Renato Teixeira	04	CNMAIA	2:52.32	25m	12-10-19	Pacos de Ferreira	247
99.	SOARES Daniel Pacheco	04	CNPDL	2:56.64	25m	17-10-20	Ponta Delgada	230
100.	FERREIRA Renato Maria	04	GRVM	2:58.20	25m	01-11-19	Condeixa	224

100 Estilos

1.	RIBEIRO Diogo Matos	04	CUC	58.89	25m	25-10-20	Coimbra	621
2.	OLIVEIRA Joao Campelo	04	GDNFAMA	59.70	25m	10-04-21	Felgueiras	596
3.	ALVES Paulo Rodrigues	04	CDN	1:00.15	25m	08-08-20	Funchal	583
4.	CLARA Vitor Belo	04	ADBA	1:00.62	25m	30-04-21	Leiria	569
5.	REIS Rodrigo Miguel	04	ADBA	1:00.77	25m	15-02-20	Torres Novas	565
6.	COSTA Joao Peres	04	CNPV	1:01.12	25m	16-11-19	Angra do Heroísmo	556
7.	SILVA Gustavo Carvalho	04	CNPV	1:01.61	25m	16-11-19	Angra do Heroísmo	542
8.	DIOGO Dinis Miranda	04	FBSC	1:02.02	25m	22-12-20	Coimbra	532
9.	APSENIECE Kevins Alexandre	04	FCP	1:02.25	25m	10-04-21	Felgueiras	526
10.	SANTOS Rui Mamede	04	INDANC	1:02.61	25m	19-06-21	Coimbra	517
11.	OLIVEIRA Pedro Nuno	04	CNTN	1:03.03	25m	24-10-20	Tomar	507
12.	PALMA Francisco Caetano	04	ACRZA	1:03.26	25m	19-12-20	Sines	501
13.	COSTA Afonso Vilhena	04	CFV	1:03.27	25m	22-11-19	Felgueiras	501
14.	BARRY Rafael Francisco	04	CNF	1:03.28	25m	08-05-21	Funchal	501
15.	CORREIA Francisco Alves	04	CNLA	1:03.64	25m	05-06-21	Sines	492
16.	RODRIGUES Rodrigo Reis	04	CDSR	1:03.68	25m	17-10-20	Funchal	491
17.	TAVARES Bernardo Rodrigues	04	CGA	1:03.75	25m	25-10-20	Mealhada	490
18.	CARVALHO Martim Henriques	04	CNRM	1:04.02	25m	23-11-19	Tomar	483
19.	ANTUNES Joao Afonso	04	CGA	1:04.30	25m	16-11-19	Viseu	477
20.	MARQUES Gustavo Pires	04	FBSC	1:04.54	25m	19-10-19	Condeixa	472
21.	BARAONA Andre Azevedo	04	CNMJ	1:04.55	25m	02-02-20	Montemor-o-Novo	472
22.	SIMOES Miguel Costa	04	CDCP	1:04.56	25m	15-02-20	Torres Novas	471
23.	CUNHA Rodrigo Manuel	04	VSC	1:05.19	25m	22-02-20	Guimaraes	458
24.	SANTOS Vasco Malia	04	CNLGOS	1:05.29	25m	11-01-20	Quarteira	456
25.	RODEIA Jose Miguel	04	LDC	1:05.40	25m	11-01-20	Quarteira	453
26.	AGUIAR Vasco Ormonde	04	TAC	1:05.43	25m	08-05-21	Praia da Vitória	453
27.	MAIA Felipe Menegassi	04	SAD	1:05.48	25m	15-02-20	Torres Novas	452
28.	CAROLA Jose Pedro	04	CGA	1:05.52	25m	25-04-21	Gafanha da Nazaré	451
29.	SILVA Daniel Alexandre	04	CNOL	1:05.76	25m	11-01-20	Quarteira	446
30.	FARIAS Alexandre Moreira	04	LDC	1:05.77	25m	08-11-20	Lagos	446
31.	CHOCAS Afonso Alves	04	EFC	1:05.78	25m	17-11-19	Castelo Branco	446
32.	FERNANDES Martim Pestana	04	CNF	1:05.98	25m	12-10-19	Funchal	442
33.	CAMPOS Rafael Alves	04	CPSPA	1:06.03	25m	19-10-19	Condeixa	441
34.	MADUREIRA Rui Pedro	04	VSC	1:06.18	25m	22-02-20	Guimaraes	438
35.	CARDOSO Filipe Santos	04	CAPGE	1:06.20	25m	16-11-19	Viseu	437
36.	VIEIRA Francisco Ribeiro	04	AEFDTV	1:06.22	25m	15-02-20	Torres Novas	437
37.	TRISTAO Miguel Salomao	04	PORTIN	1:06.27	25m	11-01-20	Quarteira	436
38.	NASCIMENTO Angelo Miranda	04	CNOL	1:06.70	25m	11-01-20	Quarteira	427
39.	GASPAR Andre Jesus	04	SFGP	1:06.88	25m	24-10-20	Tomar	424
40.	DIAS Jose Diogo	04	FBSC	1:06.89	25m	19-10-19	Condeixa	424
41.	FRANCISCO Ruben Filipe	04	PORTIN	1:06.94	25m	15-12-19	Portimão	423
42.	SOUSA Tomas Castro	04	VSC	1:07.06	25m	22-02-20	Guimaraes	420
43.	ALVES Guilherme Cotovio	04	ACMN	1:07.19	25m	02-02-20	Montemor-o-Novo	418
44.	PEREIRA Jose Goncalo	04	ADF	1:07.30	25m	22-11-19	Felgueiras	416
45.	TSYKAL Daniel	04	CNAL	1:07.62	25m	15-02-20	Torres Novas	410
46.	NEAGU Tiberius Sebastian	04	AVFC	1:07.78	25m	18-01-20	Mealhada	407
47.	BORISOV Iuri Lucas	04	LDC	1:07.85	25m	11-01-20	Quarteira	406
48.	VICENTE Tiago Miguel	04	ACS	1:08.04	25m	11-01-20	Quarteira	403
49.	OLIVEIRA Vasco Peixoto	04	CNAL	1:08.06	25m	15-02-20	Torres Novas	402
50.	COSTA Goncalo Filipe	04	CAPGE	1:08.15	25m	25-04-21	Gafanha da Nazaré	401
51.	OLIVEIRA Goncalo Daniel	04	AAC	1:08.16	25m	19-06-21	Coimbra	400
52.	LEAL Diogo Silva	04	JACL	1:08.47	25m	12-10-19	Funchal	395
52.	MARTINEZ PONCE DE LEON	04/id	CNGUA	1:08.47	25m	11-01-20	Quarteira	395

100 Estilos (desde 54)

54.	MATIAS Francisco Miguel	04	CCDSERTA	1:08.48	25m	06-03-20	Ponte de Sor	395
55.	GONCALVES Duarte Cadima	04	CNMJ	1:08.51	25m	02-02-20	Montemor-o-Novo	394
56.	AFONSO Martim Rodrigues	04	ACS	1:08.60	25m	15-12-19	Portimão	393
57.	BOIAN Danut	04	SFGP	1:08.70	25m	24-10-20	Tomar	391
58.	FERNANDES Rodrigo Cardoso	04	CNCA	1:08.71	25m	23-11-19	Tomar	391
59.	NUNES Afonso Miguel	04	JACL	1:08.76	25m	21-12-19	Funchal	390
60.	BARRADAS Tiago Trigg	04	PORTIN	1:08.97	25m	08-11-20	Lagos	386
61.	NEVES Luis Miguel	04	AMINATA	1:09.43	25m	19-01-20	Montemor-o-Novo	379
62.	MONTEIRO Jose Miguel	04	SFGP	1:09.64	25m	24-10-20	Tomar	375
62.	FERREIRA Joao Marques	04	VS	1:09.64	25m	24-10-20	Tomar	375
64.	GROSHEV Vladislav	04	FCF	1:10.06	25m	11-01-20	Quarteira	369
65.	AGUILAR Luis Santos	04	CDN	1:10.15	25m	08-08-20	Funchal	367
66.	FERNANDES Diogo Henrique	04	CNF	1:10.41	25m	12-10-19	Funchal	363
67.	BRAZ Romao Noronha	04	CNPDL	1:10.42	25m	21-11-20	Ribeira Grande	363
68.	NUNES Miguel Filipe	04	CNCA	1:10.92	25m	23-11-19	Tomar	355
69.	FERNANDES Rodrigo Neves	04	GESL	1:11.00	25m	17-11-19	Cova da Piedade	354
70.	SILVA Guilherme Antonio	04	ACS	1:11.45	25m	08-11-20	Lagos	348
71.	OLIVEIRA Ricardo Gabriel	04	CDE	1:11.67	25m	25-10-20	Mealhada	344
72.	COSTA Daniel Filipe	04	APUVE	1:11.83	25m	22-11-19	Felgueiras	342
73.	MACHADO Tiago Magalhaes	04	CDN	1:12.09	25m	12-10-19	Funchal	338
74.	SOARES Ricardo Pedrosa	04	IDV	1:12.10	25m	20-10-19	Óbidos	338
75.	NETO Tomas Pratas	04	PDEM	1:12.21	25m	17-11-19	Cova da Piedade	337
76.	FERNANDES Lucas Andre	04	VSC	1:12.38	25m	22-02-20	Guimaraes	334
77.	GUERREIRO Pedro Henrique	04	CNBE	1:12.50	25m	08-11-20	Lagos	333
78.	FLORIDO Pedro Miguel	04	FBSC	1:13.19	25m	19-10-19	Condeixa	323
79.	BRAS Tomas Marques	04	NBM	1:13.37	25m	25-04-21	Gafanha da Nazaré	321
80.	FERNANDES Eduardo Figueira	04	CNBE	1:13.60	25m	08-11-20	Lagos	318
81.	ANDRADE Cesar Rodrigues	04	NBM	1:13.71	25m	16-11-19	Viseu	317
82.	LOMBA Afonso Maia	04	CDF	1:13.76	25m	25-04-21	Gafanha da Nazaré	316
83.	TERESA Angelo Holovryak	04	CRIRA	1:14.21	25m	19-01-20	Montemor-o-Novo	310
84.	FERREIRA Tiago Felix	04	VSC	1:14.34	25m	22-02-20	Guimaraes	309
85.	SIMAO Goncalo Revez	04	CRIRA	1:14.36	25m	19-01-20	Montemor-o-Novo	308
86.	SOARES Daniel Pacheco	04	CNPDL	1:14.59	25m	16-11-19	Ribeira Grande	305
87.	NETO Afonso Pereira	04	VSC	1:14.84	25m	22-02-20	Guimaraes	302
88.	QUEIROS Luis Pedro	04	VNC	1:15.47	25m	16-11-19	Vila Praia de Âncora	295
89.	GRILO Afonso Corte-Real	04	FBSC	1:15.55	25m	19-10-19	Condeixa	294
89.	CANTANHEDE Guilherme Alexandre	04	ACMN	1:15.55	25m	02-02-20	Montemor-o-Novo	294
91.	SILVA Eduardo Rodrigues	04	JACL	1:15.59	25m	17-10-20	Funchal	293
92.	SERRA Ivo Rafael	04	CNTEJO	1:16.06	25m	24-10-20	Tomar	288
93.	GUIMARAES Gui Alexandre	04	APUVE	1:16.27	25m	22-11-19	Felgueiras	286
94.	GANCHO Luis Maria	04	CFE	1:16.62	25m	19-01-20	Montemor-o-Novo	282
95.	KLEIMONOV Aleksandr	04	PORTIN	1:16.81	25m	08-11-20	Lagos	280
96.	GUERREIRO Ruben Luis	04	PORTIN	1:17.44	25m	11-01-20	Quarteira	273
97.	GONCALVES Leonardo Martins	04	PIMP	1:17.51	25m	20-10-19	Óbidos	272
98.	SANTOS Rodrigo Alexandre	04	GSC	1:17.69	25m	19-01-20	Montemor-o-Novo	270
99.	NOBRE Joao Nuno	04	CNCA	1:17.70	25m	23-11-19	Tomar	270
100.	OLIVEIRA Andre Sousa	04	JO	1:17.80	25m	23-11-19	Tomar	269

200 Estilos

1.	RIBEIRO Diogo Matos	04	CUC	2:06.60	25m	08-12-19	Mealhada	649
2.	SIMOES Bernardo Jorge	04	CNCVG	2:07.91	25m	11-04-21	Felgueiras	629
3.	COSTA Joao Peres	04	CNPV	2:08.36	25m	14-11-20	Leiria	623
4.	CLARA Vitor Belo	04	ADBA	2:08.69	25m	15-05-21	Condeixa-a-Nova	618
5.	OLIVEIRA Joao Campelo	04	GDNFAMA	2:09.38	25m	08-05-21	Pacos de Ferreira	608
6.	SILVA Nuno Marques	04	ADBA	2:09.70	25m	14-11-20	Leiria	603
7.	MARQUES Gustavo Pires	04	CUC	2:10.16	25m	11-04-21	Felgueiras	597
8.	ALVES Paulo Rodrigues	04	CDN	2:10.60	25m	08-08-20	Funchal	591
9.	DIOGO Dinis Miranda	04	FBSC	2:11.28	25m	14-11-20	Mealhada	582
10.	SILVA Gustavo Carvalho	04	CNPV	2:11.70	25m	08-12-19	Sines	576
11.	FARIA Ricardo Morais	04	ADBA	2:12.81	25m	14-11-20	Leiria	562
12.	RODRIGUES Rodrigo Reis	04	CDSR	2:12.90	25m	14-05-21	Funchal	561
13.	REBELO Joao Lourenco	04	SAD	2:12.96	25m	14-11-20	Leiria	560
14.	APSENECE Kevins Alexandre	04	FCP	2:13.21	25m	11-04-21	Felgueiras	557
15.	PEREIRA Tiago Maia	04	CGA	2:13.47	25m	14-11-20	Mealhada	554
15.	TSYKAL Daniel	04	CNAL	2:13.47	25m	14-11-20	Leiria	554
17.	SIMOES Miguel Costa	04	CDCP	2:13.59	25m	14-11-20	Leiria	552
18.	CARDOSO Filipe Santos	04	CAPGE	2:13.73	25m	24-04-21	Gafanha da Nazaré	550
19.	ANTUNES Joao Afonso	04	CGA	2:13.99	25m	14-11-20	Mealhada	547
20.	CRUZ David Miguel	04	SCB	2:14.34	25m	11-04-21	Felgueiras	543
21.	FRASQUILHO Afonso Figueiredo	04	SCP	2:14.68	25m	16-05-21	Alvalade	539
22.	SANTOS Gabriel Moreira	04	GDNFAMA	2:14.93	25m	23-11-19	Felgueiras	536
23.	NEAGU Tiberius Sebastian	04	AVFC	2:15.12	25m	24-04-21	Gafanha da Nazaré	534
24.	GUIMARAES Hugo Goncalves	04	EDV	2:15.34	25m	07-03-20	Braga	531
25.	CUNHA Rodrigo Manuel	04	VSC	2:15.83	25m	08-05-21	Pacos de Ferreira	525
26.	BORGES David Costa	04	CFP	2:15.89	25m	08-12-19	Mealhada	525
27.	BARAONA Andre Azevedo	04	CNMJ	2:16.02	25m	19-01-20	Pinhal Novo	523
28.	CARVALHO Martim Henriques	04	CNRM	2:16.04	25m	08-03-20	Santarém	523
29.	MOITA Goncalo Brites	04	CUC	2:16.20	25m	08-12-19	Mealhada	521
30.	OLIVEIRA Pedro Nuno	04	CNTN	2:16.60	25m	08-03-20	Santarém	516
30.	TAVARES Bernardo Rodrigues	04	CGA	2:16.60	25m	24-04-21	Gafanha da Nazaré	516
32.	CARVALHO Antonio Lombardi	04	SCP	2:17.20	25m	19-01-20	Pinhal Novo	510
33.	RIBEIRO Nuno Miguel	04	EDV	2:17.25	25m	09-05-21	Ponte da Barca	509
34.	ALMEIDA Bernardo Victorino	04	SCP	2:17.35	25m	03-11-19	Lisboa	508
35.	POIARES Tiago Andre	04	FBSC	2:17.73	25m	23-12-20	Coimbra	504
36.	LOPES Francisco Oliveira	04	CAFBDP	2:17.82	25m	31-10-20	Ponta Delgada	503
37.	ALMEIDA Francisco Ferreira	04	SCE	2:17.89	25m	30-11-19	Sines	502
38.	PINTO Afonso Cipriano	04	SCP	2:17.94	25m	24-11-19	Algés	502
39.	CHOCAS Afonso Alves	04	EFC	2:18.16	25m	08-12-19	Sines	499
40.	COSTA Afonso Vilhena	04	CFV	2:18.20	25m	08-12-19	Mealhada	499
41.	LOPES Tiago Fanha	04	CNMJ	2:18.59	25m	08-12-19	Sines	494
42.	SANTOS Vasco Malia	04	CNLGOS	2:18.88	25m	08-12-19	Sines	491
43.	DIAS Jose Diogo	04	FBSC	2:19.05	25m	23-02-20	Pombal	490
44.	VIEIRA Francisco Ribeiro	04	AEFDTV	2:19.10	25m	15-02-20	Torres Novas	489
45.	MOREIRA Joao Pedro	04	CNCE	2:20.35	25m	26-10-19	Lagos	476
46.	FRANCISCO Ruben Filipe	04	PORTIN	2:20.54	25m	14-12-19	Portimão	474
47.	VIEIRA Tomas Sa	04	SAD	2:20.55	25m	19-01-20	Pinhal Novo	474
48.	CORREIA Francisco Alves	04	CNLA	2:20.65	25m	26-10-19	Lagos	473
49.	SANTOS Guilherme Machado	04	SFUAP	2:20.73	25m	08-12-19	Sines	472
50.	JESUS Pedro Duarte	04	CGA	2:20.75	25m	08-12-19	Mealhada	472
50.	MAIA Felipe Menegassi	04	SAD	2:20.75	25m	08-12-19	Sines	472
52.	TATO Vitor Pedro	04	LSC	2:20.76	25m	08-12-19	Mealhada	472
53.	LIMA Gaspar Pinheiro	04	LSC	2:20.91	25m	23-11-19	Felgueiras	470

200 Estilos (desde 54)

54.	SILVA Frederico Ferreira	04	GDNFAMA	2:21.03	25m	08-12-19	Mealhada	469
55.	FOCK Yann Chetelat	04	EULX	2:21.22	25m	08-12-19	Sines	467
56.	ANJO Miguel Filipe	04	CDCP	2:21.26	25m	15-05-21	Abrantes	467
57.	ANICETO Joao Gabriel	04	ADBA	2:21.64	25m	08-12-19	Sines	463
58.	TRISTAO Miguel Salomao	04	PORTIN	2:21.68	25m	23-02-20	Lagos	463
59.	SANTOS Joao Afonso	04	SCP	2:21.73	25m	08-12-19	Sines	462
60.	AGUIAR Vasco Ormonde	04	TAC	2:21.87	25m	16-11-19	Angra do Heroísmo	461
61.	GONCALVES Duarte Cadima	04	CNMJ	2:21.92	25m	01-11-19	Setúbal	460
62.	RODEIA Jose Miguel	04	GCNF	2:21.95	25m	24-10-20	Olhão	460
63.	HASSENTEUFEL Marco Antoni	04	CNPO	2:22.10	25m	08-05-21	Pacos de Ferreira	459
64.	BARRY Rafael Francisco	04	CNF	2:22.34	25m	21-12-19	Funchal	456
65.	BELTRAO Marcos Goncalves	04	CNMAIA	2:22.51	25m	08-12-19	Mealhada	455
66.	SILVA Daniel Alexandre	04	CNOL	2:22.59	25m	01-02-20	Albufeira	454
67.	NASCIMENTO Angelo Miranda	04	CNOL	2:22.66	25m	09-11-19	Albufeira	453
68.	SOUSA Tomas Castro	04	VSC	2:22.82	25m	23-11-19	Felgueiras	452
69.	NOGUEIRA Tiago Morgado	04	ADRCIMM	2:22.83	25m	08-12-19	Sines	452
70.	GROSHEV Vladislav	04	FCF	2:22.90	25m	24-10-20	Olhão	451
71.	BRAZ Romao Noronha	04	CNPDL	2:23.12	25m	11-04-21	Praia da Vitória	449
72.	FARIAS Alexandre Moreira	04	LDC	2:23.16	25m	23-02-20	Lagos	449
73.	PEREIRA Jose Goncalo	04	ADF	2:23.34	25m	30-11-19	Sines	447
74.	JORGE Afonso Goncalves	04	GESL	2:23.83	25m	24-11-19	Algés	442
75.	SOUSA Vasco Silva	04	ADBA	2:23.99	25m	08-12-19	Sines	441
76.	FERNANDES Martim Pestana	04	CNF	2:24.00	25m	23-11-19	Funchal	441
77.	PACHECO Francisco Silva	04	NSIT	2:24.05	25m	08-12-19	Sines	440
78.	SILVA Miguel Madeira	04	AONDA	2:24.13	25m	08-12-19	Sines	440
78.	BRANCO Rodrigo Figueiredo	04	CGA	2:24.13	25m	24-04-21	Gafanha da Nazaré	440
80.	SALGUEIRO Ruben Jose	04	SCP	2:24.16	25m	19-01-20	Pinhal Novo	439
81.	AUGUSTO Goncalo Gomes	04	AONDA	2:24.17	25m	24-11-19	Algés	439
82.	ALVES Guilherme Cotovio	04	ACMN	2:24.26	25m	05-06-21	Sines	438
83.	ROCHA Jose Pedro	04	CMNPR	2:24.34	25m	07-11-20	Guarda	438
84.	PAZ Antonio Manuel	04	CAFBDP	2:24.42	25m	16-11-19	Ribeira Grande	437
85.	PALMA Francisco Caetano	04	ACRZA	2:24.50	25m	16-11-19	Odemira	436
86.	CORDEIRO Tomas Coelho	04	CFP	2:24.73	25m	08-12-19	Mealhada	434
87.	ANTUNES David Alexandre	04	LSC	2:24.91	25m	08-12-19	Mealhada	433
88.	SILVA Hugo Tomas	04	AONDA	2:25.34	25m	24-11-19	Algés	429
89.	MATOS Gil Amaral	04	ADA	2:25.39	25m	26-10-19	Ponta Delgada	428
89.	MONTEIRO Diogo Miguel	04	DRCN	2:25.39	25m	08-12-19	Sines	428
91.	FAUSTINO Joao Pedro	04	CDCP	2:25.41	25m	08-12-19	Sines	428
92.	OLIVEIRA Vasco Peixoto	04	CNAL	2:25.43	25m	08-12-19	Sines	428
93.	PEREIRA Diogo Magalhaes	04	FCP	2:25.44	25m	08-12-19	Mealhada	428
94.	FERNANDES Rodrigo Neves	04	GESL	2:25.69	25m	24-11-19	Algés	426
95.	CARVALHO Goncalo Renato	04	FCP	2:25.80	25m	23-11-19	Felgueiras	425
96.	AGUILAR Luis Santos	04	CDN	2:25.87	25m	08-05-21	Funchal	424
97.	AFONSO Martim Rodrigues	04	ACS	2:26.01	25m	09-11-19	Albufeira	423
98.	TELES Antonio Carlos	04	FOCA	2:26.02	25m	08-05-21	Pacos de Ferreira	423
99.	COSTA Goncalo Filipe	04	CAPGE	2:26.12	25m	24-04-21	Gafanha da Nazaré	422
100.	GASPAR Andre Jesus	04	SFGP	2:26.26	25m	23-11-19	Tomar	421

400 Estilos

1.	SIMOES Bernardo Jorge	04	CNCVG	4:29.72	25m	06-12-19	Sines	659
2.	RIBEIRO Diogo Matos	04	CUC	4:30.93	25m	06-12-19	Mealhada	650
3.	MARQUES Gustavo Pires	04	CUC	4:32.76	25m	15-05-21	Condeixa-a-Nova	637
4.	SILVA Nuno Marques	04	ADBA	4:35.50	25m	15-11-20	Leiria	619
5.	APSENIENCE Kevins Alexandre	04	FCP	4:36.74	25m	09-05-21	Pacos de Ferreira	610
6.	COSTA Joao Peres	04	CNPV	4:38.23	25m	06-12-19	Sines	601
7.	ALVES Paulo Rodrigues	04	CDN	4:38.48	25m	15-12-19	Leiria	599
8.	ALMEIDA Bernardo Victorino	04	SCP	4:39.52	25m	06-12-19	Sines	592
9.	CARVALHO Martim Henriques	04	CNRM	4:39.67	25m	06-12-19	Sines	591
10.	REBELO Joao Lourenco	04	SAD	4:41.06	25m	06-12-19	Sines	583
11.	BORGES David Costa	04	CFP	4:42.36	25m	06-12-19	Mealhada	575
12.	CRUZ David Miguel	04	SCB	4:42.49	25m	06-12-19	Mealhada	574
13.	OLIVEIRA Joao Campelo	04	GDNFAMA	4:42.51	25m	22-12-19	Porto	574
14.	BARAONA Andre Azevedo	04	CNMJ	4:42.69	25m	16-05-21	Abrantes	573
15.	DIOGO Dinis Miranda	04	FBSC	4:42.74	25m	15-11-20	Mealhada	572
16.	PEREIRA Tiago Maia	04	CGA	4:43.34	25m	13-03-21	Aveiro	569
17.	GUIMARAES Hugo Goncalves	04	EDV	4:45.06	25m	08-03-20	Braga	558
18.	SANTOS Gabriel Moreira	04	GDNFAMA	4:45.24	25m	06-12-19	Mealhada	557
19.	TSYKAL Daniel	04	CNAL	4:45.72	25m	15-05-21	Condeixa-a-Nova	555
20.	LOPES Francisco Oliveira	04	CAFBDP	4:46.13	25m	15-11-20	Leiria	552
21.	CARVALHO Antonio Lombardi	04	SCP	4:47.47	25m	06-12-19	Sines	544
22.	NEAGU Tiberius Sebastian	04	AVFC	4:47.78	25m	15-11-20	Mealhada	543
22.	TAVARES Bernardo Rodrigues	04	CGA	4:47.78	25m	25-04-21	Gafanha da Nazaré	543
24.	PINTO Guilherme Lobo	04	FOCA	4:47.87	25m	09-05-21	Pacos de Ferreira	542
25.	RODRIGUES Rodrigo Reis	04	CDSR	4:50.18	25m	17-10-20	Funchal	529
26.	VIEIRA Francisco Ribeiro	04	AEFDTV	4:50.31	25m	15-11-20	Leiria	529
27.	MOREIRA Joao Pedro	04	CNCE	4:50.50	25m	22-12-19	Porto	528
28.	DIAS Jose Diogo	04	FBSC	4:52.33	25m	22-12-19	Cantanhede	518
29.	CUNHA Rodrigo Manuel	04	VSC	4:52.92	25m	11-01-20	Aguas Santas	515
30.	BARBOSA Pedro Xavier	04	EDV	4:52.94	25m	08-03-20	Braga	515
31.	NASCIMENTO Angelo Miranda	04	CNOL	4:54.16	25m	06-12-19	Sines	508
32.	CARDOSO Filipe Santos	04	CAPGE	4:54.22	25m	06-12-19	Mealhada	508
33.	LOPES Tiago Fanha	04	CNMJ	4:54.27	25m	06-12-19	Sines	508
34.	REIS Rodrigo Miguel	04	ADBA	4:54.31	25m	22-12-19	Pombal	507
35.	RODEIA Jose Miguel	04	LDC	4:55.41	25m	06-12-19	Sines	502
36.	SIMOES Miguel Costa	04	CDCP	4:55.43	25m	24-11-19	Algés	502
37.	CLARA Vitor Belo	04	ADBA	4:55.86	25m	22-12-19	Pombal	499
38.	SANTOS Joao Afonso	04	SCP	4:55.91	25m	06-12-19	Sines	499
39.	FRASQUILHO Afonso Figueiredo	04	SCP	4:56.22	25m	24-11-19	Algés	498
40.	SANTOS Vasco Malia	04	CNLGOS	4:56.72	25m	08-11-20	Lagos	495
41.	PINTO Afonso Cipriano	04	SCP	4:57.35	25m	24-11-19	Algés	492
42.	SILVA Frederico Ferreira	04	GDNFAMA	4:57.96	25m	22-12-19	Porto	489
43.	TROMBINHAS Tiago Miguel	04	ADRCIMM	4:58.09	25m	09-05-21	Sto António Cavaleiros	488
44.	VIEIRA Tomas Sa	04	SAD	4:58.12	25m	06-12-19	Sines	488
45.	MOITA Goncalo Brites	04	CUC	4:58.40	25m	06-12-19	Mealhada	487
45.	FARIA Ricardo Morais	04	ADBA	4:58.40	25m	22-12-19	Pombal	487
47.	POIARES Tiago Andre	04	FBSC	4:59.50	25m	06-12-19	Mealhada	481
48.	MATOS Gil Amaral	04	TAC	4:59.62	25m	06-12-19	Sines	481
49.	CORREIA Francisco Alves	04	CNLA	5:00.08	25m	06-03-20	Ponte de Sor	479
50.	CARVALHO Goncalo Renato	04	FCP	5:00.17	25m	06-12-19	Mealhada	478
51.	VALE Henrique Santa	04	GCST	5:00.23	25m	09-05-21	Pacos de Ferreira	478
52.	BELTRAO Marcos Goncalves	04	CNMAIA	5:00.43	25m	22-12-19	Porto	477
53.	RIBEIRO Nuno Miguel	04	EDV	5:00.52	25m	24-10-20	Braga	477

400 Estilos (desde 54)

54.	BRAZ Romao Noronha	04	CNPDL	5:01.23	25m	13-03-21	Ponta Delgada	473
55.	PEREIRA Diogo Magalhaes	04	FCP	5:01.32	25m	22-12-19	Porto	473
56.	GONCALVES Duarte Cadima	04	CNMJ	5:01.40	25m	24-11-19	Algés	472
57.	NUNES Diogo Severino	04	CNV	5:01.96	25m	22-12-19	Porto	470
58.	TELES Antonio Carlos	04	FOCA	5:01.99	25m	06-12-19	Mealhada	470
59.	OLIVEIRA Goncalo Daniel	04	FBSC	5:02.16	25m	22-12-19	Cantanhede	469
60.	VICENTE Tiago Miguel	04	ACS	5:02.19	25m	08-11-20	Lagos	469
61.	TATO Vitor Pedro	04	LSC	5:02.64	25m	22-12-19	Porto	467
62.	FRANCISCO Ruben Filipe	04	PORTIN	5:02.80	25m	06-12-19	Sines	466
63.	SANTOS Rui Mamede	04	CUC	5:03.35	25m	06-12-19	Mealhada	463
64.	FOCK Yann Chetelat	04	EULX	5:05.28	25m	24-11-19	Algés	455
64.	TRISTAO Miguel Salomao	04	PORTIN	5:05.28	25m	06-12-19	Sines	455
66.	CHOCAS Afonso Alves	04	EFC	5:05.54	25m	22-12-19	Guarda	453
67.	MIRA Tomas Martins	04	CNS	5:07.19	25m	06-12-19	Sines	446
68.	OLIVEIRA Vasco Peixoto	04	CNAL	5:07.54	25m	22-12-19	Pombal	445
69.	COSTA Goncalo Filipe	04	CAPGE	5:07.67	25m	25-04-21	Gafanha da Nazaré	444
70.	GOMES Guilherme Sousa	04	ACS	5:08.14	25m	17-11-19	Silves	442
71.	JORGE Afonso Goncalves	04	GESL	5:08.25	25m	06-12-19	Sines	442
72.	PACHECO Francisco Silva	04	NSIT	5:08.26	25m	14-12-19	Praia da Vitória	441
73.	SOUSA Tomas Castro	04	VSC	5:08.55	25m	22-12-19	Porto	440
74.	PAZ Antonio Manuel	04	CAFBDP	5:09.29	25m	14-12-19	Ponta Delgada	437
75.	SILVA Gustavo Carvalho	04	CNPV	5:09.72	25m	15-02-20	Praia da Vitória	435
76.	UVA Francisco Sousa	04	SAD	5:10.59	25m	24-11-19	Algés	432
77.	MONTEIRO Jose Miguel	04	SFGP	5:11.61	25m	16-05-21	Abrantes	427
78.	CORDEIRO Tomas Coelho	04	CFP	5:11.66	25m	22-12-19	Porto	427
79.	GRILO Afonso Corte-Real	04	FBSC	5:12.11	25m	22-12-20	Coimbra	425
80.	FERNANDES Lucas Andre	04	VSC	5:12.38	25m	22-12-19	Porto	424
81.	ROCHA Jose Pedro	04	CMNPR	5:12.70	25m	07-03-20	Mirandela	423
82.	AFONSO Martim Rodrigues	04	ACS	5:13.42	25m	17-11-19	Silves	420
83.	NUNES Afonso Miguel	04	JACL	5:13.44	25m	24-11-19	Funchal	420
84.	BRANCO Rodrigo Figueiredo	04	CGA	5:13.52	25m	24-11-19	Gafanha da Nazaré	420
85.	SILVA Daniel Alexandre	04	CNOL	5:13.62	25m	17-11-19	Silves	419
86.	CAROLA Jose Pedro	04	CGA	5:14.58	25m	25-04-21	Gafanha da Nazaré	415
87.	FERREIRA Tiago Felix	04	VSC	5:14.68	25m	22-12-19	Porto	415
88.	ANJO Miguel Filipe	04	CDCP	5:14.73	25m	24-11-19	Algés	415
89.	ANTUNES David Alexandre	04	LSC	5:15.42	25m	22-12-19	Porto	412
90.	FERNANDES Diogo Henrique	04	CNF	5:15.47	25m	17-11-19	Funchal	412
91.	ALVES Goncalo Moreira	04	CCLAMAS	5:15.50	25m	22-12-19	Porto	412
92.	FERNANDES Rodrigo Neves	04	GESL	5:16.00	25m	24-11-19	Algés	410
93.	SANTOS Guilherme Machado	04	SFUAP	5:16.06	25m	24-11-19	Algés	410
94.	QUEIROS Luis Pedro	04	VNC	5:18.76	25m	23-11-19	Braga	399
95.	ALVES Guilherme Cotovio	04	ACMN	5:19.03	25m	16-11-19	Odemira	398
96.	NETO Afonso Pereira	04	VSC	5:19.67	25m	22-12-19	Porto	396
97.	LIMA Tiago Diniz	04	CDE	5:20.20	25m	24-11-19	Gafanha da Nazaré	394
98.	GROSHEV Vladislav	04	FCF	5:20.76	25m	17-11-19	Silves	392
99.	CAMPOS Rafael Alves	04	CPSPA	5:21.27	25m	22-12-19	Cantanhede	390
100.	CORDEIRO Rui Filipe	04	GDNFAMA	5:21.55	25m	22-12-19	Porto	389

50 Livres

1.	PEREIRA Tomas Coelho	05	ADP	24.55	25m	09-05-21	Pacos de Ferreira	560
2.	ROSA Simao Dinis	05	CNTN	24.88	25m	15-12-19	Leiria	538
3.	BILRO Simao Valadas	05	AMINATA	25.36	25m	19-12-20	Sines	508
4.	ANSELMO Raul Sousa	05	CAFBDP	25.73	25m	15-05-21	Ponta Delgada	486
5.	CUNHA Vasco Goncalves	05	CFP	25.98	25m	11-01-20	Aguas Santas	472
6.	SOUSA Afonso Coelho	05	NSIT	26.08	25m	08-03-20	Ponta Delgada	467
6.	VOLOZHENIN Alexandre	05	CNF	26.08	25m	08-05-21	Funchal	467
8.	SILVA Afonso Carvalho	05	GDNFAMA	26.09	25m	03-04-21	Famalicao	466
9.	OLIVEIRA Miguel Fernandes	05	DNMG	26.22	25m	15-12-19	Leiria	459
10.	TORRES Joao Pedro	05	FCP	26.31	25m	11-04-21	Felgueiras	455
11.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	26.33	25m	11-04-21	Felgueiras	454
12.	LEAL Antonio Marinho	05	CNH	26.36	25m	31-10-20	Ponta Delgada	452
13.	AMARAL Francisco Xavier	05	NBM	26.49	25m	15-05-21	Condeixa-a-Nova	446
14.	CEPELEAGA Marin	05	PORTIN	26.57	25m	12-01-20	Quarteira	442
15.	NUNES Jose Pedro	05	GCVR	26.66	25m	09-05-21	Peso da Régua	437
16.	GOUVEIA Afonso Martim	05	FCF	26.69	25m	08-11-20	Lagos	436
16.	RODRIGUES Miguel Goncalves	05	GCNF	26.69	25m	11-04-21	Felgueiras	436
18.	CARDOSO Guilherme Maia	05	SCC	26.74	25m	15-05-21	Condeixa-a-Nova	433
19.	SILVA Nuno Gabriel	05	CDCA	26.76	25m	13-06-21	Viseu	432
20.	RICARDO Joao Daniel	05	CNBE	26.81	25m	12-01-20	Quarteira	430
21.	SA Jose Manuel	05	SCP	26.82	25m	15-05-21	Condeixa-a-Nova	429
22.	SILVA Guilherme Gomes	05	AEJ	26.84	25m	08-11-20	Gafanha da Encarnação	428
23.	ROCHA Jose Miguel	05	SCC	26.92	25m	02-05-21	Gafanha da Nazaré	425
23.	SILVA Tony Stefano	05	CDN	26.92	25m	08-05-21	Funchal	425
25.	CASQUINHA Pedro Dinis	05	FS	26.97	25m	07-11-20	Guarda	422
26.	GABOLEIRO Guilherme Filipe	05	CNRM	27.05	25m	16-05-21	Abrantes	418
27.	SILVA Eduardo Costa	05	FCP	27.14	25m	09-05-21	Pacos de Ferreira	414
28.	FIGUEIRA Samuel Baptista	05	AAC	27.16	25m	20-06-21	Coimbra	413
29.	ALVES Afonso Pires	05	JACL	27.17	25m	08-05-21	Funchal	413
30.	LEITE Afonso Martim	05	FOCA	27.27	25m	09-05-21	Pacos de Ferreira	408
31.	FRANCISCO Tiago Serradas	05	DNMG	27.30	25m	23-05-21	Alcobaça	407
32.	OLIVEIRA Jose Francisco	05	ADBA	27.33	25m	06-03-21	Leiria	406
33.	GONCALVES Diogo Antunes	05	CNG	27.42	25m	08-05-21	Guarda	402
34.	BUNKOVSKIS Rihards	05	CDEAP	27.43	25m	13-03-21	Ponta Delgada	401
35.	CARVALHO Diogo Rodrigues	05	GRVM	27.49	25m	20-06-21	Coimbra	399
36.	ALVES Tiago Pires	05	JACL	27.50	25m	18-07-20	Funchal	398
37.	SANTOS Goncalo Carvalho	05	ALN	27.57	25m	02-02-20	Coimbra	395
37.	CAMPOS Diogo Marques	05	CDE	27.57	25m	13-06-21	Viseu	395
39.	PIRES Joao Antonio	05	CNTN	27.60	25m	15-02-20	Torres Novas	394
40.	ROSARIO Alexandre Rocha	05	LDC	27.61	25m	12-01-20	Quarteira	393
40.	CABRAL Jose Pinto	05	VS	27.61	25m	06-03-20	Santarém	393
40.	CAEIRO Miguel Cano	05	CNBE	27.61	25m	15-05-21	Lagos	393
43.	CARVALHO Goncalo Duarte	05	SLB	27.70	25m	01-11-19	Setúbal	390
44.	PEREIRA Paulo Tomas	05	NBM	27.74	25m	11-04-21	Felgueiras	388
44.	GLAVATSKYY Antonio	05	AAC	27.74	25m	20-06-21	Coimbra	388
46.	LOPES Andre Prates	05	EFC	27.77	25m	29-02-20	Coruche	387
47.	MACHADO Diogo Pimentel	05	CAFBDP	27.79	25m	15-05-21	Ponta Delgada	386
48.	MENDES Diogo Alexandre	05	CNVA	27.82	25m	02-05-21	Gafanha da Nazaré	385
49.	BENTO Carlos Eduardo	05	CNMC	27.88	25m	25-01-20	Alcobaça	382
49.	GARCIA Goncalo Raposo	05	CAFBDP	27.88	25m	13-03-21	Ponta Delgada	382
51.	AMADO Afonso Miguel	05	CNMC	27.89	25m	19-10-19	Condeixa	382
51.	TEIXEIRA Antonio Migueis	05	GCVR	27.89	25m	24-11-19	Bragança	382

50 Livres (desde 53)

51.	FONSECA Goncalo Monteiro	05	CMNPR	27.89	25m	24-04-21	Vila Real	382
54.	PESSOA Rafael Pereira	05	NBM	27.91	25m	02-05-21	Gafanha da Nazaré	381
55.	VIEIRA Diogo Ferreira	05	CDF	28.00	25m	02-05-21	Gafanha da Nazaré	377
56.	BONANCA Artur Osorio	05	CNFA	28.05	25m	11-01-20	Quarteira	375
57.	VAZ Vicente Henriques	05	CNOL	28.07	25m	15-05-21	Lagos	374
58.	ANTUNES Pedro Engracia	05	CLIP	28.13	25m	03-11-19	Bolzano (ITA)	372
59.	LOPES Afonso Teixeira	05	FOCA	28.19	25m	09-05-21	Pacos de Ferreira	370
60.	PINTO Andre Miguel	05	CNLA	28.20	25m	08-03-20	Ponte de Sor	369
61.	LADYKA Antonio Iuri	05	CNAL	28.30	25m	15-02-20	Torres Novas	365
62.	ALVES Andre Camara	05	CDN	28.31	25m	08-05-21	Funchal	365
63.	SANTOS Nuno Goncalo	05	CDSR	28.41	25m	21-12-19	Funchal	361
64.	CARVALHO Guilherme Jesus	05	FOCA	28.43	25m	22-11-19	Felgueiras	360
65.	JORGE Jose Pedro	05	CNVA	28.44	25m	13-06-21	Viseu	360
66.	KUNYK Vitor	05	LAGAC	28.46	25m	15-05-21	Lagos	359
67.	INACIO Hugo Miguel	05	CNBE	28.52	25m	12-01-20	Quarteira	357
68.	FELIX Dylan Marques	05	PIMP	28.54	25m	20-10-19	Óbidos	356
69.	GONCALVES Ruben Miguel	05	LDC	28.64	25m	08-11-20	Lagos	352
70.	PINTO Filipe Carmo	05	FCF	28.71	25m	15-05-21	Lagos	350
71.	ANALEN Tiago Holbeche	05	AMINATA	28.73	25m	19-01-20	Montemor-o-Novo	349
72.	RODRIGUES Claudio Filipe	05	SCB	28.78	25m	08-05-21	Ponte da Barca	347
73.	TEIXEIRA Tomas Borges	05	NSIT	28.86	25m	13-03-21	Praia da Vitória	344
74.	FALCAO Manuel Maria	05	AMINATA	28.95	25m	16-11-19	Odemira	341
75.	FERNANDES Dinis Coimbra	05	AEFDT	29.00	25m	13-10-19	Mealhada	339
76.	OLIVEIRA Leonardo Manuel	05	ACS	29.07	25m	15-05-21	Lagos	337
77.	SANTOS Pedro Miguel	05	CMNPR	29.14	25m	24-04-21	Vila Real	335
78.	PINTO Tomas Vieira	05	SCB	29.16	25m	08-05-21	Ponte da Barca	334
78.	VIEIRA Tomas Martins	05	CNV	29.16	25m	09-05-21	Pacos de Ferreira	334
80.	RODRIGUES Rodrigo Ferreira	05	CRASTO	29.22	25m	13-06-21	Viseu	332
81.	PIRES Jose Pedro	05	LDC	29.26	25m	12-01-20	Quarteira	330
82.	BAIOA Joao Pedro	05	CNBE	29.35	25m	12-01-20	Quarteira	327
83.	OLIVEIRA Tiago Batista	05	GCNF	29.36	25m	25-10-20	Olhão	327
84.	DUARTE Pedro Ferreira	05	NBM	29.38	25m	13-06-21	Viseu	326
85.	CAIXINHA Miguel Vaz	05	CNBE	29.52	25m	15-05-21	Lagos	322
86.	MESSENCE Enzo Dylan	05	FCF	29.53	25m	15-05-21	Lagos	321
87.	GONCALVES Andre Marques	05	CNBE	29.58	25m	15-05-21	Lagos	320
88.	HORTA Bruno Goncalves	05	CNGUA	29.64	25m	26-10-19	Lagos	318
89.	RODRIGUES Pedro Afonso	05	FCF	29.65	25m	23-11-19	Lagos	318
90.	MARQUES Renato Gomes	05	DNMG	29.71	25m	23-05-21	Alcobaça	316
91.	RODRIGUES David Manuel	05	SCA	29.77	25m	18-01-20	Mealhada	314
92.	MARQUES Rodrigo Miguel	05	CLIPTEAM	29.80	25m	09-05-21	Pacos de Ferreira	313
93.	LIBERAL Afonso Bicas	05	CSAAXI	29.83	25m	08-11-20	Gafanha da Encarnação	312
94.	GONCALVES Pedro Marques	05	CNBE	29.84	25m	25-10-20	Olhão	312
95.	BOUCA Diogo Manuel	05	CJSA	29.87	25m	13-06-21	Viseu	311
96.	BARBEITO Vasco Espinola	05	NSIT	29.91	25m	21-11-20	Angra do Heroísmo	309
97.	RODRIGUEZ David Nieves	05	CNGUA	30.03	25m	12-01-20	Quarteira	306
97.	ROSETE Diogo Miguel	05	DNMG	30.03	25m	23-05-21	Alcobaça	306
99.	MARTINS Tiago Ventura	05	FOCA	30.07	25m	23-11-19	Felgueiras	304
100.	CARRAPICO Jose Silveirinha	05	SCCM	30.10	25m	26-01-20	Campo Maior	304

100 Livres

1.	HEINIO-WIDELL Nick	05	SAD	53.09	25m	12-12-20	Leiria	606
2.	RIBEIRO Vasco Almeida	05	CCLAMAS	54.14	25m	12-12-20	Mealhada	571
3.	PEREIRA Tomas Coelho	05	ADP	54.26	25m	12-12-20	Mealhada	568
4.	OLIVEIRA Miguel Fernandes	05	DNMG	54.30	25m	12-12-20	Leiria	566
5.	ANSELMO Raul Sousa	05	CAFBDP	54.68	25m	12-06-21	Ponta Delgada	555
6.	ROSA Simao Dinis	05	CNTN	54.94	25m	25-10-20	Tomar	547
7.	OLIVEIRA Diogo Alexandre	05	CNF	54.95	25m	14-05-21	Funchal	547
8.	BILRO Simao Valadas	05	AMINATA	54.99	25m	19-12-20	Sines	545
9.	SILVA Diogo Miguel	05	CGA	55.02	25m	01-05-21	Gafanha da Nazaré	544
10.	CORTES Martim Silva	05	AONDA	55.27	25m	12-12-20	Leiria	537
11.	SILVA Afonso Carvalho	05	GDNFAMA	55.45	25m	12-12-20	Mealhada	532
12.	FERRAO Gabriel Carvalho	05	CDCP	55.57	25m	15-05-21	Abrantes	528
13.	FERNANDES Miguel Alves	05	VNC	55.65	25m	12-12-20	Mealhada	526
14.	RODRIGUES Joao Luis	05	CNF	55.68	25m	14-05-21	Funchal	525
15.	MARQUES Andre Henriques	05	SLB	55.86	25m	12-12-20	Leiria	520
16.	ALVAREZ Pedro Mahua	05	SCP	56.12	25m	12-12-20	Leiria	513
17.	PINHEIRO Joao Seixedo	05	CNLX	56.14	25m	12-12-20	Leiria	512
18.	NUNES Carlos Daniel	05	CNSM	56.24	25m	15-05-21	Abrantes	510
19.	SOUSA Afonso Coelho	05	NSIT	56.35	25m	18-01-20	Angra do Heroísmo	507
20.	CARVALHO Joao Carlos	05	SCB	56.46	25m	25-10-20	Braga	504
21.	CUNHA Vasco Goncalves	05	CFP	56.47	25m	08-12-19	Mealhada	504
22.	VASCONCELOS Francisco Lourenco	05	GESL	56.58	25m	02-05-21	Lisboa	501
23.	SILVA Guilherme Gomes	05	AEJ	56.63	25m	13-06-21	Viseu	499
24.	LEAL Antonio Marinho	05	CNH	56.65	25m	21-11-20	Horta	499
24.	RIBEIRO Filipe Silva	05	LSC	56.65	25m	12-12-20	Mealhada	499
26.	PINTO Tiago Rodrigues	05	SCP	56.67	25m	16-05-21	Alvalade	498
27.	CEPELEAGA Marin	05	PORTIN	56.76	25m	15-05-21	Lagos	496
28.	CABRAL Jose Pinto	05	VS	56.87	25m	24-11-19	Tomar	493
28.	OLIVEIRA Jose Francisco	05	ADBA	56.87	25m	30-04-21	Leiria	493
30.	SARREIRA Tomas Amor	05	DNMG	56.91	25m	24-11-19	Caldas da Rainha	492
31.	GOUVEIA Afonso Martim	05	FCF	57.01	25m	15-05-21	Lagos	489
32.	AMADO Afonso Miguel	05	CNMC	57.08	25m	12-12-20	Mealhada	488
33.	VIEIRA Eduardo Gabriel	05	NBM	57.11	25m	01-02-20	Viseu	487
34.	ALEKSYEYEV Artur Paulo	05	VS	57.15	25m	15-05-21	Abrantes	486
35.	SANTOS Tomas Carvalho	05	ALN	57.25	25m	20-12-20	Coimbra	483
36.	FIGUEIRA Samuel Baptista	05	AAC	57.28	25m	20-12-20	Coimbra	482
37.	LOPES Andre Prates	05	EFC	57.36	25m	12-12-20	Leiria	480
38.	AMARAL Francisco Xavier	05	NBM	57.37	25m	08-12-19	Mealhada	480
39.	SA Jose Manuel	05	SCP	57.45	25m	16-05-21	Alvalade	478
40.	CARVALHO Goncalo Duarte	05	SLB	57.47	25m	12-12-20	Leiria	478
40.	SILVA Goncalo Manuel	05	FCP	57.47	25m	10-04-21	Felgueiras	478
42.	DURO Tomas Ferreira	05	ADRCIMM	57.49	25m	08-12-19	Sines	477
43.	MOREIRA Lucas Filipe	05	ADBA	57.50	25m	23-02-20	Pombal	477
44.	GONCALVES Dinis Queiroz	05	SCB	57.54	25m	25-10-20	Braga	476
45.	VOLOZHENIN Alexandre	05	CNF	57.68	25m	14-05-21	Funchal	472
46.	DIAS Andre Vicente	05	CDN	57.73	25m	08-08-20	Funchal	471
47.	NUNES Jose Pedro	05	GCVR	57.76	25m	08-05-21	Peso da Régua	470
48.	MOUTELA Dinis Amorim	05	CDE	57.84	25m	12-12-20	Mealhada	469
49.	CARDOSO Guilherme Maia	05	SCC	57.90	25m	01-05-21	Gafanha da Nazaré	467
50.	SILVA Vasco Antela	05	SCP	57.98	25m	16-05-21	Alvalade	465
51.	FRANCISCO Tiago Serradas	05	DNMG	57.99	25m	23-05-21	Alcobaça	465
52.	SOUSA Joao Maria	05	SCB	58.00	25m	19-01-20	Barcelos	465
53.	ANACLETO Miguel Correia	05	SCP	58.01	25m	16-02-20	Sto Antonio dos Cavaleiros	464

100 Livres (desde 54)

54.	LEITE Afonso Martim	05	FOCA	58.05	25m	10-04-21	Felgueiras	463
55.	PINTO Rodrigo Barroso	05	FCP	58.08	25m	12-12-20	Mealhada	463
55.	ROCHA Jose Miguel	05	SCC	58.08	25m	01-05-21	Gafanha da Nazaré	463
57.	TORRES Joao Pedro	05	FCP	58.14	25m	10-04-21	Felgueiras	461
58.	DIAS Diogo Rafael	05	DRCN	58.23	25m	11-01-20	Elvas	459
59.	MACHADO Diogo Pimentel	05	CAFBDP	58.25	25m	12-06-21	Ponta Delgada	459
60.	GONCALVES Jose Luis	05	ADF	58.26	25m	30-11-19	Sines	458
61.	RODRIGUES Miguel Goncalves	05	GCNF	58.30	25m	10-04-21	Felgueiras	458
62.	SILVA Tomas Caineta	05	CDE	58.34	25m	12-12-20	Mealhada	457
63.	FERREIRA Alexandre Sousa	05	GDNFAMA	58.38	25m	08-12-19	Mealhada	456
64.	RICARDO Joao Daniel	05	CNBE	58.45	25m	07-11-20	Lagos	454
65.	PIRES Joao Antonio	05	CNTN	58.47	25m	25-10-20	Tomar	454
66.	GONCALVES Alexandre Ramo	05	CCLAMAS	58.50	25m	08-12-19	Mealhada	453
67.	CARVALHO Guilherme Jesus	05	FOCA	58.55	25m	10-04-21	Felgueiras	452
68.	SANTOS Goncalo Carvalho	05	ALN	58.62	25m	20-12-20	Coimbra	450
69.	BENTO Carlos Eduardo	05	CNMC	58.65	25m	08-12-19	Mealhada	449
69.	COSTA Afonso Lucio	05	SCP	58.65	25m	16-05-21	Alvalade	449
71.	BARTOLO Tiago Silva	05	SAD	58.72	25m	07-12-19	Sines	448
72.	BONANCA Artur Osorio	05	GCNF	59.00	25m	07-11-20	Lagos	441
73.	GOUVEIA Luis Galvao	05	CDN	59.01	25m	21-12-19	Funchal	441
74.	AMADO Pedro Maria	05	SAD	59.16	25m	08-12-19	Sines	438
74.	BUNKOVSKIS Rihards	05	CDEAP	59.16	25m	08-05-21	Horta	438
76.	ROCHA Goncalo Queiroga	05	SCB	59.19	25m	09-05-21	Ponte da Barca	437
77.	FONSECA Goncalo Monteiro	05	CMNPR	59.23	25m	08-05-21	Peso da Régua	436
78.	ASCENSO Afonso Manuel	05	DNMG	59.24	25m	07-11-20	Leiria	436
79.	ROSARIO Alexandre Rocha	05	LDC	59.27	25m	18-10-20	Lagos	435
80.	SOUSA Lourenco Quintas	05	CNF	59.34	25m	14-05-21	Funchal	434
81.	CORREIA Eduardo Alexandre	05	CAP	59.44	25m	10-04-21	Felgueiras	432
82.	OLIVEIRA Simao Lopes	05	CNS	59.48	25m	15-05-21	Alcabideche	431
82.	BRAS Rodrigo Martins	05	CFB	59.48	25m	15-05-21	Alcabideche	431
84.	PINTO Andre Miguel	05	CNLA	59.59	25m	19-12-20	Sines	428
84.	SILVA Eduardo Costa	05	FCP	59.59	25m	08-05-21	Pacos de Ferreira	428
86.	FREITAS Filipe Simoes	05	SCP	59.60	25m	08-12-19	Sines	428
87.	TEIXEIRA Tomas Borges	05	NSIT	59.65	25m	08-12-19	Sines	427
88.	GONCALVES Diogo Antunes	05	CNG	59.67	25m	08-05-21	Guarda	427
89.	BATISTA Henrique Maria	05	SAD	59.68	25m	15-05-21	Alcabideche	426
90.	MENDES Diogo Alexandre	05	CNVA	59.71	25m	18-01-20	Mealhada	426
91.	PESSOA Rafael Pereira	05	NBM	59.73	25m	01-05-21	Gafanha da Nazaré	425
91.	SILVA Nuno Gabriel	05	CDCA	59.73	25m	01-05-21	Gafanha da Nazaré	425
93.	FERREIRA Abel Renato	05	CSAAXXI	59.77	25m	01-05-21	Gafanha da Nazaré	425
94.	FRIBERGH Joel Michael	05	AHBE	59.91	25m	23-11-19	Algés	422
95.	BAPTISTA Bruno Morita	05	SCP	59.96	25m	16-05-21	Alvalade	421
96.	ALVES Vasco Soares	05	CFP	59.97	25m	23-11-19	Felgueiras	420
97.	FONSECA Afonso Valente	05	CFP	59.99	25m	08-05-21	Pacos de Ferreira	420
98.	REMELHE Joao Anibal	05	AMAMB	1:00.01	25m	08-03-20	Braga	419
99.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	1:00.07	25m	23-11-19	Felgueiras	418
100.	SILVA Tiago Holbeche	05	AMINATA	1:00.22	25m	05-06-21	Sines	415

200 Livres

1.	ANSELMO Raul Sousa	05	CAFBDP	1:57.74	25m	10-04-21	Praia da Vitória	601
2.	HEINIO-WIDELL Nick	05	SAD	1:57.99	25m	09-05-21	Alcobaça	597
3.	SILVA Diogo Miguel	05	CGA	1:58.78	25m	12-12-20	Mealhada	585
4.	SILVA Afonso Carvalho	05	GDNFAMA	1:59.35	25m	09-05-21	Pacos de Ferreira	577
5.	RIBEIRO Vasco Almeida	05	CCLAMAS	1:59.38	25m	12-12-20	Mealhada	576
6.	FERRAO Gabriel Carvalho	05	CDCP	1:59.81	25m	15-05-21	Abrantes	570
7.	OLIVEIRA Miguel Fernandes	05	DNMG	2:00.15	25m	07-11-20	Leiria	565
8.	RIBEIRO Filipe Silva	05	LSC	2:00.62	25m	11-04-21	Felgueiras	559
9.	CARDOSO Guilherme Maia	05	SCC	2:00.83	25m	12-12-20	Mealhada	556
10.	SOUSA Joao Maria	05	SCB	2:00.90	25m	11-04-21	Felgueiras	555
11.	CARVALHO Joao Carlos	05	SCB	2:01.09	25m	12-12-20	Mealhada	552
12.	MARQUES Andre Henriques	05	SLB	2:01.32	25m	11-04-21	Felgueiras	549
13.	OLIVEIRA Diogo Alexandre	05	CNF	2:01.40	25m	25-07-20	Funchal	548
14.	SARREIRA Tomas Amor	05	DNMG	2:01.44	25m	07-12-19	Sines	547
15.	ROSA Simao Dinis	05	CNTN	2:02.36	25m	07-12-19	Sines	535
16.	DIAS Andre Vicente	05	CDN	2:02.45	25m	25-07-20	Funchal	534
17.	PINHEIRO Joao Seixedo	05	CNLX	2:02.54	25m	15-05-21	Condeixa-a-Nova	533
18.	LEITE Afonso Martim	05	FOCA	2:02.61	25m	09-05-21	Pacos de Ferreira	532
19.	SOUSA Afonso Coelho	05	NSIT	2:02.69	25m	07-12-19	Sines	531
20.	AMADO Pedro Maria	05	SAD	2:02.93	25m	09-05-21	Alcobaça	528
21.	VIEIRA Eduardo Gabriel	05	NBM	2:03.08	25m	07-12-19	Mealhada	526
22.	GONCALVES Alexandre Ramo	05	CCLAMAS	2:03.09	25m	12-12-20	Mealhada	526
23.	GOUVEIA Afonso Martim	05	FCF	2:04.08	25m	16-05-21	Lagos	513
24.	OLIVEIRA Jose Francisco	05	ADBA	2:04.20	25m	12-12-20	Leiria	512
25.	CORTES Martim Silva	05	AONDA	2:04.48	25m	07-12-19	Sines	508
26.	GOUVEIA Luis Galvao	05	CDN	2:04.52	25m	08-05-21	Funchal	508
27.	PEREIRA Manuel Angelo	05	SCP	2:04.61	25m	16-05-21	Alvalade	507
28.	LEAL Antonio Marinho	05	CNH	2:04.64	25m	21-11-20	Horta	506
29.	BILRO Simao Valadas	05	AMINATA	2:04.67	25m	12-12-20	Leiria	506
30.	SILVA Guilherme Gomes	05	AEJ	2:04.72	25m	13-06-21	Viseu	505
31.	GONCALVES Dinis Queiroz	05	SCB	2:04.88	25m	11-04-21	Felgueiras	503
32.	VASCONCELOS Francisco Lourenco	05	GESL	2:05.08	25m	09-05-21	Sto António Cavaleiros	501
33.	FERREIRA Alexandre Sousa	05	GDNFAMA	2:05.36	25m	07-12-19	Mealhada	498
34.	NETO Vasco Goncalves	05	FCP	2:05.54	25m	12-12-20	Mealhada	495
35.	LOPES Andre Prates	05	EFC	2:05.62	25m	12-12-20	Leiria	494
36.	CUNHA Vasco Goncalves	05	CFP	2:05.66	25m	07-12-19	Mealhada	494
36.	NUNES Carlos Daniel	05	CNSM	2:05.66	25m	08-03-20	Santarém	494
38.	ALEKSYEYEV Artur Paulo	05	VS	2:05.73	25m	25-10-20	Tomar	493
39.	CABRAL Jose Pinto	05	VS	2:05.74	25m	08-03-20	Santarém	493
40.	SA Jose Manuel	05	SCP	2:05.81	25m	16-05-21	Alvalade	492
41.	SANTOS Tomas Carvalho	05	ALN	2:05.82	25m	19-12-20	Coimbra	492
42.	ROCHA Goncalo Queiroga	05	SCB	2:06.27	25m	06-03-20	Braga	487
43.	MOUTELA Dinis Amorim	05	CDE	2:06.31	25m	02-05-21	Gafanha da Nazaré	486
44.	PINTO Rodrigo Barroso	05	FCP	2:06.37	25m	06-12-19	Mealhada	486
45.	FIGUEIRA Samuel Baptista	05	AAC	2:06.41	25m	19-12-20	Coimbra	485
46.	PINTO Tiago Rodrigues	05	SCP	2:06.59	25m	16-02-20	Sto Antonio dos Cavaleiros	483
47.	ROCHA Jose Miguel	05	SCC	2:06.65	25m	07-12-19	Mealhada	483
48.	RODRIGUES Miguel Goncalves	05	GCNF	2:06.69	25m	11-04-21	Felgueiras	482
49.	DIAS Pedro Anselmo	05	AVFC	2:06.81	25m	02-05-21	Gafanha da Nazaré	481
50.	TORRES Joao Pedro	05	FCP	2:06.83	25m	07-11-20	Leiria	480
51.	CARVALHO Guilherme Jesus	05	FOCA	2:07.22	25m	09-05-21	Pacos de Ferreira	476
52.	CARVALHO Goncalo Duarte	05	SLB	2:07.31	25m	22-11-19	Algés	475
53.	SILVA Vasco Antela	05	SCP	2:07.32	25m	16-05-21	Alvalade	475

200 Livres (desde 54)

54.	VENTURA Diogo Miguel	05	FOCA	2:07.40	25m	09-05-21	Pacos de Ferreira	474
55.	MOREIRA Lucas Filipe	05	ADBA	2:07.42	25m	23-02-20	Pombal	474
56.	BARBOSA Diogo Sousa	05	SLB	2:07.46	25m	15-05-21	Alcabideche	473
57.	SANTOS Goncalo Carvalho	05	ALN	2:07.57	25m	19-12-20	Coimbra	472
58.	FERREIRA Abel Renato	05	CSAAXXI	2:07.74	25m	02-05-21	Gafanha da Nazaré	470
59.	SILVA Tomas Caineta	05	CDE	2:07.78	25m	02-05-21	Gafanha da Nazaré	470
60.	MAGALHAES Andre Lima	05	FCP	2:07.79	25m	09-05-21	Pacos de Ferreira	470
61.	LOPES Afonso Teixeira	05	FOCA	2:08.03	25m	11-04-21	Felgueiras	467
61.	GONCALVES Jose Luis	05	ADF	2:08.03	25m	09-05-21	Pacos de Ferreira	467
63.	COSTA Afonso Lucio	05	SCP	2:08.10	25m	07-12-19	Sines	466
64.	FERNANDES Miguel Alves	05	VNC	2:08.32	25m	22-02-20	Mirandela	464
65.	ASCENSO Afonso Manuel	05	DNMG	2:08.55	25m	07-11-20	Leiria	461
66.	PIRES Joao Antonio	05	CNTN	2:08.59	25m	15-05-21	Abrantes	461
67.	AMADO Afonso Miguel	05	CNMC	2:08.64	25m	01-11-19	Condeixa	460
68.	MACHADO Diogo Pimentel	05	CAFBDP	2:08.67	25m	07-03-20	Ponta Delgada	460
69.	TEIXEIRA Tomas Borges	05	NSIT	2:08.95	25m	07-12-19	Sines	457
70.	BONANCA Artur Osorio	05	GCNF	2:09.03	25m	25-10-20	Olhão	456
71.	VOLOZHENIN Alexandre	05	CNF	2:09.28	25m	08-05-21	Funchal	454
72.	BARRETO Guilherme Pedro	05	EDL	2:09.48	25m	08-05-21	Ponte da Barca	452
73.	PINHO Celso Rodrigues	05	SCE	2:09.60	25m	02-05-21	Gafanha da Nazaré	450
74.	RODRIGUES Joao Luis	05	CNF	2:09.85	25m	17-10-20	Funchal	448
75.	AMARAL Francisco Xavier	05	NBM	2:10.24	25m	06-12-19	Mealhada	444
76.	FRANCISCO Tiago Serradas	05	DNMG	2:10.32	25m	09-05-21	Alcobaça	443
77.	PAIVA Ruben Ferreira	05	ADS	2:10.33	25m	12-12-20	Mealhada	443
78.	SOUSA Lourenco Quintas	05	CNF	2:10.40	25m	08-05-21	Funchal	442
79.	CAPRICHIO Diogo Botelho	05	SCP	2:10.76	25m	24-11-19	Algés	438
80.	MENDES Diogo Alexandre	05	CNVA	2:10.85	25m	02-02-20	Viseu	437
81.	RICARDO Joao Daniel	05	CNBE	2:11.26	25m	07-03-20	Quarteira	433
82.	DIAS Diogo Rafael	05	DRCN	2:11.36	25m	24-11-19	Algés	432
83.	PEREIRA Tomas Coelho	05	ADP	2:11.40	25m	13-10-19	Pacos de Ferreira	432
84.	GARCIA Goncalo Raposo	05	CAFBDP	2:11.45	25m	10-04-21	Praia da Vitória	432
85.	CEPELEAGA Marin	05	PORTIN	2:11.48	25m	03-11-19	Lagoa	431
86.	FARDILHA Joao Cruz	05	CGA	2:11.83	25m	02-05-21	Gafanha da Nazaré	428
87.	SILVA Eduardo Costa	05	FCP	2:11.89	25m	07-11-20	Leiria	427
88.	NUNES Jose Pedro	05	GCVR	2:12.01	25m	08-05-21	Peso da Régua	426
89.	BENTO Carlos Eduardo	05	CNMC	2:12.07	25m	01-11-19	Condeixa	425
90.	ROSARIO Alexandre Rocha	05	LDC	2:12.12	25m	23-02-20	Lagos	425
91.	GERALDO Tomas Cardoso	05	CAQC	2:12.19	25m	12-12-20	Mealhada	424
92.	PIRES Jose Pedro	05	LDC	2:12.34	25m	23-02-20	Lagos	423
93.	GUTUTUI Francisc	05	SAD	2:12.50	25m	24-11-19	Algés	421
94.	ALMEIDA Miguel Cordeiro	05	SAD	2:12.66	25m	24-11-19	Algés	420
95.	ALVES Vasco Soares	05	CFP	2:13.14	25m	22-11-19	Felgueiras	415
96.	ANDRADE Guilherme Nunes	05	CNPO	2:13.18	25m	06-03-20	Braga	415
97.	LADYKA Antonio Iuri	05	CNAL	2:13.39	25m	24-11-19	Caldas da Rainha	413
98.	SANTOS Nuno Goncalo	05	CDSR	2:13.61	25m	21-12-19	Funchal	411
99.	BAPTISTA Bruno Morita	05	SCP	2:13.78	25m	16-05-21	Alvalade	409
100.	RODRIGUES Joao Ferreira	05	GESL	2:14.14	25m	09-05-21	Sto António Cavaleiros	406

400 Livres

1.	SARREIRA Tomas Amor	05	DNMG	4:07.23	25m	11-04-21	Praia da Vitória	632
2.	ANSELMO Raul Sousa	05	CAFBDP	4:11.83	25m	13-03-21	Ponta Delgada	598
3.	SILVA Diogo Miguel	05	CGA	4:12.37	25m	02-05-21	Gafanha da Nazaré	594
4.	SILVA Afonso Carvalho	05	GDNFAMA	4:13.24	25m	10-04-21	Felgueiras	588
5.	CARDOSO Guilherme Maia	05	SCC	4:13.70	25m	13-12-20	Mealhada	585
6.	CARVALHO Joao Carlos	05	SCB	4:13.84	25m	07-03-20	Braga	584
7.	SOUSA Joao Maria	05	SCB	4:14.53	25m	10-04-21	Felgueiras	579
8.	RIBEIRO Filipe Silva	05	LSC	4:16.65	25m	10-04-21	Felgueiras	565
9.	GONCALVES Alexandre Ramo	05	CCLAMAS	4:18.92	25m	13-12-20	Mealhada	550
10.	AMADO Pedro Maria	05	SAD	4:19.00	25m	09-05-21	Alcobaça	550
11.	LEITE Afonso Martim	05	FOCA	4:19.94	25m	08-05-21	Pacos de Ferreira	544
12.	OLIVEIRA Diogo Alexandre	05	CNF	4:20.21	25m	07-12-19	Sines	542
13.	NUNES Carlos Daniel	05	CNSM	4:20.40	25m	07-12-19	Sines	541
14.	DIAS Andre Vicente	05	CDN	4:20.95	25m	07-03-20	Funchal	538
15.	OLIVEIRA Miguel Fernandes	05	DNMG	4:21.64	25m	18-10-20	Caldas da Rainha	533
16.	FERRAO Gabriel Carvalho	05	CDCP	4:22.31	25m	18-01-20	Pinhal Novo	529
17.	MARQUES Andre Henriques	05	SLB	4:22.68	25m	18-01-20	Pinhal Novo	527
18.	OLIVEIRA Jose Francisco	05	ADBA	4:22.84	25m	06-03-21	Leiria	526
19.	PINTO Tiago Rodrigues	05	SCP	4:22.90	25m	18-01-20	Pinhal Novo	526
20.	NETO Vasco Goncalves	05	FCP	4:22.94	25m	13-12-20	Mealhada	525
21.	PEREIRA Manuel Angelo	05	SCP	4:24.14	25m	16-05-21	Alvalade	518
22.	ROCHA Jose Miguel	05	SCC	4:24.15	25m	13-12-20	Mealhada	518
23.	REMELHE Joao Anibal	05	SCB	4:24.37	25m	09-05-21	Ponte da Barca	517
24.	SOUSA Afonso Coelho	05	NSIT	4:24.52	25m	07-12-19	Sines	516
25.	ASCENSO Afonso Manuel	05	DNMG	4:24.65	25m	13-06-21	Nazaré	515
26.	MORGADO Vasco Alves	05	SAD	4:25.10	25m	01-05-21	Lisboa	513
27.	SANTOS Tomas Carvalho	05	ALN	4:25.19	25m	18-10-20	Coimbra	512
28.	RIBEIRO Vasco Almeida	05	CCLAMAS	4:25.27	25m	02-05-21	Gafanha da Nazaré	512
29.	TORRES Joao Pedro	05	FCP	4:25.70	25m	10-04-21	Felgueiras	509
30.	CABRAL Jose Pinto	05	VS	4:26.20	25m	08-03-20	Santarém	506
31.	VIEIRA Eduardo Gabriel	05	NBM	4:26.25	25m	07-12-19	Mealhada	506
32.	GONCALVES Jose Luis	05	ADF	4:27.43	25m	07-12-19	Mealhada	499
33.	FREITAS Filipe Simoes	05	SCP	4:27.93	25m	07-12-19	Sines	497
34.	SANTOS Goncalo Carvalho	05	ALN	4:27.94	25m	13-12-20	Mealhada	497
35.	GONCALVES Dinis Queiroz	05	SCB	4:28.94	25m	13-12-20	Mealhada	491
36.	ALVAREZ Pedro Mahua	05	SCP	4:29.12	25m	18-01-20	Pinhal Novo	490
37.	FRANCISCO Tiago Serradas	05	DNMG	4:29.84	25m	07-12-19	Sines	486
38.	LEAL Antonio Marinho	05	CNH	4:29.92	25m	23-01-21	Horta	486
39.	FERREIRA Alexandre Sousa	05	GDNFAMA	4:30.07	25m	23-11-19	Felgueiras	485
40.	SILVA Guilherme Gomes	05	AEJ	4:30.26	25m	13-12-20	Mealhada	484
41.	CARVALHO Goncalo Duarte	05	SLB	4:30.40	25m	07-12-19	Sines	483
42.	ROCHA Goncalo Queiroga	05	SCB	4:30.70	25m	19-01-20	Barcelos	482
43.	PINHEIRO Joao Seixedo	05	CNS	4:31.33	25m	18-01-20	Pinhal Novo	478
44.	BARBOSA Diogo Sousa	05	SLB	4:31.34	25m	15-05-21	Alcabideche	478
45.	VENTURA Diogo Miguel	05	FOCA	4:32.19	25m	10-04-21	Felgueiras	474
46.	MOREIRA Lucas Filipe	05	ADBA	4:32.78	25m	23-11-19	Caldas da Rainha	471
47.	SILVA Tomas Caineta	05	CDE	4:33.27	25m	02-05-21	Gafanha da Nazaré	468
48.	MACHADO Diogo Pimentel	05	CAFBDP	4:33.37	25m	08-03-20	Ponta Delgada	468
49.	SA Jose Manuel	05	SCP	4:33.47	25m	18-01-20	Pinhal Novo	467
50.	PAIVA Ruben Ferreira	05	ADS	4:33.49	25m	07-03-20	Braga	467
51.	COSTA Afonso Lucio	05	SCP	4:33.94	25m	22-11-19	Algés	465
51.	DIAS Pedro Anselmo	05	AVFC	4:33.94	25m	02-05-21	Gafanha da Nazaré	465
53.	BENTO Carlos Eduardo	05	CNMC	4:35.02	25m	02-02-20	Coimbra	459

400 Livres (desde 54)

54.	ALMEIDA Joao Neves	05	FBSC	4:35.07	25m	20-06-21	Coimbra	459
55.	BONANCA Artur Osorio	05	CNFA	4:35.41	25m	22-02-20	Lagos	457
56.	FERREIRA Abel Renato	05	CSAAXXI	4:35.71	25m	02-05-21	Gafanha da Nazaré	456
57.	SILVA Goncalo Manuel	05	FCP	4:35.89	25m	23-11-19	Felgueiras	455
57.	PIRES Joao Antonio	05	CNTN	4:35.89	25m	24-10-20	Tomar	455
59.	MENDES Diogo Alexandre	05	CNVA	4:36.31	25m	26-10-19	Lagos	453
60.	ALEKSYEYEV Artur Paulo	05	VS	4:36.86	25m	08-03-20	Santarém	450
61.	PIRES Jose Pedro	05	LDC	4:37.40	25m	07-12-19	Sines	447
62.	FERNANDES Miguel Alves	05	VNC	4:37.49	25m	07-03-20	Braga	447
63.	GOUVEIA Luis Galvao	05	CDN	4:37.54	25m	21-12-19	Funchal	447
64.	SANTOS Ricardo Matias	05	CAFZ	4:37.78	25m	08-03-20	Santarém	446
65.	SILVA Eduardo Costa	05	FCP	4:37.85	25m	08-05-21	Pacos de Ferreira	445
66.	ALMEIDA Miguel Cordeiro	05	SAD	4:38.68	25m	18-01-20	Pinhal Novo	441
67.	GERALDO Tomas Cardoso	05	CAQC	4:39.53	25m	15-05-21	Condeixa-a-Nova	437
68.	RODRIGUES Joao Luis	05	CNF	4:40.08	25m	26-10-19	Funchal	435
69.	CAPRICHIO Diogo Botelho	05	SCP	4:40.23	25m	22-11-19	Algés	434
70.	SILVA Vasco Antela	05	SCP	4:40.36	25m	22-11-19	Algés	433
71.	MOUTELA Dinis Amorim	05	CDE	4:40.47	25m	17-11-19	Viseu	433
72.	GLAVATSKYY Antonio	05	AAC	4:40.52	25m	20-06-21	Coimbra	433
73.	SANTOS Nuno Goncalo	05	CDSR	4:40.55	25m	23-11-19	Funchal	433
74.	GARCIA Goncalo Raposo	05	CAFBDP	4:40.81	25m	11-04-21	Praia da Vitória	431
75.	COSTA Rui Anjos	05	FCP	4:41.42	25m	08-05-21	Pacos de Ferreira	429
76.	VASCONCELOS Francisco Lourenco	05	GESL	4:41.88	25m	22-11-19	Algés	426
77.	DIAS Diogo Simoes	05	ALN	4:42.19	25m	20-12-20	Coimbra	425
78.	ROSARIO Alexandre Rocha	05	LDC	4:42.51	25m	22-02-20	Lagos	424
78.	FARDILHA Joao Cruz	05	CGA	4:42.51	25m	02-05-21	Gafanha da Nazaré	424
80.	RICARDO Joao Daniel	05	CNBE	4:42.53	25m	18-10-20	Lagos	423
81.	FIGUEIRA Samuel Baptista	05	AAC	4:42.71	25m	20-06-21	Coimbra	423
82.	MAGALHAES Andre Lima	05	FCP	4:43.24	25m	08-05-21	Pacos de Ferreira	420
83.	NUNES Jose Pedro	05	GCVR	4:43.26	25m	09-05-21	Peso da Régua	420
84.	LADYKA Antonio Iuri	05	CNAL	4:43.32	25m	14-12-19	Leiria	420
85.	LAFUENTE Miguel Teixeira	05	FCP	4:43.55	25m	23-11-19	Felgueiras	419
86.	OLIVEIRA Manuel Pires	05	PDEM	4:43.83	25m	18-01-20	Pinhal Novo	418
87.	OLIVEIRA Simao Lopes	05	CNS	4:44.27	25m	18-01-20	Pinhal Novo	416
88.	GUTUTUI Francisc	05	SAD	4:44.53	25m	22-11-19	Algés	415
89.	FRANCISCO Tomas Jose	05	CNMC	4:44.54	25m	20-12-20	Coimbra	415
90.	PANKIVSKIY Daniel	05	CPCD	4:44.66	25m	18-01-20	Pinhal Novo	414
91.	CARVALHO Guilherme Jesus	05	FOCA	4:45.30	25m	23-11-19	Felgueiras	411
92.	GABOLEIRO Guilherme Filipe	05	CNRM	4:45.46	25m	22-02-20	Abrantes	411
93.	DIAS Diogo Rafael	05	DRCN	4:45.52	25m	18-01-20	Pinhal Novo	410
94.	GUERRA Joao Carlos	05	FCP	4:45.65	25m	23-11-19	Felgueiras	410
95.	CARDOSO Tiago Pereira	05	GDNFAMA	4:45.77	25m	23-11-19	Felgueiras	409
96.	PINTO Tomas Vieira	05	SCB	4:45.78	25m	09-05-21	Ponte da Barca	409
97.	CORDEIRO Tomas Almeida	05	SAD	4:45.94	25m	18-01-20	Pinhal Novo	408
98.	RODRIGUES Miguel Goncalves	05	GCNF	4:46.22	25m	13-12-20	Leiria	407
99.	GONCALVES Ruben Miguel	05	LDC	4:46.92	25m	24-11-19	Lagos	404
100.	OLIVEIRA Tiago Batista	05	CNFA	4:47.37	25m	22-02-20	Lagos	402

800 Livres

1.	SOUSA Joao Maria	05	SCB	8:42.42	25m	09-05-21	Ponte da Barca	611
2.	SARREIRA Tomas Amor	05	DNMG	8:43.88	25m	08-11-20	Leiria	606
3.	ANSELMO Raul Sousa	05	CAFBDP	8:48.13	25m	31-10-20	Ponta Delgada	591
4.	CARVALHO Joao Carlos	05	SCB	8:50.22	25m	11-04-21	Felgueiras	584
5.	OLIVEIRA Jose Francisco	05	ADBA	8:56.55	25m	11-04-21	Felgueiras	564
6.	NETO Vasco Goncalves	05	FCP	8:58.09	25m	11-04-21	Felgueiras	559
7.	CARDOSO Guilherme Maia	05	SCC	8:59.57	25m	15-05-21	Condeixa-a-Nova	555
8.	GONCALVES Alexandre Ramo	05	CCLAMAS	9:03.75	25m	30-11-19	Sines	542
9.	TORRES Joao Pedro	05	FCP	9:09.27	25m	09-05-21	Pacos de Ferreira	526
10.	SOUSA Afonso Coelho	05	NSIT	9:09.48	25m	31-10-20	Ponta Delgada	525
11.	LEITE Afonso Martim	05	FOCA	9:09.54	25m	11-04-21	Felgueiras	525
12.	REMELHE Joao Anibal	05	SCB	9:11.36	25m	09-05-21	Ponte da Barca	520
13.	MAGALHAES Andre Lima	05	FCP	9:11.90	25m	09-05-21	Pacos de Ferreira	518
14.	DIAS Andre Vicente	05	CDN	9:12.45	25m	31-10-20	Funchal	517
15.	ALMEIDA Joao Neves	05	FBSC	9:13.20	25m	19-06-21	Coimbra	514
16.	PAIVA Ruben Ferreira	05	ADS	9:15.87	25m	13-03-21	Aveiro	507
17.	SANTOS Goncalo Carvalho	05	ALN	9:19.92	25m	15-05-21	Condeixa-a-Nova	496
18.	SANTOS Ricardo Matias	05	CPFZ	9:22.14	25m	16-05-21	Abrantes	490
19.	BONANCA Artur Osorio	05	GCNF	9:22.91	25m	17-10-20	Lagos	488
20.	COSTA Rui Anjos	05	FCP	9:26.46	25m	11-04-21	Felgueiras	479
21.	GONCALVES Dinis Queiroz	05	SCB	9:26.81	25m	09-05-21	Ponte da Barca	478
22.	MACHADO Diogo Pimentel	05	CAFBDP	9:27.33	25m	26-10-19	Ponta Delgada	477
23.	PIRES Jose Pedro	05	LDC	9:30.49	25m	24-11-19	Lagos	469
24.	GLAVATSKYY Antonio	05	AAC	9:32.03	25m	19-06-21	Coimbra	465
25.	FIGUEIRA Samuel Baptista	05	AAC	9:35.65	25m	15-05-21	Condeixa-a-Nova	457
26.	VENTURA Diogo Miguel	05	FOCA	9:39.39	25m	11-04-21	Felgueiras	448
27.	GUERRA Joao Carlos	05	FCP	9:42.55	25m	08-11-20	Leiria	441
28.	GARCIA Goncalo Raposo	05	CAFBDP	9:44.37	25m	15-02-20	Ponta Delgada	436
29.	NUNES Jose Pedro	05	GCVR	9:48.20	25m	09-05-21	Peso da Régua	428
30.	PIRES Joao Antonio	05	CNTN	10:00.45	25m	19-01-20	Entroncamento	402
31.	OLIVEIRA Tiago Batista	05	CNFA	10:00.47	25m	30-11-19	Sines	402
32.	ALEKSYEYEV Artur Paulo	05	VS	10:04.28	25m	16-05-21	Abrantes	395
33.	SILVEIRA Tomas Portugal	05	CNAL	10:04.60	25m	15-05-21	Condeixa-a-Nova	394
34.	LOPES Andre Prates	05	EFC	10:04.82	25m	29-02-20	Coruche	394
35.	RODRIGUES Miguel Goncalves	05	GCNF	10:05.74	25m	17-10-20	Lagos	392
36.	SILVA Nuno Gabriel	05	CDCA	10:16.10	25m	30-11-19	Sines	372
37.	DIAS Manuel Jose	05	CNFU	10:24.11	25m	07-03-20	Ponte de Sor	358
38.	ANALEN Tiago Holbeche	05	AMINATA	10:27.36	25m	29-02-20	Coruche	353
39.	INACIO Hugo Miguel	05	CNBE	10:30.80	25m	26-10-19	Lagos	347
40.	MARTINS Antonio Pedro	05	CPFZ	10:39.47	25m	16-05-21	Abrantes	333
41.	MARQUES Rodrigo Miguel	05	CLIPTEAM	10:42.83	25m	07-11-20	Guarda	328
42.	FERNANDES Dinis Coimbra	05	AEFDT	10:59.54	25m	17-11-19	Viseu	303
43.	SANTOS Pedro Miguel	05	CMNPR	11:01.64	25m	23-11-19	Bragança	301
44.	CHAVECA Guilherme Salvador	05	PORTIN	11:03.43	25m	17-10-20	Lagos	298
45.	LOURENCO Diogo Filipe	05	CCDSERTA	11:10.38	25m	24-10-20	Sertã	289

1500 Livres

1.	SARREIRA Tomas Amor	05	DNMG	16:30.08	25m	10-04-21	Praia da Vitória	628
2.	CARVALHO Joao Carlos	05	SCB	16:40.01	25m	06-03-20	Braga	609
3.	SOUSA Joao Maria	05	SCB	16:44.85	25m	12-12-20	Mealhada	601
4.	ANSELMO Raul Sousa	05	CAFBDP	16:49.48	25m	12-12-20	Praia da Vitória	592
5.	RIBEIRO Filipe Silva	05	LSC	16:52.40	25m	08-05-21	Pacos de Ferreira	587
6.	CARDOSO Guilherme Maia	05	SCC	16:53.51	25m	12-12-20	Mealhada	585
7.	AMADO Pedro Maria	05	SAD	17:10.96	25m	12-12-20	Leiria	556
8.	OLIVEIRA Jose Francisco	05	ADBA	17:13.97	25m	12-12-20	Leiria	551
9.	ASCENSO Afonso Manuel	05	DNMG	17:15.85	25m	12-12-20	Leiria	548
10.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	17:20.50	25m	12-12-20	Mealhada	541
11.	LEITE Afonso Martim	05	FOCA	17:21.86	25m	06-03-21	Felgueiras	539
12.	NETO Vasco Goncalves	05	FCP	17:23.73	25m	08-12-19	Mealhada	536
13.	OLIVEIRA Diogo Alexandre	05	CNF	17:24.20	25m	08-12-19	Sines	535
14.	GONCALVES Dinis Queiroz	05	SCB	17:24.41	25m	24-10-20	Braga	535
15.	NUNES Carlos Daniel	05	CNSM	17:26.47	25m	16-11-19	Coruche	532
15.	GONCALVES Alexandre Ramo	05	CCLAMAS	17:26.47	25m	22-11-19	Felgueiras	532
17.	DIAS Andre Vicente	05	CDN	17:26.90	25m	08-03-20	Funchal	531
18.	OLIVEIRA Miguel Fernandes	05	DNMG	17:29.71	25m	21-12-19	Pombal	527
19.	TORRES Joao Pedro	05	FCP	17:35.88	25m	08-05-21	Pacos de Ferreira	518
20.	SILVA Afonso Carvalho	05	GDNFAMA	17:36.34	25m	21-12-19	Porto	517
21.	PAIVA Ruben Ferreira	05	ADS	17:37.57	25m	01-05-21	Gafanha da Nazaré	515
22.	GOUVEIA Luis Galvao	05	CDN	17:39.24	25m	16-10-20	Funchal	513
23.	PEREIRA Manuel Angelo	05	SCP	17:39.27	25m	08-12-19	Sines	513
24.	REMELHE Joao Anibal	05	SCB	17:39.85	25m	12-12-20	Mealhada	512
25.	FERREIRA Alexandre Sousa	05	GDNFAMA	17:40.66	25m	08-12-19	Mealhada	511
26.	VIEIRA Eduardo Gabriel	05	NBM	17:41.46	25m	08-12-19	Mealhada	509
27.	BARBOSA Diogo Sousa	05	SLB	17:42.71	25m	12-12-20	Leiria	508
28.	SANTOS Tomas Carvalho	05	ALN	17:44.84	25m	21-12-19	Cantanhede	505
29.	PINTO Tiago Rodrigues	05	SCP	17:45.06	25m	08-12-19	Sines	504
30.	CABRAL Jose Pinto	05	VS	17:45.07	25m	16-11-19	Coruche	504
31.	ANACLETO Miguel Correia	05	SCP	17:48.18	25m	23-11-19	Algés	500
32.	SANTOS Goncalo Carvalho	05	ALN	17:48.82	25m	01-02-20	Coimbra	499
33.	PIRES Jose Pedro	05	LDC	17:52.12	25m	08-12-19	Sines	494
34.	ROCHA Goncalo Queiroga	05	SCB	17:52.95	25m	21-12-19	Ponte da Barca	493
35.	MACHADO Diogo Pimentel	05	CAFBDP	17:53.02	25m	16-02-20	Ponta Delgada	493
36.	CARVALHO Goncalo Duarte	05	SLB	17:54.95	25m	23-11-19	Algés	491
37.	MARQUES Andre Henriques	05	SLB	17:55.75	25m	23-11-19	Algés	489
38.	FREITAS Filipe Simoes	05	SCP	17:55.77	25m	23-11-19	Algés	489
39.	COSTA Rui Anjos	05	FCP	17:57.50	25m	12-12-20	Mealhada	487
40.	SOUSA Afonso Coelho	05	NSIT	17:58.25	25m	06-02-21	Praia da Vitória	486
41.	VENTURA Diogo Miguel	05	FOCA	17:59.32	25m	06-03-21	Felgueiras	485
42.	SILVA Eduardo Costa	05	FCP	18:01.53	25m	12-12-20	Mealhada	482
43.	ROCHA Jose Miguel	05	SCC	18:01.60	25m	21-12-19	Cantanhede	482
44.	LAFUENTE Miguel Teixeira	05	FCP	18:02.30	25m	08-05-21	Pacos de Ferreira	481
45.	CASTRO Guilherme Coutinho	05	GDNFAMA	18:02.59	25m	21-12-19	Porto	480
46.	FRANCISCO Tiago Serradas	05	DNMG	18:03.53	25m	12-12-20	Leiria	479
47.	GONCALVES Jose Luis	05	ADF	18:04.66	25m	21-12-19	Porto	477
48.	SANTOS Ricardo Matias	05	CPFZ	18:04.92	25m	12-12-20	Leiria	477
49.	RODRIGUES Rodrigo Fernando	05	VSC	18:06.00	25m	22-11-19	Felgueiras	476
50.	COSTA Afonso Lucio	05	SCP	18:06.31	25m	23-11-19	Algés	475
51.	SILVA Diogo Miguel	05	CGA	18:07.13	25m	23-11-19	Gafanha da Nazaré	474
52.	MOREIRA Lucas Filipe	05	ADBA	18:08.14	25m	21-12-19	Pombal	473
53.	ALMEIDA Joao Neves	05	FBSC	18:08.31	25m	21-12-19	Cantanhede	473

1500 Livres (desde 54)

54.	ALEKSYEYEV Artur Paulo	05	VS	18:08.97	25m	08-12-19	Sines	472
55.	ALVAREZ Pedro Mahua	05	SCP	18:09.03	25m	23-11-19	Algés	472
56.	LEAL Antonio Marinho	05	CNH	18:12.62	25m	21-11-20	Horta	467
57.	SILVA Tomas Caineta	05	CDE	18:17.88	25m	01-05-21	Gafanha da Nazaré	460
58.	DIAS Pedro Anselmo	05	AVFC	18:20.84	25m	16-11-19	Viseu	457
59.	SILVA Goncalo Manuel	05	FCP	18:20.87	25m	21-12-19	Porto	457
60.	FIGUEIRA Samuel Baptista	05	CNMC	18:22.59	25m	21-12-19	Cantanhede	455
61.	ALMEIDA Miguel Cordeiro	05	SAD	18:23.75	25m	23-11-19	Algés	453
62.	MIMOSO Rodrigo Ferreira	05	SLB	18:24.09	25m	23-11-19	Algés	453
63.	CUNHA Vasco Goncalves	05	CFP	18:26.28	25m	21-12-19	Porto	450
64.	SANTOS Nuno Goncalo	05	CDSR	18:26.34	25m	08-12-19	Sines	450
65.	AMADO Afonso Miguel	05	CNMC	18:28.93	25m	01-11-19	Condeixa	447
66.	BONANCA Artur Osorio	05	CNFA	18:30.73	25m	16-11-19	Silves	445
67.	SA Jose Manuel	05	SCP	18:30.87	25m	23-11-19	Algés	444
68.	GARCIA Goncalo Raposo	05	CAFBDP	18:31.40	25m	21-11-20	Ribeira Grande	444
69.	MAGALHAES Andre Lima	05	FCP	18:31.57	25m	21-12-19	Porto	444
70.	PIRES Joao Antonio	05	CNTN	18:31.98	25m	06-03-20	Santarém	443
71.	GUERRA Joao Carlos	05	FCP	18:32.76	25m	21-12-19	Porto	442
72.	DIAS Diogo Simoes	05	ALN	18:33.20	25m	20-12-20	Coimbra	442
73.	RABECA Ivan Manuel	05	EDV	18:33.35	25m	24-10-20	Braga	441
74.	RODRIGUES Joao Luis	05	CNF	18:36.71	25m	16-11-19	Funchal	437
75.	SILVA Guilherme Gomes	05	AEJ	18:38.16	25m	23-11-19	Gafanha da Nazaré	436
76.	MARTINS Tiago Ventura	05	FOCA	18:42.30	25m	22-11-19	Felgueiras	431
77.	ROSARIO Alexandre Rocha	05	LDC	18:43.39	25m	16-11-19	Silves	430
78.	LEITAO Andre Freitas	05	CNF	18:43.68	25m	16-11-19	Funchal	429
79.	PINTO Tomas Vieira	05	SCB	18:44.41	25m	24-10-20	Braga	429
80.	VASCONCELOS Francisco Lourenco	05	GESL	18:47.43	25m	23-11-19	Algés	425
81.	MENDES Diogo Alexandre	05	CNVA	18:48.03	25m	12-10-19	Mealhada	424
82.	MORGADO Vasco Alves	05	SAD	18:48.31	25m	23-11-19	Algés	424
83.	LADYKA Antonio Iuri	05	CNAL	18:48.51	25m	15-12-19	Leiria	424
84.	PINHO Celso Rodrigues	05	SCE	18:49.94	25m	23-11-19	Gafanha da Nazaré	422
85.	MOUTELA Dinis Amorim	05	CDE	18:50.15	25m	23-11-19	Gafanha da Nazaré	422
86.	RODRIGUES Claudio Filipe	05	SCB	18:50.37	25m	06-03-20	Braga	422
87.	TEIXEIRA Tomas Borges	05	NSIT	18:54.12	25m	14-12-19	Praia da Vitória	418
88.	FRANCISCO Tomas Jose	05	CNMC	18:54.14	25m	01-02-20	Coimbra	418
89.	GLAVATSKYY Antonio	05	AAC	18:54.78	25m	21-12-19	Cantanhede	417
90.	GABOLEIRO Guilherme Filipe	05	CNRM	18:57.70	25m	16-11-19	Coruche	414
91.	AMORIM Samuel Filipe	05	DNMG	19:00.00	25m	21-12-19	Pombal	411
92.	ROSETE Diogo Miguel	05	DNMG	19:00.26	25m	21-12-19	Pombal	411
93.	FARDILHA Joao Cruz	05	CGA	19:02.42	25m	23-11-19	Gafanha da Nazaré	409
94.	RODRIGUES Miguel Goncalves	05	GCNF	19:03.11	25m	07-11-20	Lagos	408
95.	FERREIRA Abel Renato	05	CSAAXXI	19:03.36	25m	23-11-19	Gafanha da Nazaré	408
96.	CEPELEAGA Marin	05	PORTIN	19:03.46	25m	16-11-19	Silves	407
97.	OLIVEIRA Simao Lopes	05	CNS	19:06.68	25m	23-11-19	Algés	404
98.	FERNANDES Miguel Alves	05	VNC	19:07.09	25m	21-12-19	Ponte da Barca	404
99.	RIBEIRO Vasco Almeida	05	CCLAMAS	19:07.47	25m	21-12-19	Porto	403
100.	RIBEIRO Pedro Pinheiro	05	BSCN	19:07.64	25m	21-12-19	Pombal	403

50 Costas

1.	PEREIRA Tomas Coelho	05	ADP	27.36	25m	11-04-21	Felgueiras	535
2.	RIBEIRO Filipe Silva	05	LSC	28.03	25m	09-05-21	Pacos de Ferreira	498
3.	ROSA Simao Dinis	05	CNTN	28.31	25m	07-03-20	Santarém	483
4.	MARQUES Andre Henriques	05	SLB	28.44	25m	11-04-21	Felgueiras	476
5.	CEPELEAGA Marin	05	PORTIN	28.54	25m	16-05-21	Lagos	471
6.	SILVA Afonso Carvalho	05	GDNFAMA	28.55	25m	09-05-21	Pacos de Ferreira	471
7.	OLIVEIRA Miguel Fernandes	05	DNMG	28.80	25m	23-05-21	Alcobaça	459
8.	FONSECA Goncalo Monteiro	05	CMNPR	29.64	25m	08-05-21	Peso da Régua	421
9.	CABRAL Jose Pinto	05	VS	29.66	25m	23-11-19	Tomar	420
10.	RICARDO Joao Daniel	05	CNBE	29.67	25m	16-05-21	Lagos	420
11.	BONANCA Artur Osorio	05	GCNF	30.00	25m	16-05-21	Lagos	406
12.	SANTOS Ricardo Matias	05	CPFZ	30.31	25m	24-10-20	Tomar	393
13.	BILRO Simao Valadas	05	AMINATA	30.40	25m	07-03-20	Ponte de Sor	390
14.	RODRIGUES Joao Luis	05	CNF	30.41	25m	21-12-19	Funchal	390
15.	CAEIRO Miguel Cano	05	CNBE	30.78	25m	07-11-20	Lagos	376
15.	BAIOA Joao Pedro	05	CNBE	30.78	25m	16-05-21	Lagos	376
17.	RODRIGUES Pedro Afonso	05	FCF	30.82	25m	07-11-20	Lagos	374
18.	LEAL Antonio Marinho	05	CNH	30.93	25m	13-03-21	Horta	370
19.	CASTRO Guilherme Coutinho	05	GDNFAMA	31.14	25m	22-11-19	Felgueiras	363
20.	SOUSA Afonso Coelho	05	NSIT	31.33	25m	13-03-21	Praia da Vitória	356
20.	BUNKOVSKIS Rihards	05	CDEAP	31.33	25m	05-06-21	Sines	356
22.	SILVA Eduardo Costa	05	FCP	31.60	25m	07-11-20	Leiria	347
23.	CUNHA Vasco Goncalves	05	CFP	31.71	25m	15-12-19	Leiria	344
23.	AMORIM Samuel Filipe	05	DNMG	31.71	25m	23-05-21	Alcobaça	344
25.	GABOLEIRO Guilherme Filipe	05	CNRM	31.92	25m	24-10-20	Tomar	337
26.	TORRES Joao Pedro	05	FCP	31.93	25m	09-05-21	Pacos de Ferreira	337
27.	AMARAL Francisco Xavier	05	NBM	32.02	25m	08-11-20	Gafanha da Encarnação	334
28.	VIEIRA Diogo Ferreira	05	CDF	32.04	25m	02-05-21	Gafanha da Nazaré	333
29.	PIRES Joao Antonio	05	CNTN	32.06	25m	15-05-21	Abrantes	332
30.	VIEIRA Eduardo Gabriel	05	NBM	32.14	25m	18-01-20	Mealhada	330
31.	CORREIA Eduardo Alexandre	05	CAP	32.15	25m	09-05-21	Pacos de Ferreira	330
32.	GABOLEIRO Ricardo Filipe	05	CNRM	32.22	25m	24-10-20	Tomar	327
33.	LAFUENTE Miguel Teixeira	05	FCP	32.32	25m	07-11-20	Leiria	324
34.	ROSARIO Alexandre Rocha	05	LDC	32.48	25m	11-01-20	Quarteira	320
35.	INACIO Hugo Miguel	05	CNBE	32.69	25m	07-11-20	Lagos	314
36.	ANALEN Tiago Holbeche	05	AMINATA	33.02	25m	15-02-20	Torres Novas	304
37.	MOREIRA Miguel Goncalves	05	CNG	33.17	25m	08-05-21	Guarda	300
38.	SANTOS Pedro Miguel	05	CMNPR	33.60	25m	07-03-20	Mirandela	289
39.	FELIX Dylan Marques	05	PIMP	33.71	25m	17-10-20	Caldas da Rainha	286
40.	FIGUEIRA Samuel Baptista	05	CNMC	33.78	25m	20-10-19	Condeixa	284
40.	RODRIGUES David Manuel	05	SCA	33.78	25m	02-05-21	Gafanha da Nazaré	284
42.	PINTO Filipe Carmo	05	FCF	34.02	25m	07-11-20	Lagos	278
43.	SANTOS Miguel Ferreira	05	AVFC	34.04	25m	02-05-21	Gafanha da Nazaré	278
44.	MARTINS Tiago Ventura	05	FOCA	34.15	25m	22-11-19	Felgueiras	275
44.	RODRIGUES Miguel Goncalves	05	CNFA	34.15	25m	11-01-20	Quarteira	275
46.	GONCALVES Ruben Miguel	05	LDC	34.49	25m	08-05-21	Quarteira	267
47.	MARQUES Renato Gomes	05	DNMG	34.62	25m	23-05-21	Alcobaça	264
48.	PIRES Jose Pedro	05	LDC	34.72	25m	24-11-19	Lagos	262
49.	PARREIRAS Diogo Miguel	05	CNP	35.27	25m	26-01-20	Campo Maior	250
50.	SILVEIRA Tomas Portugal	05	CNAL	35.33	25m	15-02-20	Torres Novas	248
51.	RODRIGUEZ David Nieves	05	CNGUA	35.49	25m	12-01-20	Quarteira	245
51.	GONCALVES Pedro Marques	05	CNBE	35.49	25m	07-11-20	Lagos	245
53.	SANTOS Afonso Freitas	05	CFP	35.57	25m	23-11-19	Felgueiras	243

50 Costas (desde 54)

54.	RODRIGUES Rodrigo Ferreira	05	CRASTO	35.63	25m	18-01-20	Mealhada	242
55.	CAIXINHA Miguel Vaz	05	CNBE	35.78	25m	17-10-20	Lagos	239
56.	BARBEITO Vasco Espinola	05	NSIT	36.04	25m	01-11-20	Ponta Delgada	234
57.	ALMEIDA Dinis Santos	05	FS	36.59	25m	26-01-20	Campo Maior	223
58.	CHAVECA Guilherme Salvador	05	PORTIN	36.65	25m	17-10-20	Lagos	222
59.	OLIVEIRA Tiago Batista	05	CNFA	36.76	25m	11-01-20	Quarteira	220
60.	AMARO Luis Agnelo	05	CSAAXXI	36.90	25m	08-11-20	Gafanha da Encarnação	218
61.	JACINTO Leandro Costa	05	LDC	37.31	25m	07-11-20	Lagos	211
62.	VAZ Vicente Henriques	05	CNOL	37.35	25m	11-01-20	Quarteira	210
63.	GONCALVES Andre Marques	05	CNBE	37.37	25m	07-11-20	Lagos	210
64.	PATRICIO Rodrigo Oliveira	05	FVCD	37.54	25m	01-03-20	Mealhada	207
65.	MARTINS Antonio Pedro	05	CPFZ	37.56	25m	24-10-20	Tomar	207
66.	MARTINS Dinis Gamito	05	GSC	37.66	25m	19-01-20	Montemor-o-Novo	205
67.	LOURENCO Diogo Filipe	05	CCDSERTA	37.91	25m	15-02-20	Torres Novas	201
68.	ROSA Duarte Matias	05	CNAL	38.03	25m	07-11-20	Leiria	199
69.	MENDES Duarte Costa	05	CDF	38.32	25m	02-05-21	Gafanha da Nazaré	194
70.	PEREIRA Henrique Silva	05	CNPDL	38.42	25m	27-10-19	Ponta Delgada	193
71.	ALMEIDA Tiago Ferreira	05	UDO	38.43	25m	17-11-19	Viseu	193
72.	SEIXAS Joao Pedro	05	CNMAIA	38.52	25m	09-05-21	Pacos de Ferreira	191
73.	GUERREIRO Miguel Alexandre	05	CRIRA	38.71	25m	17-11-19	Odemira	189
74.	ALVES Pedro Afonso	05	CRIRA	39.21	25m	19-01-20	Montemor-o-Novo	181
75.	MATOS David Plasencia	05	ENB	39.31	25m	23-11-19	Bragança	180
76.	KUNYK Vitor	05	LAGAC	39.59	25m	17-10-20	Lagos	176
77.	POTORAC Vitor	05	LDC	40.07	25m	23-11-19	Lagos	170
78.	INACIO Afonso Jose	05	FCF	40.33	25m	02-11-19	Lagoa	167
79.	MESSENCE Enzo Dylan	05	FCF	40.64	25m	01-02-20	Albufeira	163
80.	OLIVEIRA Leonardo Manuel	05	ACS	41.20	25m	11-01-20	Quarteira	156
81.	AMOREIRA Jose Miguel	05	CNFU	41.26	25m	16-11-19	Castelo Branco	156
82.	PEREIRA Vicente Barros	05	SCP	43.53	25m	25-04-21	Gafanha da Nazaré	133
83.	TAVARES Francisco Pereira	05	LAGAC	44.09	25m	02-11-19	Lagoa	128
84.	MENDES Juan Diego	05	CDN	44.23	25m	18-07-20	Funchal	126
85.	ALMEIDA Joao Francisco	05	CNP	44.26	25m	26-01-20	Campo Maior	126
86.	BALOUTA Aires Gabriel	05	INDNOR	44.41	25m	07-03-20	Mirandela	125
87.	SANTOS Filipe Pereira	05	NCC	47.31	25m	23-11-19	Bragança	103
88.	LAZARO Andre Cruz	05	ABR	48.25	25m	15-12-19	Portimão	97
89.	SILVA Welisson Goncalo	05	ASC	1:04.25	25m	01-03-20	Mealhada	41
90.	VALE Fernando Daniel	05	ASC	1:06.13	25m	01-03-20	Mealhada	37

100 Costas

1.	PEREIRA Tomas Coelho	05	ADP	58.37	25m	13-12-20	Mealhada	587
2.	SILVA Diogo Miguel	05	CGA	58.74	25m	02-05-21	Gafanha da Nazaré	576
3.	MARQUES Andre Henriques	05	SLB	1:00.13	25m	10-04-21	Felgueiras	537
3.	FERRAO Gabriel Carvalho	05	CDCP	1:00.13	25m	16-05-21	Abrantes	537
5.	CEPELEAGA Marin	05	PORTIN	1:00.28	25m	16-05-21	Lagos	533
6.	RIBEIRO Filipe Silva	05	LSC	1:00.62	25m	10-04-21	Felgueiras	524
7.	CARVALHO Joao Carlos	05	SCB	1:00.70	25m	13-12-20	Mealhada	522
8.	SILVA Afonso Carvalho	05	GDNFAMA	1:01.19	25m	09-01-21	Guarda	509
9.	VASCONCELOS Francisco Lourenco	05	GESL	1:01.27	25m	13-12-20	Leiria	507
10.	FERNANDES Miguel Alves	05	VNC	1:01.46	25m	13-12-20	Mealhada	503
11.	PINHEIRO Joao Seixedo	05	CNLX	1:01.47	25m	15-05-21	Condeixa-a-Nova	502
12.	SANTOS Ricardo Matias	05	CPFZ	1:01.56	25m	16-05-21	Abrantes	500
13.	ROSA Simao Dinis	05	CNTN	1:01.57	25m	06-03-20	Santarém	500

100 Costas (desde 14)

14.	PINTO Rodrigo Barroso	05	FCP	1:01.71	25m	13-12-20	Mealhada	496
15.	OLIVEIRA Miguel Fernandes	05	DNMG	1:01.94	25m	08-11-20	Leiria	491
16.	RODRIGUES Joao Luis	05	CNF	1:02.20	25m	08-05-21	Funchal	485
17.	DIAS Andre Vicente	05	CDN	1:02.25	25m	31-10-20	Funchal	484
18.	SA Jose Manuel	05	SCP	1:02.38	25m	13-12-20	Leiria	481
19.	GOUVEIA Luis Galvao	05	CDN	1:02.48	25m	31-10-20	Funchal	478
20.	CORDEIRO Tomas Almeida	05	SAD	1:02.69	25m	13-12-20	Leiria	474
21.	REMELHE Joao Anibal	05	SCB	1:02.71	25m	13-12-20	Mealhada	473
22.	HEINIO-WIDELL Nick	05	SAD	1:02.84	25m	13-12-20	Leiria	470
23.	ANSELMO Raul Sousa	05	CAFBDP	1:02.95	25m	12-06-21	Ponta Delgada	468
24.	BONANCA Artur Osorio	05	GCNF	1:03.07	25m	16-05-21	Lagos	465
25.	ALMEIDA Miguel Cordeiro	05	SAD	1:03.11	25m	13-12-20	Leiria	464
26.	OLIVEIRA Diogo Alexandre	05	CNF	1:03.18	25m	08-03-20	Funchal	463
27.	CABRAL Jose Pinto	05	VS	1:03.22	25m	06-12-19	Sines	462
28.	ALVAREZ Pedro Mahua	05	SCP	1:03.43	25m	13-12-20	Leiria	457
29.	CASTRO Guilherme Coutinho	05	GDNFAMA	1:03.54	25m	06-12-19	Mealhada	455
30.	BILRO Simao Valadas	05	AMINATA	1:04.16	25m	01-02-20	Ponte de Sor	442
31.	SOUSA Joao Maria	05	SCB	1:04.52	25m	18-01-20	Barcelos	434
31.	BARBOSA Diogo Sousa	05	SLB	1:04.52	25m	13-12-20	Leiria	434
33.	ANTUNES Pedro Engracia	05	CLIP	1:04.60	25m	19-01-20	Entroncamento	433
34.	SANTOS Tomas Carvalho	05	ALN	1:04.89	25m	06-12-19	Mealhada	427
35.	SOUSA Afonso Coelho	05	NSIT	1:05.36	25m	06-12-19	Sines	418
36.	SOUSA Afonso Medeiros	05	CAFBDP	1:05.41	25m	13-12-20	Praia da Vitória	417
37.	SILVA Eduardo Costa	05	FCP	1:05.54	25m	13-12-20	Mealhada	414
38.	LEAL Antonio Marinho	05	CNH	1:05.56	25m	13-12-20	Praia da Vitória	414
39.	ALVES Vasco Soares	05	CFP	1:05.63	25m	24-11-19	Felgueiras	413
40.	SARREIRA Tomas Amor	05	DNMG	1:05.65	25m	11-01-20	Nazaré	412
41.	RICARDO Joao Daniel	05	CNBE	1:05.80	25m	06-12-19	Sines	409
42.	FRANCISCO Tiago Serradas	05	DNMG	1:05.81	25m	18-10-20	Caldas da Rainha	409
42.	CAEIRO Miguel Cano	05	CNBE	1:05.81	25m	08-11-20	Lagos	409
44.	ROSARIO Alexandre Rocha	05	LDC	1:05.84	25m	16-05-21	Lagos	409
45.	BUNKOVSKIS Rihards	05	CDEAP	1:06.00	25m	08-05-21	Horta	406
46.	FONSECA Goncalo Monteiro	05	CMNPR	1:06.20	25m	09-05-21	Peso da Régua	402
47.	FRIBERGH Joel Michael	05	AHBE	1:06.21	25m	22-11-19	Algés	402
48.	LEITAO Andre Freitas	05	CNF	1:06.35	25m	08-12-19	Sines	399
49.	BAIOA Joao Pedro	05	CNBE	1:06.45	25m	08-11-20	Lagos	398
50.	FIGUEIRA Samuel Baptista	05	AAC	1:06.51	25m	13-12-20	Mealhada	396
51.	DIAS Pedro Anselmo	05	AVFC	1:06.76	25m	02-05-21	Gafanha da Nazaré	392
52.	CORTES Martim Silva	05	AONDA	1:06.79	25m	06-12-19	Sines	391
53.	VIEIRA Diogo Ferreira	05	CDF	1:06.83	25m	02-05-21	Gafanha da Nazaré	391
54.	RODRIGUES Pedro Afonso	05	FCF	1:06.90	25m	25-10-20	Olhão	390
55.	COSTA Rui Anjos	05	FCP	1:07.01	25m	10-04-21	Felgueiras	388
56.	GABOLEIRO Guilherme Filipe	05	CNRM	1:07.05	25m	16-05-21	Abrantes	387
57.	ANACLETO Miguel Correia	05	SCP	1:07.34	25m	22-11-19	Algés	382
58.	GABOLEIRO Ricardo Filipe	05	CNRM	1:07.97	25m	24-10-20	Tomar	371
59.	PINHO Celso Rodrigues	05	SCE	1:08.18	25m	06-12-19	Mealhada	368
60.	MOUTELA Dinis Amorim	05	CDE	1:08.30	25m	02-05-21	Gafanha da Nazaré	366
61.	ROCHA Goncalo Queiroga	05	SCB	1:08.52	25m	07-03-20	Braga	363
62.	FREITAS Filipe Simoes	05	SCP	1:08.60	25m	22-11-19	Algés	361
62.	AMORIM Samuel Filipe	05	DNMG	1:08.60	25m	23-05-21	Alcobaça	361
64.	PAIVA Ruben Ferreira	05	ADS	1:08.63	25m	02-05-21	Gafanha da Nazaré	361
65.	LOPES Andre Prates	05	EFC	1:08.72	25m	06-03-20	Ponte de Sor	359
66.	MIMOSO Rodrigo Ferreira	05	SLB	1:08.93	25m	22-11-19	Algés	356

100 Costas (desde 67)

67.	FERREIRA Abel Renato	05	CSAAXXI	1:09.12	25m	02-05-21	Gafanha da Nazaré	353
68.	ANALEN Tiago Holbeche	05	AMINATA	1:09.13	25m	01-02-20	Ponte de Sor	353
69.	FERREIRA Alexandre Sousa	05	GDNFAMA	1:09.26	25m	24-11-19	Felgueiras	351
70.	PINTO Tiago Rodrigues	05	SCP	1:09.34	25m	03-11-19	Lisboa	350
70.	DURO Tomas Ferreira	05	ADRCIMM	1:09.34	25m	06-12-19	Sines	350
72.	MOREIRA Lucas Filipe	05	ADBA	1:09.37	25m	24-11-19	Caldas da Rainha	349
73.	COSTA Afonso Lucio	05	SCP	1:09.96	25m	03-11-19	Lisboa	341
74.	ANDRADE Guilherme Nunes	05	CNPO	1:10.38	25m	30-11-19	Sines	335
75.	AMARAL Francisco Xavier	05	NBM	1:10.64	25m	01-02-20	Viseu	331
76.	MILANOV Eduard Daniel	05	CNS	1:10.66	25m	15-05-21	Alcabideche	331
77.	SILVA Tiago Holbeche	05	AMINATA	1:10.70	25m	05-06-21	Sines	330
78.	BENTO Carlos Eduardo	05	CNMC	1:10.71	25m	02-02-20	Coimbra	330
79.	ASCENSO Afonso Manuel	05	DNMG	1:10.74	25m	11-01-20	Nazaré	329
80.	ROCHA Jose Miguel	05	SCC	1:10.76	25m	19-10-19	Condeixa	329
81.	GERALDO Tomas Cardoso	05	CAQC	1:10.82	25m	20-06-21	Coimbra	328
82.	CARDOSO Guilherme Maia	05	SCC	1:11.04	25m	19-10-19	Condeixa	325
83.	FARDILHA Joao Cruz	05	CGA	1:11.11	25m	13-10-19	Mealhada	324
83.	CAMPOS Diogo Marques	05	CDE	1:11.11	25m	02-05-21	Gafanha da Nazaré	324
85.	FONSECA Afonso Valente	05	ATG	1:11.20	25m	24-11-19	Felgueiras	323
86.	DIAS Diogo Rafael	05	DRCN	1:11.56	25m	22-11-19	Algés	318
87.	SILVA Tony Stefano	05	CNF	1:11.69	25m	23-11-19	Funchal	316
88.	LADYKA Antonio Iuri	05	CNAL	1:11.72	25m	14-12-19	Leiria	316
88.	VIEIRA Eduardo Gabriel	05	NBM	1:11.72	25m	22-11-20	Vagos	316
90.	MOREIRA Miguel Goncalves	05	CNG	1:11.89	25m	06-03-20	Ponte de Sor	314
90.	TEIXEIRA Antonio Migueis	05	GCVR	1:11.89	25m	07-03-20	Mirandela	314
92.	OLIVEIRA Manuel Pires	05	PDEM	1:11.95	25m	22-11-19	Algés	313
93.	SANTOS Pedro Miguel	05	CMNPR	1:12.02	25m	07-11-20	Guarda	312
94.	TEIXEIRA Tomas Borges	05	NSIT	1:12.06	25m	26-10-19	Lagos	312
95.	PANKIVSKIY Daniel	05	CPCD	1:12.12	25m	22-11-19	Algés	311
96.	INACIO Hugo Miguel	05	CNBE	1:12.18	25m	23-11-19	Lagos	310
97.	AMADO Afonso Miguel	05	CNMC	1:12.31	25m	02-02-20	Coimbra	308
98.	PERDIGAO Lourenco Matos	05	CNN	1:12.32	25m	22-11-19	Algés	308
99.	GARCIA Goncalo Raposo	05	CAFBDP	1:12.49	25m	13-12-20	Praia da Vitória	306
100.	SILVEIRA Tomas Portugal	05	CNAL	1:12.51	25m	08-11-20	Leiria	306

200 Costas

1.	OLIVEIRA Miguel Fernandes	05	DNMG	2:08.63	25m	09-05-21	Alcobaça	553
2.	CARVALHO Joao Carlos	05	SCB	2:08.72	25m	11-04-21	Felgueiras	552
3.	ALMEIDA Miguel Cordeiro	05	SAD	2:08.96	25m	09-05-21	Alcobaça	549
4.	SILVA Diogo Miguel	05	CGA	2:09.66	25m	13-12-20	Mealhada	540
5.	PEREIRA Tomas Coelho	05	ADP	2:10.47	25m	13-12-20	Mealhada	530
6.	CORDEIRO Tomas Almeida	05	SAD	2:12.29	25m	13-12-20	Leiria	509
7.	FERNANDES Miguel Alves	05	VNC	2:12.37	25m	13-12-20	Mealhada	508
8.	SANTOS Ricardo Matias	05	CPFZ	2:12.53	25m	09-05-21	Alcobaça	506
9.	MARQUES Andre Henriques	05	SLB	2:12.56	25m	13-12-20	Leiria	505
10.	SA Jose Manuel	05	SCP	2:13.25	25m	13-12-20	Leiria	498
11.	DIAS Andre Vicente	05	CDN	2:14.28	25m	08-08-20	Funchal	486
12.	PINHEIRO Joao Seixedo	05	CNLX	2:14.40	25m	13-12-20	Leiria	485
13.	CASTRO Guilherme Coutinho	05	GDNFAMA	2:14.53	25m	13-12-20	Mealhada	484
14.	SOUSA Joao Maria	05	SCB	2:14.75	25m	08-05-21	Ponte da Barca	481
15.	FERRAO Gabriel Carvalho	05	CDCP	2:15.31	25m	13-12-20	Leiria	475
16.	PINTO Rodrigo Barroso	05	FCP	2:15.54	25m	07-12-19	Mealhada	473

200 Costas (desde 17)

17.	BARBOSA Diogo Sousa	05	SLB	2:15.66	25m	13-12-20	Leiria	472
18.	REMELE Joao Anibal	05	SCB	2:16.64	25m	08-05-21	Ponte da Barca	461
19.	CEPELEAGA Marin	05	PORTIN	2:16.84	25m	17-10-20	Lagos	459
20.	GOUVEIA Luis Galvao	05	CDN	2:16.88	25m	09-05-21	Funchal	459
21.	BONANCA Artur Osorio	05	GCNF	2:17.07	25m	15-05-21	Lagos	457
22.	OLIVEIRA Diogo Alexandre	05	CNF	2:17.20	25m	21-12-19	Funchal	456
23.	VASCONCELOS Francisco Lourenco	05	GESL	2:17.31	25m	13-12-20	Leiria	455
24.	RIBEIRO Filipe Silva	05	LSC	2:17.93	25m	07-12-19	Mealhada	449
25.	PEREIRA Manuel Angelo	05	SCP	2:18.05	25m	13-12-20	Leiria	447
26.	SANTOS Tomas Carvalho	05	ALN	2:18.07	25m	13-12-20	Mealhada	447
27.	ANSELMO Raul Sousa	05	CAFBDP	2:18.09	25m	14-03-21	Ponta Delgada	447
28.	CABRAL Jose Pinto	05	VS	2:18.48	25m	08-03-20	Santarém	443
29.	BILRO Simao Valadas	05	AMINATA	2:18.78	25m	19-12-20	Sines	440
30.	SILVA Eduardo Costa	05	FCP	2:19.04	25m	07-12-19	Mealhada	438
31.	DIAS Pedro Anselmo	05	AVFC	2:19.45	25m	01-05-21	Gafanha da Nazaré	434
32.	LEITAO Andre Freitas	05	CNF	2:19.60	25m	24-11-19	Funchal	433
33.	SARREIRA Tomas Amor	05	DNMG	2:20.19	25m	12-06-21	Nazaré	427
34.	ALVAREZ Pedro Mahua	05	SCP	2:21.00	25m	16-02-20	Sto Antonio dos Cavaleiros	420
35.	FIGUEIRA Samuel Baptista	05	AAC	2:21.28	25m	13-12-20	Mealhada	417
36.	SOUSA Afonso Coelho	05	NSIT	2:22.02	25m	07-03-20	Ponta Delgada	411
37.	PINTO Tiago Rodrigues	05	SCP	2:22.30	25m	19-01-20	Pinhal Novo	409
38.	ROCHA Goncalo Queiroga	05	SCB	2:23.09	25m	08-05-21	Ponte da Barca	402
39.	COSTA Rui Anjos	05	FCP	2:23.12	25m	09-05-21	Pacos de Ferreira	402
40.	CORTES Martim Silva	05	AONDA	2:23.39	25m	07-12-19	Sines	399
41.	LEAL Antonio Marinho	05	CNH	2:24.08	25m	10-04-21	Praia da Vitória	394
42.	AMORIM Samuel Filipe	05	DNMG	2:24.34	25m	12-06-21	Nazaré	391
43.	ROSARIO Alexandre Rocha	05	LDC	2:24.81	25m	17-10-20	Lagos	388
44.	FARDILHA Joao Cruz	05	CGA	2:24.85	25m	01-05-21	Gafanha da Nazaré	387
45.	BUNKOVSKIS Rihards	05	CDEAP	2:25.06	25m	08-05-21	Horta	386
46.	ANACLETO Miguel Correia	05	SCP	2:25.31	25m	19-01-20	Pinhal Novo	384
47.	PINHO Celso Rodrigues	05	SCE	2:25.57	25m	16-11-19	Viseu	382
48.	GUTUTUI Francisc	05	SAD	2:26.96	25m	02-05-21	Lisboa	371
49.	ROCHA Jose Miguel	05	SCC	2:27.23	25m	25-01-20	Alcobaça	369
50.	FRIBERGH Joel Michael	05	AHBE	2:27.36	25m	25-01-20	Alcobaça	368
51.	ALVES Vasco Soares	05	CFP	2:27.61	25m	22-11-19	Felgueiras	366
52.	ANDRADE Guilherme Nunes	05	CNPO	2:27.71	25m	22-11-19	Felgueiras	365
53.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	2:27.84	25m	13-10-19	Pacos de Ferreira	364
54.	MONTEIRO Jose Alves	05	CFB	2:27.89	25m	09-05-21	Alcobaça	364
55.	VIEIRA Diogo Ferreira	05	CDF	2:28.31	25m	01-02-20	Viseu	361
56.	SOUSA Afonso Medeiros	05	CAFBDP	2:28.35	25m	13-12-20	Praia da Vitória	360
57.	RIBEIRO Pedro Pinheiro	05	PIMP	2:28.58	25m	09-05-21	Alcobaça	359
58.	BAIOA Joao Pedro	05	CNBE	2:28.70	25m	17-10-20	Lagos	358
59.	RICARDO Joao Daniel	05	CNBE	2:28.88	25m	17-10-20	Lagos	357
60.	FRANCISCO Tiago Serradas	05	DNMG	2:29.01	25m	09-05-21	Alcobaça	356
61.	PAIVA Ruben Ferreira	05	ADS	2:29.36	25m	06-03-20	Braga	353
62.	GABOLEIRO Ricardo Filipe	05	CNRM	2:29.53	25m	24-11-19	Tomar	352
63.	SILVEIRA Tomas Portugal	05	CNAL	2:29.78	25m	09-05-21	Alcobaça	350
64.	TORRES Joao Pedro	05	FCP	2:30.02	25m	22-11-19	Felgueiras	349
65.	PANKIVSKIY Daniel	05	CNN	2:30.14	25m	02-05-21	Lisboa	348
66.	BENTO Carlos Eduardo	05	CNMC	2:30.20	25m	01-02-20	Coimbra	347
67.	GONCALVES Jose Luis	05	ADF	2:30.38	25m	13-10-19	Pacos de Ferreira	346
68.	ANTUNES Pedro Engracia	05	CLIP	2:30.75	25m	22-11-19	Felgueiras	344
69.	FONSECA Afonso Valente	05	ATG	2:30.77	25m	13-10-19	Pacos de Ferreira	343

200 Costas (desde 70)

70.	OLIVEIRA Manuel Pires	05	PDEM	2:30.82	25m	19-01-20	Pinhal Novo	343
71.	RODRIGUES Pedro Afonso	05	FCF	2:31.10	25m	08-11-20	Lagos	341
72.	GABOLEIRO Guilherme Filipe	05	CNRM	2:31.20	25m	08-03-20	Santarém	340
73.	LADYKA Antonio Iuri	05	CNAL	2:31.80	25m	23-11-19	Caldas da Rainha	336
74.	ANALEN Tiago Holbeche	05	AMINATA	2:32.11	25m	07-11-20	Guarda	334
75.	DIAS Diogo Simoes	05	ALN	2:32.49	25m	19-12-20	Coimbra	332
76.	CARDOSO Guilherme Maia	05	SCC	2:32.62	25m	01-05-21	Gafanha da Nazaré	331
77.	CAPRICHIO Diogo Botelho	05	SCP	2:32.94	25m	22-11-19	Algés	329
77.	CARVALHO Goncalo Duarte	05	SLB	2:32.94	25m	19-01-20	Pinhal Novo	329
79.	OLIVEIRA Simao Lopes	05	CNS	2:32.96	25m	19-01-20	Pinhal Novo	329
80.	MORGADO Vasco Alves	05	SAD	2:33.16	25m	19-01-20	Pinhal Novo	328
81.	PIRES Joao Antonio	05	CNTN	2:33.29	25m	08-03-20	Santarém	327
82.	GARCIA Goncalo Raposo	05	CAFBDP	2:33.52	25m	07-03-20	Ponta Delgada	325
83.	GERALDO Tomas Cardoso	05	CAQC	2:33.79	25m	19-06-21	Coimbra	324
84.	CAMPOS Diogo Marques	05	CDE	2:33.97	25m	01-05-21	Gafanha da Nazaré	322
85.	RODRIGUES David Manuel	05	SCA	2:34.53	25m	16-11-19	Viseu	319
86.	SILVA Goncalo Manuel	05	FCP	2:34.65	25m	13-10-19	Pacos de Ferreira	318
87.	AMADO Afonso Miguel	05	CNMC	2:34.83	25m	24-11-19	Coimbra	317
88.	OLIVEIRA Jose Francisco	05	ADBA	2:34.97	25m	23-02-20	Pombal	316
89.	FELIX Dylan Marques	05	PIMP	2:35.65	25m	17-10-20	Caldas da Rainha	312
90.	MATEUS Guilherme Fernandes	05	GDNFAMA	2:35.70	25m	22-11-19	Felgueiras	312
91.	ALMEIDA Joao Neves	05	FBSC	2:35.79	25m	01-02-20	Coimbra	311
92.	SANTOS Miguel Ferreira	05	AVFC	2:36.26	25m	01-05-21	Gafanha da Nazaré	308
93.	FRANCISCO Tomas Jose	05	CNMC	2:37.11	25m	19-12-20	Coimbra	303
94.	BRAS Rodrigo Martins	05	CFB	2:37.24	25m	19-01-20	Pinhal Novo	303
95.	RODRIGUES Miguel Goncalves	05	CNFA	2:37.57	25m	23-02-20	Lagos	301
96.	CUNHA Vasco Goncalves	05	CFP	2:38.18	25m	13-10-19	Pacos de Ferreira	297
97.	SOUSA Lourenco Quintas	05	CNF	2:38.55	25m	24-11-19	Funchal	295
98.	LAFUENTE Miguel Teixeira	05	FCP	2:38.61	25m	13-10-19	Pacos de Ferreira	295
99.	MARQUES Renato Gomes	05	DNMG	2:38.64	25m	12-06-21	Nazaré	295
100.	MENDES Diogo Alexandre	05	CNVA	2:39.03	25m	16-11-19	Viseu	293

50 Bruços

1.	SILVA Goncalo Manuel	05	FCP	30.98	25m	11-04-21	Felgueiras	541
2.	NUNES Carlos Daniel	05	CNSM	31.24	25m	15-05-21	Abrantes	528
3.	SILVA Tony Stefano	05	CDN	31.43	25m	08-05-21	Funchal	518
4.	ASCENSO Afonso Manuel	05	DNMG	31.96	25m	23-05-21	Alcobaça	493
5.	ROCHA Rodrigo Manuel	05	SCE	32.55	25m	08-11-20	Gafanha da Encarnação	466
6.	CARVALHO Goncalo Duarte	05	SLB	32.67	25m	11-04-21	Felgueiras	461
7.	CARVALHO Guilherme Jesus	05	FOCA	33.06	25m	11-04-21	Felgueiras	445
8.	LOPES Andre Prates	05	EFC	33.09	25m	24-10-20	Sertã	444
9.	BARRETO Guilherme Pedro	05	EDL	33.13	25m	09-05-21	Ponte da Barca	442
10.	FONSECA Afonso Valente	05	CFP	33.15	25m	11-04-21	Felgueiras	441
11.	ROSARIO Alexandre Rocha	05	LDC	33.17	25m	12-01-20	Quarteira	441
12.	ROCHA Goncalo Queiroga	05	SCB	33.26	25m	25-10-20	Braga	437
13.	FONSECA Goncalo Monteiro	05	CMNPR	33.38	25m	08-05-21	Peso da Régua	432
14.	PIRES Andre Branco	05	AVFC	33.59	25m	02-05-21	Gafanha da Nazaré	424
15.	CEPELEAGA Marin	05	PORTIN	33.63	25m	12-01-20	Quarteira	423
16.	MOREIRA Lucas Filipe	05	ADBA	33.72	25m	24-11-19	Caldas da Rainha	419
17.	ANSELMO Raul Sousa	05	CAFBDP	33.90	25m	01-11-20	Ponta Delgada	413
18.	RODRIGUES Miguel Goncalves	05	GCNF	34.10	25m	16-05-21	Lagos	405
19.	PINTO Andre Miguel	05	CNLA	34.17	25m	05-06-21	Sines	403

50 Bruços (desde 20)

20.	ALVES Pedro Martins	05	GDNFAMA	34.21	25m	11-04-21	Felgueiras	402
21.	SILVA Goncalo Miranda	05	AMAMB	34.29	25m	06-03-20	Braga	399
22.	GOUVEIA Afonso Martim	05	FCF	34.45	25m	24-10-20	Olhão	393
23.	RODRIGUES Rodrigo Fernando	05	VSC	34.52	25m	24-11-19	Felgueiras	391
24.	ALVES Andre Camara	05	CDN	34.68	25m	08-05-21	Funchal	385
25.	ALVES Afonso Pires	05	JACL	34.87	25m	18-07-20	Funchal	379
26.	LIMA Ruben Leal	05	CAP	35.02	25m	11-04-21	Felgueiras	374
27.	GABOLEIRO Guilherme Filipe	05	CNRM	35.51	25m	24-10-20	Tomar	359
27.	GABOLEIRO Ricardo Filipe	05	CNRM	35.51	25m	24-10-20	Tomar	359
29.	VAZ Vicente Henriques	05	CNOL	35.62	25m	07-11-20	Lagos	356
30.	CAIXINHA Miguel Vaz	05	CNBE	36.00	25m	16-05-21	Lagos	345
31.	AMORIM Samuel Filipe	05	DNMG	36.03	25m	18-10-20	Caldas da Rainha	344
32.	GONCALVES Andre Marques	05	CNBE	36.18	25m	16-05-21	Lagos	339
33.	CONRADO Joao Miguel	05	BUZIOS	36.33	25m	23-11-19	Tomar	335
33.	VENTURA Diogo Miguel	05	FOCA	36.33	25m	24-11-19	Felgueiras	335
35.	INACIO Hugo Miguel	05	CNBE	36.43	25m	16-05-21	Lagos	332
36.	FELIX Dylan Marques	05	PIMP	36.63	25m	18-10-20	Caldas da Rainha	327
37.	BAPTISTA Bruno Miguel	05	CDE	36.66	25m	13-06-21	Viseu	326
38.	KUNYK Vitor	05	LAGAC	36.76	25m	07-11-20	Lagos	324
39.	CAEIRO Miguel Cano	05	CNBE	36.89	25m	12-01-20	Quarteira	320
40.	BUNKOVSKIS Rihards	05	CDEAP	36.91	25m	13-03-21	Ponta Delgada	320
41.	PINTO Filipe Carmo	05	FCF	36.97	25m	07-11-20	Lagos	318
42.	ROSETE Diogo Miguel	05	DNMG	37.02	25m	23-05-21	Alcobaça	317
43.	FREITAS Bernardo Vasconcelo	05	LCM	37.40	25m	08-05-21	Funchal	307
44.	ALMEIDA Tiago Ferreira	05	UDO	37.42	25m	01-02-20	Viseu	307
45.	BARBEITO Vasco Espinola	05	NSIT	37.55	25m	21-11-20	Angra do Heroísmo	304
46.	SOUSA Afonso Coelho	05	NSIT	37.61	25m	21-11-20	Angra do Heroísmo	302
47.	CASQUINHA Pedro Dinis	05	FS	37.78	25m	26-01-20	Campo Maior	298
48.	CARRAPICO Jose Silveirinha	05	SCCM	37.99	25m	17-11-19	Castelo Branco	293
49.	SANTOS Pedro Miguel	05	CMNPR	38.05	25m	24-04-21	Vila Real	292
50.	BONANCA Artur Osorio	05	GCNF	38.16	25m	24-10-20	Olhão	289
51.	PIRES Jose Pedro	05	LDC	38.25	25m	12-01-20	Quarteira	287
52.	MATEUS Diogo Fidalgo	05	SCMI	38.45	25m	08-03-20	Mirandela	283
53.	GONCALVES Pedro Marques	05	CNBE	39.15	25m	12-01-20	Quarteira	268
54.	RIBEIRO Andre Manuel	05	CNFA	39.24	25m	12-01-20	Quarteira	266
55.	SILVA Nuno Gabriel	05	CDCA	39.39	25m	12-10-19	Mealhada	263
56.	RODRIGUEZ David Nieves	05	CNGUA	39.63	25m	12-01-20	Quarteira	258
57.	SOUTO Miguel Carvalho	05	CFP	39.89	25m	24-11-19	Felgueiras	253
58.	GONCALVES Ruben Miguel	05	LDC	40.23	25m	24-10-20	Olhão	247
59.	CORREIA Rodrigo Ramos	05	CDN	40.40	25m	07-03-20	Funchal	244
60.	DUARTE Pedro Ferreira	05	NBM	40.42	25m	18-01-20	Mealhada	243
61.	LIBERAL Afonso Bicas	05	CSAAXXI	40.45	25m	08-11-20	Gafanha da Encarnação	243
62.	ROSA Duarte Matias	05	CNAL	40.72	25m	07-11-20	Leiria	238
63.	AMARO Luis Agnelo	05	CSAAXXI	40.82	25m	08-11-20	Gafanha da Encarnação	236
64.	ROQUE Afonso Martinho	05	CNTN	41.20	25m	15-02-20	Torres Novas	230
65.	MATOS David Plasencia	05	ENB	41.29	25m	08-03-20	Mirandela	228
66.	MIRA Simao Matos	05	FS	41.67	25m	26-01-20	Campo Maior	222
67.	HORTA Bruno Goncalves	05	CNGUA	41.96	25m	12-01-20	Quarteira	217
68.	OLIVEIRA Tiago Batista	05	CNFA	42.13	25m	12-01-20	Quarteira	215
69.	POTORAC Vitor	05	LDC	42.45	25m	23-11-19	Lagos	210
70.	LAZARO Andre Cruz	05	ABR	43.46	25m	20-10-19	Quarteira	196
71.	OLIVEIRA Leonardo Manuel	05	ACS	44.36	25m	12-01-20	Quarteira	184
72.	CHAVES Gustavo Sousa	05	CDEAP	44.84	25m	13-03-21	Ponta Delgada	178

50 Bruços (desde 73)

73.	ALMEIDA Joao Francisco	05	CNP	44.91	25m	26-01-20	Campo Maior	177
74.	TOMAS Bruno Miguel	05	FCF	45.17	25m	12-01-20	Quarteira	174
75.	TAVARES Francisco Pereira	05	LAGAC	45.23	25m	03-11-19	Lagoa	173
76.	MESSENCE Enzo Dylan	05	FCF	45.70	25m	01-02-20	Albufeira	168
77.	INACIO Afonso Jose	05	FCF	47.20	25m	03-11-19	Lagoa	153
78.	BALOUTA Aires Gabriel	05	INDNOR	48.09	25m	08-03-20	Mirandela	144
79.	MENDES Juan Diego	05	CDN	52.14	25m	18-07-20	Funchal	113
80.	JESUS Pedro Miguel	05	FNC	52.28	25m	24-11-19	Bragança	112

100 Bruços

1.	SILVA Goncalo Manuel	05	FCP	1:07.28	25m	10-04-21	Felgueiras	564
2.	NUNES Carlos Daniel	05	CNSM	1:07.96	25m	13-12-20	Leiria	547
3.	OLIVEIRA Simao Lopes	05	CNS	1:09.23	25m	07-11-20	Guarda	518
4.	LOPES Andre Prates	05	EFC	1:09.32	25m	13-12-20	Leiria	516
5.	GOUVEIA Luis Galvao	05	CDN	1:09.53	25m	13-05-21	Funchal	511
6.	CARVALHO Goncalo Duarte	05	SLB	1:09.59	25m	13-12-20	Leiria	510
7.	ROCHA Goncalo Queiroga	05	SCB	1:09.62	25m	13-12-20	Mealhada	509
8.	PEREIRA Tomas Coelho	05	ADP	1:09.64	25m	08-05-21	Pacos de Ferreira	509
9.	SILVA Tony Stefano	05	CDN	1:09.79	25m	09-05-21	Funchal	505
10.	ANSELMO Raul Sousa	05	CAFBDP	1:09.93	25m	12-06-21	Ponta Delgada	502
11.	MOREIRA Lucas Filipe	05	ADBA	1:10.08	25m	15-02-20	Torres Novas	499
12.	ROCHA Rodrigo Manuel	05	SCE	1:10.32	25m	13-12-20	Mealhada	494
13.	BARRETO Guilherme Pedro	05	EDL	1:10.43	25m	08-05-21	Ponte da Barca	492
14.	LAFUENTE Miguel Teixeira	05	FCP	1:10.75	25m	08-05-21	Pacos de Ferreira	485
15.	ROSARIO Alexandre Rocha	05	LDC	1:10.92	25m	17-10-20	Lagos	482
16.	MIMOSO Rodrigo Ferreira	05	SAD	1:11.05	25m	13-12-20	Leiria	479
17.	ANACLETO Miguel Correia	05	SCP	1:11.12	25m	13-12-20	Leiria	478
17.	CARVALHO Guilherme Jesus	05	FOCA	1:11.12	25m	10-04-21	Felgueiras	478
19.	ASCENSO Afonso Manuel	05	DNMG	1:11.38	25m	23-05-21	Alcobaça	472
20.	MONTEIRO Jose Alves	05	CFB	1:11.45	25m	10-04-21	Felgueiras	471
21.	RIBEIRO Vasco Almeida	05	CCLAMAS	1:12.40	25m	13-12-20	Mealhada	453
22.	VASCONCELOS Francisco Lourenco	05	GESL	1:12.43	25m	02-05-21	Lisboa	452
23.	PINTO Tiago Rodrigues	05	SCP	1:12.52	25m	15-05-21	Condeixa-a-Nova	450
24.	COSTA Goncalo Ramos	05	GESL	1:12.60	25m	07-12-19	Sines	449
25.	FRANCISCO Tomas Jose	05	CNMC	1:12.75	25m	13-12-20	Mealhada	446
26.	FREITAS Filipe Simoes	05	SCP	1:12.84	25m	07-12-19	Sines	444
27.	SOUSA Joao Maria	05	SCB	1:13.01	25m	07-03-20	Braga	441
28.	PIRES Andre Branco	05	AVFC	1:13.09	25m	01-05-21	Gafanha da Nazaré	440
29.	AMADO Afonso Miguel	05	CNMC	1:13.16	25m	13-12-20	Mealhada	439
30.	RODRIGUES Miguel Goncalves	05	GCNF	1:13.25	25m	16-05-21	Lagos	437
31.	FONSECA Afonso Valente	05	ATG	1:13.48	25m	07-12-19	Mealhada	433
32.	DURO Tomas Ferreira	05	ADRCIMM	1:13.49	25m	07-12-19	Sines	433
33.	BATISTA Henrique Maria	05	SAD	1:13.52	25m	15-05-21	Alcabideche	432
34.	PIRES Joao Antonio	05	CNTN	1:13.60	25m	16-05-21	Abrantes	431
35.	ALVES Andre Camara	05	CDN	1:13.63	25m	13-05-21	Funchal	430
36.	CEPELEAGA Marin	05	PORTIN	1:13.77	25m	17-10-20	Lagos	428
37.	FONSECA Goncalo Monteiro	05	CMNPR	1:13.78	25m	09-05-21	Peso da Régua	428
38.	CARDOSO Tiago Pereira	05	GDNFAMA	1:14.32	25m	23-11-19	Felgueiras	418
39.	MACHADO Diogo Pimentel	05	CAFBDP	1:14.54	25m	12-06-21	Ponta Delgada	415
40.	GOUVEIA Afonso Martim	05	FCF	1:14.67	25m	17-10-20	Lagos	413
41.	CAPRICHIO Diogo Botelho	05	SCP	1:14.68	25m	03-11-19	Lisboa	412
42.	OLIVEIRA Diogo Alexandre	05	CNF	1:14.95	25m	16-11-19	Funchal	408

100 Bruços (desde 43)

43.	CABRAL Jose Pinto	05	VS	1:14.98	25m	24-11-19	Tomar	407
44.	MOUTELA Dinis Amorim	05	CDE	1:15.07	25m	18-01-20	Mealhada	406
45.	PINHO Celso Rodrigues	05	SCE	1:15.18	25m	07-11-20	Gafanha da Encarnação	404
46.	ALVES Afonso Pires	05	JACL	1:15.32	25m	13-05-21	Funchal	402
47.	SARREIRA Tomas Amor	05	DNMG	1:15.38	25m	11-01-20	Nazaré	401
48.	AMADO Pedro Maria	05	SAD	1:15.63	25m	22-11-19	Algés	397
49.	CUNHA Vasco Goncalves	05	CFP	1:15.88	25m	23-11-19	Felgueiras	393
50.	LIMA Ruben Leal	05	CAP	1:15.94	25m	08-05-21	Pacos de Ferreira	392
51.	LEITAO Andre Freitas	05	CNF	1:16.01	25m	08-03-20	Funchal	391
52.	VOLOZHENIN Alexandre	05	CNF	1:16.11	25m	07-12-19	Sines	390
53.	FERNANDES Miguel Alves	05	VNC	1:16.19	25m	22-02-20	Mirandela	388
54.	ALVES Pedro Martins	05	GDNFAMA	1:16.39	25m	10-04-21	Felgueiras	385
55.	FELIX Dylan Marques	05	PIMP	1:16.43	25m	23-11-19	Caldas da Rainha	385
56.	SILVA Eduardo Costa	05	FCP	1:16.50	25m	08-11-20	Leiria	384
57.	COSTA Afonso Lucio	05	SCP	1:16.64	25m	22-11-19	Algés	382
58.	PEREIRA Manuel Angelo	05	SCP	1:16.65	25m	15-05-21	Condeixa-a-Nova	381
59.	VAZ Vicente Henriques	05	CNOL	1:17.03	25m	16-05-21	Lagos	376
60.	RODRIGUES Rodrigo Fernando	05	VSC	1:17.06	25m	23-11-19	Felgueiras	375
61.	SOUSA Lourenco Quintas	05	CNF	1:17.15	25m	13-05-21	Funchal	374
62.	CONRADO Joao Miguel	05	BUZIOS	1:17.31	25m	24-11-19	Tomar	372
63.	GUTUTUI Francisc	05	SAD	1:17.46	25m	02-11-19	Lagoa	370
64.	DIAS Andre Vicente	05	CDN	1:17.48	25m	09-05-21	Funchal	369
65.	GONCALVES Andre Marques	05	CNBE	1:17.50	25m	16-05-21	Lagos	369
66.	ALVAREZ Pedro Mahua	05	SCP	1:17.59	25m	22-11-19	Algés	368
67.	GLAVATSKYY Antonio	05	AAC	1:17.68	25m	19-12-20	Coimbra	366
68.	PINTO Andre Miguel	05	CNLA	1:17.71	25m	19-12-20	Sines	366
69.	VENTURA Tomas Silva	05	EULX	1:17.85	25m	01-02-20	Ponte de Sor	364
70.	GONCALVES Dinis Queiroz	05	SCB	1:17.91	25m	07-03-20	Braga	363
71.	CASQUINHA Pedro Dinis	05	FS	1:17.99	25m	07-11-20	Guarda	362
72.	LOPES Daniel Munoz	05	GESL	1:18.00	25m	09-05-21	Sto António Cavaleiros	362
72.	KUNYK Vitor	05	LAGAC	1:18.00	25m	16-05-21	Lagos	362
74.	BUNKOVSKIS Rihards	05	CDEAP	1:18.03	25m	12-06-21	Ponta Delgada	361
75.	VENTURA Diogo Miguel	05	FOCA	1:18.11	25m	23-11-19	Felgueiras	360
76.	RIBEIRO Pedro Pinheiro	05	BSCN	1:18.38	25m	23-11-19	Caldas da Rainha	357
77.	GABOLEIRO Guilherme Filipe	05	CNRM	1:18.40	25m	06-03-20	Santarém	356
78.	SANTOS Goncalo Carvalho	05	ALN	1:18.46	25m	02-02-20	Coimbra	356
79.	AMORIM Samuel Filipe	05	DNMG	1:18.72	25m	08-11-20	Leiria	352
80.	GABOLEIRO Ricardo Filipe	05	CNRM	1:18.89	25m	06-03-20	Santarém	350
81.	MATEUS Guilherme Fernandes	05	GDNFAMA	1:19.10	25m	23-11-19	Felgueiras	347
81.	ROSETE Diogo Miguel	05	DNMG	1:19.10	25m	23-11-19	Caldas da Rainha	347
83.	CORDEIRO Tomas Almeida	05	SAD	1:19.17	25m	22-11-19	Algés	346
84.	ALVES Tiago Pires	05	JACL	1:19.21	25m	26-10-19	Funchal	346
85.	SILVA Dinis Raimundo	05	AAC	1:19.31	25m	23-11-19	Coimbra	344
86.	LEAL Antonio Marinho	05	CNH	1:19.41	25m	23-01-21	Horta	343
87.	DIAS Diogo Rafael	05	DRCN	1:19.63	25m	11-01-20	Elvas	340
88.	CAIXINHA Miguel Vaz	05	CNBE	1:19.69	25m	16-05-21	Lagos	339
89.	SOUSA Afonso Coelho	05	NSIT	1:20.31	25m	21-11-20	Angra do Heroísmo	332
90.	ANTUNES Pedro Engracia	05	CLIP	1:20.45	25m	23-11-19	Felgueiras	330
91.	NEMCHYNOV Daniel	05	CPCD	1:20.66	25m	16-05-21	Alvalade	327
92.	CARRAPICO Jose Silveirinha	05	SCCM	1:20.69	25m	07-03-20	Ponte de Sor	327
93.	TORRES Joao Pedro	05	FCP	1:20.78	25m	23-11-19	Felgueiras	326
94.	FIGUEIRA Samuel Baptista	05	CNMC	1:20.80	25m	23-11-19	Coimbra	326
95.	INACIO Hugo Miguel	05	CNBE	1:20.88	25m	16-05-21	Lagos	325

100 Bruços (desde 96)

96.	SANTOS Tomas Carvalho	05	ALN	1:20.89	25m	20-10-19	Condeixa	324
97.	ROSA Simao Dinis	05	CNTN	1:21.07	25m	20-10-19	Torres Novas	322
98.	PINTO Filipe Carmo	05	FCF	1:21.72	25m	08-11-20	Lagos	315
99.	SILVEIRA Tomas Portugal	05	CNAL	1:21.88	25m	23-05-21	Alcobaça	313
100.	ALMEIDA Joao Neves	05	FBSC	1:21.91	25m	20-10-19	Condeixa	312

200 Bruços

1.	OLIVEIRA Simao Lopes	05	CNS	2:25.55	25m	07-11-20	Guarda	562
2.	SILVA Goncalo Manuel	05	FCP	2:27.04	25m	11-04-21	Felgueiras	545
3.	NUNES Carlos Daniel	05	CNSM	2:29.30	25m	13-12-20	Leiria	521
4.	CARVALHO Goncalo Duarte	05	SLB	2:30.08	25m	13-12-20	Leiria	513
5.	GOUBEIA Luis Galvao	05	CDN	2:30.40	25m	14-05-21	Funchal	509
6.	BARRETO Guilherme Pedro	05	EDL	2:30.59	25m	09-05-21	Ponte da Barca	508
7.	ROCHA Goncalo Queiroga	05	SCB	2:31.48	25m	13-12-20	Mealhada	499
8.	LAFUENTE Miguel Teixeira	05	FCP	2:33.29	25m	09-05-21	Pacos de Ferreira	481
9.	LOPES Andre Prates	05	EFC	2:33.39	25m	13-12-20	Leiria	480
10.	ANSELMO Raul Sousa	05	CAFBDP	2:33.79	25m	13-03-21	Ponta Delgada	476
11.	CARVALHO Guilherme Jesus	05	FOCA	2:34.07	25m	11-04-21	Felgueiras	474
12.	FRANCISCO Tomas Jose	05	CNMC	2:34.56	25m	13-12-20	Mealhada	469
13.	MIMOSO Rodrigo Ferreira	05	SAD	2:34.74	25m	13-12-20	Leiria	468
14.	MOREIRA Lucas Filipe	05	ADBA	2:35.27	25m	08-12-19	Sines	463
15.	ANACLETO Miguel Correia	05	SCP	2:35.28	25m	18-01-20	Pinhal Novo	463
16.	PIRES Andre Branco	05	AVFC	2:35.30	25m	02-05-21	Gafanha da Nazaré	463
17.	ROCHA Rodrigo Manuel	05	SCE	2:35.64	25m	08-11-20	Gafanha da Encarnação	460
18.	SILVA Tony Stefano	05	CDN	2:35.68	25m	14-05-21	Funchal	459
19.	CAPRICHIO Diogo Botelho	05	SCP	2:35.73	25m	13-12-20	Leiria	459
20.	ROSARIO Alexandre Rocha	05	LDC	2:36.13	25m	25-10-20	Olhão	455
21.	PINTO Tiago Rodrigues	05	SCP	2:36.79	25m	15-05-21	Condeixa-a-Nova	450
22.	OLIVEIRA Miguel Fernandes	05	DNMG	2:37.43	25m	12-06-21	Nazaré	444
23.	CEPELEAGA Marin	05	PORTIN	2:38.09	25m	30-11-19	Sines	439
24.	SOUZA Joao Maria	05	SCB	2:38.28	25m	19-01-20	Barcelos	437
25.	COSTA Goncalo Ramos	05	CPCD	2:38.60	25m	13-12-20	Leiria	434
26.	ASCENSO Afonso Manuel	05	DNMG	2:39.21	25m	09-05-21	Alcobaça	429
27.	MARQUES Andre Henriques	05	SLB	2:39.24	25m	18-01-20	Pinhal Novo	429
28.	SILVA Afonso Carvalho	05	GDNFAMA	2:40.49	25m	12-10-19	Pacos de Ferreira	419
29.	FERNANDES Miguel Alves	05	VNC	2:40.90	25m	07-11-20	Guarda	416
30.	MONTEIRO Jose Alves	05	CFB	2:40.95	25m	13-12-20	Leiria	416
31.	VENTURA Diogo Miguel	05	FOCA	2:40.98	25m	06-03-21	Felgueiras	415
32.	VASCONCELOS Francisco Lourenco	05	GESL	2:41.17	25m	18-01-20	Pinhal Novo	414
33.	VOLOZHENIN Alexandre	05	CNF	2:41.37	25m	22-11-19	Funchal	412
34.	AMADO Afonso Miguel	05	CNMC	2:41.45	25m	13-12-20	Mealhada	412
35.	CARNEIRO Henrique Rocha	05	CAP	2:41.62	25m	11-04-21	Felgueiras	410
36.	MOUTELA Dinis Amorim	05	CDE	2:42.18	25m	13-12-20	Mealhada	406
37.	FONSECA Afonso Valente	05	CFP	2:43.04	25m	09-05-21	Pacos de Ferreira	400
38.	RABECA Ivan Manuel	05	EDV	2:43.66	25m	09-05-21	Ponte da Barca	395
39.	RODRIGUES Rodrigo Fernando	05	VSC	2:43.86	25m	22-11-19	Felgueiras	394
40.	OLIVEIRA Diogo Alexandre	05	CNF	2:43.93	25m	21-12-19	Funchal	393
41.	BATISTA Henrique Maria	05	SAD	2:43.99	25m	01-05-21	Lisboa	393
42.	SARREIRA Tomas Amor	05	DNMG	2:44.59	25m	17-10-20	Caldas da Rainha	389
43.	RIBEIRO Pedro Pinheiro	05	BSCN	2:45.19	25m	23-11-19	Caldas da Rainha	384
44.	GUTUTUI Francisc	05	SAD	2:45.33	25m	24-11-19	Algés	383
45.	LIMA Ruben Leal	05	CAP	2:45.40	25m	09-05-21	Pacos de Ferreira	383

200 Bruços (desde 46)

46.	GABOLEIRO	Guilherme Filipe	05	CNRM	2:45.76	25m	29-02-20	Coruche	380
47.	SOUSA	Lourenco Quintas	05	CNF	2:45.90	25m	06-03-20	Funchal	379
48.	AMADO	Pedro Maria	05	SAD	2:45.94	25m	02-11-19	Lagoa	379
49.	ALVES	Andre Camara	05	CDN	2:46.37	25m	14-05-21	Funchal	376
50.	FELIX	Dylan Marques	05	PIMP	2:46.67	25m	23-11-19	Caldas da Rainha	374
51.	PIRES	Joao Antonio	05	CNTN	2:47.14	25m	07-03-20	Santarém	371
52.	CORDEIRO	Tomas Almeida	05	SAD	2:47.28	25m	24-11-19	Algés	370
53.	PINHO	Celso Rodrigues	05	SCE	2:47.84	25m	17-11-19	Viseu	366
54.	FONSECA	Goncalo Monteiro	05	CMNPR	2:47.92	25m	07-11-20	Guarda	366
55.	CARDOSO	Tiago Pereira	05	GDNFAMA	2:48.36	25m	22-11-19	Felgueiras	363
56.	ALBUQUERQUE	Afonso Costa	05	CFB	2:48.49	25m	13-12-20	Leiria	362
57.	GONCALVES	Dinis Queiroz	05	SCB	2:48.64	25m	24-11-19	Braga	361
58.	GONCALVES	Jose Luis	05	ADF	2:48.95	25m	12-10-19	Pacos de Ferreira	359
59.	SANTOS	Goncalo Carvalho	05	ALN	2:49.17	25m	15-05-21	Condeixa-a-Nova	358
60.	DIAS	Pedro Anselmo	05	AVFC	2:49.40	25m	01-02-20	Viseu	356
61.	ALVES	Afonso Pires	05	JACL	2:49.76	25m	06-03-20	Funchal	354
62.	AMORIM	Samuel Filipe	05	DNMG	2:49.86	25m	23-11-19	Caldas da Rainha	354
63.	CARRAPICO	Jose Silveirinha	05	SCCM	2:49.96	25m	07-03-20	Ponte de Sor	353
64.	GABOLEIRO	Ricardo Filipe	05	CNRM	2:50.10	25m	07-03-20	Santarém	352
65.	SILVA	Dinis Raimundo	05	AAC	2:50.23	25m	23-11-19	Coimbra	351
66.	CARVALHO	Joao Carlos	05	SCB	2:50.27	25m	19-01-20	Barcelos	351
67.	CASTRO	Guilherme Coutinho	05	GDNFAMA	2:50.82	25m	22-11-19	Felgueiras	348
68.	PINTO	Andre Miguel	05	CNLA	2:51.48	25m	07-03-20	Ponte de Sor	344
69.	ROSETE	Diogo Miguel	05	DNMG	2:51.97	25m	23-11-19	Caldas da Rainha	341
70.	CONRADO	Joao Miguel	05	BUZIOS	2:52.10	25m	23-11-19	Tomar	340
71.	CUNHA	Vasco Goncalves	05	CFP	2:52.62	25m	12-10-19	Pacos de Ferreira	337
72.	VAZ	Vicente Henriques	05	CNOL	2:52.97	25m	08-11-20	Lagos	335
73.	BENTO	Carlos Eduardo	05	CNMC	2:53.26	25m	01-11-19	Condeixa	333
74.	GONCALVES	Andre Marques	05	CNBE	2:54.00	25m	08-03-20	Quarteira	329
75.	NEMCHYNOV	Daniel	05	CPCD	2:54.36	25m	09-05-21	Alcobaça	327
76.	MACHADO	Diogo Pimentel	05	CAFBDP	2:54.43	25m	18-01-20	Ponta Delgada	326
77.	ALVES	Pedro Martins	05	GDNFAMA	2:54.63	25m	22-11-19	Felgueiras	325
78.	MENDES	Diogo Alexandre	05	CNVA	2:54.79	25m	17-11-19	Viseu	324
79.	ALMEIDA	Joao Neves	05	FBSC	2:54.99	25m	15-05-21	Condeixa-a-Nova	323
80.	CORREIA	Eduardo Alexandre	05	CAP	2:55.14	25m	12-10-19	Pacos de Ferreira	322
81.	RODRIGUES	Miguel Goncalves	05	CNFA	2:55.45	25m	30-11-19	Sines	321
82.	DIAS	Andre Vicente	05	CDN	2:55.76	25m	06-03-20	Funchal	319
83.	TORRES	Joao Pedro	05	FCP	2:56.36	25m	22-11-19	Felgueiras	316
84.	BUNKOVSKIS	Rihards	05	CDEAP	2:56.64	25m	26-10-19	Ponta Delgada	314
85.	RODRIGUES	David Manuel	05	SCA	2:56.65	25m	01-02-20	Viseu	314
86.	MATEUS	Guilherme Fernandes	05	GDNFAMA	2:56.71	25m	12-10-19	Pacos de Ferreira	314
87.	ANTUNES	Pedro Engracia	05	CLIP	2:57.00	25m	12-10-19	Pacos de Ferreira	312
88.	PINTO	Rodrigo Barroso	05	FCP	2:57.48	25m	12-10-19	Pacos de Ferreira	310
89.	GLAVATSKYY	Antonio	05	AAC	2:57.63	25m	01-02-20	Coimbra	309
90.	ALVES	Tiago Pires	05	JACL	2:57.81	25m	06-03-20	Funchal	308
91.	MARTINS	Tiago Ventura	05	FOCA	2:58.07	25m	12-10-19	Pacos de Ferreira	307
92.	CAIXINHA	Miguel Vaz	05	CNBE	2:58.77	25m	08-11-20	Lagos	303
93.	RIBEIRO	Tomas Carvalhinho	05	CNMAIA	2:58.88	25m	12-10-19	Pacos de Ferreira	303
94.	CASQUINHA	Pedro Dinis	05	FS	2:59.00	25m	26-10-19	Lagos	302
95.	SILVA	Nuno Gabriel	05	CDCA	2:59.63	25m	13-10-19	Mealhada	299
96.	GARCIA	Goncalo Raposo	05	CAFBDP	3:00.23	25m	18-01-20	Ponta Delgada	296
97.	MACHADO	Tiago Minghelli	05	PORTIN	3:01.53	25m	20-10-19	Quarteira	290
98.	ROCHA	Jose Miguel	05	SCC	3:01.76	25m	01-11-19	Condeixa	288

200 Bruços (desde 99)

99.	SILVEIRA Tomas Portugal	05	CNAL	3:02.74	25m	12-06-21	Nazaré	284
100.	PARREIRAS Diogo Miguel	05	CNP	3:02.80	25m	07-03-20	Ponte de Sor	284

50 Mariposa

1.	ROSA Simao Dinis	05	CNTN	26.46	25m	15-02-20	Torres Novas	555
2.	RODRIGUES Joao Luis	05	CNF	26.64	25m	09-05-21	Funchal	544
3.	PEREIRA Tomas Coelho	05	ADP	27.00	25m	10-04-21	Felgueiras	522
4.	FERRAO Gabriel Carvalho	05	CDCP	27.03	25m	16-05-21	Abrantes	521
5.	GONCALVES Jose Luis	05	ADF	27.35	25m	08-05-21	Pacos de Ferreira	502
6.	OLIVEIRA Miguel Fernandes	05	DNMG	27.75	25m	23-05-21	Alcobaça	481
7.	NUNES Jose Pedro	05	GCVR	28.04	25m	09-05-21	Peso da Régua	466
8.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	28.08	25m	10-04-21	Felgueiras	464
9.	SARREIRA Tomas Amor	05	DNMG	28.25	25m	17-10-20	Caldas da Rainha	456
10.	SOUSA Afonso Medeiros	05	CAFBDP	28.33	25m	21-11-20	Ribeira Grande	452
11.	LOPES Afonso Teixeira	05	FOCA	28.35	25m	10-04-21	Felgueiras	451
12.	ROCHA Jose Miguel	05	SCC	28.51	25m	01-05-21	Gafanha da Nazaré	444
13.	CEPELEAGA Marin	05	PORTIN	28.78	25m	08-11-20	Lagos	431
14.	GABOLEIRO Guilherme Filipe	05	CNRM	28.92	25m	08-03-20	Santarém	425
15.	SILVA Goncalo Manuel	05	FCP	29.00	25m	08-05-21	Pacos de Ferreira	421
16.	CABRAL Jose Pinto	05	VS	29.06	25m	19-01-20	Entroncamento	419
17.	SILVA Guilherme Gomes	05	AEJ	29.09	25m	01-05-21	Gafanha da Nazaré	417
18.	SOUSA Afonso Coelho	05	NSIT	29.19	25m	13-03-21	Praia da Vitória	413
19.	PESSOA Rafael Pereira	05	NBM	29.37	25m	01-05-21	Gafanha da Nazaré	406
20.	GUERRA Joao Carlos	05	FCP	29.45	25m	10-04-21	Felgueiras	402
21.	AMARAL Francisco Xavier	05	NBM	29.59	25m	01-05-21	Gafanha da Nazaré	397
22.	FARDILHA Joao Cruz	05	CGA	29.60	25m	07-11-20	Gafanha da Encarnação	396
23.	CORREIA Eduardo Alexandre	05	CAP	29.62	25m	08-05-21	Pacos de Ferreira	395
24.	MENDES Diogo Alexandre	05	CNVA	29.63	25m	02-02-20	Viseu	395
25.	RICARDO Joao Daniel	05	CNBE	29.65	25m	08-11-20	Lagos	394
26.	FERREIRA Abel Renato	05	CSAAXXI	29.67	25m	01-05-21	Gafanha da Nazaré	393
27.	ANTUNES Pedro Engracia	05	CLIP	29.72	25m	02-11-19	Bolzano (ITA)	391
28.	ALEKSYEYEV Artur Paulo	05	VS	29.81	25m	24-11-19	Tomar	388
29.	GABOLEIRO Ricardo Filipe	05	CNRM	29.83	25m	25-10-20	Tomar	387
29.	PEREIRA Paulo Tomas	05	NBM	29.83	25m	10-04-21	Felgueiras	387
31.	ROSARIO Alexandre Rocha	05	LDC	29.86	25m	18-10-20	Lagos	386
32.	ASCENSO Afonso Manuel	05	DNMG	29.90	25m	17-10-20	Caldas da Rainha	384
33.	GONCALVES Diogo Antunes	05	CNG	29.94	25m	08-05-21	Guarda	383
34.	CAEIRO Miguel Cano	05	CNBE	30.00	25m	15-05-21	Lagos	381
35.	FONSECA Goncalo Monteiro	05	CMNPR	30.07	25m	09-05-21	Peso da Régua	378
36.	LOPES Andre Prates	05	EFC	30.08	25m	24-10-20	Sertã	378
37.	TEIXEIRA Antonio Migueis	05	GCVR	30.17	25m	08-03-20	Mirandela	374
37.	SANTOS Pedro Miguel	05	CMNPR	30.17	25m	09-05-21	Peso da Régua	374
39.	FRANCISCO Tiago Serradas	05	DNMG	30.24	25m	17-10-20	Caldas da Rainha	372
40.	TEIXEIRA Tomas Borges	05	NSIT	30.44	25m	07-03-20	Ponta Delgada	364
41.	BILRO Simao Valadas	05	AMINATA	30.71	25m	19-01-20	Montemor-o-Novo	355
42.	GONCALVES Ruben Miguel	05	LDC	30.95	25m	18-10-20	Lagos	347
43.	INACIO Hugo Miguel	05	CNBE	30.99	25m	08-11-20	Lagos	345
44.	GOUVEIA Afonso Martim	05	FCF	31.01	25m	11-01-20	Quarteira	345
45.	ANDRADE Guilherme Nunes	05	CNPO	31.30	25m	06-03-20	Braga	335
46.	FALCAO Manuel Maria	05	AMINATA	31.43	25m	19-01-20	Montemor-o-Novo	331
47.	PINTO Filipe Carmo	05	FCF	31.73	25m	15-05-21	Lagos	322
48.	DIAS Pedro Anselmo	05	AVFC	31.85	25m	18-01-20	Mealhada	318

50 Mariposa (desde 49)

49.	ALMEIDA Tiago Ferreira	05	UDO	31.89	25m	01-05-21	Gafanha da Nazaré	317
50.	BAIOA Joao Pedro	05	CNBE	32.04	25m	08-11-20	Lagos	312
51.	CAIXINHA Miguel Vaz	05	CNBE	32.06	25m	15-05-21	Lagos	312
52.	PIRES Joao Antonio	05	CNTN	32.09	25m	24-11-19	Tomar	311
52.	MARQUES Rodrigo Miguel	05	CLIPTEAM	32.09	25m	08-05-21	Pacos de Ferreira	311
54.	ANALEN Tiago Holbeche	05	AMINATA	32.35	25m	19-01-20	Montemor-o-Novo	303
55.	BONANCA Artur Osorio	05	CNFA	32.39	25m	11-01-20	Quarteira	302
56.	DUARTE Pedro Ferreira	05	NBM	32.40	25m	01-05-21	Gafanha da Nazaré	302
57.	PIRES Jose Pedro	05	LDC	32.51	25m	02-11-19	Lagoa	299
58.	LEAO Joao Goncalo	05	CAP	32.57	25m	24-11-19	Felgueiras	297
59.	MARQUES Renato Gomes	05	DNMG	32.69	25m	17-10-20	Caldas da Rainha	294
60.	KUNYK Vitor	05	LAGAC	32.72	25m	18-10-20	Lagos	293
61.	RODRIGUES David Manuel	05	SCA	32.81	25m	01-05-21	Gafanha da Nazaré	291
62.	GONCALVES Andre Marques	05	CNBE	32.92	25m	15-05-21	Lagos	288
63.	ALVES Andre Camara	05	CDN	33.01	25m	18-07-20	Funchal	286
64.	BENTO Joao Silva	05	CDEAP	33.03	25m	10-04-21	Praia da Vitória	285
65.	GONCALVES Pedro Marques	05	CNBE	33.06	25m	24-11-19	Lagos	284
66.	BUNKOVSKIS Rihards	05	CDEAP	33.15	25m	15-02-20	Ponta Delgada	282
67.	RODRIGUEZ David Nieves	05	CNGUA	33.16	25m	11-01-20	Quarteira	282
68.	PARREIRAS Diogo Miguel	05	CNP	33.24	25m	26-01-20	Campo Maior	280
69.	RODRIGUES Miguel Goncalves	05	CNFA	33.34	25m	14-12-19	Portimão	277
70.	BARBEITO Vasco Espinola	05	NSIT	33.47	25m	21-11-20	Angra do Heroísmo	274
71.	ROSETE Diogo Miguel	05	DNMG	33.55	25m	17-10-20	Caldas da Rainha	272
72.	ROMAO Pedro Manuel	05	AMINATA	33.58	25m	16-11-19	Odemira	271
73.	MOREIRA Miguel Goncalves	05	CNG	33.64	25m	08-05-21	Guarda	270
74.	CARRAPICO Jose Silveirinha	05	SCCM	33.85	25m	16-11-19	Castelo Branco	265
74.	CHAVECA Guilherme Salvador	05	PORTIN	33.85	25m	08-11-20	Lagos	265
76.	ROQUE Afonso Martinho	05	CNTN	33.88	25m	15-02-20	Torres Novas	264
77.	RIBEIRO Andre Manuel	05	CNFA	33.93	25m	14-12-19	Portimão	263
78.	JACINTO Leandro Costa	05	LDC	34.06	25m	08-11-20	Lagos	260
79.	CHAVES Gustavo Sousa	05	CDEAP	34.28	25m	16-11-19	Ribeira Grande	255
80.	LADYKA Antonio Iuri	05	CNAL	34.29	25m	15-02-20	Torres Novas	255
81.	MATOS David Plasencia	05	ENB	34.54	25m	08-03-20	Mirandela	249
82.	OLIVEIRA Tiago Batista	05	CNFA	34.56	25m	11-01-20	Quarteira	249
82.	LIBERAL Afonso Bicas	05	CSAAXXI	34.56	25m	02-02-20	Viseu	249
84.	PEREIRA Vicente Barros	05	SCP	34.89	25m	24-04-21	Gafanha da Nazaré	242
85.	HORTA Bruno Goncalves	05	CNGUA	34.90	25m	11-01-20	Quarteira	242
86.	FIALHO Goncalo Pires	05	CNA	34.94	25m	15-02-20	Torres Novas	241
87.	SILVEIRA Tomas Portugal	05	CNAL	35.13	25m	14-12-19	Leiria	237
88.	OLIVEIRA Luis Filipe	05	AMAMB	35.19	25m	22-11-19	Braga	236
89.	ALVES Luis Fernandez	05	CDN	35.38	25m	08-03-20	Funchal	232
90.	PINTO Andre Miguel	05	CNLA	35.41	25m	14-12-19	Portimão	231
91.	MESSENCE Enzo Dylan	05	FCF	35.51	25m	15-05-21	Lagos	229
92.	GUERREIRO Miguel Alexandre	05	CRIRA	35.76	25m	19-01-20	Montemor-o-Novo	225
93.	TEIGA Joao Afonso	05	CNMAIA	35.81	25m	24-11-19	Felgueiras	224
94.	ROSA Duarte Matias	05	CNAL	35.91	25m	08-11-20	Leiria	222
95.	FERNANDES Dinis Coimbra	05	AEFDT	36.01	25m	17-11-19	Viseu	220
96.	VAZ Vicente Henriques	05	CNOL	36.50	25m	11-01-20	Quarteira	211
97.	NUNES Vasco Duarte	05	CNCA	36.75	25m	24-11-19	Tomar	207
98.	MARTINS Dinis Gamito	05	GSC	37.47	25m	19-01-20	Montemor-o-Novo	195
99.	TAVARES Francisco Pereira	05	LAGAC	38.07	25m	11-01-20	Quarteira	186
100.	PATRICIO Rodrigo Oliveira	05	FVCD	38.54	25m	09-02-20	Santa Maria da Feira	179

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1.	GOUVEIA Luis Galvao	05	CDN	58.18	25m	13-05-21	Funchal	564
2.	FERRAO Gabriel Carvalho	05	CDCP	58.81	25m	15-05-21	Abrantes	546
3.	HEINIO-WIDELL Nick	05	SAD	58.88	25m	12-12-20	Leiria	544
4.	ROSA Simao Dinis	05	CNTN	59.26	25m	12-12-20	Leiria	534
4.	PEREIRA Tomas Coelho	05	ADP	59.26	25m	11-04-21	Felgueiras	534
6.	RODRIGUES Joao Luis	05	CNF	59.69	25m	13-05-21	Funchal	522
7.	PINTO Tiago Rodrigues	05	SCP	59.97	25m	12-12-20	Leiria	515
8.	VASCONCELOS Francisco Lourenco	05	GESL	1:00.28	25m	09-05-21	Sto António Cavaleiros	507
9.	OLIVEIRA Diogo Alexandre	05	CNF	1:00.41	25m	08-05-21	Funchal	504
10.	OLIVEIRA Miguel Fernandes	05	DNMG	1:00.54	25m	23-05-21	Alcobaça	500
11.	SOUSA Joao Maria	05	SCB	1:00.56	25m	08-05-21	Ponte da Barca	500
12.	DIAS Andre Vicente	05	CDN	1:00.58	25m	13-05-21	Funchal	499
13.	GONCALVES Jose Luis	05	ADF	1:00.97	25m	07-12-19	Mealhada	490
14.	PEREIRA Manuel Angelo	05	SCP	1:01.09	25m	12-12-20	Leiria	487
15.	BARTOLO Tiago Silva	05	SAD	1:01.31	25m	12-12-20	Leiria	482
16.	CABRAL Jose Pinto	05	VS	1:01.45	25m	29-02-20	Coruche	478
17.	SARREIRA Tomas Amor	05	DNMG	1:01.61	25m	07-11-20	Leiria	475
18.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	1:01.69	25m	11-04-21	Felgueiras	473
19.	ROCHA Jose Miguel	05	SCC	1:01.72	25m	12-12-20	Mealhada	472
20.	ANSELMO Raul Sousa	05	CAFBDP	1:01.73	25m	12-06-21	Ponta Delgada	472
21.	SOUSA Afonso Medeiros	05	CAFBDP	1:02.12	25m	12-12-20	Praia da Vitória	463
21.	SILVA Afonso Carvalho	05	GDNFAMA	1:02.12	25m	09-01-21	Guarda	463
23.	PINTO Rodrigo Barroso	05	FCP	1:02.14	25m	12-12-20	Mealhada	463
24.	LOPES Afonso Teixeira	05	FOCA	1:02.28	25m	11-04-21	Felgueiras	460
25.	MARQUES Andre Henriques	05	SLB	1:02.31	25m	15-05-21	Alcabideche	459
26.	CARVALHO Goncalo Duarte	05	SLB	1:02.36	25m	11-04-21	Felgueiras	458
27.	PERLOIRO Salvador Goya	05	POR	1:02.45	25m	09-11-19	Albufeira	456
28.	CARVALHO Joao Carlos	05	SCB	1:02.52	25m	08-05-21	Ponte da Barca	454
29.	AMADO Afonso Miguel	05	CNMC	1:02.71	25m	12-12-20	Mealhada	450
30.	OLIVEIRA Jose Francisco	05	ADBA	1:03.07	25m	30-04-21	Leiria	443
30.	SILVA Tomas Caineta	05	CDE	1:03.07	25m	13-06-21	Viseu	443
32.	CEPELEAGA Marin	05	PORTIN	1:03.12	25m	07-11-20	Lagos	441
33.	SILVA Guilherme Gomes	05	AEJ	1:03.21	25m	08-11-20	Gafanha da Encarnação	440
34.	NUNES Jose Pedro	05	GCVR	1:03.29	25m	10-06-21	Vila Real	438
35.	VIEIRA Eduardo Gabriel	05	NBM	1:03.49	25m	01-02-20	Viseu	434
36.	REMELHE Joao Anibal	05	SCB	1:03.54	25m	12-12-20	Mealhada	433
37.	ANACLETO Miguel Correia	05	SCP	1:03.69	25m	16-02-20	Sto Antonio dos Cavaleiros	430
38.	PINHO Celso Rodrigues	05	SCE	1:03.75	25m	12-12-20	Mealhada	428
39.	GRACIOSO Goncalo Pereira	05	AONDA	1:04.00	25m	12-12-20	Leiria	423
39.	SANTOS Tomas Carvalho	05	ALN	1:04.00	25m	20-12-20	Coimbra	423
39.	SOUSA Afonso Coelho	05	NSIT	1:04.00	25m	12-06-21	Praia da Vitória	423
42.	MONTEIRO Jose Alves	05	CFB	1:04.11	25m	15-05-21	Alcabideche	421
43.	MENDES Diogo Alexandre	05	CNVA	1:04.18	25m	13-06-21	Viseu	420
44.	PESSOA Rafael Pereira	05	NBM	1:04.34	25m	13-06-21	Viseu	417
45.	GABOLEIRO Guilherme Filipe	05	CNRM	1:04.43	25m	07-03-20	Santarém	415
46.	MOUTELA Dinis Amorim	05	CDE	1:04.66	25m	13-03-21	Aveiro	411
47.	ALVES Vasco Soares	05	CFP	1:04.67	25m	22-11-19	Felgueiras	410
48.	ALEKSYEYEV Artur Paulo	05	VS	1:04.73	25m	07-03-20	Santarém	409
49.	GUTUTUI Francisc	05	SAD	1:04.84	25m	07-12-19	Sines	407
50.	DURO Tomas Ferreira	05	ADRCIMM	1:04.97	25m	07-12-19	Sines	405
51.	FARDILHA Joao Cruz	05	CGA	1:05.15	25m	13-03-21	Aveiro	401
52.	GUERRA Joao Carlos	05	FCP	1:05.23	25m	11-04-21	Felgueiras	400
53.	FREITAS Filipe Simoes	05	SCP	1:05.30	25m	16-02-20	Sto Antonio dos Cavaleiros	399

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54.	FERREIRA Abel Renato	05	CSAAXXI	1:05.35	25m	02-05-21	Gafanha da Nazaré	398
55.	FIGUEIRA Samuel Baptista	05	AAC	1:05.43	25m	20-12-20	Coimbra	396
56.	SANTOS Goncalo Carvalho	05	ALN	1:05.46	25m	20-12-20	Coimbra	396
56.	ASCENSO Afonso Manuel	05	DNMG	1:05.46	25m	23-05-21	Alcobaça	396
58.	CARNEIRO Henrique Rocha	05	CAP	1:05.67	25m	07-12-19	Mealhada	392
59.	MACHADO Diogo Pimentel	05	CAFBDP	1:05.70	25m	12-06-21	Ponta Delgada	391
60.	CORREIA Eduardo Alexandre	05	CAP	1:05.80	25m	10-06-21	Vila Real	390
61.	GONCALVES Diogo Antunes	05	CNG	1:06.32	25m	29-02-20	Coruche	381
62.	CASTRO Guilherme Coutinho	05	GDNFAMA	1:06.54	25m	22-11-19	Felgueiras	377
63.	FRANCISCO Tiago Serradas	05	DNMG	1:06.62	25m	23-05-21	Alcobaça	375
64.	CARDOSO Guilherme Maia	05	SCC	1:06.97	25m	18-10-20	Coimbra	370
65.	OLIVEIRA Simao Lopes	05	CNS	1:07.02	25m	07-12-19	Sines	369
66.	LEITAO Andre Freitas	05	CNF	1:07.08	25m	06-03-20	Funchal	368
67.	FRANCISCO Tomas Jose	05	CNMC	1:07.23	25m	20-12-20	Coimbra	365
68.	PAIVA Ruben Ferreira	05	ADS	1:07.26	25m	02-05-21	Gafanha da Nazaré	365
69.	ROSARIO Alexandre Rocha	05	LDC	1:07.39	25m	15-05-21	Lagos	363
70.	NUNES Carlos Daniel	05	CNSM	1:07.44	25m	20-10-19	Torres Novas	362
71.	PINHEIRO Joao Seixedo	05	CNS	1:07.53	25m	01-11-19	Setúbal	360
72.	DIAS Pedro Anselmo	05	AVFC	1:07.66	25m	02-05-21	Gafanha da Nazaré	358
73.	TEIXEIRA Tomas Borges	05	NSIT	1:07.87	25m	09-04-21	Praia da Vitória	355
74.	BENTO Carlos Eduardo	05	CNMC	1:07.97	25m	02-02-20	Coimbra	353
75.	LAFUENTE Miguel Teixeira	05	FCP	1:08.02	25m	09-05-21	Pacos de Ferreira	353
76.	RICARDO Joao Daniel	05	CNBE	1:08.04	25m	07-11-20	Lagos	352
77.	ANTUNES Pedro Engracia	05	CLIP	1:08.17	25m	19-01-20	Entroncamento	350
78.	TEIXEIRA Antonio Migueis	05	GCVR	1:08.42	25m	08-03-20	Mirandela	347
79.	FONSECA Goncalo Monteiro	05	CMNPR	1:08.54	25m	08-05-21	Peso da Régua	345
80.	INACIO Hugo Miguel	05	CNBE	1:08.63	25m	15-05-21	Lagos	343
81.	FERNANDES Miguel Alves	05	VNC	1:08.76	25m	18-01-20	Barcelos	341
82.	SILVEIRA Tomas Portugal	05	CNAL	1:08.78	25m	15-05-21	Condeixa-a-Nova	341
83.	FALCAO Manuel Maria	05	AMINATA	1:08.94	25m	01-02-20	Ponte de Sor	339
84.	SILVA Vasco Antela	05	SCP	1:09.05	25m	22-11-19	Algés	337
85.	PIRES Jose Pedro	05	LDC	1:09.14	25m	20-10-19	Quarteira	336
86.	MAGALHAES Andre Lima	05	FCP	1:09.72	25m	22-11-19	Felgueiras	327
87.	FELIX Dylan Marques	05	PIMP	1:09.89	25m	11-01-20	Nazaré	325
88.	RIBEIRO Pedro Pinheiro	05	PIMP	1:10.13	25m	17-10-20	Caldas da Rainha	322
89.	MOREIRA Lucas Filipe	05	ADBA	1:10.20	25m	20-10-19	Óbidos	321
90.	GABOLEIRO Ricardo Filipe	05	CNRM	1:10.24	25m	22-02-20	Abrantes	320
91.	LOPES Andre Prates	05	EFC	1:10.39	25m	07-03-20	Ponte de Sor	318
92.	GONCALVES Ruben Miguel	05	LDC	1:10.46	25m	07-11-20	Lagos	317
93.	GLAVATSKYY Antonio	05	AAC	1:10.51	25m	20-12-20	Coimbra	317
94.	BILRO Simao Valadas	05	AMINATA	1:10.58	25m	20-10-19	Évora	316
95.	PEREIRA Paulo Tomas	05	NBM	1:10.61	25m	22-11-20	Vagos	315
96.	ANDRADE Guilherme Nunes	05	CNPO	1:11.16	25m	07-03-20	Braga	308
97.	BUNKOVSKIS Rihards	05	CDEAP	1:11.18	25m	14-05-21	Ponta Delgada	308
98.	MORGADO Vasco Alves	05	SAD	1:11.19	25m	02-11-19	Lagoa	308
99.	ALVES Andre Camara	05	CDN	1:11.20	25m	08-08-20	Funchal	307
100.	LEAO Joao Goncalo	05	CAP	1:11.56	25m	22-11-19	Felgueiras	303

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1.	GOUVEIA Luis Galvao	05	CDN	2:07.43	25m	08-05-21	Funchal	612
2.	SARREIRA Tomas Amor	05	DNMG	2:11.33	25m	10-04-21	Praia da Vitória	559
3.	FERRAO Gabriel Carvalho	05	CDCP	2:12.45	25m	12-12-20	Leiria	545
4.	CABRAL Jose Pinto	05	VS	2:14.25	25m	29-02-20	Coruche	524
5.	GONCALVES Jose Luis	05	ADF	2:16.26	25m	12-12-20	Mealhada	501
6.	DIAS Andre Vicente	05	CDN	2:16.50	25m	14-05-21	Funchal	498
7.	PINTO Tiago Rodrigues	05	SCP	2:17.68	25m	12-12-20	Leiria	485
8.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	2:18.46	25m	10-04-21	Felgueiras	477
9.	ALMEIDA Miguel Cordeiro	05	SAD	2:18.71	25m	02-05-21	Lisboa	475
10.	LOPES Afonso Teixeira	05	FOCA	2:18.76	25m	10-04-21	Felgueiras	474
11.	PEREIRA Manuel Angelo	05	SCP	2:18.90	25m	12-12-20	Leiria	473
12.	MAGALHAES Andre Lima	05	FCP	2:18.99	25m	08-05-21	Pacos de Ferreira	472
13.	GUTUTUI Francisc	05	SAD	2:19.28	25m	09-05-21	Alcobaça	469
14.	ROCHA Jose Miguel	05	SCC	2:19.75	25m	12-12-20	Mealhada	464
15.	PERLOIRO Salvador Goya	05	POR	2:19.79	25m	10-11-19	Albufeira	464
16.	BARTOLO Tiago Silva	05	SAD	2:20.19	25m	09-05-21	Alcobaça	460
17.	OLIVEIRA Simao Lopes	05	CNS	2:21.66	25m	12-12-20	Leiria	446
18.	PINTO Rodrigo Barroso	05	FCP	2:21.71	25m	23-11-19	Felgueiras	445
19.	MORGADO Vasco Alves	05	SAD	2:21.81	25m	12-12-20	Leiria	444
20.	OLIVEIRA Jose Francisco	05	ADBA	2:21.82	25m	10-04-21	Felgueiras	444
21.	AMADO Afonso Miguel	05	CNMC	2:22.09	25m	01-02-20	Coimbra	442
22.	ROSA Simao Dinis	05	CNTN	2:22.42	25m	24-11-19	Tomar	438
22.	SILVA Afonso Carvalho	05	GDNFAMA	2:22.42	25m	08-12-19	Mealhada	438
24.	MENDES Diogo Alexandre	05	CNVA	2:22.57	25m	13-06-21	Viseu	437
25.	CARNEIRO Henrique Rocha	05	CAP	2:22.68	25m	08-12-19	Mealhada	436
26.	SOUSA Joao Maria	05	SCB	2:22.80	25m	18-01-20	Barcelos	435
27.	PINHO Celso Rodrigues	05	SCE	2:23.50	25m	12-12-20	Mealhada	429
28.	VASCONCELOS Francisco Lourenco	05	GESL	2:23.64	25m	16-02-20	Sto Antonio dos Cavaleiros	427
29.	OLIVEIRA Diogo Alexandre	05	POR	2:23.76	25m	10-11-19	Albufeira	426
30.	RODRIGUES Joao Luis	05	CNF	2:24.08	25m	25-07-20	Funchal	423
31.	CARVALHO Joao Carlos	05	SCB	2:24.63	25m	08-03-20	Braga	419
32.	GABOLEIRO Guilherme Filipe	05	CNRM	2:25.47	25m	07-03-20	Santarém	411
33.	RIBEIRO Pedro Pinheiro	05	PIMP	2:26.86	25m	13-06-21	Nazaré	400
34.	PESSOA Rafael Pereira	05	NBM	2:27.03	25m	13-06-21	Viseu	398
35.	SOUSA Afonso Medeiros	05	CAFBDP	2:27.31	25m	12-12-20	Praia da Vitória	396
36.	GUERRA Joao Carlos	05	FCP	2:27.33	25m	10-04-21	Felgueiras	396
37.	SANTOS Goncalo Carvalho	05	ALN	2:27.65	25m	20-12-20	Coimbra	393
38.	CARVALHO Goncalo Duarte	05	SLB	2:28.31	25m	25-01-20	Alcobaça	388
39.	ANSELMO Raul Sousa	05	CAFBDP	2:28.50	25m	13-03-21	Ponta Delgada	387
40.	TEIXEIRA Tomas Borges	05	NSIT	2:28.54	25m	15-02-20	Praia da Vitória	386
41.	FARDILHA Joao Cruz	05	CGA	2:28.57	25m	12-12-20	Mealhada	386
42.	PEREIRA Tomas Coelho	05	ADP	2:28.89	25m	12-10-19	Pacos de Ferreira	384
43.	ALMEIDA Joao Neves	05	FBSC	2:28.90	25m	19-06-21	Coimbra	384
44.	PINHEIRO Joao Seixedo	05	CNS	2:30.39	25m	18-01-20	Pinhal Novo	372
45.	SILVA Tomas Caineta	05	CDE	2:30.51	25m	13-06-21	Viseu	371
46.	GABOLEIRO Ricardo Filipe	05	CNRM	2:30.84	25m	07-03-20	Santarém	369
47.	GONCALVES Diogo Antunes	05	CNG	2:31.19	25m	07-03-20	Ponte de Sor	366
48.	NUNES Jose Pedro	05	GCVR	2:31.82	25m	07-03-20	Mirandela	362
49.	PIRES Jose Pedro	05	LDC	2:31.85	25m	10-11-19	Albufeira	362
50.	SANTOS Tomas Carvalho	05	ALN	2:31.97	25m	01-11-19	Condeixa	361
51.	FERREIRA Abel Renato	05	CSAAXXI	2:32.22	25m	09-05-21	Castro D'Aire	359
52.	ASCENSO Afonso Manuel	05	DNMG	2:32.47	25m	24-11-19	Caldas da Rainha	357
53.	VIEIRA Eduardo Gabriel	05	NBM	2:32.48	25m	13-10-19	Mealhada	357

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54.	CARDOSO Guilherme Maia	05	SCC	2:33.37	25m	23-11-19	Coimbra	351
55.	SILVA Guilherme Gomes	05	AEJ	2:33.42	25m	16-11-19	Viseu	351
56.	BENTO Carlos Eduardo	05	CNMC	2:33.65	25m	01-11-19	Condeixa	349
57.	FALCAO Manuel Maria	05	AMINATA	2:33.66	25m	20-10-19	Évora	349
58.	REMELHE Joao Anibal	05	AMAMB	2:34.14	25m	08-03-20	Braga	346
59.	RABECA Ivan Manuel	05	EDV	2:34.52	25m	18-01-20	Barcelos	343
60.	FRANCISCO Tiago Serradas	05	DNMG	2:34.65	25m	24-11-19	Caldas da Rainha	342
61.	PAIVA Ruben Ferreira	05	ADS	2:34.86	25m	01-02-20	Viseu	341
62.	LEAO Joao Goncalo	05	CAP	2:35.75	25m	23-11-19	Felgueiras	335
63.	SILVEIRA Tomas Portugal	05	CNAL	2:36.14	25m	15-05-21	Condeixa-a-Nova	333
64.	NETO Vasco Goncalves	05	FCP	2:36.33	25m	23-11-19	Felgueiras	331
65.	SILVA Vasco Antela	05	SCP	2:37.67	25m	18-01-20	Pinhal Novo	323
66.	BONANCA Artur Osorio	05	CNFA	2:38.14	25m	30-11-19	Sines	320
67.	FIGUEIRA Samuel Baptista	05	CNMC	2:38.49	25m	01-02-20	Coimbra	318
68.	OLIVEIRA Manuel Pires	05	PDEM	2:38.72	25m	18-01-20	Pinhal Novo	317
69.	ALBUQUERQUE Afonso Costa	05	CFB	2:38.80	25m	12-12-20	Leiria	316
70.	GRACIOSO Goncalo Pereira	05	AONDA	2:39.81	25m	22-11-19	Algés	310
71.	BENTO Joao Silva	05	CDEAP	2:40.40	25m	08-05-21	Horta	307
72.	RICARDO Joao Daniel	05	CNBE	2:41.69	25m	26-10-19	Lagos	299
73.	ALEKSYEYEV Artur Paulo	05	VS	2:44.50	25m	24-11-19	Tomar	284
74.	JORGE Jose Pedro	05	CNVA	2:46.06	25m	16-11-19	Viseu	276
75.	GONCALVES Alexandre Ramo	05	CCLAMAS	2:46.16	25m	12-10-19	Pacos de Ferreira	276
76.	FELIX Dylan Marques	05	PIMP	2:47.96	25m	24-11-19	Caldas da Rainha	267
77.	MACHADO Tiago Minghelli	05	PORTIN	2:48.02	25m	14-12-19	Portimão	267
78.	LAFUENTE Miguel Teixeira	05	FCP	2:48.48	25m	12-10-19	Pacos de Ferreira	265
79.	DIAS Diogo Simoes	05	ALN	2:49.84	25m	01-02-20	Coimbra	258
80.	ROSETE Diogo Miguel	05	DNMG	2:50.12	25m	24-11-19	Caldas da Rainha	257
81.	SOUSA Afonso Coelho	05	NSIT	2:51.21	25m	08-05-21	Praia da Vitória	252
82.	RODRIGUES Joao Ferreira	05	GESL	2:53.95	25m	18-01-20	Pinhal Novo	240
83.	SILVA Goncalo Manuel	05	FCP	2:55.09	25m	12-10-19	Pacos de Ferreira	236
84.	ANDRADE Guilherme Nunes	05	CNPO	2:55.42	25m	12-10-19	Pacos de Ferreira	234
85.	GERALDO Tomas Cardoso	05	CAQC	2:58.58	25m	23-02-20	Pombal	222
86.	LADYKA Antonio Iuri	05	CNAL	2:59.07	25m	24-11-19	Caldas da Rainha	220
87.	MARQUES Renato Gomes	05	DNMG	3:04.28	25m	24-11-19	Caldas da Rainha	202
88.	MARTINS Antonio Pedro	05	CPFZ	3:07.12	25m	09-05-21	Alcobaça	193
89.	OLIVEIRA Tiago Batista	05	CNFA	3:08.46	25m	14-12-19	Portimão	189
90.	BARBEITO Vasco Espinola	05	NSIT	3:08.97	25m	17-10-20	Praia da Vitória	187
91.	PERDIGAO Lourenco Matos	05	CNN	3:09.56	25m	18-01-20	Pinhal Novo	186
92.	PEREIRA Henrique Silva	05	CNPDL	3:10.12	25m	26-10-19	Ponta Delgada	184
93.	LOURENCO Diogo Filipe	05	CCDSERTA	3:25.32	25m	12-10-19	Portalegre	146

100 Estilos

1.	OLIVEIRA Miguel Fernandes	05	DNMG	1:02.21	25m	17-10-20	Caldas da Rainha	527
2.	SILVA Diogo Miguel	05	CGA	1:02.39	25m	02-05-21	Gafanha da Nazaré	522
3.	ROSA Simao Dinis	05	CNTN	1:02.88	25m	15-02-20	Torres Novas	510
4.	RODRIGUES Joao Luis	05	CNF	1:03.09	25m	08-05-21	Funchal	505
5.	GOUVEIA Afonso Martim	05	FCF	1:04.72	25m	08-11-20	Lagos	468
6.	CABRAL Jose Pinto	05	VS	1:04.75	25m	23-11-19	Tomar	467
7.	SILVA Afonso Carvalho	05	GDNFAMA	1:05.24	25m	22-11-19	Felgueiras	457
8.	CEPELEAGA Marin	05	PORTIN	1:05.74	25m	11-01-20	Quarteira	446
9.	SILVA Guilherme Gomes	05	AEJ	1:06.13	25m	02-05-21	Gafanha da Nazaré	439
10.	OLIVEIRA Diogo Alexandre	05	CNF	1:06.74	25m	12-10-19	Funchal	427

100 Estilos (desde 11)

11.	RODRIGUES Miguel Goncalves	05	GCNF	1:06.96	25m	10-04-21	Felgueiras	422
12.	FARDILHA Joao Cruz	05	CGA	1:07.26	25m	02-05-21	Gafanha da Nazaré	417
13.	ROSARIO Alexandre Rocha	05	LDC	1:07.37	25m	08-11-20	Lagos	415
14.	BUNKOVSKIS Rihards	05	CDEAP	1:07.58	25m	05-06-21	Sines	411
15.	BONANCA Artur Osorio	05	GCNF	1:07.62	25m	10-04-21	Felgueiras	410
16.	ROCHA Jose Miguel	05	SCC	1:07.65	25m	02-05-21	Gafanha da Nazaré	410
17.	DURO Tomas Ferreira	05	ADRCIMM	1:07.96	25m	17-11-19	Cova da Piedade	404
18.	AMADO Afonso Miguel	05	CNMC	1:08.28	25m	01-02-20	Coimbra	398
19.	FIGUEIRA Samuel Baptista	05	AAC	1:08.35	25m	19-06-21	Coimbra	397
20.	PAIVA Ruben Ferreira	05	ADS	1:08.40	25m	13-06-21	Viseu	396
21.	ROCHA Rodrigo Manuel	05	SCE	1:08.45	25m	02-05-21	Gafanha da Nazaré	395
22.	PINHO Celso Rodrigues	05	SCE	1:08.65	25m	18-01-20	Mealhada	392
23.	ALEKSYEYEV Artur Paulo	05	VS	1:08.75	25m	23-11-19	Tomar	390
24.	MAGALHAES Andre Lima	05	FCP	1:08.76	25m	08-11-20	Leiria	390
25.	GONCALVES Diogo Antunes	05	CNG	1:08.79	25m	08-05-21	Guarda	390
26.	SILVA Tomas Caineta	05	CDE	1:08.98	25m	02-05-21	Gafanha da Nazaré	386
27.	GABOLEIRO Guilherme Filipe	05	CNRM	1:09.12	25m	24-10-20	Tomar	384
28.	FERNANDES Miguel Alves	05	VNC	1:09.24	25m	16-11-19	Vila Praia de Âncora	382
29.	RIBEIRO Pedro Pinheiro	05	PIMP	1:09.25	25m	17-10-20	Caldas da Rainha	382
30.	RODRIGUES Pedro Afonso	05	FCF	1:09.34	25m	18-10-20	Lagos	380
31.	REMELHE Joao Anibal	05	AMAMB	1:09.48	25m	02-11-19	Barcelos	378
31.	CORDEIRO Tomas Almeida	05	SAD	1:09.48	25m	15-02-20	Torres Novas	378
33.	AMARAL Francisco Xavier	05	NBM	1:09.54	25m	08-11-20	Gafanha da Encarnação	377
34.	GLAVATSKYY Antonio	05	AAC	1:09.67	25m	19-06-21	Coimbra	375
35.	GABOLEIRO Ricardo Filipe	05	CNRM	1:09.70	25m	24-10-20	Tomar	374
36.	BENTO Carlos Eduardo	05	CNMC	1:09.91	25m	01-02-20	Coimbra	371
37.	PESSOA Rafael Pereira	05	NBM	1:09.93	25m	10-04-21	Felgueiras	371
38.	AMORIM Samuel Filipe	05	DNMG	1:10.03	25m	17-10-20	Caldas da Rainha	369
39.	SILVA Tony Stefano	05	CNF	1:10.31	25m	21-12-19	Funchal	365
40.	RICARDO Joao Daniel	05	CNBE	1:10.33	25m	18-10-20	Lagos	364
41.	GUERRA Joao Carlos	05	FCP	1:10.47	25m	08-11-20	Leiria	362
42.	SOUSA Afonso Coelho	05	NSIT	1:10.69	25m	16-11-19	Angra do Heroísmo	359
43.	FELIX Dylan Marques	05	PIMP	1:10.96	25m	20-10-19	Óbidos	355
44.	INACIO Hugo Miguel	05	CNBE	1:11.22	25m	18-10-20	Lagos	351
45.	CAEIRO Miguel Cano	05	CNBE	1:11.37	25m	18-10-20	Lagos	349
46.	PIRES Joao Antonio	05	CNTN	1:11.80	25m	23-11-19	Tomar	343
46.	RODRIGUES David Manuel	05	SCA	1:11.80	25m	02-05-21	Gafanha da Nazaré	343
48.	SILVA Tiago Holbeche	05	AMINATA	1:12.11	25m	05-06-21	Sines	338
49.	VOLOZHENIN Alexandre	05	CNF	1:12.22	25m	12-10-19	Funchal	337
50.	CARDOSO Guilherme Maia	05	SCC	1:12.97	25m	19-10-19	Condeixa	326
51.	RODRIGUES Rodrigo Fernando	05	VSC	1:13.19	25m	22-02-20	Guimaraes	323
52.	VIEIRA Diogo Ferreira	05	CDF	1:13.31	25m	02-05-21	Gafanha da Nazaré	322
53.	FERREIRA Abel Renato	05	CSAAXXI	1:13.40	25m	08-11-20	Gafanha da Encarnação	321
54.	GONCALVES Ruben Miguel	05	LDC	1:13.58	25m	08-11-20	Lagos	318
55.	CARVALHO Diogo Rodrigues	05	GRVM	1:13.63	25m	19-06-21	Coimbra	318
56.	SANTOS Miguel Ferreira	05	AVFC	1:13.76	25m	13-06-21	Viseu	316
57.	TEIXEIRA Tomas Borges	05	NSIT	1:13.89	25m	16-11-19	Angra do Heroísmo	314
58.	SILVA Nuno Gabriel	05	CDCA	1:14.05	25m	02-05-21	Gafanha da Nazaré	312
59.	CARRAPICO Jose Silveirinha	05	SCCM	1:14.69	25m	17-11-19	Castelo Branco	304
60.	GONCALVES Andre Marques	05	CNBE	1:14.75	25m	23-11-19	Lagos	303
61.	KUNYK Vitor	05	LAGAC	1:14.97	25m	08-11-20	Lagos	301
62.	SOUSA Lourenco Quintas	05	CNF	1:15.12	25m	12-10-19	Funchal	299
63.	MOREIRA Miguel Goncalves	05	CNG	1:15.37	25m	08-05-21	Guarda	296

100 Estilos (desde 64)

64.	GONCALVES Pedro Marques	05	CNBE	1:15.44	25m	18-10-20	Lagos	295
65.	CAIXINHA Miguel Vaz	05	CNBE	1:15.46	25m	18-10-20	Lagos	295
66.	SILVA Goncalo Miranda	05	AMAMB	1:15.63	25m	02-11-19	Barcelos	293
66.	OLIVEIRA Tiago Batista	05	GCNF	1:15.63	25m	08-11-20	Lagos	293
68.	BARBEITO Vasco Espinola	05	NSIT	1:15.66	25m	21-11-20	Angra do Heroismo	293
69.	ROSETE Diogo Miguel	05	DNMG	1:15.73	25m	08-11-20	Leiria	292
70.	ALMEIDA Joao Neves	05	FBSC	1:15.91	25m	19-10-19	Condeixa	290
71.	SANTOS Pedro Miguel	05	CMNPR	1:16.04	25m	24-11-19	Bragança	288
72.	PARREIRAS Diogo Miguel	05	CNP	1:16.24	25m	26-01-20	Campo Maior	286
73.	SILVA Dinis Raimundo	05	AAC	1:16.71	25m	01-02-20	Coimbra	281
74.	RIBEIRO Andre Manuel	05	CNFA	1:17.46	25m	11-01-20	Quarteira	273
75.	DUARTE Pedro Ferreira	05	NBM	1:17.54	25m	02-05-21	Gafanha da Nazaré	272
76.	FRANCISCO Tomas Jose	05	CNMC	1:17.63	25m	19-10-19	Condeixa	271
77.	LEAO Joao Goncalo	05	CAP	1:17.65	25m	22-11-19	Felgueiras	271
78.	PINTO Andre Miguel	05	CNLA	1:17.67	25m	19-01-20	Montemor-o-Novo	270
79.	PEREIRA Paulo Tomas	05	NBM	1:17.82	25m	19-10-19	Condeixa	269
80.	MACHADO Tiago Minghelli	05	PORTIN	1:17.96	25m	03-11-19	Lagoa	267
81.	CHAVECA Guilherme Salvador	05	PORTIN	1:18.33	25m	08-11-20	Lagos	264
82.	HORTA Bruno Goncalves	05	CNGUA	1:18.90	25m	11-01-20	Quarteira	258
83.	LOURENCO Diogo Filipe	05	CCDSERTA	1:19.00	25m	24-10-20	Sertã	257
84.	SANTOS Alberto Ferreira	05	SCB	1:19.12	25m	02-11-19	Barcelos	256
85.	ALMEIDA Dinis Santos	05	FS	1:19.26	25m	26-01-20	Campo Maior	254
86.	LIBERAL Afonso Bicas	05	CSAAXXI	1:19.57	25m	08-11-20	Gafanha da Encarnação	252
87.	RODRIGUEZ David Nieves	05	CNGUA	1:19.86	25m	11-01-20	Quarteira	249
88.	MIRA Simao Matos	05	FS	1:20.46	25m	26-01-20	Campo Maior	243
89.	ROQUE Afonso Martinho	05	CNTN	1:20.61	25m	23-11-19	Tomar	242
90.	PINTO Filipe Carmo	05	FCF	1:21.22	25m	11-01-20	Quarteira	236
91.	NUNES Vasco Duarte	05	CNCA	1:21.45	25m	23-11-19	Tomar	234
92.	JACINTO Leandro Costa	05	LDC	1:21.58	25m	08-11-20	Lagos	233
93.	MENDES Tome Santiago	05	GRVM	1:22.01	25m	19-10-19	Condeixa	230
94.	OLIVEIRA Leonardo Manuel	05	ACS	1:22.75	25m	08-11-20	Lagos	224
95.	GUERREIRO Miguel Alexandre	05	CRIRA	1:22.79	25m	19-01-20	Montemor-o-Novo	223
96.	MARQUES Renato Gomes	05	DNMG	1:23.37	25m	17-10-20	Caldas da Rainha	219
97.	MENDES Duarte Costa	05	CDF	1:23.46	25m	02-05-21	Gafanha da Nazaré	218
98.	ALVES Luis Fernandez	05	CDN	1:24.35	25m	12-10-19	Funchal	211
99.	ALVES Pedro Afonso	05	CRIRA	1:25.82	25m	19-01-20	Montemor-o-Novo	200
100.	DIAS Manuel Jose	05	CNFU	1:27.84	25m	24-10-20	Sertã	187

200 Estilos

1.	SILVA Afonso Carvalho	05	GDNFAMA	2:12.17	25m	12-12-20	Mealhada	570
2.	OLIVEIRA Miguel Fernandes	05	DNMG	2:12.45	25m	12-12-20	Leiria	567
3.	HEINIO-WIDELL Nick	05	SAD	2:14.56	25m	09-05-21	Alcobaça	540
4.	ALMEIDA Miguel Cordeiro	05	SAD	2:14.87	25m	09-05-21	Alcobaça	537
5.	SOUSA Joao Maria	05	SCB	2:15.69	25m	25-10-20	Braga	527
6.	CARVALHO Goncalo Duarte	05	SLB	2:15.94	25m	12-12-20	Leiria	524
7.	GOUVEIA Luis Galvao	05	CDN	2:16.14	25m	08-05-21	Funchal	522
8.	FERNANDES Miguel Alves	05	VNC	2:16.28	25m	12-12-20	Mealhada	520
9.	OLIVEIRA Diogo Alexandre	05	CNF	2:16.34	25m	08-05-21	Funchal	519
10.	MARQUES Andre Henriques	05	SLB	2:16.49	25m	12-12-20	Leiria	518
11.	ANSELMO Raul Sousa	05	CAFBDP	2:17.35	25m	12-06-21	Ponta Delgada	508
12.	NUNES Carlos Daniel	05	CNSM	2:17.51	25m	12-12-20	Leiria	506
13.	RIBEIRO Filipe Silva	05	LSC	2:17.68	25m	08-05-21	Pacos de Ferreira	504

200 Estilos (desde 14)

14.	CEPELEAGA Marin	05	PORTIN	2:18.13	25m	07-11-20	Lagos	499
15.	AMADO Pedro Maria	05	SAD	2:18.24	25m	12-12-20	Leiria	498
16.	CORDEIRO Tomas Almeida	05	SAD	2:18.40	25m	02-05-21	Lisboa	497
16.	PINHO Celso Rodrigues	05	SCE	2:18.40	25m	13-06-21	Viseu	497
18.	REMELHE Joao Anibal	05	SCB	2:18.49	25m	11-04-21	Felgueiras	496
19.	RIBEIRO Vasco Almeida	05	CCLAMAS	2:18.68	25m	01-05-21	Gafanha da Nazaré	494
20.	VASCONCELOS Francisco Lourenco	05	GESL	2:18.78	25m	09-05-21	Sto António Cavaleiros	492
21.	CABRAL Jose Pinto	05	VS	2:19.03	25m	01-02-20	Ponte de Sor	490
22.	OLIVEIRA Simao Lopes	05	CNS	2:19.20	25m	07-11-20	Guarda	488
23.	ROSA Simao Dinis	05	CNTN	2:19.37	25m	08-12-19	Sines	486
24.	SILVA Diogo Miguel	05	CGA	2:19.40	25m	17-11-19	Viseu	486
25.	CORTES Martim Silva	05	AONDA	2:19.70	25m	08-12-19	Sines	483
26.	PERLOIRO Salvador Goya	05	POR	2:19.95	25m	09-11-19	Albufeira	480
27.	ROCHA Goncalo Queiroga	05	SCB	2:20.08	25m	12-12-20	Mealhada	479
27.	GONCALVES Jose Luis	05	ADF	2:20.08	25m	08-05-21	Pacos de Ferreira	479
29.	RODRIGUES Joao Luis	05	CNF	2:20.09	25m	08-05-21	Funchal	479
30.	ALVAREZ Pedro Mahua	05	SCP	2:20.23	25m	12-12-20	Leiria	477
31.	MORGADO Vasco Alves	05	SAD	2:20.34	25m	09-05-21	Alcobaça	476
32.	MOUTELA Dinis Amorim	05	CDE	2:20.43	25m	01-05-21	Gafanha da Nazaré	475
33.	SA Jose Manuel	05	SCP	2:20.62	25m	15-05-21	Condeixa-a-Nova	473
34.	LAFUENTE Miguel Teixeira	05	FCP	2:20.75	25m	11-04-21	Felgueiras	472
35.	GOUVEIA Afonso Martim	05	FCF	2:21.01	25m	07-11-20	Lagos	469
36.	PEREIRA Tomas Coelho	05	ADP	2:21.31	25m	22-02-20	Mirandela	466
37.	DIAS Andre Vicente	05	CDN	2:21.51	25m	08-12-19	Sines	464
38.	PAIVA Ruben Ferreira	05	ADS	2:21.53	25m	13-06-21	Viseu	464
39.	MOREIRA Lucas Filipe	05	ADBA	2:21.60	25m	15-02-20	Torres Novas	464
40.	FERRAO Gabriel Carvalho	05	CDCP	2:21.67	25m	19-01-20	Pinhal Novo	463
41.	SARREIRA Tomas Amor	05	DNMG	2:21.89	25m	20-10-19	Óbidos	461
42.	SANTOS Tomas Carvalho	05	ALN	2:21.93	25m	20-12-20	Coimbra	460
43.	PINTO Rodrigo Barroso	05	FCP	2:22.21	25m	08-12-19	Mealhada	458
44.	FREITAS Filipe Simoes	05	SCP	2:22.29	25m	24-11-19	Algés	457
45.	ANACLETO Miguel Correia	05	POR	2:22.37	25m	09-11-19	Albufeira	456
46.	CARVALHO Joao Carlos	05	SCB	2:22.41	25m	24-11-19	Braga	456
47.	ASCENSO Afonso Manuel	05	DNMG	2:22.65	25m	13-06-21	Nazaré	453
48.	OLIVEIRA Jose Francisco	05	ADBA	2:23.19	25m	01-05-21	Gafanha da Nazaré	448
49.	ROSARIO Alexandre Rocha	05	LDC	2:23.22	25m	24-10-20	Olhão	448
50.	RODRIGUES David Manuel	05	SCA	2:23.40	25m	13-06-21	Viseu	446
51.	MACHADO Diogo Pimentel	05	CAFBDP	2:23.49	25m	11-04-21	Praia da Vitória	445
52.	DIAS Pedro Anselmo	05	AVFC	2:23.56	25m	13-06-21	Viseu	445
53.	SILVA Guilherme Gomes	05	AEJ	2:23.58	25m	07-11-20	Gafanha da Encarnação	445
54.	FIGUEIRA Samuel Baptista	05	AAC	2:23.79	25m	12-12-20	Mealhada	443
55.	SOUSA Afonso Coelho	05	NSIT	2:23.83	25m	18-01-20	Angra do Heroísmo	442
56.	SILVA Tomas Caineta	05	CDE	2:23.86	25m	12-12-20	Mealhada	442
57.	RODRIGUES Miguel Goncalves	05	GCNF	2:24.25	25m	15-05-21	Lagos	438
58.	MONTEIRO Jose Alves	05	CFB	2:24.32	25m	09-05-21	Alcobaça	438
59.	PINHEIRO Joao Seixedo	05	CNS	2:24.45	25m	19-01-20	Pinhal Novo	437
60.	COSTA Afonso Lucio	05	SCP	2:24.54	25m	08-12-19	Sines	436
61.	FARDILHA Joao Cruz	05	CGA	2:24.60	25m	01-05-21	Gafanha da Nazaré	435
62.	MIMOSO Rodrigo Ferreira	05	SAD	2:24.61	25m	09-05-21	Alcobaça	435
63.	SILVA Goncalo Manuel	05	FCP	2:25.05	25m	08-05-21	Pacos de Ferreira	431
64.	PEREIRA Manuel Angelo	05	SCP	2:25.16	25m	24-11-19	Algés	430
65.	CAPRICO Diogo Botelho	05	SCP	2:25.26	25m	08-12-19	Sines	429
66.	AMADO Afonso Miguel	05	CNMC	2:25.72	25m	23-11-19	Coimbra	425

200 Estilos (desde 67)

67.	GUTUTUI Francisc	05	SAD	2:25.77	25m	08-12-19	Sines	425
67.	MAGALHAES Andre Lima	05	FCP	2:25.77	25m	12-12-20	Mealhada	425
69.	LOPES Andre Prates	05	EFC	2:26.02	25m	08-03-20	Ponte de Sor	423
70.	CARNEIRO Henrique Rocha	05	CAP	2:26.09	25m	12-12-20	Mealhada	422
71.	RABECA Ivan Manuel	05	EDV	2:26.12	25m	09-05-21	Ponte da Barca	422
72.	BILRO Simao Valadas	05	AMINATA	2:26.30	25m	08-12-19	Sines	420
73.	FRANCISCO Tiago Serradas	05	DNMG	2:26.39	25m	07-11-20	Leiria	420
74.	FERREIRA Abel Renato	05	CSAAXXI	2:26.61	25m	13-03-21	Aveiro	418
75.	FRANCISCO Tomas Jose	05	CNMC	2:26.88	25m	20-12-20	Coimbra	415
76.	CASTRO Guilherme Coutinho	05	GDNFAMA	2:27.02	25m	08-12-19	Mealhada	414
77.	SANTOS Goncalo Carvalho	05	ALN	2:27.09	25m	20-12-20	Coimbra	414
78.	BONANCA Artur Osorio	05	GCNF	2:27.19	25m	24-10-20	Olhão	413
79.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	2:27.30	25m	23-11-19	Felgueiras	412
80.	PIRES Joao Antonio	05	CNTN	2:27.33	25m	08-03-20	Santarém	412
81.	RICARDO Joao Daniel	05	CNBE	2:27.49	25m	15-05-21	Lagos	410
82.	GONCALVES Diogo Antunes	05	CNG	2:27.74	25m	01-02-20	Ponte de Sor	408
83.	PIRES Andre Branco	05	AVFC	2:27.77	25m	01-05-21	Gafanha da Nazaré	408
84.	GABOLEIRO Guilherme Filipe	05	CNRM	2:27.85	25m	29-02-20	Coruche	407
85.	LEAL Antonio Marinho	05	CNH	2:27.86	25m	23-01-21	Horta	407
86.	FONSECA Goncalo Monteiro	05	CMNPR	2:28.20	25m	10-06-21	Vila Real	404
87.	GONCALVES Dinis Queiroz	05	SCB	2:28.34	25m	07-03-20	Braga	403
88.	BUNKOVSKIS Rihards	05	CDEAP	2:28.48	25m	15-05-21	Ponta Delgada	402
89.	FONSECA Afonso Valente	05	CFP	2:28.49	25m	08-05-21	Pacos de Ferreira	402
90.	GONCALVES Alexandre Ramo	05	CCLAMAS	2:28.56	25m	23-11-19	Felgueiras	401
91.	LEITAO Andre Freitas	05	CNF	2:28.73	25m	23-11-19	Funchal	400
92.	RIBEIRO Pedro Pinheiro	05	PIMP	2:28.81	25m	18-10-20	Caldas da Rainha	399
93.	ALEKSYEYEV Artur Paulo	05	VS	2:29.19	25m	08-03-20	Santarém	396
94.	AMORIM Samuel Filipe	05	DNMG	2:29.22	25m	07-11-20	Leiria	396
95.	VENTURA Diogo Miguel	05	FOCA	2:29.23	25m	06-03-21	Felgueiras	396
96.	FELIX Dylan Marques	05	PIMP	2:29.52	25m	23-11-19	Caldas da Rainha	394
97.	COSTA Rui Anjos	05	FCP	2:29.75	25m	08-05-21	Pacos de Ferreira	392
98.	ROCHA Jose Miguel	05	SCC	2:29.76	25m	01-11-19	Condeixa	392
99.	PINTO Tiago Rodrigues	05	SCP	2:29.87	25m	03-11-19	Lisboa	391
100.	NUNES Jose Pedro	05	GCVR	2:29.92	25m	24-11-19	Bragança	391

400 Estilos

1.	SARREIRA Tomas Amor	05	DNMG	4:39.96	25m	09-04-21	Praia da Vitória	590
2.	SILVA Afonso Carvalho	05	GDNFAMA	4:41.94	25m	10-04-21	Felgueiras	577
3.	OLIVEIRA Miguel Fernandes	05	DNMG	4:42.72	25m	09-05-21	Alcobaça	572
4.	SOUSA Joao Maria	05	SCB	4:44.37	25m	10-04-21	Felgueiras	562
5.	GOUVEIA Luis Galvao	05	CDN	4:45.23	25m	06-03-20	Funchal	557
6.	ANSELMO Raul Sousa	05	CAFBDP	4:45.97	25m	09-04-21	Praia da Vitória	553
7.	AMADO Pedro Maria	05	SAD	4:50.43	25m	13-12-20	Leiria	528
8.	PINTO Tiago Rodrigues	05	SCP	4:50.87	25m	13-12-20	Leiria	526
9.	REMELHE Joao Anibal	05	SCB	4:52.19	25m	08-05-21	Ponte da Barca	518
10.	PEREIRA Manuel Angelo	05	SCP	4:54.97	25m	13-12-20	Leiria	504
11.	GONCALVES Jose Luis	05	ADF	4:55.70	25m	06-12-19	Mealhada	500
12.	CARVALHO Goncalo Duarte	05	SLB	4:55.88	25m	06-12-19	Sines	499
13.	CABRAL Jose Pinto	05	VS	4:56.32	25m	17-11-19	Coruche	497
14.	FREITAS Filipe Simoes	05	SCP	4:56.58	25m	06-12-19	Sines	496
15.	CARVALHO Joao Carlos	05	SCB	4:56.65	25m	23-11-19	Braga	495
16.	PAIVA Ruben Ferreira	05	ADS	4:57.49	25m	02-05-21	Gafanha da Nazaré	491

400 Estilos (desde 17)

17.	ROCHA Goncalo Queiroga	05	SCB	4:57.77	25m	08-03-20	Braga	490
18.	SANTOS Tomas Carvalho	05	ALN	4:57.90	25m	19-12-20	Coimbra	489
19.	ANACLETO Miguel Correia	05	SCP	4:58.51	25m	24-11-19	Algés	486
20.	MORGADO Vasco Alves	05	SAD	4:58.62	25m	09-05-21	Alcobaça	486
21.	MARQUES Andre Henriques	05	SLB	4:59.23	25m	24-11-19	Algés	483
22.	MACHADO Diogo Pimentel	05	CAFBDP	5:00.35	25m	09-04-21	Praia da Vitória	477
23.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	5:01.07	25m	13-12-20	Mealhada	474
24.	MAGALHAES Andre Lima	05	FCP	5:01.12	25m	13-12-20	Mealhada	474
25.	MOREIRA Lucas Filipe	05	ADBA	5:01.21	25m	06-12-19	Sines	473
26.	LAFUENTE Miguel Teixeira	05	FCP	5:01.22	25m	08-11-20	Leiria	473
27.	CEPELEAGA Marin	05	PORTIN	5:01.56	25m	13-12-20	Leiria	472
28.	OLIVEIRA Diogo Alexandre	05	CNF	5:01.83	25m	17-11-19	Funchal	470
29.	PINTO Rodrigo Barroso	05	FCP	5:02.79	25m	24-11-19	Felgueiras	466
30.	MOUTELA Dinis Amorim	05	CDE	5:02.86	25m	02-05-21	Gafanha da Nazaré	466
31.	GUTUTUI Francisc	05	SAD	5:03.06	25m	06-12-19	Sines	465
32.	ROCHA Jose Miguel	05	SCC	5:03.71	25m	13-12-20	Mealhada	462
33.	FERNANDES Miguel Alves	05	VNC	5:03.77	25m	11-01-20	Aguas Santas	461
34.	SILVA Goncalo Manuel	05	FCP	5:03.86	25m	22-12-19	Porto	461
35.	PINHO Celso Rodrigues	05	SCE	5:03.90	25m	13-06-21	Viseu	461
36.	NUNES Carlos Daniel	05	CNSM	5:04.68	25m	17-11-19	Coruche	457
37.	PEREIRA Tomas Coelho	05	ADP	5:04.78	25m	22-12-19	Porto	457
38.	CAPRICHIO Diogo Botelho	05	SCP	5:04.98	25m	13-12-20	Leiria	456
39.	SILVA Tomas Caineta	05	CDE	5:05.12	25m	06-12-19	Mealhada	455
40.	CASTRO Guilherme Coutinho	05	GDNFAMA	5:05.30	25m	22-12-19	Porto	454
41.	RODRIGUES David Manuel	05	SCA	5:05.37	25m	13-06-21	Viseu	454
42.	DIAS Pedro Anselmo	05	AVFC	5:05.43	25m	13-06-21	Viseu	454
43.	RIBEIRO Vasco Almeida	05	CCLAMAS	5:05.49	25m	06-12-19	Mealhada	454
44.	COSTA Afonso Lucio	05	SCP	5:05.56	25m	06-12-19	Sines	453
45.	ALVAREZ Pedro Mahua	05	SCP	5:05.91	25m	24-11-19	Algés	452
45.	RIBEIRO Filipe Silva	05	LSC	5:05.91	25m	22-12-19	Porto	452
47.	OLIVEIRA Simao Lopes	05	CNS	5:06.09	25m	06-12-19	Sines	451
48.	NETO Vasco Goncalves	05	FCP	5:06.51	25m	13-12-20	Mealhada	449
49.	FERRAO Gabriel Carvalho	05	CDCP	5:06.87	25m	24-11-19	Algés	448
50.	AMADO Afonso Miguel	05	CNMC	5:07.02	25m	01-11-19	Condeixa	447
51.	SANTOS Goncalo Carvalho	05	ALN	5:07.14	25m	19-12-20	Coimbra	446
52.	FIGUEIRA Samuel Baptista	05	AAC	5:07.39	25m	19-12-20	Coimbra	445
53.	ALMEIDA Joao Neves	05	FBSC	5:07.49	25m	15-05-21	Condeixa-a-Nova	445
54.	PIRES Andre Branco	05	AVFC	5:07.76	25m	02-05-21	Gafanha da Nazaré	444
55.	ASCENSO Afonso Manuel	05	DNMG	5:07.80	25m	22-12-19	Pombal	443
56.	MONTEIRO Jose Alves	05	CFB	5:07.82	25m	15-05-21	Alcabideche	443
57.	GONCALVES Diogo Antunes	05	CNG	5:07.95	25m	06-03-20	Ponte de Sor	443
58.	MIMOSO Rodrigo Ferreira	05	SLB	5:08.17	25m	06-12-19	Sines	442
59.	CARDOSO Guilherme Maia	05	SCC	5:08.47	25m	02-05-21	Gafanha da Nazaré	441
60.	RODRIGUES Joao Luis	05	CNF	5:09.20	25m	17-11-19	Funchal	437
61.	FERREIRA Alexandre Sousa	05	GDNFAMA	5:09.48	25m	06-12-19	Mealhada	436
62.	VASCONCELOS Francisco Lourenco	05	GESL	5:10.19	25m	06-12-19	Sines	433
63.	SILVA Guilherme Gomes	05	AEJ	5:10.20	25m	06-12-19	Mealhada	433
64.	SILVA Diogo Miguel	05	CGA	5:10.38	25m	24-11-19	Gafanha da Nazaré	432
65.	CARNEIRO Henrique Rocha	05	CAP	5:10.76	25m	06-12-19	Mealhada	431
66.	ALMEIDA Miguel Cordeiro	05	SAD	5:11.02	25m	24-11-19	Algés	430
67.	GABOLEIRO Guilherme Filipe	05	CNRM	5:11.67	25m	07-03-20	Santarém	427
68.	RABECA Ivan Manuel	05	EDV	5:12.56	25m	08-05-21	Ponte da Barca	423
69.	PIRES Jose Pedro	05	LDC	5:12.88	25m	17-11-19	Silves	422

400 Estilos (desde 70)

70.	FRANCISCO Tiago Serradas	05	DNMG	5:13.34	25m	22-12-19	Pombal	420
71.	DIAS Andre Vicente	05	CDN	5:13.36	25m	17-11-19	Funchal	420
72.	GABOLEIRO Ricardo Filipe	05	CNRM	5:13.65	25m	07-03-20	Santarém	419
73.	ROSARIO Alexandre Rocha	05	LDC	5:13.76	25m	06-12-19	Sines	419
74.	COSTA Rui Anjos	05	FCP	5:14.28	25m	09-05-21	Pacos de Ferreira	417
75.	LEITAO Andre Freitas	05	CNF	5:14.91	25m	17-11-19	Funchal	414
76.	SA Jose Manuel	05	SCP	5:15.51	25m	24-11-19	Algés	412
77.	TEIXEIRA Tomas Borges	05	NSIT	5:16.83	25m	06-12-19	Sines	407
78.	BUNKOVSKIS Rihards	05	CDEAP	5:17.21	25m	08-05-21	Horta	405
79.	GONCALVES Dinis Queiroz	05	SCB	5:17.66	25m	18-01-20	Barcelos	403
80.	CUNHA Vasco Goncalves	05	CFP	5:17.68	25m	22-12-19	Porto	403
81.	PIRES Joao Antonio	05	CNTN	5:18.22	25m	07-03-20	Santarém	401
82.	VENTURA Diogo Miguel	05	FOCA	5:18.46	25m	22-12-19	Porto	400
83.	FARDILHA Joao Cruz	05	CGA	5:18.88	25m	24-11-19	Gafanha da Nazaré	399
84.	GONCALVES Alexandre Ramo	05	CCLAMAS	5:18.92	25m	22-12-19	Porto	399
85.	GUERRA Joao Carlos	05	FCP	5:19.50	25m	22-12-19	Porto	396
86.	FELIX Dylan Marques	05	PIMP	5:19.51	25m	22-12-19	Pombal	396
87.	AMORIM Samuel Filipe	05	DNMG	5:19.94	25m	22-12-19	Pombal	395
88.	RIBEIRO Pedro Pinheiro	05	BSCN	5:21.11	25m	22-12-19	Pombal	391
89.	BENTO Carlos Eduardo	05	CNMC	5:21.35	25m	22-12-19	Cantanhede	390
90.	SOUSA Afonso Coelho	05	NSIT	5:21.86	25m	06-02-21	Praia da Vitória	388
91.	OLIVEIRA Jose Francisco	05	ADBA	5:21.91	25m	22-12-19	Pombal	388
92.	RODRIGUES Miguel Goncalves	05	GCNF	5:22.13	25m	13-12-20	Leiria	387
93.	SILVA Eduardo Costa	05	FCP	5:22.23	25m	24-11-19	Felgueiras	386
94.	ALEKSYEYEV Artur Paulo	05	VS	5:22.30	25m	17-11-19	Coruche	386
95.	RODRIGUES Rodrigo Fernando	05	VSC	5:22.50	25m	22-12-19	Porto	385
96.	ANDRADE Guilherme Nunes	05	CNPO	5:24.34	25m	24-11-19	Felgueiras	379
97.	CARVALHO Guilherme Jesus	05	FOCA	5:25.08	25m	22-12-19	Porto	376
98.	SILVA Tony Stefano	05	CDN	5:25.28	25m	07-05-21	Funchal	376
99.	GARCIA Goncalo Raposo	05	CAFBDP	5:25.81	25m	17-10-20	Ponta Delgada	374
100.	LOPES Afonso Teixeira	05	FOCA	5:26.42	25m	24-11-19	Felgueiras	372

50 Livres

1.	DENISOV Micael Dmitrievich	06	ADBA	24.59	25m	06-03-21	Leiria	557
2.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	25.48	25m	09-05-21	Pacos de Ferreira	501
3.	TAVARES Daniel Batista	06	NBM	26.10	25m	02-05-21	Gafanha da Nazaré	466
4.	FOMIN Yury	06	LDC	26.67	25m	15-05-21	Lagos	437
5.	MELO Lourenco Filipe	06	CNPDL	26.92	25m	15-05-21	Ponta Delgada	425
6.	LOUREIRO Bruno Silva	06	FCP	26.98	25m	09-05-21	Pacos de Ferreira	422
7.	RODRIGUES Rodrigo Vieira	06	SCE	27.02	25m	13-10-19	Mealhada	420
8.	TRINCAO Tiago Miguel	06	CNTN	27.07	25m	16-05-21	Abrantes	417
9.	GOMES Rafael Rodrigues	06	CNTEJO	27.16	25m	16-05-21	Abrantes	413
10.	MADALENA Manuel Maria	06	CNFU	27.40	25m	08-05-21	Guarda	403
11.	SILVA Miguel Valerio	06	DNMG	27.42	25m	23-05-21	Alcobaça	402
12.	ELACHARAFI Ilias Elfallaki	06	LDC	27.45	25m	25-10-20	Olhão	400
13.	PINTO Fabio Jose	06	CCDSERTA	27.46	25m	08-05-21	Guarda	400
14.	LEMOS Gil Santos	06	PIMP	27.53	25m	20-10-19	Óbidos	397
15.	FERNANDES Duarte Jose	06	CUC	27.55	25m	15-05-21	Condeixa-a-Nova	396
16.	GUEDES Alexandre Fontes	06	CDF	27.63	25m	13-06-21	Viseu	393
17.	RAFAEL Afonso Carvalheira	06	CNFU	27.66	25m	08-05-21	Guarda	391
18.	MACHADO Tiago Manuel	06	GDNFAMA	27.73	25m	09-05-21	Pacos de Ferreira	388
19.	TOSTE Martim Candido	06	CNPV	27.80	25m	08-05-21	Praia da Vitória	385
20.	MAGALHAES Goncalo Sa	06	LSC	27.90	25m	09-05-21	Pacos de Ferreira	381
21.	YAKUBENKO Eduardo	06	GCVR	27.96	25m	09-05-21	Peso da Régua	379
22.	CASTRO Augusto Bernardo	06	CAFBDP	28.05	25m	13-03-21	Ponta Delgada	375
23.	OLIVEIRA Tomas Varanda	06	SCC	28.06	25m	07-12-19	Coimbra	375
24.	MENDES Edgar Tavares	06	AAC	28.07	25m	20-06-21	Coimbra	374
25.	SOARES Joao Pedro	06	GCNF	28.28	25m	25-10-20	Olhão	366
25.	JIMENEZ Alvaro Hurtado	06	LDC	28.28	25m	25-10-20	Olhão	366
25.	RIBEIRO Guilherme Neves	06	CDF	28.28	25m	13-06-21	Viseu	366
28.	FALEIRO Iago Valentim	06	ACS	28.50	25m	25-10-20	Olhão	358
29.	TORRES Martim Daniel	06	CNS	28.57	25m	07-11-20	Guarda	355
30.	MARQUES Joao Ferreira	06	AAC	28.62	25m	20-06-21	Coimbra	353
31.	SETIM Joao Oliveira	06	CNF	28.65	25m	08-05-21	Funchal	352
32.	GABRIELE Luca Graca	06	PORTIN	28.82	25m	15-05-21	Lagos	346
33.	LUIS Alexandre Miguel	06	ABR	28.86	25m	15-05-21	Lagos	344
34.	SILVA Afonso Mar	06	CNF	28.98	25m	08-05-21	Funchal	340
35.	ALMEIDA Francisco Nunes	06	UDO	28.99	25m	02-05-21	Gafanha da Nazaré	340
35.	QUEIROZ Tiago Santos	06	PCC	28.99	25m	08-05-21	Guarda	340
37.	ALMEIDA Afonso Silvestre	06	CNA	29.00	25m	15-02-20	Torres Novas	339
38.	MARTINS Henrique Ferreira	06	CSAAXXI	29.03	25m	08-11-20	Gafanha da Encarnação	338
39.	MONTEZ Eduardo Caetano	06	BSCN	29.13	25m	08-11-20	Leiria	335
40.	PEREZ Carlos Gonzalez	06	CNGUA	29.17	25m	12-01-20	Quarteira	334
41.	BISPO Daniel Silva	06	CNAB	29.20	25m	16-05-21	Abrantes	333
42.	MENESES Martim Ribeiro	06	CRASTO	29.30	25m	02-05-21	Gafanha da Nazaré	329
43.	GOMEZ Ruben Camacho	06	CNGUA	29.32	25m	13-10-19	Vila Real St. Antonio	328
44.	PINTO Mark Ronald	06	LDC	29.44	25m	08-11-20	Lagos	324
45.	TRISTAO Pedro Macara	06	PORTIN	29.47	25m	25-10-20	Olhão	323
46.	PIRES Rui Filipe	06	CMNPR	29.48	25m	09-05-21	Peso da Régua	323
47.	PINHO Afonso Formigo	06	CNTN	29.51	25m	15-02-20	Torres Novas	322
48.	FERREIRA Goncalo Filipe	06	AVQA	29.52	25m	16-05-21	Abrantes	322
49.	MEDEIROS Tomas Araujo	06	CDEAP	29.53	25m	13-03-21	Ponta Delgada	321
50.	FISTICANU Nicolae	06	GCNF	29.59	25m	25-10-20	Olhão	320
51.	CARVALHO Rui Macedo	06	CAPGE	29.68	25m	02-05-21	Gafanha da Nazaré	317
52.	VICENTE David Chagas	06	CAFBDP	29.70	25m	15-05-21	Ponta Delgada	316

50 Livres (desde 53)

53.	LUIS Diogo Miguel	06	CNRM	29.73	25m	16-05-21	Abrantes	315
54.	GONCALVES Pedro Sousa	06	CNOL	29.74	25m	12-01-20	Quarteira	315
55.	OLIVEIRA Carlos Miguel	06	FBSC	29.83	25m	02-02-20	Coimbra	312
56.	DURAKOV Erhan Asanov	06	LDC	29.91	25m	08-11-20	Lagos	309
57.	SANTOS Tomas Nolan	06	FBSC	30.06	25m	07-12-19	Coimbra	305
58.	NEVES Dinis Soares	06	CLIP	30.07	25m	03-11-19	Bolzano (ITA)	304
59.	MENDONCA Joao Maria	06	GCNF	30.10	25m	25-10-20	Olhão	304
60.	SIMOES Filipe Cruz	06	CNMC	30.11	25m	02-02-20	Coimbra	303
61.	PINHEIRO Miguel Joao	06	AAC	30.17	25m	02-02-20	Coimbra	301
62.	DIAS Diogo Guerreiro	06	ACS	30.18	25m	14-12-19	Portimão	301
62.	GUERREIRO Diogo Alexandre	06	LDC	30.18	25m	08-11-20	Lagos	301
64.	CAMARA Joao Melo	06	TAC	30.21	25m	13-03-21	Praia da Vitória	300
65.	VINTEM Goncalo Rodrigues	06	NFDCA	30.25	25m	23-05-21	Alcobaça	299
66.	PIRES Alexandre Santos	06	CNOL	30.32	25m	15-05-21	Lagos	297
67.	SANTOS Frederico Silva	06	ADP	30.38	25m	09-05-21	Pacos de Ferreira	295
68.	TEMUDO Jose Maria	06	CNRM	30.47	25m	16-05-21	Abrantes	293
69.	FERREIRA Andre Pedro	06	NDAP	30.49	25m	08-11-20	Leiria	292
70.	RAFAEL Afonso Ribeiro	06	SCE	30.53	25m	13-06-21	Viseu	291
71.	NEVES Joao Pedro	06	CDSR	30.61	25m	08-08-20	Funchal	289
72.	TRINDADE Rodrigo Richard	06	SCB	30.70	25m	24-10-20	Braga	286
73.	VICENTE Vasco Miguel	06	CNGUA	30.82	25m	12-01-20	Quarteira	283
74.	ARAUJO Miguel Bernardo	06	CAQC	30.84	25m	07-12-19	Coimbra	282
74.	RODRIGUES Francisco Manuel	06	CNH	30.84	25m	13-03-21	Horta	282
76.	ELEKES Miguel Antonio	06	AMINATA	30.97	25m	02-02-20	Montemor-o-Novo	279
77.	LIMA Antonio Novak	06	ABR	30.98	25m	15-05-21	Lagos	278
78.	RAMOS Goncalo Albino	06	CNS	31.07	25m	26-01-20	Campo Maior	276
79.	RODRIGUES Bruno Costa	06	SCC	31.25	25m	02-02-20	Coimbra	271
80.	NACHYCHKO Maximo	06	CNF	31.35	25m	08-05-21	Funchal	269
81.	POMBO Diogo Bernardino	06	CNLA	31.38	25m	19-12-20	Sines	268
82.	BATALHA Goncalo Filipe	06	ANAR	31.42	25m	08-05-21	Guarda	267
83.	STEFLEA Andre Sergio	06	CDSR	31.50	25m	08-05-21	Funchal	265
84.	FERREIRA Cristiano Nogueira	06	NDAP	31.53	25m	23-05-21	Alcobaça	264
85.	DIAS Afonso Figueiredo	06	CNV	31.57	25m	09-05-21	Pacos de Ferreira	263
86.	SILVA Lorenzo Muniz	06	BUZIOS	31.58	25m	16-05-21	Abrantes	263
87.	TONA Luca Valentino	06	PIMP	31.61	25m	20-10-19	Óbidos	262
88.	ROQUE Daniel Silva	06	CNGUA	31.68	25m	12-01-20	Quarteira	260
89.	SIMOES Guilherme Guerreiro	06	SANALEN	31.70	25m	25-01-20	Abrantes	260
90.	TEMES Joao Caires	06	JACL	31.74	25m	08-05-21	Funchal	259
91.	DELCAN Ruben Davila	06	CNGUA	31.82	25m	12-01-20	Quarteira	257
92.	RICARTE Goncalo Maria	06	NSIT	31.85	25m	08-05-21	Praia da Vitória	256
93.	OSORIO Duarte Afonso	06	PORTIN	31.88	25m	12-01-20	Quarteira	255
94.	CALDEIRINHA Joao Canhoto	06	CEN	32.01	25m	02-02-20	Montemor-o-Novo	252
95.	COSTA Afonso Pereira	06	CNG	32.14	25m	08-05-21	Guarda	249
96.	SOARES Pedro Silva	06	PORTIN	32.17	25m	15-05-21	Lagos	249
97.	MENDES Tomas Pereira	06	LDC	32.19	25m	12-01-20	Quarteira	248
98.	VIEIRA Rodrigo Leal	06	ADM	32.20	25m	18-07-20	Funchal	248
99.	PALMA Joao Francisco	06	CNGUA	32.27	25m	12-01-20	Quarteira	246
100.	PITA Andre Coelho	06	CNAB	32.40	25m	29-02-20	Coruche	243

100 Livres

1.	DENISOV Micael Dmitrievich	06	ADBA	53.59	25m	30-04-21	Leiria	589
2.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	54.97	25m	08-05-21	Pacos de Ferreira	546
3.	BONNIZ Pedro Goncalves	06	GESL	55.21	25m	09-05-21	Sto António Cavaleiros	539
4.	RODRIGUES Rodrigo Vieira	06	SCE	55.32	25m	01-05-21	Gafanha da Nazaré	536
5.	TAVARES Daniel Batista	06	NBM	55.39	25m	13-06-21	Viseu	534
6.	BAPTISTA Guilherme Fernandes	06	SLB	56.18	25m	10-04-21	Felgueiras	511
7.	VIEIRA Antonio Coelho	06	SCP	56.30	25m	16-05-21	Alvalade	508
8.	JANUARIO Tomas Maia	06	GESL	56.41	25m	09-05-21	Sto António Cavaleiros	505
9.	LEMONS Gil Santos	06	PIMP	56.79	25m	12-12-20	Leiria	495
10.	FOMIN Yury	06	LDC	56.98	25m	15-05-21	Lagos	490
11.	SILVA Francisco Araujo	06	GDNFAMA	57.20	25m	12-12-20	Mealhada	484
12.	ROQUE Tomas Nunes	06	SLB	57.44	25m	10-04-21	Felgueiras	478
13.	LOUREIRO Bruno Silva	06	FCP	57.54	25m	10-04-21	Felgueiras	476
14.	BINYAS Eduardo	06	CNRM	57.59	25m	15-05-21	Abrantes	475
15.	FERRAZ Luis Afonso	06	CNF	57.93	25m	09-05-21	Funchal	466
16.	SILVA Pedro Marques	06	ADBA	58.09	25m	12-12-20	Leiria	463
17.	FARIA Eduardo Nuno	06	SCB	58.14	25m	12-12-20	Mealhada	461
18.	COSTA Tomas Mendes	06	GDNFAMA	58.24	25m	10-04-21	Felgueiras	459
19.	PINTO Romulo Neves	06	CCLAMAS	58.32	25m	01-05-21	Gafanha da Nazaré	457
20.	ROCHA Miguel Azevedo	06	ADP	58.35	25m	12-12-20	Mealhada	456
21.	ALVES Andre Correia	06	SFUAP	58.36	25m	02-05-21	Lisboa	456
22.	JEVIC Milan Santos	06	SCB	58.41	25m	08-03-20	Braga	455
23.	ALMEIDA Afonso Silvestre	06	CNA	58.44	25m	12-12-20	Leiria	454
24.	RODRIGUES Joao Carvalho	06	CGA	58.63	25m	01-05-21	Gafanha da Nazaré	450
25.	PISSARRA Rodrigo Figueiredo	06	GESL	58.69	25m	12-12-20	Leiria	448
26.	MARQUES Jose Miguel	06	CAQC	58.75	25m	19-06-21	Coimbra	447
27.	ANTUNES Martim Barata	06	SLB	58.90	25m	15-05-21	Alcabideche	444
28.	MARTINS Henrique Ferreira	06	CSAAXXI	58.93	25m	13-03-21	Aveiro	443
28.	HERRERO Miguel Mera	06	SCP	58.93	25m	16-05-21	Alvalade	443
30.	GARANITO Simao Silva	06	CNF	58.95	25m	14-05-21	Funchal	443
31.	GOMES Rafael Rodrigues	06	CNTEJO	58.98	25m	15-05-21	Abrantes	442
32.	SILVA Joao Luis	06	CEOL	59.04	25m	14-05-21	Funchal	441
33.	TOSTE Martim Candido	06	CNPV	59.06	25m	08-05-21	Praia da Vitória	440
34.	PAULOS Joao Afonso	06	CNF	59.10	25m	09-05-21	Funchal	439
35.	CASTRO Augusto Bernardo	06	CAFBDP	59.39	25m	12-06-21	Ponta Delgada	433
36.	GONCALVES Pedro Sousa	06	CNOL	59.42	25m	15-05-21	Lagos	432
37.	LOURENCO Francisco Campos	06	CNV	59.47	25m	08-05-21	Pacos de Ferreira	431
37.	MELO Lourenco Filipe	06	CNPDL	59.47	25m	12-06-21	Ponta Delgada	431
39.	CRAVO Duarte Bento	06	VS	59.50	25m	15-05-21	Abrantes	430
40.	RIBEIRO Joao Nogueira	06	ADF	59.53	25m	22-12-19	Porto	430
41.	PITA Pedro Miguel	06	CNF	59.54	25m	18-10-20	Funchal	430
42.	MADALENA Manuel Maria	06	CNFU	59.57	25m	08-05-21	Guarda	429
43.	OLIVEIRA Tomas Varanda	06	SANC	59.67	25m	16-02-20	Leiria	427
44.	FIGUEIREDO Joao Pinto	06	CRASSTO	59.70	25m	13-06-21	Viseu	426
45.	SILVA Tiago Nunes	06	CPCD	59.75	25m	16-05-21	Alvalade	425
46.	RIBEIRO Andre Cunha	06	SAD	59.78	25m	02-05-21	Lisboa	424
47.	FERREIRA Joao Rafael	06	FBSC	59.89	25m	15-05-21	Condeixa-a-Nova	422
48.	PEREIRA Guilherme Marques	06	CAQC	59.96	25m	12-12-20	Mealhada	421
48.	SETIM Joao Oliveira	06	CNF	59.96	25m	14-05-21	Funchal	421
50.	TRINCAO Tiago Miguel	06	CNTN	1:00.04	25m	25-10-20	Tomar	419
51.	SANTOS Tomas Nolan	06	FBSC	1:00.13	25m	19-06-21	Coimbra	417
52.	FERNANDES Duarte Jose	06	CUC	1:00.15	25m	20-12-20	Coimbra	417
53.	KOVALCHUK Herman	06	GCVR	1:00.16	25m	10-06-21	Vila Real	416

100 Livres (desde 54)

54.	PALARE Rodrigo Franco	06	GESL	1:00.19	25m	09-05-21	Sto António Cavaleiros	416
55.	PINTO Fabio Jose	06	CCDSERTA	1:00.23	25m	15-05-21	Castelo Branco	415
56.	TOMAS Afonso Vidal	06	ALN	1:00.30	25m	20-12-20	Coimbra	413
57.	FRAZAO Francisco Couto	06	CUC	1:00.34	25m	15-05-21	Condeixa-a-Nova	413
58.	SANTOS Rui Miguel	06	FCP	1:00.36	25m	22-12-19	Porto	412
59.	SILVA Miguel Valerio	06	DNMG	1:00.41	25m	18-10-20	Caldas da Rainha	411
60.	TONA Biagio Martim	06	CCLAMAS	1:00.52	25m	12-12-20	Mealhada	409
61.	MORAIS David Miguel	06	SLB	1:00.54	25m	08-03-20	Setúbal	409
62.	MORAO Simao Barros	06	SAD	1:00.59	25m	02-05-21	Lisboa	408
63.	ALMEIDA Afonso Miguel	06	CGA	1:00.72	25m	07-11-20	Gafanha da Encarnação	405
64.	FALEIRO Iago Valentim	06	ACS	1:00.81	25m	15-05-21	Lagos	403
65.	SILVA Francisco Barbosa	06	CFV	1:00.87	25m	08-05-21	Pacos de Ferreira	402
65.	PINTO Mark Ronald	06	GCNF	1:00.87	25m	15-05-21	Lagos	402
65.	CRUZ Rodrigo Costa	06	AAC	1:00.87	25m	20-06-21	Coimbra	402
68.	GAVEA Guilherme Santos	06	SLB	1:00.90	25m	15-05-21	Alcabideche	401
69.	JESUS Luis Duarte	06	CGA	1:00.92	25m	01-05-21	Gafanha da Nazaré	401
70.	GUEDES Alexandre Fontes	06	CDF	1:00.99	25m	13-06-21	Viseu	400
71.	TORRES Martim Daniel	06	CNS	1:01.00	25m	15-05-21	Alcabideche	399
71.	CARVALHO Afonso Silva	06	ADRCIMM	1:01.00	25m	16-05-21	Alvalade	399
73.	LOPES Marco Oliveira	06	ADP	1:01.16	25m	10-04-21	Felgueiras	396
74.	GOMES Joao Almeida	06	CNN	1:01.17	25m	08-03-20	Setúbal	396
75.	RIBEIRO Luis Miguel	06	LSXXI	1:01.20	25m	08-05-21	Pacos de Ferreira	395
76.	DIAS Diogo Guerreiro	06	ACS	1:01.31	25m	15-05-21	Lagos	393
77.	OLIVEIRA Carlos Miguel	06	FBSC	1:01.39	25m	19-06-21	Coimbra	392
78.	CARVALHO Artur Guterres	06	CFV	1:01.47	25m	08-05-21	Pacos de Ferreira	390
79.	FIGUEIREDO Luis Pedro	06	GESL	1:01.53	25m	09-05-21	Sto António Cavaleiros	389
80.	SOARES Joao Pedro	06	GCNF	1:01.61	25m	07-11-20	Lagos	388
81.	LUCAS Joao Neves	06	SCC	1:01.67	25m	01-05-21	Gafanha da Nazaré	386
82.	TONA Luca Valentino	06	PIMP	1:01.70	25m	07-11-20	Leiria	386
83.	FIGUEIRA Diogo Morgado	06	CPCD	1:01.75	25m	08-03-20	Setúbal	385
84.	TIGRE Pedro Bethlem	06	SCP	1:01.76	25m	22-02-20	Loures	385
85.	PEREIRA Pedro Santos	06	LSC	1:02.27	25m	08-05-21	Pacos de Ferreira	375
86.	CUNHA Eduardo Pacheco	06	CNCE	1:02.48	25m	22-12-19	Porto	372
87.	YAKUBENKO Eduardo	06	GCVR	1:02.53	25m	08-05-21	Peso da Régua	371
88.	BISPO Daniel Silva	06	CNAB	1:02.54	25m	07-03-20	Santarém	371
88.	ZHUKOV Mark	06	SCB	1:02.54	25m	25-10-20	Braga	371
88.	RAFAEL Afonso Carvalheira	06	CNFU	1:02.54	25m	08-05-21	Guarda	371
91.	RIBEIRO Guilherme Neves	06	CDF	1:02.58	25m	13-06-21	Viseu	370
92.	PINHO Afonso Formigo	06	CNTN	1:02.59	25m	15-05-21	Abrantes	370
93.	ELEKES Miguel Antonio	06	AMINATA	1:02.63	25m	05-06-21	Sines	369
94.	MENDES Edgar Tavares	06	AAC	1:02.64	25m	19-06-21	Coimbra	369
95.	CALHANDRO Guilherme Oliveir	06	CNMAIA	1:02.66	25m	09-02-20	Vila Mea	368
95.	SIMOES Edgar Francisco	06	IDV	1:02.66	25m	23-05-21	Alcobaça	368
97.	SA Filipe Silva	06	GDNFAMA	1:02.67	25m	01-03-20	Penafiel	368
98.	SEMEDO Leandro Carvalho	06	GESL	1:02.68	25m	09-05-21	Sto António Cavaleiros	368
99.	JACINTO Gabriel Zimas	06	ADBA	1:02.73	25m	01-05-21	Gafanha da Nazaré	367
100.	CAMPOS Ricardo Lima	06	ADS	1:02.75	25m	07-11-20	Gafanha da Encarnação	367

200 Livres

1.	DENISOV Micael Dmitrievich	06	ADBA	2:00.47	25m	11-04-21	Felgueiras	561
2.	TAVARES Daniel Batista	06	NBM	2:02.76	25m	11-04-21	Felgueiras	530
3.	ELACHARAFI Ilias Elfallaki	06	LDC	2:03.62	25m	25-10-20	Olhão	519
4.	FOMIN Yury	06	LDC	2:03.68	25m	16-05-21	Lagos	518
5.	BAPTISTA Guilherme Fernandes	06	SLB	2:03.74	25m	11-04-21	Felgueiras	517
6.	LEMONS Gil Santos	06	PIMP	2:03.87	25m	12-12-20	Leiria	516
7.	SANTOS Rui Miguel	06	GDNFAMA	2:03.96	25m	12-12-20	Mealhada	515
7.	JEVIC Milan Santos	06	SCB	2:03.96	25m	11-04-21	Felgueiras	515
9.	TIGRE Pedro Bethlem	06	SCP	2:04.00	25m	16-05-21	Alvalade	514
10.	FAFTINE Kaio Araujo	06	SCP	2:04.41	25m	09-05-21	Alcobaça	509
11.	LOUREIRO Bruno Silva	06	FCP	2:04.61	25m	12-12-20	Mealhada	507
12.	JAEN Adrian Martinez	06	LDC	2:04.78	25m	25-10-20	Olhão	505
13.	RODRIGUES Rodrigo Vieira	06	SCE	2:04.93	25m	08-11-20	Gafanha da Encarnação	503
14.	FARIA Eduardo Nuno	06	SCB	2:05.18	25m	11-04-21	Felgueiras	500
15.	FERRAZ Luis Afonso	06	CNF	2:05.23	25m	08-05-21	Funchal	499
16.	VIEIRA Antonio Coelho	06	SCP	2:05.33	25m	15-05-21	Condeixa-a-Nova	498
17.	BINYAS Eduardo	06	CNRM	2:05.43	25m	25-10-20	Tomar	497
18.	JANUARIO Tomas Maia	06	GESL	2:05.60	25m	01-05-21	Lisboa	495
19.	ALVES Andre Correia	06	SFUAP	2:06.16	25m	12-12-20	Leiria	488
20.	CASTRO Vasco Monteiro	06	FCP	2:06.20	25m	09-05-21	Pacos de Ferreira	488
21.	BONNIZ Pedro Goncalves	06	GESL	2:06.78	25m	09-05-21	Sto António Cavaleiros	481
22.	MARTINS Henrique Ferreira	06	CSAAXXI	2:06.90	25m	02-05-21	Gafanha da Nazaré	480
23.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	2:06.96	25m	29-02-20	Penafiel	479
24.	PISSARRA Rodrigo Figueiredo	06	GESL	2:07.04	25m	12-12-20	Leiria	478
25.	PITA Pedro Miguel	06	CNF	2:07.58	25m	13-05-21	Funchal	472
26.	GOMES Rafael Rodrigues	06	CNTEJO	2:08.44	25m	15-05-21	Abrantes	463
26.	LUCAS Joao Neves	06	SCC	2:08.44	25m	15-05-21	Condeixa-a-Nova	463
28.	CORREIA Tiago Almeida	06	CNMJ	2:08.90	25m	09-05-21	Sto António Cavaleiros	458
29.	SIMOES Manuel Costa	06	CDCP	2:09.00	25m	09-05-21	Sto António Cavaleiros	457
30.	FRAZAO Francisco Couto	06	CUC	2:09.20	25m	12-12-20	Mealhada	454
31.	GONCALVES Martim Luis	06	CDN	2:09.66	25m	08-05-21	Funchal	450
32.	STARYNSKY Daniel	06	BSCN	2:09.95	25m	12-06-21	Nazaré	447
33.	SILVA Francisco Barbosa	06	CFV	2:10.17	25m	09-05-21	Pacos de Ferreira	444
34.	FIGUEIREDO Joao Pinto	06	CRASTO	2:10.58	25m	13-06-21	Viseu	440
35.	PINTO Mark Ronald	06	GCMF	2:10.63	25m	16-05-21	Lagos	440
36.	RODRIGUES Joao Carvalho	06	CGA	2:10.91	25m	02-05-21	Gafanha da Nazaré	437
37.	TOSTE Martim Candido	06	CNPV	2:10.98	25m	14-03-21	Praia da Vitória	436
38.	FERNANDES Duarte Jose	06	CUC	2:11.01	25m	19-12-20	Coimbra	436
39.	CARVALHO Afonso Silva	06	ADRCIMM	2:11.27	25m	12-12-20	Leiria	433
40.	TONA Biagio Martim	06	CCLAMAS	2:11.54	25m	12-12-20	Mealhada	431
41.	RIBEIRO Andre Cunha	06	SAD	2:11.60	25m	09-05-21	Alcobaça	430
42.	GOMES Joao Almeida	06	CNN	2:11.71	25m	07-03-20	Setúbal	429
43.	DURAO Miguel Costa	06	SCB	2:12.14	25m	08-05-21	Ponte da Barca	425
44.	MARQUES Jose Miguel	06	CAQC	2:12.28	25m	19-12-20	Coimbra	423
45.	ALMEIDA Afonso Miguel	06	CGA	2:12.35	25m	02-05-21	Gafanha da Nazaré	423
46.	FIGUEIRA Diogo Morgado	06	CPCD	2:12.44	25m	09-05-21	Alcobaça	422
47.	SILVA Francisco Araujo	06	GDNFAMA	2:12.50	25m	29-02-20	Penafiel	421
48.	GARANITO Simao Silva	06	CNF	2:12.55	25m	08-05-21	Funchal	421
49.	CRAVO Duarte Bento	06	VS	2:12.78	25m	15-05-21	Abrantes	419
50.	PEREIRA Guilherme Marques	06	CAQC	2:12.82	25m	19-12-20	Coimbra	418
51.	ALMEIDA Afonso Silvestre	06	CNA	2:12.91	25m	09-05-21	Sto António Cavaleiros	417
52.	ROQUE Tomas Nunes	06	SLB	2:12.96	25m	27-10-19	Estoril	417
53.	TONA Luca Valentino	06	PIMP	2:13.00	25m	12-12-20	Leiria	417

200 Livres (desde 54)

54.	TOMAS Afonso Vidal	06	ALN	2:13.05	25m	19-12-20	Coimbra	416
55.	MORAO Simao Barros	06	SAD	2:13.13	25m	09-05-21	Alcobaça	415
56.	TORRES Martim Daniel	06	CNS	2:13.27	25m	12-12-20	Leiria	414
57.	DURAKOV Erhan Asanov	06	GCNF	2:13.65	25m	16-05-21	Lagos	411
58.	SILVA Tiago Nunes	06	CPCD	2:13.70	25m	09-05-21	Alcobaça	410
59.	PALARE Rodrigo Franco	06	GESL	2:13.75	25m	09-05-21	Sto António Cavaleiros	410
60.	MADALENA Manuel Maria	06	CNFU	2:13.76	25m	07-03-20	Ponte de Sor	410
61.	JESUS Luis Duarte	06	CGA	2:13.87	25m	02-05-21	Gafanha da Nazaré	408
62.	MELO Lourenco Filipe	06	CNPDL	2:14.26	25m	14-03-21	Ponta Delgada	405
63.	PAULOS Joao Afonso	06	CNF	2:14.55	25m	08-05-21	Funchal	402
64.	CALHANDRO Guilherme Oliveir	06	CNMAIA	2:14.62	25m	29-02-20	Penafiel	402
64.	JACINTO Gabriel Zimas	06	ADBA	2:14.62	25m	17-10-20	Caldas da Rainha	402
66.	SAMPAIO Francisco Manuel	06	FOCA	2:15.51	25m	06-03-21	Felgueiras	394
67.	MACHADO Bernardo Magalhae	06	CDN	2:15.63	25m	25-07-20	Funchal	393
68.	JIMENEZ Nicolas Manzano	06	LDC	2:15.96	25m	25-10-20	Olhão	390
69.	CHAO Tiago Ventura	06	CNS	2:17.06	25m	07-03-20	Setúbal	381
70.	OLIVEIRA Tomas Varanda	06	SCC	2:17.10	25m	01-11-19	Condeixa	380
71.	AREDE Miguel Carlos	06	SLB	2:17.15	25m	15-05-21	Alcabideche	380
72.	MAGALHAES Goncalo Sa	06	LSC	2:17.27	25m	29-02-20	Penafiel	379
73.	PINTO Fabio Jose	06	CCDSERTA	2:17.34	25m	08-05-21	Guarda	378
74.	SILVA Pedro Marques	06	ADBA	2:17.57	25m	01-03-20	Leiria	376
75.	ANTUNES Martim Barata	06	SLB	2:17.61	25m	07-03-20	Setúbal	376
76.	PIMENTEL Pedro Miguel	06	GESL	2:17.82	25m	07-03-20	Setúbal	374
77.	GASPAR Miguel Cunha	06	SCC	2:18.03	25m	02-05-21	Gafanha da Nazaré	373
78.	BRANDAO Afonso Aires	06	EDV	2:18.09	25m	18-01-20	Barcelos	372
79.	SOKOLOVSKYY Vitor	06	CNAB	2:18.17	25m	15-05-21	Abrantes	371
80.	SIMOES Edgar Francisco	06	IDV	2:18.21	25m	09-05-21	Alcobaça	371
81.	FONSECA Jose Diogo	06	GESL	2:18.25	25m	06-03-20	Setúbal	371
82.	SOARES Joao Pedro	06	GCNF	2:18.29	25m	07-11-20	Lagos	371
83.	ZHUKOV Mark	06	SCB	2:18.34	25m	02-11-19	Barcelos	370
84.	FERREIRA Joao Rafael	06	FBSC	2:18.44	25m	01-03-20	Leiria	369
85.	PINHO Afonso Formigo	06	CNTN	2:18.56	25m	15-05-21	Abrantes	368
86.	SIMOES Filipe Cruz	06	CNMC	2:18.69	25m	19-12-20	Coimbra	367
87.	BISPO Daniel Silva	06	CNAB	2:18.71	25m	08-03-20	Santarém	367
88.	VENCESLAU Diogo Francisco	06	PDEM	2:18.73	25m	09-05-21	Alcobaça	367
89.	MORAIS David Miguel	06	SLB	2:18.89	25m	27-10-19	Estoril	366
90.	BRANCO Vasco Pedro	06	CNNZ	2:19.04	25m	12-12-20	Leiria	365
91.	ABREU Joao Francisco	06	CNF	2:19.18	25m	08-05-21	Funchal	363
92.	LOPES Marco Oliveira	06	ADP	2:19.38	25m	28-02-20	Penafiel	362
92.	SILVA Miguel Valerio	06	DNMG	2:19.38	25m	01-03-20	Leiria	362
94.	JORGE Pedro Crispim	06	SFUAP	2:19.65	25m	07-03-20	Setúbal	360
95.	CAMPOS Ricardo Lima	06	ADS	2:19.71	25m	02-02-20	Viseu	359
96.	OLIVEIRA Pedro Prior	06	EDV	2:19.83	25m	07-03-20	Braga	358
97.	DIAS Antonio Rafael	06	MODV	2:19.88	25m	07-03-20	Setúbal	358
98.	ELEKES Miguel Antonio	06	AMINATA	2:20.18	25m	05-06-21	Sines	356
99.	CASIMIRO Lucas Vilaca	06	CDCP	2:20.25	25m	15-05-21	Abrantes	355
100.	MARQUES Joao Ferreira	06	AAC	2:20.34	25m	19-12-20	Coimbra	354

400 Livres

1.	BINYAS Eduardo	06	CNRM	4:16.95	25m	13-12-20	Leiria	563
2.	SANTOS Rui Miguel	06	GDNFAMA	4:19.86	25m	10-04-21	Felgueiras	544
3.	DENISOV Micael Dmitrievich	06	ADBA	4:23.08	25m	13-12-20	Leiria	525
4.	JEVIC Milan Santos	06	SCB	4:23.34	25m	09-05-21	Ponte da Barca	523
5.	FARIA Eduardo Nuno	06	SCB	4:23.73	25m	10-04-21	Felgueiras	521
6.	SILVA Pedro Marques	06	ADBA	4:24.95	25m	13-12-20	Leiria	514
7.	FERRAZ Luis Afonso	06	CNF	4:25.01	25m	07-05-21	Funchal	513
8.	SILVA Francisco Araujo	06	GDNFAMA	4:25.34	25m	08-05-21	Pacos de Ferreira	511
9.	FOMIN Yury	06	LDC	4:25.37	25m	08-05-21	Quarteira	511
10.	ZHUKOV Mark	06	SCB	4:27.06	25m	10-04-21	Felgueiras	502
11.	BAPTISTA Guilherme Fernandes	06	SLB	4:27.24	25m	13-12-20	Leiria	501
12.	CASTRO Vasco Monteiro	06	FCP	4:27.66	25m	08-05-21	Pacos de Ferreira	498
13.	JANUARIO Tomas Maia	06	GESL	4:27.73	25m	01-05-21	Lisboa	498
14.	ALVES Andre Correia	06	SFUAP	4:27.81	25m	01-05-21	Lisboa	497
15.	MAGALHAES Goncalo Sa	06	LSC	4:27.96	25m	08-05-21	Pacos de Ferreira	496
16.	TAVARES Daniel Batista	06	NBM	4:28.22	25m	13-12-20	Mealhada	495
17.	VIEIRA Antonio Coelho	06	SCP	4:28.78	25m	16-05-21	Alvalade	492
18.	LOUREIRO Bruno Silva	06	FCP	4:29.57	25m	10-04-21	Felgueiras	488
19.	CORREIA Tiago Almeida	06	CNMJ	4:29.95	25m	16-05-21	Abrantes	486
20.	FERNANDES Duarte Jose	06	INDANC	4:30.74	25m	20-06-21	Coimbra	481
21.	FIGUEIRA Diogo Morgado	06	CPCD	4:31.30	25m	16-05-21	Alvalade	478
22.	ROQUE Tomas Nunes	06	SLB	4:31.56	25m	15-05-21	Alcabideche	477
23.	ALMEIDA Afonso Silvestre	06	CNA	4:32.42	25m	13-12-20	Leiria	472
24.	LEMONS Gil Santos	06	PIMP	4:33.28	25m	13-06-21	Nazaré	468
25.	PISSARRA Rodrigo Figueiredo	06	CPCD	4:33.68	25m	07-03-20	Setúbal	466
26.	FRAZAO Francisco Couto	06	CUC	4:33.78	25m	20-12-20	Coimbra	465
27.	FONSECA Jose Diogo	06	SCP	4:33.94	25m	16-05-21	Alvalade	465
28.	DURAO Miguel Costa	06	SCB	4:34.01	25m	09-05-21	Ponte da Barca	464
29.	RAMOS Gustavo Gomes	06	FCP	4:34.30	25m	13-12-20	Mealhada	463
30.	BONNIZ Pedro Goncalves	06	GESL	4:34.51	25m	07-03-20	Setúbal	462
31.	SANTOS Tomas Nolan	06	FBSC	4:34.93	25m	20-06-21	Coimbra	460
32.	MARTINS Henrique Ferreira	06	CSAAXXI	4:35.57	25m	02-05-21	Gafanha da Nazaré	456
33.	SIMOES Manuel Costa	06	CDCP	4:35.76	25m	13-12-20	Leiria	455
34.	TIGRE Pedro Bethlem	06	SCP	4:35.95	25m	07-03-20	Setúbal	455
35.	GONCALVES Martim Luis	06	CDN	4:35.96	25m	07-05-21	Funchal	454
36.	FERREIRA Joao Rafael	06	FBSC	4:36.49	25m	20-06-21	Coimbra	452
37.	FIGUEIREDO Joao Pinto	06	CRASTO	4:38.12	25m	02-05-21	Gafanha da Nazaré	444
38.	RODRIGUES Joao Carvalho	06	CGA	4:38.26	25m	02-05-21	Gafanha da Nazaré	443
39.	FAFTINE Kaio Araujo	06	SCP	4:38.44	25m	16-05-21	Alvalade	442
40.	MAIO Rodrigo Piteira	06	CFB	4:39.79	25m	15-05-21	Alcabideche	436
41.	MARQUES Jose Miguel	06	CAQC	4:39.88	25m	18-10-20	Coimbra	436
42.	TOSTE Martim Candido	06	CNPV	4:40.42	25m	23-01-21	Angra do Heroísmo	433
43.	RODRIGUES Francisco Manuel	06	CNH	4:41.53	25m	11-04-21	Praia da Vitória	428
44.	LUCAS Joao Neves	06	SCC	4:41.85	25m	13-12-20	Mealhada	427
45.	PEREIRA Tomas Veiga	06	FBSC	4:42.12	25m	20-06-21	Coimbra	425
46.	RODRIGUES Rodrigo Vieira	06	SCE	4:43.03	25m	12-10-19	Mealhada	421
47.	RIBEIRO Joao Nogueira	06	ADF	4:43.19	25m	29-02-20	Penafiel	421
48.	OLIVEIRA Tomas Varanda	06	SCC	4:43.54	25m	29-02-20	Leiria	419
49.	PITA Pedro Miguel	06	CNF	4:44.03	25m	18-10-20	Funchal	417
50.	COSTA Tomas Mendes	06	GDNFAMA	4:44.43	25m	08-02-20	Vila Mea	415
51.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	4:44.52	25m	29-02-20	Penafiel	415
52.	MORAIS David Miguel	06	SLB	4:44.59	25m	07-03-20	Setúbal	414
53.	GOMES Joao Almeida	06	CNN	4:45.15	25m	08-12-19	Sto António Cavaleiros	412

400 Livres (desde 54)

54.	JACINTO Gabriel Zimas	06	ADBA	4:45.69	25m	08-11-20	Leiria	410
55.	CASTRO Augusto Bernardo	06	CAFBDP	4:46.04	25m	13-03-21	Ponta Delgada	408
56.	MESQUITA Rodrigo Andrade	06	SCP	4:46.59	25m	07-03-20	Setúbal	406
57.	CARVALHO Afonso Silva	06	ADRCIMM	4:46.76	25m	13-12-20	Leiria	405
58.	PEREIRA Guilherme Marques	06	CAQC	4:47.07	25m	18-10-20	Coimbra	404
59.	PAULOS Joao Afonso	06	CNF	4:47.29	25m	31-10-20	Funchal	403
60.	STARYNSKYY Daniel	06	BSCN	4:47.35	25m	08-11-20	Leiria	403
61.	SA Filipe Silva	06	GDNFAMA	4:47.36	25m	29-02-20	Penafiel	402
62.	CALHANDRO Guilherme Oliveir	06	CNMAIA	4:47.74	25m	08-02-20	Vila Mea	401
63.	SIMOES Filipe Cruz	06	CNMC	4:47.77	25m	02-02-20	Coimbra	401
64.	TONA Luca Valentino	06	PIMP	4:47.79	25m	08-11-20	Leiria	401
65.	ALMEIDA Afonso Miguel	06	CGA	4:47.83	25m	02-05-21	Gafanha da Nazaré	400
66.	CRAVO Duarte Bento	06	VS	4:48.31	25m	24-10-20	Tomar	398
67.	NETO Ricardo Freitas	06	SCP	4:48.46	25m	07-03-20	Setúbal	398
68.	GOMES Rafael Rodrigues	06	CNTEJO	4:48.95	25m	24-10-20	Tomar	396
69.	CAMPOS Ricardo Lima	06	ADS	4:50.24	25m	08-11-20	Gafanha da Encarnação	391
70.	PINTO Mark Ronald	06	LDC	4:50.56	25m	13-12-20	Leiria	389
71.	MACHADO Bernardo Magalhae	06	CDN	4:51.35	25m	07-03-20	Funchal	386
72.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	4:52.01	25m	01-02-20	Viseu	384
73.	SILVA Francisco Barbosa	06	CFV	4:52.08	25m	29-02-20	Penafiel	383
74.	PINHO Afonso Formigo	06	CNTN	4:52.42	25m	16-05-21	Abrantes	382
75.	CHAO Tiago Ventura	06	CNS	4:52.84	25m	07-03-20	Setúbal	380
76.	GARANITO Simao Silva	06	CNF	4:52.95	25m	07-03-20	Funchal	380
77.	PIRES Gustavo Teixeira	06	SCC	4:53.12	25m	18-10-20	Coimbra	379
78.	ANTUNES Martim Barata	06	SLB	4:53.88	25m	07-03-20	Setúbal	376
79.	BRANDAO Afonso Aires	06	EDV	4:54.11	25m	07-03-20	Braga	375
80.	PALARE Rodrigo Franco	06	GESL	4:54.34	25m	07-03-20	Setúbal	374
81.	ROCHA Danilo Alves	06	VNC	4:54.43	25m	07-03-20	Braga	374
82.	JESUS Luis Duarte	06	CGA	4:54.54	25m	02-05-21	Gafanha da Nazaré	374
83.	SILVA Tiago Nunes	06	CPCD	4:54.62	25m	09-05-21	Alcobaça	373
84.	LUIS Rafael Curtinha	06	CRIRA	4:54.76	25m	07-03-20	Ponte de Sor	373
85.	SOARES Joao Pedro	06	GCNF	4:55.04	25m	13-12-20	Leiria	372
86.	SOKOLOVSKYY Vitor	06	CNAB	4:56.00	25m	16-05-21	Abrantes	368
87.	SIMOES Edgar Francisco	06	IDV	4:56.31	25m	13-06-21	Nazaré	367
88.	FERREIRA Cristiano Nogueira	06	NDAP	4:56.82	25m	13-06-21	Nazaré	365
89.	ALVES Rodrigo Castro	06	EDV	4:56.88	25m	07-03-20	Braga	365
90.	ARAUJO Miguel Bernardo	06	CAQC	4:57.78	25m	29-02-20	Leiria	362
91.	ELEKES Miguel Antonio	06	AMINATA	4:58.08	25m	07-03-20	Ponte de Sor	361
92.	PANASYUK Nil	06	SCB	4:58.43	25m	07-03-20	Braga	359
93.	PACHECO Afonso Azevedo	06	CFV	4:58.57	25m	29-02-20	Penafiel	359
94.	ABREU Joao Francisco	06	CNF	4:59.05	25m	23-11-19	Funchal	357
95.	AZEVEDO Rafael Sousa	06	CNCA	4:59.52	25m	23-11-19	Tomar	355
96.	FERREIRA Goncalo Filipe	06	AVQA	4:59.64	25m	08-03-20	Santarém	355
97.	RIBEIRO Andre Cunha	06	SAD	4:59.68	25m	08-12-19	Sto António Cavaleiros	355
98.	NEVES Joao Pedro	06	CDSR	5:00.02	25m	08-08-20	Funchal	354
99.	TRINCAO Tiago Miguel	06	CNTN	5:00.43	25m	22-02-20	Abrantes	352
100.	RODRIGUES Bruno Costa	06	SCC	5:01.37	25m	29-02-20	Leiria	349

800 Livres

1.	SANTOS Rui Miguel	06	GDNFAMA	8:54.60	25m	09-05-21	Pacos de Ferreira	570
2.	FARIA Eduardo Nuno	06	SCB	8:54.87	25m	09-05-21	Ponte da Barca	569
3.	JEVIC Milan Santos	06	SCB	9:06.50	25m	25-10-20	Braga	534
4.	LOUREIRO Bruno Silva	06	FCP	9:13.48	25m	11-04-21	Felgueiras	514
5.	FERREIRA Joao Rafael	06	FBSC	9:18.67	25m	19-06-21	Coimbra	500
6.	SANTOS Tomas Nolan	06	FBSC	9:22.62	25m	19-06-21	Coimbra	489
7.	SIMOES Manuel Costa	06	CDCP	9:24.09	25m	16-05-21	Abrantes	485
8.	DURAO Miguel Costa	06	SCB	9:26.89	25m	11-04-21	Felgueiras	478
9.	RAMOS Gustavo Gomes	06	FCP	9:27.06	25m	09-05-21	Pacos de Ferreira	478
10.	MARQUES Jose Miguel	06	CAQC	9:31.02	25m	15-05-21	Condeixa-a-Nova	468
11.	BARROS Joao Carlos	06	CFP	9:40.05	25m	09-05-21	Pacos de Ferreira	446
12.	PEREIRA Tomas Veiga	06	FBSC	9:41.98	25m	15-05-21	Condeixa-a-Nova	442
13.	TAVARES Daniel Batista	06	NBM	9:43.73	25m	15-05-21	Condeixa-a-Nova	438
14.	CALHANDRO Guilherme Oliveir	06	CNMAIA	9:45.07	25m	09-05-21	Pacos de Ferreira	435
15.	STARYNSKY Daniel	06	BSCN	9:52.25	25m	08-11-20	Leiria	419
16.	ROCHA Danilo Alves	06	VNC	10:00.56	25m	25-10-20	Braga	402
17.	SOARES Joao Pedro	06	GCNF	10:05.87	25m	17-10-20	Lagos	392
18.	RODRIGUES Francisco Manuel	06	CNH	10:07.06	25m	31-10-20	Ponta Delgada	389
19.	FERREIRA Goncalo Filipe	06	AVQA	10:13.74	25m	19-01-20	Entroncamento	377
20.	SIMOES Edgar Francisco	06	IDV	10:26.15	25m	08-11-20	Leiria	355
21.	SILVA Lorenzo Muniz	06	BUZIOS	10:26.61	25m	16-05-21	Abrantes	354
22.	CASTRO Augusto Bernardo	06	CAFBDP	10:31.34	25m	12-10-19	Ponta Delgada	346
23.	GOMES Rafael Rodrigues	06	CLAC	10:33.28	25m	29-02-20	Coruche	343
24.	AZEVEDO Rafael Sousa	06	CNCA	10:41.03	25m	24-11-19	Tomar	330
25.	MENDONCA Joao Maria	06	GCNF	10:56.38	25m	17-10-20	Lagos	308
26.	BRANDAO Afonso Aires	06	EDV	10:59.22	25m	08-03-20	Braga	304
27.	CAMARA Joao Melo	06	TAC	11:01.82	25m	31-10-20	Ponta Delgada	300
28.	PINHO Afonso Formigo	06	CNTN	11:02.05	25m	19-01-20	Entroncamento	300
29.	PERES Lucas Farinha	06	CCDSERTA	11:05.78	25m	29-02-20	Coruche	295
30.	PITA Andre Coelho	06	CNAB	11:33.42	25m	29-02-20	Coruche	261
31.	MEDEIROS Tomas Araujo	06	CDEAP	11:38.72	25m	26-10-19	Lagos	255
32.	SOARES Miguel Sousa	06	CAFBDP	11:39.11	25m	12-10-19	Ponta Delgada	255
33.	AFONSO Tiago Dinis	06	CNG	11:53.01	25m	16-11-19	Castelo Branco	240
34.	LUPSA Lucas Mihai	06	CNCA	12:16.43	25m	24-11-19	Tomar	218
35.	MARQUES Afonso Oliveira	06	GDRTCMM	12:51.97	25m	29-02-20	Coruche	189
36.	FERNANDES Afonso Freitas	06	JACL	12:53.77	25m	31-10-20	Funchal	188

1500 Livres

1.	LOUREIRO Bruno Silva	06	FCP	17:10.96	25m	08-05-21	Pacos de Ferreira	556
2.	JEVIC Milan Santos	06	SCB	17:20.60	25m	12-12-20	Mealhada	541
3.	BINYAS Eduardo	06	CNRM	17:21.76	25m	15-05-21	Abrantes	539
4.	ZHUKOV Mark	06	SCB	17:30.36	25m	08-05-21	Ponte da Barca	526
5.	ALVES Andre Correia	06	SFUAP	17:37.77	25m	12-12-20	Leiria	515
6.	CASTRO Vasco Monteiro	06	FCP	17:46.65	25m	08-05-21	Pacos de Ferreira	502
7.	FOMIN Yury	06	LDC	17:49.18	25m	24-10-20	Olhão	499
8.	FARIA Eduardo Nuno	06	SCB	17:50.12	25m	06-03-20	Braga	497
9.	TIGRE Pedro Bethlem	06	SCP	17:55.26	25m	08-03-20	Setúbal	490
10.	SILVA Francisco Araujo	06	GDNFAMA	18:10.08	25m	01-03-20	Penafiel	470
11.	MESQUITA Rodrigo Andrade	06	SCP	18:24.59	25m	08-03-20	Setúbal	452
12.	DURAO Miguel Costa	06	SCB	18:24.70	25m	12-12-20	Mealhada	452
13.	RODRIGUES Francisco Manuel	06	CNH	18:25.73	25m	08-05-21	Horta	451
14.	LUCAS Joao Neves	06	SCC	18:28.65	25m	12-12-20	Mealhada	447

1500 Livres (desde 15)

15.	CORREIA Tiago Almeida	06	CNMJ	18:30.96	25m	08-03-20	Setúbal	444
16.	PANASYUK Nil	06	SCB	18:33.64	25m	08-05-21	Ponte da Barca	441
17.	BONNIZ Pedro Goncalves	06	GESL	18:34.40	25m	08-03-20	Setúbal	440
18.	SANTOS Rui Miguel	06	FCP	18:38.42	25m	01-03-20	Penafiel	435
19.	CALHANDRO Guilherme Oliveir	06	CNMAIA	18:38.60	25m	01-03-20	Penafiel	435
20.	FIGUEIREDO Joao Pinto	06	CRASTO	18:39.98	25m	01-03-20	Leiria	434
21.	LE MOS Gil Santos	06	PIMP	18:46.51	25m	01-03-20	Leiria	426
22.	JANUARIO Tomas Maia	06	GESL	18:46.74	25m	19-01-20	Pinhal Novo	426
23.	ALMEIDA Afonso Silvestre	06	CNA	18:48.51	25m	19-01-20	Pinhal Novo	424
24.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	18:51.41	25m	01-03-20	Leiria	421
25.	STARYNSKY Daniel	06	BSCN	18:54.38	25m	01-03-20	Leiria	417
26.	TAVARES Daniel Batista	06	NBM	18:56.67	25m	07-11-20	Gafanha da Encarnação	415
27.	CASTRO Augusto Bernardo	06	CAFBDP	18:57.04	25m	14-03-21	Ponta Delgada	414
28.	FONSECA Jose Diogo	06	GESL	19:00.29	25m	08-03-20	Setúbal	411
29.	NETO Ricardo Freitas	06	SCP	19:00.73	25m	08-03-20	Setúbal	410
30.	FERNANDES Duarte Jose	06	CUC	19:01.02	25m	01-02-20	Coimbra	410
31.	JORGE Pedro Crispim	06	SFUAP	19:02.63	25m	19-01-20	Pinhal Novo	408
32.	VIEIRA Antonio Coelho	06	SCP	19:02.99	25m	19-01-20	Pinhal Novo	408
33.	GONCALVES Martim Luis	06	CDN	19:06.19	25m	08-03-20	Funchal	405
34.	FERREIRA Joao Rafael	06	FBSC	19:06.36	25m	01-03-20	Leiria	404
35.	BRANDAO Afonso Aires	06	EDV	19:08.94	25m	21-12-19	Ponte da Barca	402
36.	FERRAZ Luis Afonso	06	CNF	19:09.38	25m	08-03-20	Funchal	401
37.	SIMOES Filipe Cruz	06	CNMC	19:10.24	25m	20-12-20	Coimbra	400
38.	GASPAR Miguel Cunha	06	SCC	19:14.29	25m	12-12-20	Mealhada	396
39.	FRAZAO Francisco Couto	06	CUC	19:14.31	25m	01-02-20	Coimbra	396
40.	TOSTE Martim Candido	06	CNPV	19:18.12	25m	06-02-21	Praia da Vitória	392
41.	SILVA Pedro Marques	06	ADBA	19:20.53	25m	01-03-20	Leiria	390
42.	ROCHA Danilo Alves	06	VNC	19:21.72	25m	06-03-20	Braga	389
43.	RODRIGUES Bruno Costa	06	SCC	19:23.47	25m	01-03-20	Leiria	387
44.	SIMOES Edgar Francisco	06	IDV	19:24.99	25m	01-03-20	Leiria	385
45.	GOMES Rafael Rodrigues	06	CLAC	19:29.62	25m	06-03-20	Santarém	381
46.	FERREIRA Goncalo Filipe	06	AVQA	19:30.48	25m	06-03-20	Santarém	380
47.	PIMENTEL Pedro Miguel	06	GESL	19:31.06	25m	19-01-20	Pinhal Novo	379
48.	MARQUES Jose Miguel	06	CAQC	19:31.09	25m	01-03-20	Leiria	379
49.	CHAO Tiago Ventura	06	CNS	19:33.88	25m	19-01-20	Pinhal Novo	377
50.	PINHO Afonso Formigo	06	CNTN	19:40.78	25m	06-03-20	Santarém	370
51.	ABREU Joao Francisco	06	CNF	19:42.15	25m	23-11-19	Funchal	369
52.	FERREIRA Cristiano Nogueira	06	NDAP	19:45.00	25m	01-03-20	Leiria	366
53.	MAIO Rodrigo Piteira	06	CFB	19:52.31	25m	19-01-20	Pinhal Novo	359
54.	SILVA Lorenzo Muniz	06	BUZIOS	19:53.03	25m	24-10-20	Tomar	359
55.	SIMOES Manuel Costa	06	CDCP	19:54.74	25m	19-01-20	Pinhal Novo	357
56.	TOMAS Afonso Vidal	06	ALN	19:54.77	25m	01-03-20	Leiria	357
57.	TONA Luca Valentino	06	PIMP	19:59.68	25m	24-11-19	Caldas da Rainha	353
58.	PALARE Rodrigo Franco	06	GESL	20:01.24	25m	19-01-20	Pinhal Novo	351
59.	EVARISTO Bernardo Miguel	06	SFGP	20:03.85	25m	19-01-20	Entroncamento	349
60.	BISPO Daniel Silva	06	CNAB	20:03.96	25m	23-11-19	Tomar	349
61.	CASIMIRO Lucas Vilaca	06	CDCP	20:07.74	25m	15-05-21	Abrantes	346
62.	VICENTE David Chagas	06	CAFBDP	20:09.77	25m	20-03-21	Ponta Delgada	344
63.	SILVA Tiago Nunes	06	CPCD	20:19.31	25m	12-12-20	Leiria	336
64.	TEMUDO Jose Maria	06	CNRM	20:20.86	25m	15-05-21	Abrantes	335
65.	RODRIGUES Joao Carvalho	06	CGA	20:21.70	25m	12-10-19	Mealhada	334
66.	SAMPAIO Francisco Manuel	06	FOCA	20:28.31	25m	19-10-19	Felgueiras	329
67.	ARAUJO Miguel Bernardo	06	CAQC	20:29.54	25m	01-02-20	Coimbra	328

1500 Livres (desde 68)

68.	PEREIRA Pedro Santos	06	LSC	20:29.93	25m	01-03-20	Penafiel	327
69.	CRAVO Duarte Bento	06	VS	20:32.94	25m	20-10-19	Torres Novas	325
70.	SOKOLOVSKYY Vitor	06	CNAB	20:33.51	25m	20-10-19	Torres Novas	324
71.	MENDONCA Joao Maria	06	GCNF	20:34.58	25m	07-11-20	Lagos	324
72.	LOPES Marco Oliveira	06	ADP	20:36.46	25m	19-10-19	Felgueiras	322
73.	MACHADO Bernardo Magalhaes	06	CDN	20:36.99	25m	23-11-19	Funchal	322
74.	SILVA Rodrigo Daniel	06	GCVR	20:44.24	25m	07-03-20	Mirandela	316
75.	JESUS Rafael Costa	06	DNMG	20:46.46	25m	01-03-20	Leiria	314
76.	PARELHO Tomas Leal	06	CNMJ	20:52.17	25m	19-01-20	Pinhal Novo	310
77.	RIBEIRO Luis Miguel	06	LSXXI	20:54.90	25m	19-10-19	Felgueiras	308
78.	PEREIRA Tiago Marques	06	LSC	20:57.06	25m	01-03-20	Penafiel	307
79.	MEDEIROS Tomas Araujo	06	CDEAP	20:57.57	25m	20-03-21	Ponta Delgada	306
80.	ALVES Pedro Miguel	06	CDN	21:06.13	25m	23-11-19	Funchal	300
81.	CAMARA Joao Melo	06	TAC	21:10.53	25m	06-02-21	Praia da Vitória	297
82.	BEATO Rafael Duarte	06	MODV	21:15.81	25m	19-01-20	Pinhal Novo	293
83.	PERES Lucas Farinha	06	CCDSERTA	21:18.63	25m	08-03-20	Ponte de Sor	291
84.	ROCHA Miguel Azevedo	06	ADP	21:20.52	25m	19-10-19	Felgueiras	290
85.	RIBEIRO Francisco Martins	06	CCDSERTA	21:21.86	25m	16-11-19	Castelo Branco	289
86.	DELCAN Ruben Davila	06	CNGUA	21:25.63	25m	08-03-20	Quarteira	287
87.	NUNES Pedro Goncalves	06	ADP	21:26.70	25m	19-10-19	Felgueiras	286
88.	CAETANO Andre Monteiro	06	MODV	21:38.89	25m	19-01-20	Pinhal Novo	278
89.	JESUS Luis Duarte	06	CGA	21:40.72	25m	12-10-19	Mealhada	277
90.	MENDES Edgar Tavares	06	AAC	21:41.21	25m	01-02-20	Coimbra	276
91.	SOARES Miguel Sousa	06	CAFBDP	21:46.99	25m	16-02-20	Ponta Delgada	273
92.	DUARTE Rodrigo Neves	06	ALN	21:47.29	25m	01-11-19	Condeixa	273
93.	DIAS Henrique Tavares	06	CNAC	21:48.96	25m	01-11-19	Condeixa	271
94.	SOARES Pedro Silva	06	PORTIN	22:13.18	25m	24-10-20	Olhão	257
95.	SANTOS Frederico Silva	06	ADP	23:20.52	25m	19-10-19	Felgueiras	222
96.	TEMES Joao Caires	06	JACL	23:32.89	25m	08-03-20	Funchal	216
97.	PEREIRA Pedro Manuel	06	CNPV	23:36.46	25m	14-03-21	Praia da Vitória	214
98.	PITA Andre Coelho	06	CNAB	24:43.53	25m	20-10-19	Torres Novas	186
99.	PIRES Rui Filipe	06	CMNPR	25:47.73	25m	24-11-19	Bragança	164
100.	RICARTE Goncalo Maria	06	NSIT	25:58.06	25m	06-02-21	Praia da Vitória	161

50 Costas

1.	SILVA Francisco Araujo	06	GDNFAMA	28.16	25m	11-04-21	Felgueiras	491
2.	DENISOV Micael Dmitrievich	06	ADBA	28.81	25m	07-11-20	Leiria	458
3.	ROCHA Miguel Azevedo	06	ADP	28.82	25m	11-04-21	Felgueiras	458
4.	RODRIGUES Rodrigo Vieira	06	SCE	29.38	25m	18-01-20	Mealhada	432
5.	OLIVEIRA Tomas Ferreira	06	CNMAIA	29.41	25m	09-05-21	Pacos de Ferreira	431
6.	MELO Lourenco Filipe	06	CNPDL	31.12	25m	10-04-21	Praia da Vitória	364
7.	TOSTE Martim Candido	06	CNPV	31.49	25m	08-05-21	Praia da Vitória	351
8.	GUEDES Alexandre Fontes	06	CDF	31.75	25m	02-05-21	Gafanha da Nazaré	342
9.	PITA Pedro Miguel	06	CNF	31.91	25m	21-12-19	Funchal	337
10.	CONCEICAO Rodrigo Santos	06	CNPO	32.28	25m	11-04-21	Felgueiras	326
11.	SOKOLOVSKYY Vitor	06	CNAB	32.69	25m	24-10-20	Tomar	314
12.	LOUREIRO Bruno Silva	06	FCP	32.74	25m	07-11-20	Leiria	312
13.	STARYNSKYY Daniel	06	BSCN	32.86	25m	23-05-21	Alcobaça	309
14.	YAKUBENKO Eduardo	06	GCVR	33.13	25m	08-05-21	Peso da Régua	301
15.	TONA Luca Valentino	06	PIMP	33.24	25m	17-10-20	Caldas da Rainha	298
16.	ALMEIDA Francisco Nunes	06	UDO	33.26	25m	02-05-21	Gafanha da Nazaré	298
17.	PINHO Afonso Formigo	06	CNTN	33.27	25m	15-05-21	Abrantes	297

50 Costas (desde 18)

18.	LEMOS Gil Santos	06	PIMP	33.36	25m	20-10-19	Óbidos	295
19.	SILVA Miguel Valerio	06	DNMG	33.42	25m	23-05-21	Alcobaça	293
20.	PEREIRA Manuel Luis	06	EDL	33.50	25m	07-03-20	Braga	291
20.	LUIS Alexandre Miguel	06	ABR	33.50	25m	07-11-20	Lagos	291
22.	PEREZ Carlos Gonzalez	06	CNGUA	33.53	25m	11-01-20	Quarteira	291
22.	FERREIRA Cristiano Nogueira	06	NDAP	33.53	25m	23-05-21	Alcobaça	291
24.	SANTOS Eduardo Pinto	06	CDF	33.55	25m	02-05-21	Gafanha da Nazaré	290
25.	MENESES Martim Ribeiro	06	CRASTO	33.67	25m	02-05-21	Gafanha da Nazaré	287
26.	LEAL Manuel Joaquim	06	CAP	34.14	25m	09-05-21	Pacos de Ferreira	275
27.	TOMAS Afonso Vidal	06	ALN	34.28	25m	20-10-19	Condeixa	272
28.	VINTEM Goncalo Rodrigues	06	NFDCA	34.75	25m	23-05-21	Alcobaça	261
29.	OLIVEIRA Carlos Miguel	06	FBSC	34.88	25m	07-12-19	Coimbra	258
30.	CAMARA Joao Melo	06	TAC	35.06	25m	21-11-20	Angra do Heroísmo	254
31.	TRINCAO Tiago Miguel	06	CNTN	35.17	25m	15-05-21	Abrantes	252
32.	FERREIRA Andre Pedro	06	NDAP	35.42	25m	23-05-21	Alcobaça	246
33.	CARVALHO Rui Macedo	06	CAPGE	35.47	25m	13-06-21	Viseu	245
34.	MEDEIROS Tomas Araujo	06	CDEAP	35.48	25m	15-05-21	Ponta Delgada	245
35.	FERREIRA Goncalo Filipe	06	AVQA	35.60	25m	15-05-21	Abrantes	243
36.	ALVES Pedro Miguel	06	CDN	35.66	25m	18-07-20	Funchal	241
37.	COELHO Miguel Teixeira	06	CNG	35.75	25m	08-05-21	Guarda	240
38.	TRISTAO Pedro Macara	06	PORTIN	35.81	25m	12-01-20	Quarteira	238
39.	MARTINS Henrique Ferreira	06	CSAAXXI	35.82	25m	02-02-20	Viseu	238
40.	PADRE Tiago Gabriel	06	CNNZ	36.40	25m	07-11-20	Leiria	227
41.	PONTE Miguel Andre	06	LDC	36.43	25m	07-11-20	Lagos	226
42.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	36.71	25m	02-02-20	Viseu	221
43.	TRINDADE Vasco Cabrita	06	ACS	36.82	25m	16-05-21	Lagos	219
44.	FISTICANU Nicolae	06	CNSBA	37.01	25m	11-01-20	Quarteira	216
45.	PIRES Alexandre Santos	06	CNOL	37.04	25m	07-11-20	Lagos	215
46.	POMBO Diogo Bernardino	06	CNLA	37.34	25m	19-12-20	Sines	210
47.	ARAUJO Miguel Bernardo	06	CAQC	37.37	25m	07-12-19	Coimbra	210
48.	RAMOS Goncalo Albino	06	CNS	37.51	25m	26-01-20	Campo Maior	207
49.	PERES Lucas Farinha	06	CCDSERTA	37.69	25m	26-01-20	Campo Maior	204
50.	GILSA Filipe Borrega	06	SCCM	37.81	25m	26-01-20	Campo Maior	202
51.	PALMA Joao Francisco	06	CNGUA	37.92	25m	11-01-20	Quarteira	201
52.	GASPAR Miguel Cunha	06	SCC	37.99	25m	07-12-19	Coimbra	200
53.	OSORIO Duarte Afonso	06	PORTIN	38.20	25m	07-11-20	Lagos	196
54.	GUERREIRO Diogo Alexandre	06	LDC	38.30	25m	11-01-20	Quarteira	195
55.	SOARES Pedro Silva	06	PORTIN	38.58	25m	07-11-20	Lagos	191
56.	OLIVEIRA Bernardo Antonio	06	CNF	38.59	25m	08-05-21	Funchal	190
57.	MENDES Tomas Pereira	06	LDC	38.85	25m	11-01-20	Quarteira	187
58.	TEMES Joao Caires	06	JACL	38.96	25m	18-07-20	Funchal	185
59.	OLIVEIRA Ruben Simao	06	SCE	38.97	25m	08-11-20	Gafanha da Encarnação	185
60.	ROQUE Daniel Silva	06	CNGUA	39.24	25m	11-01-20	Quarteira	181
61.	STEFLEA Andre Sergio	06	CDSR	39.98	25m	18-07-20	Funchal	171
62.	COSTA Afonso Pereira	06	CNG	40.35	25m	08-05-21	Guarda	166
63.	NEVES Diogo Fonseca	06	CSAAXXI	40.60	25m	18-01-20	Mealhada	163
64.	MELENTI Nuno Miguel	06	LDC	40.65	25m	11-01-20	Quarteira	163
65.	CUSTODIO Gabriel Lourenco	06	CNNZ	40.96	25m	07-11-20	Leiria	159
66.	MARQUES Martim Rodrigues	06	PORTIN	41.19	25m	17-10-20	Lagos	156
67.	SANTOS Pedro Rolo	06	SCA	42.25	25m	02-05-21	Gafanha da Nazaré	145
68.	MENDONCA Joao Maria	06	CNFA	42.33	25m	11-01-20	Quarteira	144
69.	CARREIRA Ernani Afonso	06	CDN	43.23	25m	21-12-19	Funchal	135
70.	LIMA Antonio Novak	06	ABR	43.32	25m	11-01-20	Quarteira	134

50 Costas (desde 71)

71.	MOREIRA Ricardo Lopes	06	PORTIN	43.47	25m	16-05-21	Lagos	133
72.	CORREIA Miguel Alberto	06	ACS	43.73	25m	17-10-20	Lagos	131
73.	DUARTE Simao Ferreira	06	GDRTCMM	44.52	25m	02-02-20	Montemor-o-Novo	124
74.	ROCHA Simao Pedro	06	CAP	45.91	25m	30-05-21	Lousada	113
75.	PACHECO Alex Sampaio	06	CDEAP	47.14	25m	21-11-20	Ribeira Grande	104
76.	GUIA Rodrigo Elias	06	LAGAC	47.18	25m	11-01-20	Quarteira	104
77.	CRO Nuno Afonso	06	CDSR	49.64	25m	08-05-21	Funchal	89
78.	SANTOS Rafael	06	URDJ	50.89	25m	23-11-19	Caldas da Rainha	83
79.	MEDEIROS Goncalo Alexandre	06	CNPDL	55.58	25m	13-03-21	Ponta Delgada	63
80.	MACHADO Jose Pedro	06	URDJ	56.79	25m	20-10-19	Óbidos	59

100 Costas

1.	SILVA Francisco Araujo	06	GDNFAMA	59.98	25m	10-04-21	Felgueiras	541
2.	RODRIGUES Rodrigo Vieira	06	SCE	1:01.20	25m	13-12-20	Mealhada	509
3.	ROCHA Miguel Azevedo	06	ADP	1:01.78	25m	13-12-20	Mealhada	495
4.	PITA Pedro Miguel	06	CNF	1:01.82	25m	08-05-21	Funchal	494
5.	DENISOV Micael Dmitrievich	06	ADBA	1:01.90	25m	13-12-20	Leiria	492
6.	FOMIN Yury	06	LDC	1:02.56	25m	13-12-20	Leiria	476
7.	JANUARIO Tomas Maia	06	GESL	1:03.47	25m	13-12-20	Leiria	456
8.	SILVA Pedro Marques	06	ADBA	1:03.96	25m	06-03-21	Leiria	446
9.	OLIVEIRA Tomas Ferreira	06	CNMAIA	1:04.20	25m	10-04-21	Felgueiras	441
10.	BONNIZ Pedro Goncalves	06	GESL	1:04.40	25m	09-05-21	Sto António Cavaleiros	437
11.	ANTUNES Martim Barata	06	SLB	1:04.44	25m	10-04-21	Felgueiras	436
12.	VIEIRA Antonio Coelho	06	SCP	1:04.99	25m	13-12-20	Leiria	425
13.	ALVES Andre Correia	06	SFUAP	1:05.08	25m	13-12-20	Leiria	423
14.	BAPTISTA Guilherme Fernandes	06	SLB	1:05.12	25m	13-12-20	Leiria	422
15.	LEMONS Gil Santos	06	PIMP	1:05.23	25m	13-12-20	Leiria	420
16.	RODRIGUES Joao Carvalho	06	CGA	1:05.37	25m	02-05-21	Gafanha da Nazaré	418
17.	DURAO Miguel Costa	06	SCB	1:05.46	25m	09-05-21	Ponte da Barca	416
18.	SILVA Joao Luis	06	CEOL	1:05.56	25m	14-05-21	Funchal	414
19.	PEREIRA Guilherme Marques	06	CAQC	1:05.69	25m	13-12-20	Mealhada	411
20.	JIMENEZ Nicolas Manzano	06	LDC	1:05.82	25m	25-10-20	Olhão	409
21.	CASTRO Vasco Monteiro	06	FCP	1:05.91	25m	10-04-21	Felgueiras	407
22.	OLIVEIRA Tomas Varanda	06	SCC	1:06.19	25m	18-10-20	Coimbra	402
23.	PISSARRA Rodrigo Figueiredo	06	GESL	1:06.28	25m	13-12-20	Leiria	401
23.	JESUS Luis Duarte	06	CGA	1:06.28	25m	13-03-21	Aveiro	401
25.	KOVALCHUK Herman	06	GCVR	1:06.53	25m	10-06-21	Vila Real	396
26.	HERRERO Miguel Mera	06	SCP	1:06.75	25m	13-12-20	Leiria	392
27.	MELO Lourenco Filipe	06	CNPDL	1:06.91	25m	12-06-21	Ponta Delgada	389
28.	TOSTE Martim Candido	06	CNPV	1:06.92	25m	13-12-20	Praia da Vitória	389
29.	ALMEIDA Afonso Miguel	06	CGA	1:07.01	25m	13-12-20	Mealhada	388
30.	PINTO Romulo Neves	06	CCLAMAS	1:07.04	25m	13-12-20	Mealhada	387
31.	GOMEZ Ruben Camacho	06	CNGUA	1:07.87	25m	08-03-20	Quarteira	373
32.	TOMAS Afonso Vidal	06	ALN	1:07.93	25m	10-04-21	Felgueiras	372
33.	CARVALHO Artur Guterres	06	CFV	1:08.06	25m	08-05-21	Pacos de Ferreira	370
34.	CASTRO Augusto Bernardo	06	CAFBDP	1:08.08	25m	12-06-21	Ponta Delgada	370
35.	MACHADO Bernardo Magalhaes	06	CDN	1:08.15	25m	08-08-20	Funchal	368
36.	FRAZAO Francisco Couto	06	CUC	1:08.24	25m	15-05-21	Condeixa-a-Nova	367
37.	MENDONCA Luiz Henrique	06	GESL	1:08.39	25m	09-05-21	Sto António Cavaleiros	365
38.	SILVA Francisco Barbosa	06	CFV	1:08.50	25m	08-05-21	Pacos de Ferreira	363
39.	SOROKOVKIN Dinis Vlasov	06	SCA	1:08.56	25m	13-06-21	Viseu	362
40.	NETO Ricardo Freitas	06	SCP	1:08.88	25m	16-05-21	Alvalade	357

100 Costas (desde 41)

41.	SIMOES Filipe Cruz	06	CNMC	1:08.89	25m	13-12-20	Mealhada	357
42.	CONCEICAO Rodrigo Santos	06	CNPO	1:08.92	25m	10-04-21	Felgueiras	356
43.	RIBEIRO Andre Cunha	06	SAD	1:08.96	25m	01-05-21	Lisboa	356
44.	SOKOLOVSKYY Vitor	06	CNAB	1:08.97	25m	16-05-21	Abrantes	355
45.	ALVES Rodrigo Castro	06	EDV	1:09.01	25m	09-05-21	Ponte da Barca	355
46.	CUNHA Eduardo Pacheco	06	CNCE	1:09.02	25m	21-12-19	Porto	355
47.	PALARE Rodrigo Franco	06	GESL	1:09.13	25m	09-05-21	Sto António Cavaleiros	353
48.	MORAO Simao Barros	06	SAD	1:09.25	25m	01-05-21	Lisboa	351
49.	GUEDES Alexandre Fontes	06	CDF	1:09.51	25m	13-12-20	Mealhada	347
50.	MARTINS Henrique Ferreira	06	CSAAXXI	1:09.54	25m	02-05-21	Gafanha da Nazaré	347
51.	ROQUE Tomas Nunes	06	SLB	1:09.76	25m	21-12-19	Alapraia	344
52.	SILVESTRE Manuel Faria	06	SLB	1:09.81	25m	21-12-19	Alapraia	343
53.	FERREIRA Joao Rafael	06	FBSC	1:09.90	25m	15-05-21	Condeixa-a-Nova	341
54.	NEVES Diogo Cura	06	CAQC	1:09.92	25m	20-12-20	Coimbra	341
55.	RIBEIRO Joao Nogueira	06	ADF	1:09.97	25m	21-12-19	Porto	340
56.	JEVIC Milan Santos	06	SCB	1:10.09	25m	22-12-19	Ponte da Barca	339
57.	ALVES Pedro Miguel	06	CDN	1:10.16	25m	08-05-21	Funchal	338
58.	BINYAS Eduardo	06	SANDS	1:10.19	25m	15-02-20	Leiria	337
59.	PONTE Miguel Andre	06	GCMF	1:10.20	25m	16-05-21	Lagos	337
60.	MENESES Martim Ribeiro	06	CRASTO	1:10.36	25m	13-06-21	Viseu	335
61.	BRANDAO Afonso Aires	06	EDV	1:10.40	25m	09-05-21	Ponte da Barca	334
62.	JESUS Manuel Faveiro	06	NFDCA	1:10.62	25m	08-11-20	Leiria	331
63.	LOPES Rafael Filipe	06	GESL	1:10.65	25m	09-05-21	Sto António Cavaleiros	331
64.	SANTOS Rui Miguel	06	FCP	1:10.69	25m	21-12-19	Porto	330
65.	OLIVEIRA Carlos Miguel	06	FBSC	1:10.82	25m	20-06-21	Coimbra	328
66.	CORREIA Tiago Almeida	06	CNMJ	1:11.04	25m	22-02-20	Loures	325
67.	JORGE Pedro Crispim	06	SFUAP	1:11.35	25m	01-05-21	Lisboa	321
68.	SANTOS Eduardo Pinto	06	CDF	1:11.36	25m	02-05-21	Gafanha da Nazaré	321
68.	GASPAR Miguel Cunha	06	SCC	1:11.36	25m	02-05-21	Gafanha da Nazaré	321
70.	ELEKES Miguel Antonio	06	AMINATA	1:11.37	25m	07-11-20	Guarda	321
71.	MARQUES Jose Miguel	06	CAQC	1:11.42	25m	20-06-21	Coimbra	320
72.	CAMPOS Ricardo Lima	06	ADS	1:11.44	25m	02-05-21	Gafanha da Nazaré	320
73.	CAMARA Joao Melo	06	TAC	1:11.51	25m	12-06-21	Praia da Vitória	319
74.	SILVA Tiago Nunes	06	CPCD	1:11.58	25m	06-03-20	Setúbal	318
75.	FERREIRA Cristiano Nogueira	06	NDAP	1:11.72	25m	23-05-21	Alcobaça	316
76.	ABREU Joao Francisco	06	CNF	1:11.79	25m	18-10-20	Funchal	315
77.	GONCALVES Martim Luis	06	CDN	1:11.89	25m	08-03-20	Funchal	314
77.	PINHO Afonso Formigo	06	CNTN	1:11.89	25m	16-05-21	Abrantes	314
79.	RODRIGUES Francisco Manuel	06	CNH	1:11.93	25m	23-01-21	Horta	313
80.	PINTO Fabio Jose	06	CCDSERTA	1:12.02	25m	08-05-21	Guarda	312
81.	TRISTAO Pedro Macara	06	PORTIN	1:12.08	25m	08-11-20	Lagos	311
82.	ZHUKOV Mark	06	SCB	1:12.12	25m	22-12-19	Ponte da Barca	311
83.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	1:12.14	25m	21-12-19	Porto	311
84.	YAKUBENKO Eduardo	06	GCMF	1:12.34	25m	08-05-21	Peso da Régua	308
85.	FONSECA Jose Diogo	06	GESL	1:12.41	25m	16-02-20	Sto Antonio dos Cavaleiros	307
86.	LOUREIRO Bruno Silva	06	FCP	1:12.53	25m	28-02-20	Penafiel	306
86.	PIMENTEL Pedro Miguel	06	GESL	1:12.53	25m	09-05-21	Sto António Cavaleiros	306
86.	LUIS Alexandre Miguel	06	ABR	1:12.53	25m	16-05-21	Lagos	306
89.	GONCALVES Manuel Alves	06	CBCN	1:12.56	25m	28-02-20	Penafiel	305
90.	JACINTO Gabriel Zimas	06	ADBA	1:12.62	25m	30-04-21	Leiria	304
91.	GOMES Joao Almeida	06	CNN	1:12.63	25m	15-02-20	Estremoz	304
92.	FIGUEIRA Diogo Morgado	06	CPCD	1:12.67	25m	21-12-19	Alapraia	304
93.	FIGUEIREDO Luis Pedro	06	GESL	1:12.69	25m	09-05-21	Sto António Cavaleiros	304

100 Costas (desde 94)

94.	SEMEDO Leandro Carvalho	06	GESL	1:12.75	25m	09-05-21	Sto António Cavaleiros	303
95.	COSTA Tomas Mendes	06	GDNFAMA	1:12.83	25m	21-12-19	Porto	302
96.	PEREIRA Tiago Marques	06	LSC	1:12.86	25m	09-02-20	Vila Mea	301
97.	FERNANDES Leonardo Freitas	06	GDNFAMA	1:12.92	25m	09-02-20	Vila Mea	301
98.	ALMEIDA Afonso Silvestre	06	CNA	1:12.99	25m	21-12-19	Alapraia	300
99.	LOPES Marco Oliveira	06	ADP	1:13.07	25m	28-02-20	Penafiel	299
100.	MORAIS David Miguel	06	SLB	1:13.09	25m	21-12-19	Alapraia	299

200 Costas

1.	SILVA Francisco Araujo	06	GDNFAMA	2:08.91	25m	11-04-21	Felgueiras	550
2.	RODRIGUES Rodrigo Vieira	06	SCE	2:14.62	25m	13-12-20	Mealhada	483
3.	PITA Pedro Miguel	06	CNF	2:15.74	25m	09-05-21	Funchal	471
4.	FOMIN Yury	06	LDC	2:17.33	25m	08-11-20	Lagos	455
5.	JANUARIO Tomas Maia	06	GESL	2:17.94	25m	13-12-20	Leiria	449
6.	ALVES Andre Correia	06	SFUAP	2:18.72	25m	02-05-21	Lisboa	441
7.	FAFTINE Kaio Araujo	06	SCP	2:19.01	25m	09-05-21	Alcobaça	438
8.	OLIVEIRA Tomas Ferreira	06	CNMAIA	2:19.24	25m	09-05-21	Pacos de Ferreira	436
9.	ROCHA Miguel Azevedo	06	ADP	2:19.35	25m	13-12-20	Mealhada	435
10.	ZHUKOV Mark	06	SCB	2:20.07	25m	08-05-21	Ponte da Barca	428
11.	ANTUNES Martim Barata	06	SLB	2:20.30	25m	11-04-21	Felgueiras	426
12.	LEMOS Gil Santos	06	PIMP	2:21.12	25m	13-12-20	Leiria	419
13.	LOUREIRO Bruno Silva	06	FCP	2:21.23	25m	09-05-21	Pacos de Ferreira	418
14.	CASTRO Vasco Monteiro	06	FCP	2:21.67	25m	11-04-21	Felgueiras	414
15.	DURAO Miguel Costa	06	SCB	2:21.79	25m	08-05-21	Ponte da Barca	413
16.	CORREIA Tiago Almeida	06	CNMJ	2:22.55	25m	16-05-21	Abrantes	406
17.	SILVA Francisco Barbosa	06	CFV	2:22.85	25m	09-05-21	Pacos de Ferreira	404
18.	PEREIRA Guilherme Marques	06	CAQC	2:23.79	25m	19-06-21	Coimbra	396
19.	MACHADO Bernardo Magalhaes	06	CDN	2:24.17	25m	08-08-20	Funchal	393
20.	VIEIRA Antonio Coelho	06	SCP	2:24.18	25m	07-03-20	Setúbal	393
21.	RODRIGUES Joao Carvalho	06	CGA	2:24.63	25m	13-03-21	Aveiro	389
22.	BONNIZ Pedro Goncalves	06	GESL	2:24.95	25m	11-01-20	Estoril	386
23.	DENISOV Micael Dmitrievich	06	ADBA	2:25.08	25m	29-02-20	Leiria	385
24.	SILVA Pedro Marques	06	ADBA	2:25.21	25m	11-04-21	Felgueiras	384
25.	GONCALVES Martim Luis	06	CDN	2:25.47	25m	09-05-21	Funchal	382
26.	TOMAS Afonso Vidal	06	ALN	2:25.58	25m	19-12-20	Coimbra	381
27.	SIMOES Filipe Cruz	06	CNMC	2:25.61	25m	13-12-20	Mealhada	381
28.	FRAZAO Francisco Couto	06	CUC	2:25.97	25m	19-12-20	Coimbra	378
29.	NETO Ricardo Freitas	06	SCP	2:25.99	25m	16-05-21	Alvalade	378
30.	TOSTE Martim Candido	06	CNPV	2:26.14	25m	10-04-21	Praia da Vitória	377
31.	JESUS Luis Duarte	06	CGA	2:26.34	25m	13-03-21	Aveiro	376
32.	HERRERO Miguel Mera	06	SCP	2:26.92	25m	07-03-20	Setúbal	371
33.	CONCEICAO Rodrigo Santos	06	CNPO	2:27.49	25m	13-12-20	Mealhada	367
34.	MENDONCA Luiz Henrique	06	GESL	2:27.68	25m	02-05-21	Lisboa	365
35.	PINTO Romulo Neves	06	CCLAMAS	2:27.86	25m	13-12-20	Mealhada	364
36.	ALVES Pedro Miguel	06	CDN	2:27.96	25m	09-05-21	Funchal	363
37.	FERREIRA Cristiano Nogueira	06	NDAP	2:28.37	25m	12-06-21	Nazaré	360
38.	BINYAS Eduardo	06	CNRM	2:28.53	25m	08-03-20	Santarém	359
39.	OLIVEIRA Tomas Varanda	06	SCC	2:28.67	25m	07-12-19	Coimbra	358
40.	BAPTISTA Guilherme Fernandes	06	SLB	2:28.71	25m	26-10-19	Estoril	358
41.	CARVALHO Artur Guterres	06	CFV	2:28.90	25m	09-05-21	Pacos de Ferreira	357
42.	MELO Lourenco Filipe	06	CNPDL	2:29.03	25m	13-12-20	Praia da Vitória	356
43.	PEREIRA Tiago Marques	06	LSC	2:29.30	25m	29-02-20	Penafiel	354

200 Costas (desde 44)

44.	FERREIRA Joao Rafael	06	FBSC	2:29.71	25m	15-05-21	Condeixa-a-Nova	351
45.	GASPAR Miguel Cunha	06	SCC	2:30.12	25m	15-05-21	Condeixa-a-Nova	348
46.	JORGE Pedro Crispim	06	SFUAP	2:30.26	25m	13-12-20	Leiria	347
47.	SOROKOVKIN Dinis Vlasov	06	SCA	2:30.49	25m	13-06-21	Viseu	345
48.	MENESES Martim Ribeiro	06	CRASTO	2:30.62	25m	13-06-21	Viseu	344
49.	SANTOS Eduardo Pinto	06	CDF	2:30.71	25m	01-05-21	Gafanha da Nazaré	344
50.	SOKOLOVSKYY Vitor	06	CNAB	2:31.05	25m	16-05-21	Abrantes	341
51.	FIGUEIREDO Joao Pinto	06	CRASTO	2:31.09	25m	01-05-21	Gafanha da Nazaré	341
52.	GUEDES Alexandre Fontes	06	CDF	2:31.28	25m	13-12-20	Mealhada	340
53.	ALVES Rodrigo Castro	06	EDV	2:31.40	25m	08-05-21	Ponte da Barca	339
54.	STARYNSKYY Daniel	06	BSCN	2:31.82	25m	12-06-21	Nazaré	336
55.	SILVESTRE Manuel Faria	06	SLB	2:31.85	25m	11-01-20	Estoril	336
56.	FERNANDES Duarte Jose	06	INDANC	2:32.21	25m	19-06-21	Coimbra	334
57.	EVARISTO Bernardo Miguel	06	SFGP	2:32.86	25m	25-10-20	Tomar	329
58.	BRANDAO Afonso Aires	06	EDV	2:32.90	25m	06-03-20	Braga	329
59.	JESUS Manuel Faveiro	06	NFDCA	2:33.12	25m	23-02-20	Pombal	328
60.	SILVA Tiago Nunes	06	CPCD	2:33.79	25m	07-03-20	Setúbal	324
61.	PONTE Miguel Andre	06	GCNF	2:34.34	25m	15-05-21	Lagos	320
62.	ELEKES Miguel Antonio	06	AMINATA	2:34.49	25m	07-03-20	Ponte de Sor	319
63.	FARIA Eduardo Nuno	06	SCB	2:34.78	25m	02-11-19	Barcelos	317
64.	ROQUE Tomas Nunes	06	SLB	2:35.05	25m	26-10-19	Estoril	316
65.	PIMENTEL Pedro Miguel	06	GESL	2:35.17	25m	07-03-20	Setúbal	315
66.	ABREU Joao Francisco	06	CNF	2:35.55	25m	07-03-20	Funchal	313
67.	LOURENCO Francisco Campos	06	CNV	2:35.74	25m	29-02-20	Penafiel	312
68.	BRANCO Vasco Pedro	06	CNNZ	2:35.85	25m	12-06-21	Nazaré	311
69.	RIBEIRO Joao Nogueira	06	ADF	2:35.96	25m	19-10-19	Felgueiras	310
70.	PACHECO Afonso Azevedo	06	CFV	2:36.03	25m	09-05-21	Pacos de Ferreira	310
71.	GOMES Rafael Rodrigues	06	CNTEJO	2:36.48	25m	25-10-20	Tomar	307
72.	RIBEIRO Luis Miguel	06	LSXXI	2:36.49	25m	09-05-21	Pacos de Ferreira	307
73.	ALMEIDA Afonso Silvestre	06	CNA	2:36.66	25m	26-10-19	Estoril	306
74.	CAMPOS Ricardo Lima	06	ADS	2:36.96	25m	29-02-20	Leiria	304
75.	CAMARA Joao Melo	06	TAC	2:37.07	25m	10-04-21	Praia da Vitória	304
76.	PISSARRA Rodrigo Figueiredo	06	CPCD	2:37.09	25m	26-10-19	Estoril	304
77.	LOPES Marco Oliveira	06	ADP	2:37.25	25m	29-02-20	Penafiel	303
78.	BRAGA Afonso Pereira	06	GCVR	2:37.30	25m	08-03-20	Mirandela	302
79.	SILVA Joao Luis	06	CEOL	2:37.41	25m	25-07-20	Funchal	302
80.	GAVEA Guilherme Santos	06	SLB	2:37.78	25m	07-03-20	Setúbal	300
81.	FONSECA Jose Diogo	06	GESL	2:37.90	25m	08-12-19	Sto António Cavaleiros	299
82.	SILVA Rodrigo Daniel	06	GCVR	2:37.93	25m	08-03-20	Mirandela	299
83.	MATOS Rodrigo Onofre	06	CFB	2:38.00	25m	09-05-21	Alcobaça	298
84.	CARVALHO Pedro Fernandes	06	CNMC	2:38.15	25m	29-02-20	Leiria	297
85.	PINHO Afonso Formigo	06	CNTN	2:38.37	25m	08-03-20	Santarém	296
86.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	2:38.46	25m	29-02-20	Leiria	296
87.	SILVA Miguel Valerio	06	DNMG	2:38.51	25m	12-06-21	Nazaré	295
88.	TIGRE Pedro Bethlem	06	SCP	2:38.73	25m	08-12-19	Sto António Cavaleiros	294
89.	PAULINO Martim Frederico	06	CNS	2:39.07	25m	07-03-20	Setúbal	292
90.	MORAIS David Miguel	06	SLB	2:39.16	25m	26-10-19	Estoril	292
91.	GABRIELE Luca Graca	06	PORTIN	2:39.20	25m	17-10-20	Lagos	292
92.	PALARE Rodrigo Franco	06	GESL	2:39.27	25m	11-01-20	Estoril	291
93.	COSTA Pedro Henrique	06	CFP	2:39.75	25m	29-02-20	Penafiel	289
94.	SIMOES Edgar Francisco	06	IDV	2:40.02	25m	12-06-21	Nazaré	287
95.	PIRES Gustavo Teixeira	06	SCC	2:40.51	25m	29-02-20	Leiria	285
96.	TONA Luca Valentino	06	PIMP	2:40.58	25m	17-10-20	Caldas da Rainha	284

200 Costas (desde 97)

97.	BEATO Rafael Duarte	06	MODV	2:40.61	25m	07-03-20	Setúbal	284
98.	DURAKOV Erhan Asanov	06	LDC	2:40.66	25m	17-10-20	Lagos	284
99.	FIGUEIRA Diogo Morgado	06	CPCD	2:40.69	25m	26-10-19	Estoril	284
100.	PEREIRA David Parreiras	06	ADBA	2:40.88	25m	08-11-20	Leiria	283

50 Bruços

1.	OLIVEIRA Tomas Varanda	06	SCC	32.02	25m	02-05-21	Gafanha da Nazaré	490
2.	FERNANDES Leonardo Freitas	06	GDNFAMA	32.26	25m	11-04-21	Felgueiras	479
3.	COSTA Tomas Mendes	06	GDNFAMA	32.43	25m	09-05-21	Pacos de Ferreira	472
4.	ALMEIDA Afonso Silvestre	06	CNA	33.24	25m	09-05-21	Sto António Cavaleiros	438
5.	DENISOV Micael Dmitrievich	06	ADBA	34.02	25m	07-11-20	Leiria	408
6.	IGREJA Pedro Roque	06	CFV	35.50	25m	09-05-21	Pacos de Ferreira	359
7.	SETIM Joao Oliveira	06	CNF	35.79	25m	08-05-21	Funchal	351
8.	SILVA Afonso Mar	06	CNF	36.06	25m	08-05-21	Funchal	343
9.	RODRIGUES Francisco Manuel	06	CNH	36.18	25m	09-04-21	Praia da Vitória	339
10.	LEMOS Gil Santos	06	PIMP	36.35	25m	18-10-20	Caldas da Rainha	335
11.	DIAS Diogo Guerreiro	06	ACS	36.37	25m	07-11-20	Lagos	334
12.	TAVARES Daniel Batista	06	NBM	36.43	25m	18-01-20	Mealhada	332
12.	BISPO Daniel Silva	06	CNAB	36.43	25m	15-05-21	Abrantes	332
14.	FISTICANU Nicolae	06	GCNF	37.01	25m	11-04-21	Felgueiras	317
15.	MARTINS Henrique Ferreira	06	CSAAXXI	37.07	25m	08-11-20	Gafanha da Encarnação	316
16.	CAMARA Joao Melo	06	TAC	37.16	25m	01-11-20	Ponta Delgada	313
17.	SOARES Pedro Silva	06	PORTIN	37.35	25m	16-05-21	Lagos	308
18.	MACHADO Tiago Manuel	06	GDNFAMA	37.38	25m	03-04-21	Famalicao	308
19.	PERES Lucas Farinha	06	CCDSERTA	37.58	25m	08-05-21	Guarda	303
20.	FERREIRA Dinis Amado	06	ADBA	37.60	25m	07-11-20	Leiria	302
21.	ANTUNES Simao Pedro	06	CCDSERTA	37.72	25m	08-05-21	Guarda	299
22.	GUERREIRO Diogo Alexandre	06	LDC	37.99	25m	16-05-21	Lagos	293
23.	RAFAEL Afonso Carvalheira	06	CNFU	38.46	25m	24-10-20	Sertã	282
24.	GONCALVES Pedro Sousa	06	CNOL	38.56	25m	12-01-20	Quarteira	280
25.	FALEIRO Iago Valentim	06	LAGAC	38.94	25m	12-01-20	Quarteira	272
25.	CAMPOS Ricardo Lima	06	ADS	38.94	25m	18-01-20	Mealhada	272
27.	GABRIELE Luca Graca	06	PORTIN	38.96	25m	24-10-20	Olhão	272
28.	GOMEZ Ruben Camacho	06	CNGUA	39.03	25m	12-01-20	Quarteira	270
29.	RIBEIRO Guilherme Neves	06	CDF	39.26	25m	02-05-21	Gafanha da Nazaré	266
30.	NACHYCHKO Maximo	06	CNF	39.42	25m	08-05-21	Funchal	262
31.	BOAS Afonso Salgueiro	06	AMAMB	39.62	25m	09-05-21	Ponte da Barca	258
32.	FEIO Henrique Canha	06	CNH	39.82	25m	13-03-21	Horta	254
33.	TRISTAO Pedro Macara	06	PORTIN	39.93	25m	12-01-20	Quarteira	252
34.	RAMOS Goncalo Albino	06	CNS	40.20	25m	26-01-20	Campo Maior	247
35.	PADRE Tiago Gabriel	06	CNNZ	40.24	25m	07-11-20	Leiria	247
36.	LUIS Alexandre Miguel	06	ABR	40.33	25m	24-10-20	Olhão	245
37.	PIRES Rui Filipe	06	CMNPR	40.42	25m	08-05-21	Peso da Régua	243
38.	MEDEIROS Tomas Araujo	06	CDEAP	41.02	25m	13-03-21	Ponta Delgada	233
39.	POMBO Diogo Bernardino	06	CNLA	41.24	25m	05-06-21	Sines	229
40.	TONA Luca Valentino	06	PIMP	41.67	25m	24-11-19	Caldas da Rainha	222
41.	PINTO Fabio Jose	06	CCDSERTA	41.69	25m	26-01-20	Campo Maior	222
42.	MENDES Tomas Pereira	06	LDC	42.12	25m	12-01-20	Quarteira	215
43.	PEREZ Carlos Gonzalez	06	CNGUA	42.40	25m	12-01-20	Quarteira	211
44.	LIMA Antonio Novak	06	ABR	42.52	25m	24-10-20	Olhão	209
45.	VICENTE Vasco Miguel	06	CNGUA	43.08	25m	12-01-20	Quarteira	201
46.	MOREIRA Ricardo Lopes	06	PORTIN	43.42	25m	16-05-21	Lagos	196

50 Bruços (desde 47)

47.	PONTE Miguel Andre	06	LDC	43.50	25m	12-01-20	Quarteira	195
48.	RICARTE Goncalo Maria	06	NSIT	43.77	25m	08-05-21	Praia da Vitória	191
49.	FERREIRA Helder Henrique	06	ADP	43.90	25m	09-05-21	Pacos de Ferreira	190
50.	CUSTODIO Gabriel Lourenco	06	CNNZ	43.95	25m	07-11-20	Leiria	189
51.	ROQUE Daniel Silva	06	CNGUA	44.15	25m	12-01-20	Quarteira	187
52.	SOARES Joao Pedro	06	CNFA	44.41	25m	12-01-20	Quarteira	183
52.	MARQUES Martim Rodrigues	06	PORTIN	44.41	25m	24-10-20	Olhão	183
54.	NEVES Diogo Fonseca	06	CSAAXXI	45.41	25m	08-11-20	Gafanha da Encarnação	171
55.	OSORIO Duarte Afonso	06	PORTIN	45.42	25m	12-01-20	Quarteira	171
56.	SOARES Edgar Tomas	06	PORTIN	45.83	25m	12-01-20	Quarteira	167
57.	PALMA Joao Francisco	06	CNGUA	45.96	25m	12-01-20	Quarteira	165
58.	MENDONCA Joao Maria	06	CNFA	46.88	25m	12-01-20	Quarteira	156
59.	MELENTI Nuno Miguel	06	LDC	47.17	25m	12-01-20	Quarteira	153
60.	GUIA Rodrigo Elias	06	LAGAC	49.68	25m	12-01-20	Quarteira	131
61.	GILSA Filipe Borrega	06	SCCM	50.18	25m	26-01-20	Campo Maior	127
62.	MACHADO Jose Pedro	06	URDJ	1:01.59	25m	20-10-19	Óbidos	68

100 Bruços

1.	OLIVEIRA Tomas Varanda	06	SCC	1:07.30	25m	13-12-20	Mealhada	564
2.	COSTA Tomas Mendes	06	GDNFAMA	1:08.51	25m	13-12-20	Mealhada	534
3.	BONNIZ Pedro Goncalves	06	GESL	1:08.75	25m	13-12-20	Leiria	529
4.	FERNANDES Duarte Jose	06	INDANC	1:08.92	25m	20-06-21	Coimbra	525
5.	RODRIGUES Joao Carvalho	06	CGA	1:09.48	25m	13-03-21	Aveiro	512
6.	JEVIC Milan Santos	06	SCB	1:10.46	25m	10-04-21	Felgueiras	491
7.	FERNANDES Leonardo Freitas	06	GDNFAMA	1:10.94	25m	08-05-21	Pacos de Ferreira	481
8.	FOMIN Yury	06	LDC	1:11.04	25m	08-05-21	Quarteira	479
9.	MORAIS David Miguel	06	SLB	1:11.17	25m	13-12-20	Leiria	477
10.	ALMEIDA Afonso Silvestre	06	CNA	1:11.85	25m	13-12-20	Leiria	463
11.	PAULOS Joao Afonso	06	CNF	1:12.21	25m	13-05-21	Funchal	456
12.	TAVARES Daniel Batista	06	NBM	1:12.45	25m	13-12-20	Mealhada	452
13.	SILVA Pedro Marques	06	ADBA	1:13.66	25m	10-04-21	Felgueiras	430
14.	PINTO Mark Ronald	06	GCNF	1:13.68	25m	16-05-21	Lagos	429
15.	SETIM Joao Oliveira	06	CNF	1:13.69	25m	13-05-21	Funchal	429
16.	RIBEIRO Joao Nogueira	06	ADF	1:14.42	25m	22-12-19	Porto	417
17.	ROCHA Miguel Azevedo	06	ADP	1:14.60	25m	08-05-21	Pacos de Ferreira	414
18.	ROQUE Tomas Nunes	06	SLB	1:14.94	25m	13-12-20	Leiria	408
19.	GONCALVES Pedro Sousa	06	CNOL	1:15.96	25m	16-05-21	Lagos	392
20.	SU Joao	06	NFDCA	1:15.97	25m	16-02-20	Leiria	392
21.	NEVES Diogo Cura	06	CAQC	1:16.12	25m	13-12-20	Mealhada	389
22.	MENDONCA Luiz Henrique	06	GESL	1:16.16	25m	08-11-19	Guaratingueta (BRA)	389
23.	BINYAS Eduardo	06	CNRM	1:16.47	25m	06-03-20	Santarém	384
24.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	1:16.58	25m	22-12-19	Porto	382
25.	CRAVO Duarte Bento	06	VS	1:16.88	25m	16-05-21	Abrantes	378
26.	FONSECA Jose Diogo	06	GESL	1:17.03	25m	13-12-20	Leiria	376
27.	MARTINS Henrique Ferreira	06	CSAAXXI	1:17.12	25m	01-05-21	Gafanha da Nazaré	374
28.	ZHUKOV Mark	06	SCB	1:17.13	25m	07-03-20	Braga	374
29.	TONA Biagio Martim	06	CCLAMAS	1:17.39	25m	13-12-20	Mealhada	371
30.	BAPTISTA Guilherme Fernande	06	SLB	1:17.66	25m	22-12-19	Alapraia	367
31.	FISTICANU Nicolae	06	GCNF	1:17.79	25m	16-05-21	Lagos	365
32.	SANTOS Tomas Nolan	06	FBSC	1:17.80	25m	15-05-21	Condeixa-a-Nova	365
33.	EVARISTO Bernardo Miguel	06	SFGP	1:17.84	25m	06-03-20	Santarém	364
34.	RODRIGUES Francisco Manuel	06	CNH	1:17.95	25m	10-04-21	Praia da Vitória	363

100 Bruços (desde 35)

35.	DIAS Diogo Guerreiro	06	ACS	1:17.99	25m	16-05-21	Lagos	362
35.	TOSTE Martim Candido	06	CNPV	1:17.99	25m	12-06-21	Praia da Vitória	362
37.	ALMEIDA Afonso Miguel	06	CGA	1:18.05	25m	01-05-21	Gafanha da Nazaré	361
38.	SOUSA Miguel Guilherme	06	SCP	1:18.18	25m	13-12-20	Leiria	359
39.	DENISOV Micael Dmitrievich	06	ADBA	1:18.38	25m	22-12-19	Pombal	357
40.	MARQUES Jose Miguel	06	CAQC	1:18.61	25m	20-06-21	Coimbra	354
41.	CAMPOS Ricardo Lima	06	ADS	1:18.84	25m	13-03-21	Aveiro	350
42.	PINHO Afonso Formigo	06	CNTN	1:19.01	25m	16-05-21	Abrantes	348
43.	CARVALHO Pedro Fernandes	06	CNMC	1:19.38	25m	13-12-20	Mealhada	343
44.	DURAKOV Erhan Asanov	06	GCNF	1:19.40	25m	16-05-21	Lagos	343
45.	FARIA Eduardo Nuno	06	SCB	1:19.82	25m	21-12-19	Ponte da Barca	338
46.	IGREJA Pedro Roque	06	CFV	1:19.85	25m	08-05-21	Pacos de Ferreira	337
47.	SILVA Miguel Valerio	06	DNMG	1:19.99	25m	13-12-20	Leiria	336
48.	SOARES Pedro Silva	06	PORTIN	1:20.17	25m	16-05-21	Lagos	333
49.	ALVES Pedro Miguel	06	CDN	1:20.20	25m	09-05-21	Funchal	333
50.	RAFAEL Afonso Carvalheira	06	CNFU	1:20.27	25m	13-12-20	Leiria	332
51.	CRUZ Rodrigo Costa	06	AAC	1:20.28	25m	20-06-21	Coimbra	332
52.	SILVA Francisco Araujo	06	GDNFAMA	1:20.36	25m	22-12-19	Porto	331
53.	KOVALCHUK Herman	06	GCVR	1:20.39	25m	09-05-21	Peso da Régua	331
54.	SOROKOVKIN Dinis Vlasov	06	SCA	1:20.62	25m	01-05-21	Gafanha da Nazaré	328
55.	MACHADO Tiago Manuel	06	GDNFAMA	1:20.67	25m	08-05-21	Pacos de Ferreira	327
56.	CUNHA Eduardo Pacheco	06	CNCE	1:20.71	25m	22-12-19	Porto	327
57.	MACHADO Bernardo Magalhaes	06	CDN	1:20.85	25m	17-10-20	Funchal	325
58.	MESQUITA Rodrigo Andrade	06	SCP	1:20.95	25m	13-12-20	Leiria	324
59.	PALARE Rodrigo Franco	06	GESL	1:21.03	25m	13-12-20	Leiria	323
60.	CASTRO Vasco Monteiro	06	FCP	1:21.07	25m	08-02-20	Vila Mea	322
61.	CASTRO Augusto Bernardo	06	CAFBDP	1:21.30	25m	12-06-21	Ponta Delgada	320
62.	BISPO Daniel Silva	06	CNAB	1:21.33	25m	06-03-20	Santarém	319
63.	BRANDAO Afonso Aires	06	EDV	1:21.55	25m	08-05-21	Ponte da Barca	317
64.	CALHANDRO Guilherme Oliveir	06	CNMAIA	1:21.59	25m	08-02-20	Vila Mea	316
65.	LOPES Marco Oliveira	06	ADP	1:21.67	25m	22-12-19	Porto	315
66.	PEREIRA David Parreiras	06	ADBA	1:21.70	25m	30-04-21	Leiria	315
66.	PIRES Rui Filipe	06	CMNPR	1:21.70	25m	10-06-21	Vila Real	315
68.	FIGUEIREDO Luis Pedro	06	GESL	1:21.71	25m	02-05-21	Lisboa	315
69.	RODRIGUES Rodrigo Vieira	06	SCE	1:21.77	25m	24-11-19	Gafanha da Nazaré	314
69.	PERES Lucas Farinha	06	CCDSERTA	1:21.77	25m	08-05-21	Guarda	314
71.	CARVALHO Francisco Cruz	06	CPSPA	1:21.80	25m	01-03-20	Leiria	314
72.	TRISTAO Pedro Macara	06	PORTIN	1:21.81	25m	16-05-21	Lagos	314
73.	LEMONS Gil Santos	06	PIMP	1:21.86	25m	22-12-19	Pombal	313
74.	ALVES Andre Correia	06	SFUAP	1:21.90	25m	22-12-19	Alapraia	313
75.	PONTE Miguel Andre	06	GCNF	1:22.41	25m	16-05-21	Lagos	307
76.	SILVA Afonso Mar	06	CNF	1:22.44	25m	17-10-20	Funchal	306
77.	FERREIRA Dinis Amado	06	ADBA	1:22.51	25m	08-11-20	Leiria	306
78.	PIRES Gustavo Teixeira	06	SCC	1:22.59	25m	01-05-21	Gafanha da Nazaré	305
79.	COSTA Goncalo Alves	06	CFB	1:22.65	25m	15-05-21	Alcabideche	304
80.	SANTOS Rui Miguel	06	FCP	1:22.68	25m	22-12-19	Porto	304
80.	PINTO Romulo Neves	06	CCLAMAS	1:22.68	25m	08-02-20	Vila Mea	304
82.	RIBEIRO Luis Miguel	06	LSXXI	1:22.69	25m	08-05-21	Pacos de Ferreira	304
83.	CAMARA Joao Melo	06	TAC	1:23.17	25m	10-04-21	Praia da Vitória	298
84.	ESTEVAO Eduardo Ramos	06	NDCO	1:23.24	25m	07-03-20	Ponte de Sor	298
85.	MAIO Rodrigo Piteira	06	CFB	1:23.25	25m	23-02-20	Loures	298
86.	NETO Ricardo Freitas	06	SCP	1:23.46	25m	16-02-20	Sto Antonio dos Cavaleiros	295
87.	JESUS Rafael Costa	06	DNMG	1:23.48	25m	23-05-21	Alcobaça	295

100 Bruços (desde 88)

88.	LOPES Rafael Filipe	06	GESL	1:23.50	25m	02-05-21	Lisboa	295
89.	CASIMIRO Lucas Vilaca	06	CDCP	1:23.72	25m	16-05-21	Abrantes	293
90.	ANTUNES Simao Pedro	06	CCDSERTA	1:23.78	25m	08-05-21	Guarda	292
91.	RIBEIRO Francisco Martins	06	CCDSERTA	1:23.87	25m	24-10-20	Sertã	291
92.	FLORES Andre Alves	06	CNPO	1:23.88	25m	13-12-20	Mealhada	291
93.	SILVESTRE Manuel Faria	06	SLB	1:24.11	25m	22-12-19	Alapraia	289
94.	GUERREIRO Diogo Alexandre	06	LDC	1:24.18	25m	16-05-21	Lagos	288
95.	GOMES Joao Almeida	06	CNN	1:24.38	25m	22-12-19	Alapraia	286
96.	FIGUEIRA Diogo Morgado	06	CPCD	1:24.40	25m	22-12-19	Alapraia	286
97.	OLIVEIRA Pedro Prior	06	EDV	1:24.42	25m	23-11-19	Braga	285
98.	MOREIRA Joao Miguel	06	SAD	1:24.47	25m	07-03-20	Setúbal	285
99.	PITA Pedro Miguel	06	CNF	1:24.52	25m	16-11-19	Funchal	284
100.	SIMOES Filipe Cruz	06	CNMC	1:24.53	25m	19-12-20	Coimbra	284

200 Bruços

1.	OLIVEIRA Tomas Varanda	06	SCC	2:28.14	25m	13-12-20	Mealhada	533
2.	COSTA Tomas Mendes	06	GDNFAMA	2:28.31	25m	13-12-20	Mealhada	531
3.	FERNANDES Duarte Jose	06	INDANC	2:31.48	25m	19-06-21	Coimbra	499
4.	BONNIZ Pedro Goncalves	06	GESL	2:32.33	25m	13-12-20	Leiria	490
5.	ZHUKOV Mark	06	SCB	2:33.57	25m	09-05-21	Ponte da Barca	479
6.	JEVIC Milan Santos	06	SCB	2:33.93	25m	11-04-21	Felgueiras	475
7.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	2:34.41	25m	13-12-20	Mealhada	471
8.	RODRIGUES Joao Carvalho	06	CGA	2:35.64	25m	13-12-20	Mealhada	460
9.	JIMENEZ Alvaro Hurtado	06	LDC	2:35.80	25m	25-10-20	Olhão	458
10.	FERNANDES Leonardo Freitas	06	GDNFAMA	2:36.90	25m	11-04-21	Felgueiras	449
11.	FONSECA Jose Diogo	06	SCP	2:38.22	25m	16-05-21	Alvalade	438
12.	MORAIS David Miguel	06	SLB	2:38.33	25m	13-12-20	Leiria	437
13.	ALMEIDA Afonso Silvestre	06	CNA	2:39.92	25m	12-01-20	Estoril	424
14.	CASTRO Vasco Monteiro	06	FCP	2:41.65	25m	09-05-21	Pacos de Ferreira	410
15.	MENDONCA Luiz Henrique	06	GESL	2:42.12	25m	09-11-19	Guaratingueta (BRA)	407
16.	PAULOS Joao Afonso	06	CNF	2:42.20	25m	14-05-21	Funchal	406
17.	RIBEIRO Joao Nogueira	06	ADF	2:43.24	25m	01-03-20	Penafiel	398
18.	TAVARES Daniel Batista	06	NBM	2:43.62	25m	15-05-21	Condeixa-a-Nova	396
19.	NEVES Diogo Cura	06	CAQC	2:44.16	25m	02-12-20	Condeixa	392
20.	SU Joao	06	NFDCA	2:45.86	25m	01-03-20	Leiria	380
21.	MACHADO Bernardo Magalhaes	06	CDN	2:47.06	25m	31-10-20	Funchal	372
22.	FISTICANU Nicolae	06	GCNF	2:47.57	25m	15-05-21	Lagos	368
23.	EVARISTO Bernardo Miguel	06	SFGP	2:47.74	25m	13-12-20	Leiria	367
24.	RODRIGUES Francisco Manuel	06	CNH	2:48.72	25m	10-04-21	Praia da Vitória	361
25.	CAMPOS Ricardo Lima	06	ADS	2:48.81	25m	13-12-20	Mealhada	360
26.	CRAVO Duarte Bento	06	VS	2:49.16	25m	16-05-21	Abrantes	358
27.	MESQUITA Rodrigo Andrade	06	SCP	2:49.88	25m	13-12-20	Leiria	353
28.	SOUSA Miguel Guilherme	06	SCP	2:49.93	25m	08-03-20	Setúbal	353
29.	CARVALHO Pedro Fernandes	06	CNMC	2:50.12	25m	13-12-20	Mealhada	352
30.	PINHO Afonso Formigo	06	CNTN	2:50.53	25m	16-05-21	Abrantes	349
31.	BINYAS Eduardo	06	CNRM	2:50.72	25m	15-12-19	Abrantes	348
32.	LOPES Marco Oliveira	06	ADP	2:51.00	25m	09-05-21	Pacos de Ferreira	346
33.	SILVA Pedro Marques	06	ADBA	2:52.61	25m	12-01-20	Estoril	337
34.	DIAS Diogo Guerreiro	06	ACS	2:52.64	25m	08-11-20	Lagos	337
35.	FARIA Eduardo Nuno	06	SCB	2:53.06	25m	24-11-19	Braga	334
36.	ALVES Pedro Miguel	06	CDN	2:53.35	25m	08-05-21	Funchal	333
37.	TOSTE Martim Candido	06	CNPV	2:53.67	25m	13-03-21	Praia da Vitória	331

200 Bruços (desde 38)

38.	PALARE Rodrigo Franco	06	GESL	2:54.43	25m	13-12-20	Leiria	326
39.	CRUZ Rodrigo Costa	06	AAC	2:54.54	25m	19-06-21	Coimbra	326
40.	SIMOES Manuel Costa	06	CDCP	2:55.13	25m	16-05-21	Abrantes	322
41.	MATOS Rodrigo Onofre	06	CFB	2:55.15	25m	15-05-21	Alcabideche	322
42.	SOROKOVKIN Dinis Vlasov	06	SCA	2:55.78	25m	02-05-21	Gafanha da Nazaré	319
43.	CASIMIRO Lucas Vilaca	06	CDCP	2:55.79	25m	16-05-21	Abrantes	319
44.	SILVA Miguel Valerio	06	DNMG	2:55.97	25m	13-12-20	Leiria	318
45.	ROQUE Tomas Nunes	06	SLB	2:55.98	25m	27-10-19	Estoril	318
46.	SETIM Joao Oliveira	06	CNF	2:56.48	25m	06-03-20	Funchal	315
47.	BRANDAO Afonso Aires	06	EDV	2:56.51	25m	19-01-20	Barcelos	315
48.	OLIVEIRA Pedro Prior	06	EDV	2:56.78	25m	08-03-20	Braga	314
49.	SOARES Pedro Silva	06	PORTIN	2:57.92	25m	08-11-20	Lagos	308
50.	IGREJA Pedro Roque	06	CFV	2:58.31	25m	09-05-21	Pacos de Ferreira	306
51.	JORGE Pedro Crispim	06	SFUAP	2:58.46	25m	15-05-21	Condeixa-a-Nova	305
52.	SANTOS Tomas Nolan	06	FBSC	2:58.48	25m	07-12-19	Coimbra	305
53.	RIBEIRO Francisco Martins	06	CCDSERTA	2:58.69	25m	08-05-21	Guarda	304
54.	CUNHA Eduardo Pacheco	06	CNCE	2:59.47	25m	20-10-19	Felgueiras	300
55.	RAMOS Gustavo Gomes	06	FCP	2:59.79	25m	01-03-20	Penafiel	298
56.	SILVA Guilherme Ramos	06	CFV	3:00.11	25m	09-05-21	Pacos de Ferreira	296
57.	JESUS Rafael Costa	06	DNMG	3:00.43	25m	12-06-21	Nazaré	295
58.	TONA Luca Valentino	06	PIMP	3:00.56	25m	12-06-21	Nazaré	294
59.	MOREIRA Joao Miguel	06	SAD	3:01.21	25m	08-03-20	Setúbal	291
60.	PINTO Mark Ronald	06	LDC	3:01.27	25m	12-01-20	Estoril	291
61.	ESTEVAO Eduardo Ramos	06	NDCO	3:01.29	25m	07-03-20	Ponte de Sor	291
62.	PIRES Gustavo Teixeira	06	SCC	3:01.62	25m	01-03-20	Leiria	289
63.	LEMOS Gil Santos	06	PIMP	3:02.75	25m	23-11-19	Caldas da Rainha	284
64.	MARQUES Jose Miguel	06	CAQC	3:03.11	25m	07-12-19	Coimbra	282
65.	SILVESTRE Manuel Faria	06	SLB	3:03.13	25m	27-10-19	Estoril	282
66.	BISPO Daniel Silva	06	CNAB	3:03.69	25m	07-03-20	Santarém	279
67.	PINTO Romulo Neves	06	CCLAMAS	3:03.76	25m	01-03-20	Penafiel	279
68.	CARVALHO Francisco Cruz	06	CPSPA	3:04.28	25m	01-03-20	Leiria	277
69.	COSTA Goncalo Alves	06	CFB	3:04.38	25m	12-01-20	Estoril	276
70.	ANTUNES Martim Barata	06	SLB	3:04.43	25m	27-10-19	Estoril	276
70.	FERREIRA Dinis Amado	06	ADBA	3:04.43	25m	01-03-20	Leiria	276
72.	RAFAEL Afonso Carvalheira	06	CNFU	3:04.65	25m	07-11-20	Guarda	275
73.	GONCALVES Martim Luis	06	CDN	3:04.74	25m	06-03-20	Funchal	275
74.	MAIO Rodrigo Piteira	06	CFB	3:05.21	25m	27-10-19	Estoril	273
75.	TRISTAO Pedro Macara	06	PORTIN	3:05.71	25m	01-02-20	Albufeira	270
76.	PEREIRA David Parreiras	06	ADBA	3:06.53	25m	01-03-20	Leiria	267
77.	ABREU Joao Francisco	06	CNF	3:06.60	25m	21-12-19	Funchal	267
78.	GAVEA Guilherme Santos	06	SLB	3:06.67	25m	08-03-20	Setúbal	266
79.	FLORES Andre Alves	06	CNPO	3:07.47	25m	13-12-20	Mealhada	263
80.	MACHADO Tiago Manuel	06	GDNFAMA	3:07.97	25m	01-03-20	Penafiel	261
81.	PARELHO Tomas Leal	06	CNMJ	3:08.16	25m	08-12-19	Sto António Cavaleiros	260
82.	MARTINS Henrique Ferreira	06	CSAAXXI	3:08.25	25m	01-03-20	Leiria	260
83.	ALMEIDA Afonso Miguel	06	SCA	3:08.40	25m	01-02-20	Viseu	259
84.	CORDEIRO David Santiago	06	CNPE	3:09.16	25m	01-03-20	Leiria	256
85.	GUERREIRO Diogo Alexandre	06	LDC	3:09.23	25m	25-10-20	Olhão	256
86.	PANASYUK Nil	06	SCB	3:09.32	25m	08-03-20	Braga	255
87.	FALEIRO Iago Valentim	06	LAGAC	3:09.38	25m	23-02-20	Lagos	255
88.	GASPAR Miguel Cunha	06	SCC	3:09.90	25m	01-02-20	Coimbra	253
89.	FEIO Henrique Canha	06	CNH	3:10.19	25m	08-05-21	Horta	252
90.	KOVALCHUK Herman	06	GCVR	3:10.26	25m	08-03-20	Mirandela	251

200 Bruços (desde 91)

91.	TONA Biagio Martim	06	CCLAMAS	3:10.43	25m	20-10-19	Felgueiras	251
91.	SILVA Afonso Mar	06	CNF	3:10.43	25m	22-11-19	Funchal	251
93.	FIGUEIREDO Luis Pedro	06	GESL	3:10.63	25m	08-12-19	Sto António Cavaleiros	250
94.	BEATO Rafael Duarte	06	MODV	3:11.11	25m	08-12-19	Sto António Cavaleiros	248
95.	RAMOS Goncalo Albino	06	CNS	3:11.41	25m	08-03-20	Setúbal	247
96.	LOURENCO Francisco Campos	06	CNV	3:12.04	25m	20-10-19	Felgueiras	244
97.	BRAGA Afonso Pereira	06	GCVR	3:12.30	25m	08-03-20	Mirandela	243
98.	CAMARA Joao Melo	06	TAC	3:12.91	25m	18-01-20	Angra do Heroísmo	241
99.	PADRE Tiago Gabriel	06	CNNZ	3:13.03	25m	09-05-21	Alcobaça	241
100.	SILVA Afonso Santos	06	NDAP	3:13.07	25m	25-01-20	Alcobaça	241

50 Mariposa

1.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	26.53	25m	10-04-21	Felgueiras	551
2.	DENISOV Micael Dmitrievich	06	ADBA	27.42	25m	08-11-20	Leiria	499
3.	OLIVEIRA Tomas Varanda	06	SCC	27.93	25m	01-05-21	Gafanha da Nazaré	472
4.	CONCEICAO Rodrigo Santos	06	CNPO	28.27	25m	10-04-21	Felgueiras	455
5.	LOPES Marco Oliveira	06	ADP	28.30	25m	08-05-21	Pacos de Ferreira	453
6.	TAVARES Daniel Batista	06	NBM	28.47	25m	01-05-21	Gafanha da Nazaré	445
7.	ROCHA Miguel Azevedo	06	ADP	28.92	25m	10-04-21	Felgueiras	425
8.	GONCALVES Martim Luis	06	CDN	29.07	25m	09-05-21	Funchal	418
9.	TOMAS Afonso Vidal	06	ALN	29.18	25m	10-04-21	Felgueiras	414
10.	BINYAS Eduardo	06	CNRM	29.28	25m	25-10-20	Tomar	409
11.	MELO Lourenco Filipe	06	CNPDL	29.47	25m	10-04-21	Praia da Vitória	402
11.	RAMOS Gustavo Gomes	06	FCP	29.47	25m	08-05-21	Pacos de Ferreira	402
13.	LOURENCO Francisco Campos	06	CNV	29.52	25m	10-04-21	Felgueiras	399
14.	JACINTO Gabriel Zimas	06	ADBA	29.55	25m	06-03-21	Leiria	398
15.	LEMOS Gil Santos	06	PIMP	29.64	25m	23-11-19	Caldas da Rainha	395
16.	BARROS Joao Carlos	06	CFP	29.83	25m	08-05-21	Pacos de Ferreira	387
17.	GOMES Rafael Rodrigues	06	CNTEJO	29.97	25m	16-05-21	Abrantes	382
18.	RIBEIRO Francisco Martins	06	CCDSERTA	29.99	25m	08-05-21	Guarda	381
19.	TOSTE Martim Candido	06	CNPV	30.02	25m	01-11-20	Ponta Delgada	380
20.	TRINCAO Tiago Miguel	06	CNTN	30.14	25m	16-05-21	Abrantes	375
21.	LOUREIRO Bruno Silva	06	FCP	30.19	25m	08-05-21	Pacos de Ferreira	373
22.	YAKUBENKO Eduardo	06	GCVR	30.21	25m	09-05-21	Peso da Régua	373
23.	FALEIRO Iago Valentim	06	ACS	30.23	25m	15-05-21	Lagos	372
24.	BISPO Daniel Silva	06	CNAB	30.56	25m	16-05-21	Abrantes	360
25.	SILVA Afonso Mar	06	CNF	30.89	25m	09-05-21	Funchal	349
26.	SOARES Joao Pedro	06	GCNF	30.92	25m	18-10-20	Lagos	348
27.	SANTOS Eduardo Pinto	06	CDF	30.99	25m	13-06-21	Viseu	345
28.	GABRIELE Luca Graca	06	PORTIN	31.04	25m	15-05-21	Lagos	344
29.	FISTICANU Nicolae	06	GCNF	31.05	25m	18-10-20	Lagos	343
30.	SILVA Miguel Valerio	06	DNMG	31.07	25m	08-11-20	Leiria	343
31.	MADALENA Manuel Maria	06	CNFU	31.15	25m	24-10-20	Sertã	340
32.	PINTO Mark Ronald	06	LDC	31.27	25m	08-11-20	Lagos	336
33.	SIMOES Edgar Francisco	06	IDV	31.32	25m	23-05-21	Alcobaça	334
34.	GOMEZ Ruben Camacho	06	CNGUA	31.87	25m	11-01-20	Quarteira	317
35.	MEDEIROS Tomas Araujo	06	CDEAP	32.29	25m	10-04-21	Praia da Vitória	305
36.	JESUS Rafael Costa	06	DNMG	32.69	25m	08-11-20	Leiria	294
37.	SANTOS Frederico Silva	06	ADP	32.70	25m	08-05-21	Pacos de Ferreira	294
38.	NEVES Dinis Soares	06	CLIP	32.79	25m	02-11-19	Bolzano (ITA)	291
39.	JESUS Manuel Faveiro	06	NFDCA	32.84	25m	17-10-20	Caldas da Rainha	290
40.	MONTEZ Eduardo Caetano	06	BSCN	32.95	25m	08-11-20	Leiria	287

50 Mariposa (desde 41)

41.	PITA Andre Coelho	06	CNAB	32.96	25m	16-05-21	Abrantes	287
42.	LEAL Manuel Joaquim	06	CAP	33.00	25m	08-05-21	Pacos de Ferreira	286
43.	CALDEIRINHA Joao Canhoto	06	CEN	33.04	25m	24-10-20	Sertã	285
44.	DIAS Diogo Guerreiro	06	ACS	33.10	25m	15-05-21	Lagos	283
45.	LUIS Alexandre Miguel	06	ABR	33.16	25m	15-05-21	Lagos	282
46.	GONCALVES Pedro Sousa	06	CNOL	33.25	25m	11-01-20	Quarteira	279
47.	ALMEIDA Francisco Nunes	06	UDO	33.32	25m	01-05-21	Gafanha da Nazaré	278
48.	MELENTI Nuno Miguel	06	LDC	33.48	25m	15-05-21	Lagos	274
48.	TEMUDO Jose Maria	06	CNRM	33.48	25m	16-05-21	Abrantes	274
50.	ABREU Joao Francisco	06	CNF	33.52	25m	18-07-20	Funchal	273
51.	FERREIRA Goncalo Filipe	06	AVQA	33.60	25m	16-05-21	Abrantes	271
52.	TEMES Joao Caires	06	JACL	33.66	25m	09-05-21	Funchal	269
53.	VICENTE Vasco Miguel	06	CNGUA	33.68	25m	11-01-20	Quarteira	269
54.	TRISTAO Pedro Macara	06	PORTIN	33.73	25m	18-10-20	Lagos	268
55.	TONA Luca Valentino	06	PIMP	34.13	25m	23-11-19	Caldas da Rainha	258
56.	PEREZ Carlos Gonzalez	06	CNGUA	34.22	25m	11-01-20	Quarteira	256
57.	SARAMAGO Nuno Filipe	06	CFE	34.33	25m	26-01-20	Campo Maior	254
58.	VICENTE David Chagas	06	CAFBDP	34.35	25m	13-03-21	Ponta Delgada	253
59.	STEFLEA Andre Sergio	06	CDSR	34.89	25m	09-05-21	Funchal	242
60.	PERES Lucas Farinha	06	CCDSERTA	34.98	25m	24-10-20	Sertã	240
61.	OSORIO Duarte Afonso	06	PORTIN	35.21	25m	08-11-20	Lagos	235
62.	PIRES Rui Filipe	06	CMNPR	35.28	25m	09-05-21	Peso da Régua	234
63.	BATALHA Goncalo Filipe	06	ANAR	35.31	25m	08-05-21	Guarda	233
64.	PONTE Miguel Andre	06	LDC	35.42	25m	08-11-20	Lagos	231
65.	LIMA Antonio Novak	06	ABR	35.44	25m	15-05-21	Lagos	231
66.	GUERREIRO Diogo Alexandre	06	LDC	35.60	25m	11-01-20	Quarteira	228
67.	RICARTE Goncalo Maria	06	NSIT	35.84	25m	13-03-21	Praia da Vitória	223
68.	AFONSO Tiago Dinis	06	CNG	36.10	25m	08-05-21	Guarda	218
69.	MENDES Tomas Pereira	06	LDC	36.15	25m	11-01-20	Quarteira	217
70.	SOROKOVKIN Dinis Vlasov	06	SCA	36.31	25m	18-01-20	Mealhada	214
71.	OLIVEIRA Ruben Simao	06	SCE	36.38	25m	01-05-21	Gafanha da Nazaré	213
72.	RAFAEL Afonso Ribeiro	06	SCE	36.46	25m	01-05-21	Gafanha da Nazaré	212
73.	GILSA Filipe Borrega	06	SCCM	36.50	25m	26-01-20	Campo Maior	211
74.	TORRES Martim Daniel	06	CNS	36.61	25m	26-01-20	Campo Maior	209
75.	FEIO Henrique Canha	06	CNH	37.10	25m	08-05-21	Horta	201
76.	CARVALHO Rui Macedo	06	CAPGE	37.19	25m	01-05-21	Gafanha da Nazaré	200
77.	SILVA Lorenzo Muniz	06	BUZIOS	37.26	25m	16-05-21	Abrantes	198
78.	PIRES Alexandre Santos	06	CNOL	37.45	25m	15-05-21	Lagos	195
79.	ANTUNES Simao Pedro	06	CCDSERTA	38.37	25m	24-10-20	Sertã	182
80.	COSTA Afonso Pereira	06	CNG	38.48	25m	08-05-21	Guarda	180
81.	DELCAN Ruben Davila	06	CNGUA	38.68	25m	11-01-20	Quarteira	177
82.	MENDONCA Joao Maria	06	CNFA	38.78	25m	12-10-19	Vila Real St. Antonio	176
83.	SOARES Edgar Tomas	06	PORTIN	41.00	25m	11-01-20	Quarteira	149
84.	SOARES Pedro Silva	06	PORTIN	42.75	25m	14-12-19	Portimão	131
85.	SANTOS Pedro Rolo	06	SCA	45.01	25m	01-05-21	Gafanha da Nazaré	112
86.	PACHECO Alex Sampaio	06	CDEAP	45.46	25m	13-03-21	Ponta Delgada	109
87.	SANTOS Rafael	06	URDJ	51.35	25m	23-11-19	Caldas da Rainha	75
88.	GUIA Rodrigo Elias	06	LAGAC	52.32	25m	11-01-20	Quarteira	71

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1.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	59.05	25m	11-04-21	Felgueiras	539
2.	RODRIGUES Rodrigo Vieira	06	SCE	59.68	25m	02-05-21	Gafanha da Nazaré	522
3.	DENISOV Micael Dmitrievich	06	ADBA	1:00.24	25m	11-04-21	Felgueiras	508
4.	BINYAS Eduardo	06	CNRM	1:00.55	25m	12-12-20	Leiria	500
5.	ROQUE Tomas Nunes	06	SLB	1:00.71	25m	11-04-21	Felgueiras	496
6.	MORAIS David Miguel	06	SLB	1:02.00	25m	12-12-20	Leiria	466
7.	PITA Pedro Miguel	06	CNF	1:02.18	25m	08-05-21	Funchal	462
8.	BAPTISTA Guilherme Fernandes	06	SLB	1:02.44	25m	11-04-21	Felgueiras	456
9.	GONCALVES Martim Luis	06	CDN	1:02.84	25m	13-05-21	Funchal	447
10.	RAMOS Gustavo Gomes	06	FCP	1:03.69	25m	12-12-20	Mealhada	430
11.	OLIVEIRA Tomas Varanda	06	SCC	1:03.90	25m	21-12-19	Cantanhede	425
12.	FOMIN Yury	06	LDC	1:04.09	25m	08-05-21	Quarteira	422
13.	MARQUES Jose Miguel	06	CAQC	1:04.12	25m	12-12-20	Mealhada	421
13.	SILVA Joao Luis	06	CEOL	1:04.12	25m	08-05-21	Funchal	421
15.	FIGUEIRA Diogo Morgado	06	CPCD	1:04.21	25m	16-05-21	Alvalade	419
16.	TOSTE Martim Candido	06	CNPV	1:04.34	25m	12-06-21	Praia da Vitória	417
17.	PINTO Mark Ronald	06	GCNF	1:04.36	25m	15-05-21	Lagos	416
18.	TOMAS Afonso Vidal	06	ALN	1:04.37	25m	11-04-21	Felgueiras	416
19.	CORREIA Tiago Almeida	06	CNMJ	1:04.40	25m	09-05-21	Sto António Cavaleiros	416
20.	LOURENCO Francisco Campos	06	CNV	1:04.63	25m	09-05-21	Pacos de Ferreira	411
21.	MAGALHAES Goncalo Sa	06	LSC	1:04.77	25m	11-04-21	Felgueiras	409
21.	FERRAZ Luis Afonso	06	CNF	1:04.77	25m	08-05-21	Funchal	409
23.	LOPES Marco Oliveira	06	ADP	1:04.85	25m	09-05-21	Pacos de Ferreira	407
24.	CONCEICAO Rodrigo Santos	06	CNPO	1:05.06	25m	11-04-21	Felgueiras	403
25.	RIBEIRO Andre Cunha	06	SAD	1:05.08	25m	01-05-21	Lisboa	403
26.	LEMOS Gil Santos	06	PIMP	1:05.20	25m	22-12-19	Pombal	401
27.	SIMOES Manuel Costa	06	CDCP	1:05.31	25m	09-05-21	Sto António Cavaleiros	398
28.	ROCHA Miguel Azevedo	06	ADP	1:05.38	25m	09-05-21	Pacos de Ferreira	397
29.	SOKOLOVSKYY Vitor	06	CNAB	1:05.47	25m	15-05-21	Abrantes	396
30.	FARIA Eduardo Nuno	06	SCB	1:05.52	25m	08-05-21	Ponte da Barca	395
31.	JACINTO Gabriel Zimas	06	ADBA	1:05.91	25m	12-12-20	Leiria	388
32.	RIBEIRO Francisco Martins	06	CCDSERTA	1:06.09	25m	12-12-20	Leiria	385
32.	HERRERO Miguel Mera	06	SCP	1:06.09	25m	12-12-20	Leiria	385
34.	STARVNSKY Daniel	06	BSCN	1:06.10	25m	23-05-21	Alcobaça	384
35.	SA Filipe Silva	06	GDNFAMA	1:06.11	25m	29-02-20	Penafiel	384
36.	CASTRO Augusto Bernardo	06	CAFBDP	1:06.30	25m	12-06-21	Ponta Delgada	381
37.	MAIO Rodrigo Piteira	06	CFB	1:06.41	25m	11-04-21	Felgueiras	379
38.	BARROS Joao Carlos	06	CFP	1:06.55	25m	09-05-21	Pacos de Ferreira	377
39.	SANTOS Tomas Nolan	06	FBSC	1:06.91	25m	20-06-21	Coimbra	371
40.	MACHADO Bernardo Magalhaes	06	CDN	1:06.99	25m	17-10-20	Funchal	369
41.	PEREIRA Pedro Santos	06	LSC	1:07.12	25m	11-04-21	Felgueiras	367
42.	RIBEIRO Joao Nogueira	06	ADF	1:07.33	25m	22-12-19	Porto	364
43.	SILVA Francisco Araujo	06	GDNFAMA	1:07.35	25m	12-12-20	Mealhada	363
44.	GOMES Joao Almeida	06	CNN	1:07.52	25m	11-01-20	Estoril	361
45.	FALEIRO Iago Valentim	06	ACS	1:07.66	25m	15-05-21	Lagos	358
46.	FIGUEIREDO Joao Pinto	06	CRASTO	1:07.94	25m	02-05-21	Gafanha da Nazaré	354
47.	MELO Lourenco Filipe	06	CNPDL	1:08.30	25m	12-06-21	Ponta Delgada	348
48.	NEVES Diogo Cura	06	CAQC	1:08.31	25m	20-12-20	Coimbra	348
49.	FERNANDES Duarte Jose	06	CUC	1:08.34	25m	20-12-20	Coimbra	348
49.	ABREU Joao Francisco	06	CNF	1:08.34	25m	08-05-21	Funchal	348
51.	FONSECA Jose Diogo	06	GESL	1:08.35	25m	12-12-20	Leiria	348
51.	SIMOES Filipe Cruz	06	CNMC	1:08.35	25m	12-12-20	Mealhada	348
53.	SOARES Joao Pedro	06	GCNF	1:08.44	25m	12-12-20	Leiria	346

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54.	CHAO Tiago Ventura	06	CNS	1:08.59	25m	15-05-21	Alcabideche	344
55.	CAMPOS Ricardo Lima	06	ADS	1:08.64	25m	02-05-21	Gafanha da Nazaré	343
56.	CALDEIRINHA Joao Canhoto	06	CEN	1:08.66	25m	08-05-21	Guarda	343
57.	GOMEZ Ruben Camacho	06	CNGUA	1:08.77	25m	07-03-20	Quarteira	341
57.	LUCAS Joao Neves	06	SCC	1:08.77	25m	15-05-21	Condeixa-a-Nova	341
59.	DURAKOV Erhan Asanov	06	GCNF	1:08.89	25m	15-05-21	Lagos	339
60.	PAULOS Joao Afonso	06	CNF	1:08.94	25m	16-11-19	Funchal	339
61.	YAKUBENKO Eduardo	06	GCVR	1:09.01	25m	10-06-21	Vila Real	338
61.	MARQUES Joao Ferreira	06	AAC	1:09.01	25m	20-06-21	Coimbra	338
63.	SILVA Afonso Mar	06	CNF	1:09.06	25m	13-05-21	Funchal	337
64.	ROCHA Danilo Alves	06	VNC	1:09.31	25m	12-12-20	Mealhada	333
64.	PEREIRA Guilherme Marques	06	CAQC	1:09.31	25m	20-12-20	Coimbra	333
66.	ELEKES Miguel Antonio	06	AMINATA	1:09.36	25m	05-06-21	Sines	333
67.	SANTOS Eduardo Pinto	06	CDF	1:09.39	25m	13-06-21	Viseu	332
68.	KOVALCHUK Herman	06	GCVR	1:09.48	25m	08-05-21	Peso da Régua	331
69.	CARVALHO Artur Guterres	06	CFV	1:09.67	25m	09-05-21	Pacos de Ferreira	328
70.	TIGRE Pedro Bethlem	06	SCP	1:09.76	25m	07-03-20	Setúbal	327
71.	JEVIC Milan Santos	06	SCB	1:09.83	25m	22-12-19	Ponte da Barca	326
72.	TRINCAO Tiago Miguel	06	CNTN	1:09.84	25m	12-12-20	Leiria	326
73.	BONNIZ Pedro Goncalves	06	GESL	1:10.04	25m	07-03-20	Setúbal	323
74.	GARANITO Simao Silva	06	CNF	1:10.21	25m	08-05-21	Funchal	321
75.	ALVES Andre Correia	06	SFUAP	1:10.39	25m	22-12-19	Alapraia	318
76.	CUNHA Eduardo Pacheco	06	CNCE	1:10.76	25m	22-12-19	Porto	313
77.	PIMENTEL Pedro Miguel	06	GESL	1:10.86	25m	23-02-20	Loures	312
78.	BRAGA Afonso Pereira	06	GCVR	1:10.98	25m	08-03-20	Mirandela	310
79.	SANTOS Rui Miguel	06	FCP	1:11.16	25m	22-12-19	Porto	308
80.	FISTICANU Nicolae	06	GCNF	1:11.21	25m	15-05-21	Lagos	307
81.	SILVA Pedro Marques	06	ADBA	1:11.31	25m	22-12-19	Pombal	306
82.	PISSARRA Rodrigo Figueiredo	06	CPCD	1:11.46	25m	22-12-19	Alapraia	304
82.	JANUARIO Tomas Maia	06	GESL	1:11.46	25m	22-12-19	Alapraia	304
84.	SAMPAIO Francisco Manuel	06	FOCA	1:11.48	25m	06-03-21	Felgueiras	304
85.	PEREIRA Tomas Veiga	06	FBSC	1:11.82	25m	20-06-21	Coimbra	300
86.	TAVARES Daniel Batista	06	NBM	1:11.83	25m	24-11-19	Gafanha da Nazaré	299
87.	SIMOES Edgar Francisco	06	IDV	1:12.09	25m	07-11-20	Leiria	296
88.	JESUS Rafael Costa	06	DNMG	1:12.10	25m	23-05-21	Alcobaça	296
89.	MESQUITA Rodrigo Andrade	06	SCP	1:12.43	25m	07-03-20	Setúbal	292
90.	FRAZAO Francisco Couto	06	CUC	1:12.52	25m	15-05-21	Condeixa-a-Nova	291
91.	SU Joao	06	NFDCA	1:12.55	25m	11-01-20	Nazaré	291
92.	TONA Luca Valentino	06	PIMP	1:12.60	25m	15-02-20	Leiria	290
93.	ALMEIDA Afonso Silvestre	06	CNA	1:12.70	25m	22-12-19	Alapraia	289
94.	DIAS Antonio Rafael	06	MODV	1:12.79	25m	07-03-20	Setúbal	288
95.	MARTINS Henrique Ferreira	06	CSAAXXI	1:12.83	25m	01-03-20	Leiria	287
96.	TRISTAO Pedro Macara	06	PORTIN	1:12.88	25m	15-05-21	Lagos	287
97.	BRANCO Vasco Pedro	06	CNNZ	1:13.13	25m	07-11-20	Leiria	284
98.	OLIVEIRA Carlos Miguel	06	FBSC	1:13.33	25m	23-02-20	Pombal	281
99.	ZHUKOV Mark	06	SCB	1:13.40	25m	18-01-20	Barcelos	281
100.	JORGE Pedro Crispim	06	SFUAP	1:13.49	25m	01-05-21	Lisboa	280

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1.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	2:17.10	25m	10-04-21	Felgueiras	492
2.	BINYAS Eduardo	06	CNRM	2:18.55	25m	12-12-20	Leiria	476
3.	BAPTISTA Guilherme Fernandes	06	SLB	2:19.23	25m	10-04-21	Felgueiras	469
4.	OLIVEIRA Tomas Varanda	06	SCC	2:19.72	25m	12-12-20	Mealhada	464
5.	MORAIS David Miguel	06	SLB	2:19.84	25m	12-12-20	Leiria	463
6.	FAFTINE Kaio Araujo	06	SCP	2:19.87	25m	09-05-21	Alcobaça	463
7.	HERRERO Miguel Mera	06	SCP	2:20.01	25m	16-05-21	Alvalade	462
8.	GONCALVES Martim Luis	06	CDN	2:20.12	25m	14-05-21	Funchal	460
9.	RAMOS Gustavo Gomes	06	FCP	2:21.19	25m	08-05-21	Pacos de Ferreira	450
10.	RODRIGUES Rodrigo Vieira	06	SCE	2:21.24	25m	13-06-21	Viseu	450
11.	SANTOS Rui Miguel	06	GDNFAMA	2:22.23	25m	08-05-21	Pacos de Ferreira	440
12.	CORREIA Tiago Almeida	06	CNMJ	2:23.34	25m	15-05-21	Abrantes	430
13.	MAGALHAES Goncalo Sa	06	LSC	2:23.91	25m	10-04-21	Felgueiras	425
14.	MAIO Rodrigo Piteira	06	CFB	2:24.42	25m	10-04-21	Felgueiras	420
15.	MARQUES Jose Miguel	06	CAQC	2:24.68	25m	12-12-20	Mealhada	418
16.	FOMIN Yury	06	LDC	2:25.72	25m	07-11-20	Lagos	409
17.	TOSTE Martim Candido	06	CNPV	2:25.99	25m	13-03-21	Praia da Vitória	407
18.	SIMOES Manuel Costa	06	CDCP	2:26.51	25m	15-05-21	Abrantes	403
19.	TOMAS Afonso Vidal	06	ALN	2:27.14	25m	20-12-20	Coimbra	398
20.	JACINTO Gabriel Zimas	06	ADBA	2:27.54	25m	12-12-20	Leiria	394
21.	STARYNSKY Daniel	06	BSCN	2:27.56	25m	13-06-21	Nazaré	394
22.	PITA Pedro Miguel	06	CNF	2:29.55	25m	31-10-20	Funchal	379
23.	TONA Luca Valentino	06	PIMP	2:29.86	25m	13-06-21	Nazaré	376
24.	RIBEIRO Francisco Martins	06	CCDSERTA	2:30.31	25m	12-12-20	Leiria	373
25.	LOPES Marco Oliveira	06	ADP	2:30.40	25m	08-05-21	Pacos de Ferreira	372
26.	FIGUEIRA Diogo Morgado	06	CPCD	2:31.80	25m	12-12-20	Leiria	362
27.	CHAO Tiago Ventura	06	CNS	2:31.98	25m	12-12-20	Leiria	361
28.	SIMOES Filipe Cruz	06	CNMC	2:32.15	25m	12-12-20	Mealhada	360
29.	TIGRE Pedro Bethlem	06	SCP	2:32.71	25m	08-03-20	Setúbal	356
30.	LOURENCO Francisco Campos	06	CNV	2:34.45	25m	01-03-20	Penafiel	344
31.	RIBEIRO Joao Nogueira	06	ADF	2:34.47	25m	01-03-20	Penafiel	344
32.	SIMOES Edgar Francisco	06	IDV	2:34.80	25m	09-05-21	Alcobaça	341
33.	CASTRO Vasco Monteiro	06	FCP	2:35.08	25m	07-11-20	Leiria	340
34.	CASTRO Augusto Bernardo	06	CAFBDP	2:35.26	25m	10-04-21	Praia da Vitória	338
35.	MELO Lourenco Filipe	06	CNPDL	2:35.30	25m	12-12-20	Praia da Vitória	338
36.	PINTO Mark Ronald	06	LDC	2:35.53	25m	12-12-20	Leiria	337
37.	ROQUE Tomas Nunes	06	SLB	2:35.56	25m	08-12-19	Sto António Cavaleiros	336
38.	OLIVEIRA Tomas Ferreira	06	CNMAIA	2:35.63	25m	12-12-20	Mealhada	336
39.	FIGUEIREDO Joao Pinto	06	CRASTO	2:35.97	25m	29-02-20	Leiria	334
40.	SANTOS Tomas Nolan	06	FBSC	2:36.58	25m	15-05-21	Condeixa-a-Nova	330
41.	MESQUITA Rodrigo Andrade	06	SCP	2:36.66	25m	08-03-20	Setúbal	329
42.	PEREIRA Tomas Veiga	06	FBSC	2:36.80	25m	15-05-21	Condeixa-a-Nova	328
43.	LEMONS Gil Santos	06	PIMP	2:36.98	25m	11-01-20	Nazaré	327
44.	PAULOS Joao Afonso	06	CNF	2:37.42	25m	26-10-19	Funchal	325
45.	LUCAS Joao Neves	06	SCC	2:37.45	25m	02-05-21	Gafanha da Nazaré	324
46.	CALDEIRINHA Joao Canhoto	06	CEN	2:37.52	25m	08-05-21	Guarda	324
47.	BONNIZ Pedro Goncalves	06	GESL	2:37.87	25m	16-02-20	Sto Antonio dos Cavaleiros	322
48.	SOKOLOVSKYY Vitor	06	CNAB	2:38.19	25m	15-05-21	Abrantes	320
49.	ELEKES Miguel Antonio	06	AMINATA	2:38.67	25m	07-03-20	Ponte de Sor	317
50.	MACHADO Bernardo Magalhaes	06	CDN	2:39.03	25m	07-03-20	Funchal	315
51.	SILVA Francisco Araujo	06	GDNFAMA	2:39.09	25m	01-03-20	Penafiel	314
52.	FARIA Eduardo Nuno	06	SCB	2:39.84	25m	24-11-19	Braga	310
53.	ALVES Andre Correia	06	SFUAP	2:39.85	25m	12-01-20	Estoril	310

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54.	PIMENTEL Pedro Miguel	06	GESL	2:40.20	25m	08-12-19	Sto António Cavaleiros	308
55.	ABREU Joao Francisco	06	CNF	2:40.59	25m	22-11-19	Funchal	306
56.	JANUARIO Tomas Maia	06	GESL	2:40.73	25m	08-03-20	Setúbal	305
57.	OLIVEIRA Pedro Prior	06	EDV	2:41.71	25m	08-03-20	Braga	299
58.	GOMEZ Ruben Camacho	06	CNGUA	2:41.76	25m	08-03-20	Quarteira	299
59.	FERNANDES Duarte Jose	06	CUC	2:42.14	25m	01-11-19	Condeixa	297
60.	FERREIRA Andre Pedro	06	NDAP	2:42.55	25m	13-06-21	Nazaré	295
61.	PIRES Gustavo Teixeira	06	SCC	2:42.94	25m	12-12-20	Mealhada	293
62.	NEVES Diogo Cura	06	CAQC	2:43.50	25m	29-02-20	Leiria	290
63.	GOMES Rafael Rodrigues	06	CLAC	2:45.25	25m	07-03-20	Santarém	281
64.	SILVA Pedro Marques	06	ADBA	2:45.83	25m	20-10-19	Óbidos	278
65.	TRINCAO Tiago Miguel	06	CNTN	2:45.91	25m	07-03-20	Santarém	277
66.	MARTINS Henrique Ferreira	06	CSAAXXI	2:45.96	25m	29-02-20	Leiria	277
67.	BARROS Joao Carlos	06	ATG	2:47.26	25m	20-10-19	Felgueiras	271
68.	SANTOS Eduardo Pinto	06	CDF	2:47.52	25m	02-05-21	Gafanha da Nazaré	269
69.	SILVESTRE Manuel Faria	06	SLB	2:48.40	25m	08-12-19	Sto António Cavaleiros	265
70.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	2:48.75	25m	29-02-20	Leiria	263
71.	FONSECA Jose Diogo	06	GESL	2:48.90	25m	08-03-20	Setúbal	263
72.	FERRAZ Luis Afonso	06	CNF	2:49.14	25m	25-01-20	Alcobaça	262
73.	CONCEICAO Rodrigo Santos	06	CNPO	2:49.44	25m	01-03-20	Penafiel	260
74.	SAMPAIO Francisco Manuel	06	FOCA	2:50.61	25m	01-03-20	Penafiel	255
75.	ROCHA Danilo Alves	06	VNC	2:51.37	25m	18-01-20	Barcelos	251
76.	ROCHA Miguel Azevedo	06	ADP	2:51.82	25m	20-10-19	Felgueiras	250
77.	PISSARRA Rodrigo Figueiredo	06	CPCD	2:52.13	25m	27-10-19	Estoril	248
78.	SILVA Guilherme Ramos	06	CFV	2:52.46	25m	08-05-21	Pacos de Ferreira	247
79.	DURAKOV Erhan Asanov	06	LDC	2:53.02	25m	18-10-20	Lagos	244
80.	GABRIELE Luca Graca	06	LAGAC	2:55.03	25m	23-02-20	Lagos	236
81.	DIAS Antonio Rafael	06	MODV	2:55.94	25m	08-03-20	Setúbal	232
82.	PITA Andre Coelho	06	CNAB	2:56.47	25m	07-03-20	Santarém	230
83.	PALARE Rodrigo Franco	06	GESL	2:56.60	25m	27-10-19	Estoril	230
84.	JESUS Rafael Costa	06	DNMG	2:57.18	25m	11-01-20	Nazaré	227
85.	ANTUNES Martim Barata	06	SLB	2:57.92	25m	08-12-19	Sto António Cavaleiros	225
86.	MELENTI Nuno Miguel	06	LDC	2:58.24	25m	18-10-20	Lagos	223
87.	FERREIRA Tiago Carvalho	06	GDNFAMA	3:00.14	25m	01-03-20	Penafiel	216
88.	FERREIRA Goncalo Filipe	06	AVQA	3:00.75	25m	07-03-20	Santarém	214
89.	SILVA Lorenzo Muniz	06	BUZIOS	3:01.12	25m	25-10-20	Tomar	213
90.	BISPO Daniel Silva	06	CNAB	3:01.51	25m	15-12-19	Abrantes	212
91.	MARQUES Joao Ferreira	06	AAC	3:02.21	25m	01-02-20	Coimbra	209
92.	RODRIGUES Gustavo Silva	06	ALN	3:04.12	25m	01-11-19	Condeixa	203
93.	CRAVO Duarte Bento	06	VS	3:04.62	25m	15-12-19	Abrantes	201
94.	RODRIGUES Bruno Costa	06	SCC	3:05.57	25m	01-11-19	Condeixa	198
95.	EVARISTO Bernardo Miguel	06	SFGP	3:07.11	25m	30-11-19	Sines	193
96.	GASPAR Miguel Cunha	06	SCC	3:08.06	25m	01-11-19	Condeixa	190
97.	FALEIRO Iago Valentim	06	LAGAC	3:08.79	25m	02-02-20	Albufeira	188
98.	CARVALHO Pedro Fernandes	06	CNMC	3:08.97	25m	07-12-19	Coimbra	187
99.	PAULINO Martim Frederico	06	CNS	3:09.09	25m	08-12-19	Sto António Cavaleiros	187
100.	BEATO Rafael Duarte	06	MODV	3:10.13	25m	27-10-19	Estoril	184

100 Estilos

1.	OLIVEIRA Tomas Varanda	06	SCC	1:03.41	25m	02-05-21	Gafanha da Nazaré	497
2.	JEVIC Milan Santos	06	SCB	1:05.10	25m	10-04-21	Felgueiras	460
3.	RODRIGUES Joao Carvalho	06	CGA	1:05.51	25m	02-05-21	Gafanha da Nazaré	451
4.	TAVARES Daniel Batista	06	NBM	1:06.03	25m	02-05-21	Gafanha da Nazaré	441
5.	BINYAS Eduardo	06	CNRM	1:07.28	25m	24-10-20	Tomar	416
6.	MARTINS Henrique Ferreira	06	CSAAXXI	1:07.44	25m	02-05-21	Gafanha da Nazaré	413
7.	PEREIRA Pedro Santos	06	LSC	1:08.11	25m	10-04-21	Felgueiras	401
8.	LEMOS Gil Santos	06	PIMP	1:08.33	25m	17-10-20	Caldas da Rainha	397
9.	TOSTE Martim Candido	06	CNPV	1:08.73	25m	21-11-20	Angra do Heroismo	391
10.	ALMEIDA Afonso Miguel	06	CGA	1:09.07	25m	02-05-21	Gafanha da Nazaré	385
11.	MADALENA Manuel Maria	06	CNFU	1:09.17	25m	08-05-21	Guarda	383
12.	OLIVEIRA Carlos Miguel	06	FBSC	1:09.53	25m	19-06-21	Coimbra	377
13.	ALMEIDA Afonso Silvestre	06	CNA	1:09.86	25m	15-02-20	Torres Novas	372
14.	MENDES Edgar Tavares	06	AAC	1:10.00	25m	19-06-21	Coimbra	370
15.	FALEIRO Iago Valentim	06	ACS	1:11.11	25m	08-11-20	Lagos	353
16.	NEVES Diogo Cura	06	CAQC	1:11.22	25m	19-06-21	Coimbra	351
17.	GOMEZ Ruben Camacho	06	CNGUA	1:11.37	25m	11-01-20	Quarteira	349
18.	PINTO Mark Ronald	06	LDC	1:11.45	25m	08-11-20	Lagos	348
19.	CRUZ Rodrigo Costa	06	AAC	1:11.64	25m	19-06-21	Coimbra	345
20.	RIBEIRO Francisco Martins	06	CCDSERTA	1:12.12	25m	08-05-21	Guarda	338
21.	TRINCAO Tiago Miguel	06	CNTN	1:12.34	25m	24-10-20	Tomar	335
22.	PIRES Gustavo Teixeira	06	SCC	1:12.60	25m	02-05-21	Gafanha da Nazaré	331
23.	TRISTAO Pedro Macara	06	PORTIN	1:12.69	25m	08-11-20	Lagos	330
24.	JESUS Luis Duarte	06	CGA	1:12.94	25m	02-05-21	Gafanha da Nazaré	327
25.	GONCALVES Pedro Sousa	06	CNOL	1:13.56	25m	11-01-20	Quarteira	318
26.	MELO Lourenco Filipe	06	CNPDL	1:13.92	25m	17-10-20	Ponta Delgada	314
27.	MACHADO Bernardo Magalhaes	06	CDN	1:13.93	25m	12-10-19	Funchal	314
28.	CAMARA Joao Melo	06	TAC	1:13.97	25m	21-11-20	Angra do Heroismo	313
29.	PAULOS Joao Afonso	06	CNF	1:14.67	25m	21-12-19	Funchal	304
30.	PERES Lucas Farinha	06	CCDSERTA	1:14.78	25m	08-05-21	Guarda	303
31.	GABRIELE Luca Graca	06	PORTIN	1:15.00	25m	08-11-20	Lagos	300
32.	RIBEIRO Guilherme Neves	06	CDF	1:15.04	25m	02-05-21	Gafanha da Nazaré	300
33.	CARVALHO Francisco Cruz	06	CPSPA	1:15.15	25m	01-02-20	Coimbra	299
34.	TOMAS Afonso Vidal	06	ALN	1:15.34	25m	07-12-19	Coimbra	296
34.	SOARES Joao Pedro	06	GCNF	1:15.34	25m	08-11-20	Lagos	296
36.	FISTICANU Nicolae	06	GCNF	1:15.60	25m	08-11-20	Lagos	293
37.	FERREIRA Joao Rafael	06	FBSC	1:15.83	25m	07-12-19	Coimbra	291
38.	BISPO Daniel Silva	06	CNAB	1:16.26	25m	20-10-19	Torres Novas	286
39.	DIAS Diogo Guerreiro	06	ACS	1:16.44	25m	18-10-20	Lagos	284
40.	CARVALHO Rui Macedo	06	CAPGE	1:16.67	25m	02-05-21	Gafanha da Nazaré	281
41.	ANTUNES Simao Pedro	06	CCDSERTA	1:16.79	25m	08-05-21	Guarda	280
42.	PINHEIRO Miguel Joao	06	AAC	1:16.84	25m	19-06-21	Coimbra	279
43.	GUERREIRO Diogo Alexandre	06	LDC	1:16.91	25m	08-11-20	Lagos	279
44.	PINTO Fabio Jose	06	CCDSERTA	1:17.04	25m	24-10-20	Sertã	277
45.	TRINDADE Rodrigo Richard	06	SCB	1:17.13	25m	08-05-21	Ponte da Barca	276
46.	ARAUJO Miguel Bernardo	06	CAQC	1:17.64	25m	07-12-19	Coimbra	271
46.	PARELHO Tomas Leal	06	CNMJ	1:17.64	25m	02-02-20	Montemor-o-Novo	271
48.	LUIS Alexandre Miguel	06	ABR	1:17.70	25m	08-11-20	Lagos	270
49.	GONCALVES Martim Luis	06	CDN	1:17.86	25m	12-10-19	Funchal	268
50.	ROCHA Danilo Alves	06	VNC	1:17.94	25m	16-11-19	Vila Praia de Âncora	268
51.	FIGUEIREDO Joao Pinto	06	CRASTO	1:18.01	25m	07-12-19	Coimbra	267
52.	CARVALHO Pedro Fernandes	06	CNMC	1:18.11	25m	19-10-19	Condeixa	266
53.	CHAO Tiago Ventura	06	CNS	1:18.23	25m	26-01-20	Campo Maior	265

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54.	FRAZAO Francisco Couto	06	CUC	1:18.37	25m	07-12-19	Coimbra	263
55.	PINHO Afonso Formigo	06	CNTN	1:18.66	25m	20-10-19	Torres Novas	260
56.	GOMES Rafael Rodrigues	06	CLAC	1:18.90	25m	20-10-19	Torres Novas	258
57.	SIMOES Filipe Cruz	06	CNMC	1:18.99	25m	19-10-19	Condeixa	257
58.	MARQUES Joao Ferreira	06	AAC	1:19.52	25m	07-12-19	Coimbra	252
59.	ALVES Pedro Miguel	06	CDN	1:19.74	25m	12-10-19	Funchal	250
60.	VICENTE Vasco Miguel	06	CNGUA	1:19.84	25m	11-01-20	Quarteira	249
61.	FEIO Henrique Canha	06	CNH	1:19.92	25m	08-05-21	Horta	248
62.	FERRAZ Luis Afonso	06	CNF	1:20.05	25m	12-10-19	Funchal	247
63.	TONA Luca Valentino	06	PIMP	1:20.28	25m	20-10-19	Óbidos	245
64.	OLIVEIRA Ruben Simao	06	SCE	1:20.44	25m	02-05-21	Gafanha da Nazaré	243
65.	SARAMAGO Nuno Filipe	06	CFE	1:20.46	25m	02-02-20	Montemor-o-Novo	243
66.	LUCAS Joao Neves	06	SCC	1:20.77	25m	01-02-20	Coimbra	240
67.	NEVES Joao Pedro	06	CDSR	1:20.90	25m	08-08-20	Funchal	239
68.	MENDES Tomas Pereira	06	LDC	1:21.55	25m	03-11-19	Lagoa	234
69.	ROQUE Daniel Silva	06	CNGUA	1:21.62	25m	11-01-20	Quarteira	233
70.	STEFLEA Andre Sergio	06	CDSR	1:22.10	25m	08-05-21	Funchal	229
71.	COELHO Miguel Teixeira	06	CNG	1:22.43	25m	08-05-21	Guarda	226
72.	BATALHA Goncalo Filipe	06	ANAR	1:22.93	25m	08-05-21	Guarda	222
73.	GONCALVES Jose Miguel	06	AMAMB	1:23.06	25m	08-05-21	Ponte da Barca	221
74.	OSORIO Duarte Afonso	06	PORTIN	1:23.07	25m	11-01-20	Quarteira	221
75.	BOAS Afonso Salgueiro	06	AMAMB	1:23.12	25m	08-05-21	Ponte da Barca	221
76.	RAFAEL Afonso Ribeiro	06	SCE	1:23.16	25m	18-01-20	Mealhada	220
77.	DUARTE Rodrigo Neves	06	ALN	1:23.21	25m	01-02-20	Coimbra	220
78.	MENESES Martim Ribeiro	06	CRASTO	1:23.38	25m	07-12-19	Coimbra	219
79.	DELCAN Ruben Davila	06	CNGUA	1:23.98	25m	11-01-20	Quarteira	214
80.	PAZ Simao Domingues	06	CNMC	1:24.26	25m	07-12-19	Coimbra	212
81.	FERREIRA Goncalo Filipe	06	AVQA	1:24.54	25m	20-10-19	Torres Novas	210
82.	GUERREIRO Tomas Conceicao	06	CNLA	1:24.87	25m	05-06-21	Sines	207
83.	DIAS Henrique Tavares	06	CNAC	1:24.96	25m	01-02-20	Coimbra	207
84.	FRANCISCO Afonso Jose	06	CNMC	1:26.44	25m	01-02-20	Coimbra	196
85.	SOARES Edgar Tomas	06	PORTIN	1:27.01	25m	11-01-20	Quarteira	192
86.	MARQUES Martim Rodrigues	06	PORTIN	1:27.97	25m	18-10-20	Lagos	186
87.	NACHYCHKO Maximo	06	CNF	1:28.20	25m	21-12-19	Funchal	185
88.	COSTA Afonso Pereira	06	CNG	1:28.38	25m	08-05-21	Guarda	183
89.	BICAS Francisco Peixe	06	AMINATA	1:29.68	25m	19-12-20	Sines	176
90.	PALMA Joao Francisco	06	CNGUA	1:29.89	25m	11-01-20	Quarteira	174
91.	NEVES Diogo Fonseca	06	CSAAXXI	1:29.97	25m	08-11-20	Gafanha da Encarnação	174
92.	MENDONCA Joao Maria	06	CNFA	1:30.41	25m	13-10-19	Vila Real St. Antonio	171
93.	SOARES Pedro Silva	06	PORTIN	1:31.18	25m	03-11-19	Lagoa	167
94.	SANTOS Pedro Rolo	06	SCA	1:34.14	25m	02-05-21	Gafanha da Nazaré	152
95.	PACHECO Alex Sampaio	06	CDEAP	1:36.54	25m	15-05-21	Ponta Delgada	141
96.	CARREIRA Ernani Afonso	06	CDN	1:37.85	25m	21-12-19	Funchal	135
97.	CATARINO Simao Pimenta	06	FBSC	1:41.32	25m	07-12-19	Coimbra	122
98.	GUIA Rodrigo Elias	06	LAGAC	1:43.78	25m	03-11-19	Lagoa	113

200 Estilos

1.	OLIVEIRA Tomas Varanda	06	SCC	2:16.14	25m	12-12-20	Mealhada	522
2.	ZHUKOV Mark	06	SCB	2:16.35	25m	09-05-21	Ponte da Barca	519
3.	DENISOV Micael Dmitrievich	06	ADBA	2:17.50	25m	01-05-21	Gafanha da Nazaré	506
4.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	2:17.52	25m	11-04-21	Felgueiras	506
5.	COSTA Tomas Mendes	06	GDNFAMA	2:18.81	25m	12-12-20	Mealhada	492
6.	BONNIZ Pedro Goncalves	06	GESL	2:18.88	25m	12-12-20	Leiria	491
7.	JANUARIO Tomas Maia	06	GESL	2:19.18	25m	09-05-21	Sto António Cavaleiros	488
8.	SILVA Pedro Marques	06	ADBA	2:19.57	25m	12-12-20	Leiria	484
9.	FOMIN Yury	06	LDC	2:19.62	25m	07-11-20	Lagos	484
10.	RODRIGUES Rodrigo Vieira	06	SCE	2:20.09	25m	01-05-21	Gafanha da Nazaré	479
11.	JEVIC Milan Santos	06	SCB	2:20.12	25m	12-12-20	Mealhada	478
12.	FARIA Eduardo Nuno	06	SCB	2:21.01	25m	09-05-21	Ponte da Barca	469
13.	RODRIGUES Joao Carvalho	06	CGA	2:21.19	25m	01-05-21	Gafanha da Nazaré	468
14.	CASTRO Vasco Monteiro	06	FCP	2:21.25	25m	11-04-21	Felgueiras	467
15.	ALMEIDA Afonso Silvestre	06	CNA	2:21.88	25m	12-12-20	Leiria	461
16.	ROQUE Tomas Nunes	06	SLB	2:22.83	25m	11-04-21	Felgueiras	452
17.	ALVES Andre Correia	06	SFUAP	2:23.51	25m	15-05-21	Condeixa-a-Nova	445
18.	BAPTISTA Guilherme Fernando	06	SLB	2:23.61	25m	08-03-20	Setúbal	444
19.	TOSTE Martim Candido	06	CNPV	2:23.77	25m	12-12-20	Praia da Vitória	443
20.	BINYAS Eduardo	06	SANDS	2:24.10	25m	16-02-20	Leiria	440
21.	FERNANDES Duarte Jose	06	CUC	2:24.42	25m	12-12-20	Mealhada	437
22.	LOURENCO Francisco Campos	06	CNV	2:24.59	25m	08-05-21	Pacos de Ferreira	435
23.	MORAIS David Miguel	06	SLB	2:24.61	25m	11-04-21	Felgueiras	435
24.	OLIVEIRA Tomas Ferreira	06	CNMAIA	2:24.96	25m	08-05-21	Pacos de Ferreira	432
25.	CORREIA Tiago Almeida	06	CNMJ	2:25.96	25m	09-05-21	Sto António Cavaleiros	423
26.	PAULOS Joao Afonso	06	CNF	2:26.70	25m	08-05-21	Funchal	417
27.	MARQUES Jose Miguel	06	CAQC	2:27.00	25m	15-05-21	Condeixa-a-Nova	414
28.	LEMONS Gil Santos	06	PIMP	2:27.13	25m	13-06-21	Nazaré	413
29.	MARTINS Henrique Ferreira	06	CSAAXXI	2:27.17	25m	01-05-21	Gafanha da Nazaré	413
30.	RIBEIRO Joao Nogueira	06	ADF	2:27.34	25m	21-12-19	Porto	411
31.	SIMOES Manuel Costa	06	CDCP	2:28.31	25m	15-05-21	Abrantes	403
32.	FIGUEIRA Diogo Morgado	06	CPCD	2:28.58	25m	09-05-21	Alcobaça	401
33.	CAMPOS Ricardo Lima	06	ADS	2:28.79	25m	01-05-21	Gafanha da Nazaré	400
34.	CASTRO Augusto Bernardo	06	CAFBDP	2:29.01	25m	12-06-21	Ponta Delgada	398
35.	GAVEA Guilherme Santos	06	SLB	2:29.04	25m	15-05-21	Alcabideche	397
36.	ALMEIDA Afonso Miguel	06	CGA	2:29.20	25m	01-05-21	Gafanha da Nazaré	396
37.	TAVARES Daniel Batista	06	NBM	2:29.23	25m	07-11-20	Gafanha da Encarnação	396
38.	ROCHA Miguel Azevedo	06	ADP	2:29.35	25m	01-03-20	Penafiel	395
39.	NEVES Diogo Cura	06	CAQC	2:29.56	25m	12-12-20	Mealhada	393
40.	ANTUNES Martim Barata	06	SLB	2:29.58	25m	12-12-20	Leiria	393
41.	PEREIRA Pedro Santos	06	LSC	2:29.79	25m	08-05-21	Pacos de Ferreira	392
42.	CARVALHO Afonso Silva	06	ADRCIMM	2:29.98	25m	16-05-21	Alvalade	390
43.	MESQUITA Rodrigo Andrade	06	SCP	2:30.12	25m	16-05-21	Alvalade	389
44.	MACHADO Bernardo Magalhaes	06	CDN	2:30.23	25m	08-08-20	Funchal	388
45.	GOMEZ Ruben Camacho	06	CNGUA	2:30.35	25m	07-03-20	Quarteira	387
46.	MELO Lourenco Filipe	06	CNPDL	2:30.41	25m	11-04-21	Praia da Vitória	387
47.	PEREIRA Guilherme Marques	06	CAQC	2:30.55	25m	20-12-20	Coimbra	386
48.	PIRES Gustavo Teixeira	06	SCC	2:31.04	25m	15-05-21	Condeixa-a-Nova	382
49.	JORGE Pedro Crispim	06	SFUAP	2:31.18	25m	12-12-20	Leiria	381
50.	VIEIRA Antonio Coelho	06	SCP	2:31.22	25m	08-03-20	Setúbal	381
51.	SA Filipe Silva	06	GDNFAMA	2:31.46	25m	01-03-20	Penafiel	379
52.	BARROS Joao Carlos	06	CFP	2:31.78	25m	08-05-21	Pacos de Ferreira	376
53.	PITA Pedro Miguel	06	CNF	2:31.83	25m	15-11-19	Funchal	376

200 Estilos (desde 54)

54.	SANTOS Tomas Nolan	06	FBSC	2:32.06	25m	15-05-21	Condeixa-a-Nova	374
55.	SANTOS Rui Miguel	06	FCP	2:32.28	25m	21-12-19	Porto	373
56.	CUNHA Eduardo Pacheco	06	CNCE	2:32.56	25m	21-12-19	Porto	371
57.	GOMES Joao Almeida	06	CNN	2:32.83	25m	08-03-20	Setúbal	369
58.	GARANITO Simao Silva	06	CNF	2:32.93	25m	08-05-21	Funchal	368
59.	SILVA Francisco Araujo	06	GDNFAMA	2:33.20	25m	21-12-19	Porto	366
60.	SIMOES Filipe Cruz	06	CNMC	2:33.37	25m	01-03-20	Leiria	365
60.	PISSARRA Rodrigo Figueiredo	06	CPCD	2:33.37	25m	08-03-20	Setúbal	365
62.	PALARE Rodrigo Franco	06	GESL	2:33.39	25m	08-03-20	Setúbal	365
63.	ABREU Joao Francisco	06	CNF	2:33.78	25m	14-05-21	Funchal	362
64.	TIGRE Pedro Bethlem	06	SCP	2:33.84	25m	21-12-19	Alapraia	361
65.	LOPES Marco Oliveira	06	ADP	2:33.89	25m	08-03-20	Mirandela	361
66.	FONSECA Jose Diogo	06	GESL	2:34.09	25m	21-12-19	Alapraia	360
67.	TONA Biagio Martim	06	CCLAMAS	2:34.33	25m	08-05-21	Pacos de Ferreira	358
68.	SAMPAIO Francisco Manuel	06	FOCA	2:34.34	25m	08-05-21	Pacos de Ferreira	358
69.	JACINTO Gabriel Zimas	06	ADBA	2:34.39	25m	01-05-21	Gafanha da Nazaré	358
70.	RIBEIRO Francisco Martins	06	CCDSERTA	2:34.60	25m	08-05-21	Guarda	356
71.	EVARISTO Bernardo Miguel	06	SFGP	2:34.66	25m	12-12-20	Leiria	356
72.	BRAGA Afonso Pereira	06	GCVR	2:35.20	25m	08-03-20	Mirandela	352
73.	FRAZAO Francisco Couto	06	CUC	2:35.51	25m	20-12-20	Coimbra	350
74.	ELEKES Miguel Antonio	06	AMINATA	2:35.55	25m	19-12-20	Sines	350
75.	JESUS Luis Duarte	06	CGA	2:35.82	25m	01-05-21	Gafanha da Nazaré	348
76.	TONA Luca Valentino	06	PIMP	2:35.85	25m	13-06-21	Nazaré	348
77.	SU Joao	06	NFDCA	2:36.10	25m	16-02-20	Leiria	346
78.	HERRERO Miguel Mera	06	SCP	2:36.42	25m	08-03-20	Setúbal	344
79.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	2:36.61	25m	01-03-20	Leiria	343
80.	RAMOS Gustavo Gomes	06	FCP	2:36.65	25m	21-12-19	Porto	342
81.	DURAO Miguel Costa	06	SCB	2:36.97	25m	07-03-20	Braga	340
82.	MAIO Rodrigo Piteira	06	CFB	2:37.12	25m	21-12-19	Alapraia	339
83.	PINHO Afonso Formigo	06	CNTN	2:37.16	25m	15-05-21	Abrantes	339
84.	SILVA Miguel Valerio	06	DNMG	2:37.17	25m	21-12-19	Pombal	339
85.	CALHANDRO Guilherme Oliveir	06	CNMAIA	2:37.30	25m	09-02-20	Vila Mea	338
86.	JESUS Rafael Costa	06	DNMG	2:37.42	25m	13-06-21	Nazaré	337
87.	JESUS Manuel Faveiro	06	NFDCA	2:37.67	25m	07-11-20	Leiria	336
88.	PIMENTEL Pedro Miguel	06	GESL	2:37.94	25m	08-03-20	Setúbal	334
89.	PANASYUK Nil	06	SCB	2:38.06	25m	09-05-21	Ponte da Barca	333
90.	SOKOLOVSKYY Vitor	06	CNAB	2:38.09	25m	08-03-20	Santarém	333
91.	MATOS Rodrigo Onofre	06	CFB	2:38.21	25m	15-05-21	Alcabideche	332
92.	MADALENA Manuel Maria	06	CNFU	2:38.23	25m	01-02-20	Ponte de Sor	332
93.	BRANDAO Afonso Aires	06	EDV	2:38.26	25m	07-03-20	Braga	332
94.	FIGUEIREDO Joao Pinto	06	CRASTO	2:38.33	25m	22-02-20	Mirandela	331
95.	GONCALVES Martim Luis	06	CDN	2:38.42	25m	08-05-21	Funchal	331
96.	SILVESTRE Manuel Faria	06	SLB	2:38.50	25m	21-12-19	Alapraia	330
97.	TRISTAO Pedro Macara	06	PORTIN	2:38.53	25m	07-11-20	Lagos	330
98.	BRANCO Vasco Pedro	06	CNNZ	2:38.81	25m	13-06-21	Nazaré	328
99.	TRINCAO Tiago Miguel	06	CNTN	2:38.84	25m	08-03-20	Santarém	328
100.	SILVA Francisco Barbosa	06	CFV	2:39.09	25m	09-02-20	Vila Mea	327

400 Estilos

1.	JAEN Adrian Martinez	06	LDC	4:45.94	25m	25-10-20	Olhão	553
2.	ZHUKOV Mark	06	SCB	4:48.01	25m	10-04-21	Felgueiras	541
3.	PEREIRA Rodrigo Ferreira	06	GDNFAMA	4:50.64	25m	13-12-20	Mealhada	527
4.	SANTOS Rui Miguel	06	GDNFAMA	4:52.31	25m	10-04-21	Felgueiras	518
5.	FOMIN Yury	06	LDC	4:53.45	25m	08-11-20	Lagos	512
6.	FARIA Eduardo Nuno	06	SCB	4:54.60	25m	13-12-20	Mealhada	506
7.	JEVIC Milan Santos	06	SCB	4:55.70	25m	13-12-20	Mealhada	500
8.	BAPTISTA Guilherme Fernandes	06	SLB	4:55.87	25m	15-05-21	Alcabideche	499
9.	BINYAS Eduardo	06	CNRM	4:56.02	25m	13-12-20	Leiria	499
10.	SILVA Pedro Marques	06	ADBA	4:58.77	25m	13-12-20	Leiria	485
11.	BONNIZ Pedro Goncalves	06	GESL	5:01.42	25m	06-03-20	Setúbal	472
12.	RAMOS Gustavo Gomes	06	FCP	5:02.34	25m	13-12-20	Mealhada	468
13.	CASTRO Vasco Monteiro	06	FCP	5:03.00	25m	10-04-21	Felgueiras	465
14.	MORAIS David Miguel	06	SLB	5:03.96	25m	15-05-21	Alcabideche	460
15.	TOSTE Martim Candido	06	CNPV	5:04.63	25m	06-02-21	Praia da Vitória	457
16.	CORREIA Tiago Almeida	06	CNMJ	5:05.91	25m	16-05-21	Abrantes	452
17.	FERNANDES Duarte Jose	06	CUC	5:06.56	25m	19-12-20	Coimbra	449
18.	ALVES Andre Correia	06	SFUAP	5:11.09	25m	06-03-20	Setúbal	430
19.	TOMAS Afonso Vidal	06	ALN	5:11.71	25m	15-05-21	Condeixa-a-Nova	427
20.	NEVES Diogo Cura	06	CAQC	5:11.84	25m	19-12-20	Coimbra	426
21.	JORGE Pedro Crispim	06	SFUAP	5:12.69	25m	13-12-20	Leiria	423
22.	MAIO Rodrigo Piteira	06	CFB	5:12.93	25m	15-05-21	Alcabideche	422
23.	CAMPOS Ricardo Lima	06	ADS	5:13.20	25m	13-12-20	Mealhada	421
24.	FAFTINE Kaio Araujo	06	SCP	5:13.49	25m	16-05-21	Alvalade	420
25.	RODRIGUES Joao Carvalho	06	CGA	5:14.57	25m	08-11-20	Gafanha da Encarnação	415
26.	PIRES Gustavo Teixeira	06	SCC	5:15.28	25m	15-05-21	Condeixa-a-Nova	413
27.	CASTRO Augusto Bernardo	06	CAFBDP	5:16.24	25m	09-04-21	Praia da Vitória	409
28.	COSTA Tomas Mendes	06	GDNFAMA	5:16.25	25m	28-02-20	Penafiel	409
29.	RIBEIRO Joao Nogueira	06	ADF	5:16.71	25m	28-02-20	Penafiel	407
30.	ALMEIDA Afonso Silvestre	06	CNA	5:17.09	25m	18-01-20	Pinhal Novo	406
31.	PEREIRA Pedro Santos	06	LSC	5:17.41	25m	10-04-21	Felgueiras	404
32.	FIGUEIRA Diogo Morgado	06	CPCD	5:18.14	25m	09-05-21	Alcobaça	402
33.	MELO Lourenco Filipe	06	CNPDL	5:19.38	25m	09-04-21	Praia da Vitória	397
34.	TIGRE Pedro Bethlem	06	SCP	5:20.02	25m	06-03-20	Setúbal	395
35.	SA Filipe Silva	06	GDNFAMA	5:20.04	25m	28-02-20	Penafiel	394
36.	GOMEZ Ruben Camacho	06	CNGUA	5:21.66	25m	08-03-20	Quarteira	389
37.	PAULOS Joao Afonso	06	CNF	5:22.91	25m	06-03-20	Funchal	384
38.	LOURENCO Francisco Campos	06	CNV	5:23.14	25m	09-05-21	Pacos de Ferreira	383
39.	FIGUEIREDO Joao Pinto	06	CRASTO	5:23.47	25m	29-02-20	Leiria	382
40.	GOMES Joao Almeida	06	CNN	5:23.71	25m	18-01-20	Pinhal Novo	381
41.	MESQUITA Rodrigo Andrade	06	SCP	5:24.02	25m	06-03-20	Setúbal	380
42.	GASPAR Miguel Cunha	06	SCC	5:25.00	25m	02-05-21	Gafanha da Nazaré	377
43.	JANUARIO Tomas Maia	06	GESL	5:25.06	25m	06-03-20	Setúbal	376
44.	JACINTO Gabriel Zimas	06	ADBA	5:25.97	25m	08-11-20	Leiria	373
45.	LUCAS Joao Neves	06	SCC	5:26.33	25m	13-12-20	Mealhada	372
46.	GONCALVES Martim Luis	06	CDN	5:26.45	25m	17-10-20	Funchal	372
47.	FONSECA Jose Diogo	06	GESL	5:26.50	25m	06-03-20	Setúbal	371
47.	SAMPAIO Francisco Manuel	06	FOCA	5:26.50	25m	09-05-21	Pacos de Ferreira	371
49.	LEMONS Gil Santos	06	PIMP	5:27.39	25m	29-02-20	Leiria	368
50.	CALDEIRINHA Joao Canhoto	06	CEN	5:28.17	25m	08-05-21	Guarda	366
51.	AREDE Miguel Carlos	06	SLB	5:28.21	25m	15-05-21	Alcabideche	366
52.	TONA Luca Valentino	06	PIMP	5:29.08	25m	08-11-20	Leiria	363
53.	PITA Pedro Miguel	06	CNF	5:29.28	25m	24-11-19	Funchal	362

400 Estilos (desde 54)

54.	HERRERO Miguel Mera	06	SCP	5:30.20	25m	06-03-20	Setúbal	359
55.	PINHO Afonso Formigo	06	CNTN	5:30.77	25m	13-12-20	Leiria	357
56.	CALHANDRO Guilherme Oliveir	06	CNMAIA	5:30.88	25m	28-02-20	Penafiel	357
57.	BRANDAO Afonso Aires	06	EDV	5:31.91	25m	08-03-20	Braga	354
58.	SILVESTRE Manuel Faria	06	SLB	5:32.24	25m	18-01-20	Pinhal Novo	353
59.	SIMOES Manuel Costa	06	CDCP	5:32.31	25m	06-03-20	Setúbal	352
60.	SOKOLOVSKYY Vitor	06	CNAB	5:32.42	25m	16-05-21	Abrantes	352
61.	TEIXEIRA Gabriel Cunha	06	CSAAXXI	5:32.48	25m	02-02-20	Viseu	352
62.	PALARE Rodrigo Franco	06	GESL	5:33.09	25m	06-03-20	Setúbal	350
63.	CUNHA Eduardo Pacheco	06	CNCE	5:34.16	25m	20-10-19	Felgueiras	346
64.	ANTUNES Martim Barata	06	SLB	5:34.96	25m	06-03-20	Setúbal	344
65.	EVARISTO Bernardo Miguel	06	SFGP	5:36.26	25m	07-03-20	Santarém	340
66.	CRUZ Rodrigo Costa	06	AAC	5:36.34	25m	19-12-20	Coimbra	340
67.	RIBEIRO Francisco Martins	06	CCDSERTA	5:36.93	25m	06-03-20	Ponte de Sor	338
68.	FERRAZ Luis Afonso	06	CNF	5:38.19	25m	06-03-20	Funchal	334
69.	ELEKES Miguel Antonio	06	AMINATA	5:38.61	25m	06-03-20	Ponte de Sor	333
70.	PEREIRA Guilherme Marques	06	CAQC	5:39.23	25m	01-11-19	Condeixa	331
71.	ALVES Rodrigo Castro	06	EDV	5:39.73	25m	23-11-19	Braga	330
72.	MACHADO Bernardo Magalhae	06	CDN	5:39.80	25m	21-12-19	Funchal	329
73.	CHAO Tiago Ventura	06	CNS	5:41.07	25m	18-01-20	Pinhal Novo	326
74.	RIBEIRO Luis Miguel	06	LSXXI	5:41.61	25m	09-05-21	Pacos de Ferreira	324
75.	PIMENTEL Pedro Miguel	06	GESL	5:41.97	25m	06-03-20	Setúbal	323
76.	FERNANDES Leonardo Freitas	06	GDNFAMA	5:42.35	25m	28-02-20	Penafiel	322
77.	CARVALHO Pedro Fernandes	06	CNMC	5:44.51	25m	29-02-20	Leiria	316
78.	TEMUDO Jose Maria	06	CNRM	5:46.22	25m	13-12-20	Leiria	311
79.	CAMARA Joao Melo	06	TAC	5:46.30	25m	06-02-21	Praia da Vitória	311
80.	DURAKOV Erhan Asanov	06	LDC	5:46.99	25m	08-11-20	Lagos	309
81.	CONCEICAO Rodrigo Santos	06	CNPO	5:47.72	25m	11-01-20	Aguas Santas	307
82.	FERREIRA Goncalo Filipe	06	AVQA	5:47.97	25m	07-03-20	Santarém	307
83.	RODRIGUES Francisco Manuel	06	CNH	5:48.22	25m	06-02-21	Horta	306
84.	KOVALCHUK Herman	06	GCVR	5:49.74	25m	09-05-21	Peso da Régua	302
85.	JESUS Rafael Costa	06	DNMG	5:50.37	25m	24-11-19	Caldas da Rainha	301
86.	MARQUES Jose Miguel	06	CAQC	5:50.58	25m	01-11-19	Condeixa	300
87.	PAZ Simao Domingues	06	CNMC	5:50.93	25m	15-05-21	Condeixa-a-Nova	299
88.	VICENTE David Chagas	06	CAFBDP	5:51.78	25m	09-04-21	Praia da Vitória	297
89.	BEATO Rafael Duarte	06	MODV	5:53.27	25m	18-01-20	Pinhal Novo	293
90.	GAVEA Guilherme Santos	06	SLB	5:53.39	25m	18-01-20	Pinhal Novo	293
91.	PANASYUK Nil	06	SCB	5:53.85	25m	08-03-20	Braga	292
92.	ROCHA Danilo Alves	06	VNC	5:54.81	25m	23-11-19	Braga	289
93.	ARAUJO Miguel Bernardo	06	CAQC	5:55.58	25m	01-11-19	Condeixa	287
94.	PEREIRA David Parreiras	06	ADBA	5:55.98	25m	29-02-20	Leiria	286
95.	BISPO Daniel Silva	06	CNAB	5:57.02	25m	24-11-19	Tomar	284
96.	SU Joao	06	NFDCA	5:57.44	25m	24-11-19	Caldas da Rainha	283
97.	MEDEIROS Tomas Araujo	06	CDEAP	5:57.54	25m	20-03-21	Ponta Delgada	283
98.	SARAMAGO Nuno Filipe	06	CFE	5:59.55	25m	06-03-20	Ponte de Sor	278
99.	SILVA Tiago Nunes	06	CPCD	5:59.95	25m	18-01-20	Pinhal Novo	277
100.	FERREIRA Cristiano Nogueira	06	NDAP	6:00.21	25m	17-10-20	Caldas da Rainha	277

50 Livres

1.	RODRIGUES Ana Pinho	94	ADS	24.96	25m	21-12-19	Felgueiras	775
2.	VIEGAS Beatriz Mendes	00	SCP	25.47	25m	21-12-19	Felgueiras	729
3.	GIGLIOTTI Giuliana	92	GCNF	26.12	25m	15-11-20	Leiria	676
4.	ANDRE Leticia Maia	02	SLB	26.13	25m	22-12-20	Coimbra	675
5.	GUEDES Ana Margarida	01	POR	26.27	25m	09-01-21	Guarda	665
6.	MARTINS Francisca Soares	03	FOCA	26.30	25m	21-12-19	Felgueiras	662
7.	FERREIRA Catarina Maria	98	FCP	26.36	25m	20-12-19	Felgueiras	658
8.	PEGO Isabel Porfirio	01	CFP	26.40	25m	21-12-19	Felgueiras	655
9.	CASTRO Adriana Daniela	97	LSC	26.46	25m	21-12-19	Felgueiras	650
10.	PEREIRA Raquel Gomes	00	SAD	26.47	25m	20-12-19	Felgueiras	650
11.	CONCEICAO Ema Jeronimo	03	AEFDTV	26.51	25m	22-11-19	Algés	647
12.	OLIVEIRA Rosa Maria	96	FCP	26.55	25m	21-12-19	Felgueiras	644
13.	SOARES Catarina Silva	03	FCP	26.60	25m	21-12-19	Felgueiras	640
14.	FERNANDES Ines Camacho	97	SCP	26.61	25m	20-12-19	Felgueiras	639
15.	REBELO Camila Rodrigues	03	ALN	26.69	25m	21-12-19	Felgueiras	634
16.	FRISCHKNECHT Rita Barros	98	SAD	26.86	25m	23-11-19	Algés	622
17.	LASZLOVA Silvia	93	LDC	26.94	25m	09-11-19	Albufeira	616
17.	MACHADO Luisa Maria	01	SFUAP	26.94	25m	22-11-19	Algés	616
19.	FARIA Ana Rita	00	FCP	27.00	25m	21-12-19	Felgueiras	612
20.	NUNES Sofia Alexandra	00	CIRL	27.05	25m	15-12-19	Leiria	609
21.	AZEVEDO Rafaela Gomes	02	SAD	27.12	25m	22-11-19	Algés	604
22.	FOMINA Anna	02	LDC	27.13	25m	08-11-20	Lagos	603
23.	PINTO Mafalda Marques	02	SCP	27.27	25m	09-11-19	Albufeira	594
24.	SOUSA Ana Reis	02	SAD	27.35	25m	23-11-19	Algés	589
24.	HENRIQUES Ines Jacinto	00	SCP	27.35	25m	23-11-19	Algés	589
26.	MOREIRA Matilde Freitas	01	AAC	27.36	25m	21-12-19	Felgueiras	588
27.	CASAL Beatriz Goncalves	03	CNTN	27.37	25m	15-12-19	Leiria	588
28.	PINA Ana Sofia	02	SLB	27.38	25m	20-12-19	Felgueiras	587
28.	AMADOR Joana Costa	01	CGA	27.38	25m	20-12-19	Felgueiras	587
30.	CARDEAL Joana Nunes	02	AVFC	27.53	25m	16-11-19	Viseu	577
31.	CAPITAN Ines Maria	02	LDC	27.55	25m	09-11-19	Albufeira	576
32.	COSTA Mafalda Magalhaes	03	SFGP	27.58	25m	21-12-19	Felgueiras	574
33.	MESTRE Catarina Martins	00	CNLX	27.60	25m	22-11-19	Algés	573
34.	HOLUB Tamila Hryhorivna	99	SCB	27.68	25m	07-03-20	Braga	568
34.	CATARINO Laura Andre	03	CCDSERTA	27.68	25m	07-03-20	Ponte de Sor	568
36.	RODRIGUES Ana Margarida	96	CGA	27.70	25m	21-12-19	Felgueiras	567
37.	AGUILAR Vera Ines	00	CDN	27.71	25m	30-11-19	Sines	566
38.	MARTINS Ana Filipa	97	FOCA	27.75	25m	15-12-19	Leiria	564
39.	TEJO Beatriz Costa	02	AAC	27.79	25m	15-11-20	Mealhada	561
39.	SOARES Ana Beatriz	03	CDF	27.79	25m	25-04-21	Gafanha da Nazaré	561
41.	ROLAO Sofia Alexandra	98	SLB	27.86	25m	21-12-19	Felgueiras	557
42.	PINHEIRO Ines Mariana	03	AAC	27.88	25m	21-12-19	Felgueiras	556
43.	NEVES Carolina Marques	01	CNTN	27.91	25m	08-03-20	Santarém	554
44.	LEITAO Rita Fernandes	96	CNLX	27.94	25m	30-11-19	Sines	552
45.	MATIAS Marta Filipa	03	CCDSERTA	27.95	25m	29-02-20	Coruche	552
46.	COENTRAO Bruna Fangueiro	93	CFV	27.98	25m	08-05-21	Pacos de Ferreira	550
47.	JESUS Maria Crista	03	LDC	28.00	25m	21-12-19	Felgueiras	549
48.	CARPINTEIRO Carolina Silverio	02	CNTEJO	28.02	25m	21-12-19	Felgueiras	548
48.	SILVA Camila Alexandra	03	SCC	28.02	25m	22-12-20	Coimbra	548
50.	SANCHEZ FERNANDEZ Laura	03	CNGUA	28.03	25m	11-01-20	Quarteira	547
51.	JUNQUEIRA Sofia Ribeiro	02	ADBA	28.04	25m	24-11-19	Caldas da Rainha	546
52.	FERNANDES Ana Ines	00	VSC	28.05	25m	10-04-21	Felgueiras	546

50 Livres (desde 53)

52.	LEITE Ana Sofia	93	GCVR	28.05	25m	09-05-21	Peso da Régua	546
54.	GRAVETO Ana Raquel	02	SLB	28.09	25m	09-11-19	Albufeira	543
54.	RODRIGUES Helena Nunes	03	CSAXXI	28.09	25m	21-12-19	Felgueiras	543
56.	RAMOS Ines Asseiceira	03	CNTN	28.12	25m	08-03-20	Santarém	542
57.	SOARES Ana Margarida	03	CNS	28.13	25m	30-11-19	Sines	541
58.	AMANTES Beatriz Quintao	03	SFUAP	28.14	25m	09-11-19	Albufeira	541
59.	GOMES Susana Clara	77	CNF	28.17	25m	23-11-19	Funchal	539
59.	SOARES Ines Apolinario	03	PIMP	28.17	25m	15-11-20	Leiria	539
61.	NEVES Leonor Maria	03	GESL	28.18	25m	15-12-19	Leiria	538
62.	SANTOS Ana Pedro	02	CGA	28.19	25m	16-11-19	Viseu	538
63.	FERNANDES Filipa Viamonte	02	VSC	28.21	25m	22-11-19	Felgueiras	537
64.	BOULHOSA Carolina Abreu	01	CNF	28.25	25m	21-12-19	Funchal	534
65.	MESQUITA Francisca Salvador	02	ADRCIMM	28.27	25m	22-11-19	Algés	533
65.	DIAS Mafalda Sofia	01	PDEM	28.27	25m	30-11-19	Sines	533
67.	RODRIGUES Ana Beatriz	02	CNRM	28.31	25m	15-12-19	Leiria	531
67.	GOMES Ana Filipa	96	CFV	28.31	25m	15-12-19	Leiria	531
69.	MENDES Mariana Sebastiao	01	CNLGOS	28.32	25m	09-11-19	Albufeira	530
69.	FREITAS Maria Joao	97	SFUAP	28.32	25m	15-05-21	Condeixa-a-Nova	530
71.	FREIXO Juliana Lima	97	SCB	28.33	25m	24-11-19	Braga	530
72.	LEONARDO Rute Isabel	98	CNAB	28.36	25m	08-03-20	Santarém	528
73.	VEIGA Ana Filipa	01	CAPGE	28.37	25m	25-04-21	Gafanha da Nazaré	528
74.	FERREIRA Leonie Cunha	00	CNPO	28.41	25m	15-12-19	Leiria	525
75.	FIAL Sofia Nunes	03	AEJ	28.42	25m	16-11-19	Viseu	525
75.	MACHADO Joana Sofia	02	CNV	28.42	25m	15-12-19	Leiria	525
77.	MATOS Carolina Lourenco	98	CDCP	28.44	25m	23-11-19	Algés	524
78.	SANTOS Matilde Guimaraes	02	LSC	28.46	25m	22-11-19	Felgueiras	523
78.	JACINTO Ines Filipa	03	ADBA	28.46	25m	06-03-21	Leiria	523
78.	PIMENTA Margarida Sobral	99	CFB	28.46	25m	10-04-21	Felgueiras	523
81.	RODRIGUES Clara Carvalho	02	LDC	28.47	25m	11-01-20	Quarteira	522
82.	LOPES Sara Santos	03	ADBA	28.50	25m	15-05-21	Condeixa-a-Nova	520
83.	OLIM Carlota Freitas	93	CNF	28.51	25m	17-10-20	Funchal	520
84.	RIESENBERGER Bruna Martin	97	CIRL	28.52	25m	23-11-19	Algés	519
84.	MARQUES Mariana Nunes	03	CDE	28.52	25m	25-10-20	Mealhada	519
86.	SILVA Leonor Santos	03	FCP	28.55	25m	10-04-21	Felgueiras	518
86.	MACHADO Carolina Alexandra	03	CNBE	28.55	25m	15-05-21	Lagos	518
88.	NEVES Ana Carolina	00	AAC	28.56	25m	24-10-20	Coimbra	517
88.	ALVES Ana Sofia	95	VSC	28.56	25m	08-05-21	Pacos de Ferreira	517
90.	PIRES Carolina Saraiva	96	CIRL	28.57	25m	09-05-21	Sto António Cavaleiros	516
91.	GAMEIRO Matilde Domingues	97	CNAC	28.58	25m	15-12-19	Leiria	516
92.	FERREIRA Beatriz Pedro	03	CPCD	28.64	25m	22-11-19	Algés	513
92.	VAZ Lara Alexandra	99	EDV	28.64	25m	15-12-19	Leiria	513
94.	SILVA Ines Pereira	02	FBSC	28.67	25m	23-12-20	Coimbra	511
95.	FERNANDES Maria Margarida	99	GCVR	28.70	25m	15-12-19	Leiria	509
96.	SOARES Carolina Silva	03	CNV	28.71	25m	22-11-19	Felgueiras	509
96.	OLIVEIRA Claudia Sofia	02	ADS	28.71	25m	30-11-19	Sines	509
98.	POMBO Tatiana Raquel	01	CDCP	28.72	25m	15-02-20	Torres Novas	508
99.	BAPTISTA Constanca Dias	01	CFB	28.74	25m	14-12-19	Portimão	507
100.	RIBEIRO Margarida Messias	98	GESL	28.75	25m	16-02-20	Sto Antonio dos Cavaleiros	507

100 Livres

1.	RODRIGUES Ana Pinho	94	ADS	54.66	25m	20-12-19	Felgueiras	776
2.	VIEGAS Beatriz Mendes	00	SCP	56.33	25m	22-12-19	Felgueiras	709
3.	MARTINS Francisca Soares	03	FOCA	56.35	25m	20-12-19	Felgueiras	709
4.	ANDRE Leticia Maia	02	SLB	56.46	25m	23-12-20	Coimbra	704
5.	FRISCHKNECHT Rita Barros	98	SAD	56.77	25m	23-11-19	Algés	693
6.	GIGLIOTTI Giuliana	92	GCNF	56.82	25m	18-10-20	Lagos	691
7.	SOUSA Ana Reis	02	SAD	56.91	25m	20-12-19	Felgueiras	688
8.	REBELO Camila Rodrigues	03	ALN	57.12	25m	22-12-20	Coimbra	680
9.	CONCEICAO Ema Jeronimo	03	AEFDTV	57.38	25m	14-11-20	Leiria	671
10.	FERREIRA Catarina Maria	98	FCP	57.43	25m	20-12-19	Felgueiras	669
11.	RAMOS Ana Rita	02	FCP	57.71	25m	22-12-19	Felgueiras	660
11.	AZEVEDO Rafaela Gomes	02	SAD	57.71	25m	22-12-19	Felgueiras	660
13.	PEGO Isabel Porfirio	01	CFP	57.98	25m	20-12-19	Felgueiras	650
14.	GUEDES Ana Margarida	01	GCVR	58.05	25m	15-12-19	Leiria	648
15.	OLIVEIRA Rosa Maria	96	FCP	58.49	25m	11-04-21	Felgueiras	634
16.	CASTRO Adriana Daniela	97	LSC	58.52	25m	20-12-19	Felgueiras	633
17.	CARDEAL Joana Nunes	02	AVFC	58.62	25m	01-02-20	Viseu	629
18.	FOMINA Anna	02	LDC	58.64	25m	23-02-20	Lagos	629
19.	PINTO Mafalda Marques	02	SCP	58.72	25m	15-05-21	Condeixa-a-Nova	626
20.	HOLUB Tamila Hryhorivna	99	SCB	58.76	25m	11-04-21	Felgueiras	625
21.	MONTEIRO Ana Catarina	93	CFV	58.84	25m	23-11-19	Felgueiras	622
22.	MESTRE Catarina Martins	00	CNLX	58.98	25m	23-11-19	Algés	618
23.	FARIA Ana Rita	00	FCP	59.13	25m	20-12-19	Felgueiras	613
24.	AMADOR Joana Costa	01	CGA	59.17	25m	18-01-20	Mealhada	612
25.	TEJO Beatriz Costa	02	AAC	59.29	25m	22-12-19	Felgueiras	608
26.	SOARES Catarina Silva	03	FCP	59.34	25m	20-12-19	Felgueiras	607
27.	CARPINTEIRO Carolina Silverio	02	CNTEJO	59.41	25m	25-10-20	Tomar	605
28.	MENDES Mariana Amaral	02	ADRCIMM	59.42	25m	14-12-19	Leiria	604
29.	FERNANDES Ines Camacho	97	SCP	59.44	25m	09-01-21	Guarda	604
30.	GARZON SILES Marta	00	LDC	59.45	25m	10-11-19	Albufeira	603
31.	PINA Ana Sofia	02	SLB	59.53	25m	10-11-19	Albufeira	601
32.	RODRIGUES Ana Margarida	96	CGA	59.72	25m	20-12-19	Felgueiras	595
33.	MACHADO Luisa Maria	01	SFUAP	59.79	25m	01-11-19	Setúbal	593
33.	NUNES Sofia Alexandra	00	CIRL	59.79	25m	14-12-19	Leiria	593
35.	SANCHEZ FERNANDEZ Laura	03	CNGUA	59.82	25m	26-10-19	Lagos	592
36.	ROLAO Sofia Alexandra	98	SLB	59.87	25m	20-12-19	Felgueiras	591
37.	RODRIGUES Helena Nunes	03	CSAAXXI	59.89	25m	13-10-19	Mealhada	590
38.	SILVA Camila Alexandra	03	SCC	59.91	25m	23-12-20	Coimbra	590
39.	CASAL Beatriz Goncalves	03	CNTN	59.94	25m	24-11-19	Tomar	589
39.	REBELO Maria Carlota	03	ALN	59.94	25m	11-04-21	Felgueiras	589
41.	SOARES Carolina Silva	03	CNV	1:00.01	25m	15-12-19	Leiria	587
42.	MOREIRA Matilde Freitas	01	AAC	1:00.07	25m	20-12-19	Felgueiras	585
43.	NEVES Carolina Marques	01	CNTN	1:00.13	25m	07-03-20	Santarém	583
44.	MENDES Mariana Sebastiao	01	CNLGOS	1:00.21	25m	24-11-19	Lagos	581
45.	PIMENTA Margarida Sobral	99	CFB	1:00.22	25m	15-02-20	Torres Novas	581
46.	LEITAO Rita Fernandes	96	CNLX	1:00.25	25m	30-11-19	Sines	580
46.	CATARINO Laura Andre	03	CCDSERTA	1:00.25	25m	08-03-20	Ponte de Sor	580
48.	FERNANDES Ana Ines	00	VSC	1:00.30	25m	15-12-19	Leiria	578
49.	RAMOS Ines Asseiceira	03	CNTN	1:00.33	25m	07-03-20	Santarém	577
50.	VEIGA Ana Filipa	01	CAPGE	1:00.37	25m	30-11-19	Sines	576
51.	AGUILAR Vera Ines	00	CDN	1:00.50	25m	30-11-19	Sines	572
52.	SOARES Ines Apolinario	03	PIMP	1:00.53	25m	30-11-19	Sines	572
53.	FERREIRA Ana Raquel	98	CNLX	1:00.60	25m	30-11-19	Sines	570

100 Livres (desde 54)

54.	FIAL Sofia Nunes	03	AEJ	1:00.67	25m	17-11-19	Viseu	568
55.	RODRIGUES Clara Carvalho	02	LDC	1:00.70	25m	01-02-20	Albufeira	567
55.	NEVES Leonor Maria	03	GESL	1:00.70	25m	01-02-20	Ponte de Sor	567
57.	VARGAS Giovanna Vaz	00	DNMG	1:00.71	25m	23-11-19	Caldas da Rainha	567
58.	MATIAS Marta Filipa	03	CCDSERTA	1:00.77	25m	29-02-20	Coruche	565
59.	CRUZ Sara Moura	03	SAD	1:00.78	25m	23-11-19	Algés	565
60.	DIAS Ana Leonor	02	CNOL	1:00.79	25m	30-11-19	Sines	564
61.	MATOS Carolina Lourenco	98	CDCP	1:00.82	25m	15-12-19	Leiria	563
62.	FRAZAO Alexandra Couto	02	SCP	1:00.85	25m	02-11-19	Lagoa	563
63.	PINHEIRO Ines Mariana	03	AAC	1:00.87	25m	24-10-20	Coimbra	562
64.	SOARES Ana Margarida	03	CNS	1:00.89	25m	30-11-19	Sines	562
65.	SANTOS Ana Pedro	02	CGA	1:00.95	25m	10-11-19	Albufeira	560
66.	FERNANDES Filipa Viamonte	02	VSC	1:01.01	25m	14-12-19	Leiria	558
67.	FIGUEIRA Isabel Maria	79	SCB	1:01.11	25m	20-10-19	Quarteira	555
68.	MARTINS Ana Filipa	97	FOCA	1:01.12	25m	15-12-19	Leiria	555
69.	RIBEIRO Margarida Messias	98	GESL	1:01.15	25m	23-11-19	Algés	554
70.	CASTRO Maria Freitas	03	ADF	1:01.16	25m	30-11-19	Sines	554
71.	FERREIRA Leonie Cunha	00	CNPO	1:01.18	25m	15-12-19	Leiria	554
72.	MARTINS Joana Ribeiro	03	SCP	1:01.22	25m	01-02-20	Albufeira	553
73.	LEITE Ana Sofia	93	GCVR	1:01.23	25m	10-06-21	Vila Real	552
74.	GOMES Susana Clara	77	CNF	1:01.27	25m	30-11-19	Sines	551
75.	MARQUES Mariana Nunes	03	CDE	1:01.32	25m	12-10-19	Mealhada	550
75.	GOMES Ana Filipa	96	CFV	1:01.32	25m	14-12-19	Leiria	550
77.	COSTA Mafalda Magalhaes	03	SFGP	1:01.42	25m	30-11-19	Sines	547
78.	JACINTO Ines Filipa	03	ADBA	1:01.44	25m	23-11-19	Caldas da Rainha	547
78.	GAMEIRO Matilde Domingues	97	CNAC	1:01.44	25m	23-11-19	Coimbra	547
80.	JESUS Maria Crista	03	LDC	1:01.45	25m	02-11-19	Lagoa	546
80.	SOARES Ana Beatriz	03	CDF	1:01.45	25m	24-10-20	Mealhada	546
82.	BORGES Claudia Ferreira	99	SCP	1:01.51	25m	11-04-21	Felgueiras	545
83.	MONTEIRO Margarida Cabral	02	CGA	1:01.52	25m	10-11-19	Albufeira	544
84.	QUEIROZ Ana Rita	02	CAQC	1:01.53	25m	02-02-20	Coimbra	544
85.	FREITAS Maria Joao	97	SFUAP	1:01.59	25m	15-05-21	Condeixa-a-Nova	543
86.	LASCU Nicoleta	02	CNLA	1:01.68	25m	30-11-19	Sines	540
87.	POMBO Tatiana Raquel	01	CDCP	1:01.71	25m	14-12-19	Leiria	539
88.	BAPTISTA Constanca Dias	01	CFB	1:01.76	25m	23-11-19	Algés	538
88.	MACHADO Joana Sofia	02	CNV	1:01.76	25m	14-12-19	Leiria	538
90.	OLIM Carlota Freitas	93	CNF	1:01.84	25m	18-10-20	Funchal	536
91.	AMANTES Beatriz Quintao	03	SFUAP	1:01.87	25m	14-12-19	Leiria	535
92.	ALVES Ana Sofia	95	VSC	1:01.88	25m	09-05-21	Pacos de Ferreira	535
93.	COENTRAO Bruna Figueiro	93	CFV	1:01.98	25m	09-05-21	Pacos de Ferreira	532
94.	RIESENBERGER Bruna Martin	97	CIRL	1:02.07	25m	23-11-19	Algés	530
95.	ROSA Mafalda Sofia	03	CNRM	1:02.12	25m	07-03-20	Santarém	529
96.	PINTO Sofia Gales	01	CCLAMAS	1:02.14	25m	15-12-19	Leiria	528
97.	LEONARDO Rute Isabel	98	CNAB	1:02.18	25m	07-03-20	Santarém	527
98.	BOULHOSA Carolina Abreu	01	CNF	1:02.23	25m	21-12-19	Funchal	526
99.	PIRES Carolina Saraiva	96	CIRL	1:02.29	25m	15-02-20	Torres Novas	524
100.	PEIXEIRA Filipa Ramos	03	SCP	1:02.30	25m	01-02-20	Albufeira	524

200 Livres

1.	DURAES Diana Margarida	96	POR	2:00.22	25m	07-12-19	GLASGOW (GBR)	775
2.	MARTINS Francisca Soares	03	FOCA	2:00.51	25m	08-05-21	Pacos de Ferreira	769
3.	FRISCHKNECHT Rita Barros	98	SAD	2:01.00	25m	21-12-19	Felgueiras	760
4.	HOLUB Tamila Hryhorivna	99	SCB	2:01.11	25m	14-12-19	Leiria	758
5.	REBELO Camila Rodrigues	03	ALN	2:01.90	25m	22-12-20	Coimbra	743
6.	ANDRE Leticia Maia	02	SLB	2:02.07	25m	22-12-20	Coimbra	740
7.	CONCEICAO Ema Jeronimo	03	AEFDTV	2:02.18	25m	15-11-20	Leiria	738
8.	HENRIQUES Ines Jacinto	00	POR	2:02.40	25m	14-12-19	Lausanne (SUI)	734
9.	SOUSA Ana Reis	02	POR	2:03.18	25m	14-12-19	Lausanne (SUI)	720
10.	RAMOS Ana Rita	02	FCP	2:03.89	25m	21-12-19	Felgueiras	708
11.	CARDEAL Joana Nunes	02	AVFC	2:04.00	25m	02-02-20	Viseu	706
12.	GARZON SILES Marta	00	LDC	2:04.28	25m	09-11-19	Albufeira	701
13.	AMADOR Joana Costa	01	CGA	2:05.21	25m	22-12-19	Felgueiras	686
14.	FRAZAO Alexandra Couto	02	SCP	2:05.28	25m	22-12-19	Felgueiras	684
15.	PINA Ana Sofia	02	SLB	2:05.36	25m	24-11-19	Algés	683
16.	PEGO Isabel Porfirio	01	CFP	2:05.37	25m	22-12-19	Felgueiras	683
17.	AZEVEDO Rafaela Gomes	02	SAD	2:05.68	25m	22-11-19	Algés	678
18.	RODRIGUES Ana Pinho	94	ADS	2:06.19	25m	16-11-19	Viseu	670
19.	MESQUITA Francisca Salvador	02	ADRCIMM	2:06.27	25m	14-12-19	Leiria	668
20.	FOMINA Anna	02	LDC	2:06.86	25m	22-02-20	Lagos	659
21.	FARIA Ana Rita	00	FCP	2:07.00	25m	24-11-19	Felgueiras	657
22.	CHEROUATI Souad Nefissa	89	SLB	2:07.03	25m	09-11-19	Albufeira	656
23.	CAPITAN Ines Maria	02	LDC	2:07.22	25m	09-11-19	Albufeira	654
24.	ROSA Mafalda Sofia	03	CNRM	2:07.29	25m	15-12-19	Leiria	652
25.	MENDES Mariana Amaral	02	ADRCIMM	2:07.52	25m	15-12-19	Leiria	649
26.	BARBOSA Mariana Fernandes	02	FCP	2:07.53	25m	24-11-19	Felgueiras	649
27.	MACHADO Luisa Maria	01	SFUAP	2:07.87	25m	09-11-19	Albufeira	644
27.	VEIGA Ana Filipa	01	CAPGE	2:07.87	25m	25-04-21	Gafanha da Nazaré	644
29.	GARCIA Carla Goyanes	01	EDV	2:07.93	25m	15-12-19	Leiria	643
30.	PINTO Mafalda Marques	02	SCP	2:08.13	25m	09-11-19	Albufeira	640
31.	VARGAS Giovanna Vaz	00	DNMG	2:08.16	25m	15-12-19	Leiria	639
32.	PINHEIRO Ines Mariana	03	AAC	2:08.17	25m	22-12-19	Felgueiras	639
33.	QUEIROZ Ana Rita	02	CAQC	2:08.34	25m	14-12-19	Leiria	637
34.	MONTEIRO Ana Catarina	93	CFV	2:08.49	25m	15-11-20	Mealhada	634
35.	SOARES Carolina Silva	03	CNV	2:08.55	25m	22-12-19	Felgueiras	633
36.	MARTINS Joana Ribeiro	03	SCP	2:08.69	25m	21-12-19	Felgueiras	631
37.	CASTRO Adriana Daniela	97	LSC	2:08.90	25m	24-11-19	Felgueiras	628
38.	REBELO Maria Carlota	03	ALN	2:09.06	25m	10-04-21	Felgueiras	626
39.	SILVA Camila Alexandra	03	SCC	2:09.33	25m	22-12-20	Coimbra	622
40.	VELOSO Teresa Miguel	00	SCP	2:09.64	25m	03-11-19	Lagoa	618
41.	MARTINS Ana Beatriz	99	GDNFAMA	2:09.67	25m	11-01-20	Aguas Santas	617
42.	AMORIM Maria Leonor	03	FCP	2:09.96	25m	21-12-19	Felgueiras	613
43.	NUNES Sofia Alexandra	00	CIRL	2:10.08	25m	14-12-19	Leiria	611
44.	PIMENTA Margarida Sobral	99	CFB	2:10.11	25m	10-04-21	Felgueiras	611
45.	ROLAO Sofia Alexandra	98	SLB	2:10.52	25m	09-11-19	Albufeira	605
46.	RAMOS Ines Asseiceira	03	CNTN	2:10.60	25m	08-03-20	Santarém	604
47.	SANTOS Ana Pedro	02	CGA	2:10.62	25m	09-11-19	Albufeira	604
48.	SOARES Catarina Silva	03	FCP	2:10.63	25m	12-10-19	Pacos de Ferreira	604
49.	LIMA Lia Ana	01	SAD	2:10.76	25m	24-11-19	Algés	602
50.	CRUZ Sara Moura	03	SAD	2:10.85	25m	22-11-19	Algés	601
51.	TEJO Beatriz Costa	02	AAC	2:10.93	25m	22-12-20	Coimbra	599
52.	MONTEIRO Margarida Cabral	02	CGA	2:11.13	25m	25-04-21	Gafanha da Nazaré	597
53.	GRAVETO Ana Raquel	02	SLB	2:11.63	25m	24-11-19	Algés	590

200 Livres (desde 54)

54.	DIAS Ana Leonor	02	CNOL	2:11.71	25m	24-11-19	Algés	589
55.	FERREIRA Leonie Cunha	00	CNPO	2:12.02	25m	14-12-19	Leiria	585
56.	MACHADO Madalena Amaro	98	AVFC	2:12.03	25m	14-12-19	Leiria	585
57.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:12.20	25m	16-05-21	Abrantes	582
58.	NEVES Leonor Maria	03	GESL	2:12.21	25m	14-12-19	Leiria	582
59.	LASCU Nicoleta	02	CNLA	2:12.30	25m	07-03-20	Ponte de Sor	581
60.	RODRIGUES Helena Nunes	03	CSAAXXI	2:12.32	25m	25-04-21	Gafanha da Nazaré	581
61.	JACINTO Ines Filipa	03	ADBA	2:12.44	25m	09-11-19	Albufeira	579
62.	FERNANDES Ana Ines	00	VSC	2:12.89	25m	14-12-19	Leiria	573
63.	MENDES Mariana Sebastiao	01	CNLGOS	2:12.99	25m	23-11-19	Lagos	572
64.	FLORINDO Ana Sequeira	02	CNAC	2:13.25	25m	14-12-19	Leiria	569
65.	OLIVEIRA Rosa Maria	96	FCP	2:13.56	25m	24-11-19	Felgueiras	565
66.	SANTOS Ines Figueira	00	SFUAP	2:13.59	25m	24-11-19	Algés	564
67.	MARQUES Mariana Nunes	03	CDE	2:13.92	25m	13-10-19	Mealhada	560
68.	SILVA Eduarda Reis	03	GDNFAMA	2:14.01	25m	10-04-21	Felgueiras	559
69.	ARMAS Maria Ornelas	98	EULX	2:14.17	25m	06-03-20	Ponta Delgada	557
70.	PEIXEIRA Filipa Ramos	03	SCP	2:14.33	25m	01-02-20	Albufeira	555
71.	AMANTES Beatriz Quintao	03	SFUAP	2:14.34	25m	09-11-19	Albufeira	555
72.	RODRIGUES Filipa Serrano	01	SLB	2:14.56	25m	24-11-19	Algés	552
73.	FONSECA Laura Luz	03	CAFBDP	2:14.57	25m	06-03-20	Ponta Delgada	552
74.	SILVA Natacha Sofia	02	SLB	2:14.80	25m	24-11-19	Algés	549
75.	POMBO Tatiana Raquel	01	CDCP	2:14.83	25m	15-12-19	Leiria	549
76.	MARTINS Claudia Beatriz	03	GESL	2:14.85	25m	24-11-19	Algés	549
77.	PACHECO Maria Manuel	03	CAFBDP	2:14.86	25m	06-03-20	Ponta Delgada	549
78.	MOREIRA Matilde Freitas	01	AAC	2:14.98	25m	24-11-19	Coimbra	547
79.	CARNEIRO Caetana Neves	03	CNLX	2:15.00	25m	24-11-19	Algés	547
80.	MARGARIDO Ines Tomas	96	CNF	2:15.02	25m	17-10-20	Funchal	547
81.	ESTRADA Patricia Fuentes	99	LDC	2:15.08	25m	22-02-20	Lagos	546
82.	JESUS Maria Crista	03	LDC	2:15.09	25m	23-11-19	Lagos	546
83.	ALVES Ana Sofia	95	VSC	2:15.26	25m	08-05-21	Pacos de Ferreira	544
84.	VARANDAS Joana Filipa	02	CIRL	2:15.27	25m	24-11-19	Algés	544
85.	AGUILAR Vera Ines	00	CDN	2:15.31	25m	21-12-19	Funchal	543
86.	GAMEIRO Maria Miguel	03	CNAC	2:15.42	25m	15-12-19	Leiria	542
87.	FERNANDES Filipa Viamonte	02	VSC	2:15.51	25m	15-12-19	Leiria	541
88.	SILVA Leonor Santos	03	FCP	2:15.58	25m	24-11-19	Felgueiras	540
89.	MERCEDES Mariana Marques	03	VKGS	2:15.66	25m	15-05-21	Condeixa-a-Nova	539
90.	CATARINO Laura Andre	03	CCDSERTA	2:15.74	25m	18-01-20	Castelo Branco	538
91.	SOARES Ines Apolinario	03	PIMP	2:15.79	25m	17-10-20	Caldas da Rainha	537
92.	PELAIO Maria Joao	03	GCF	2:15.83	25m	24-11-19	Coimbra	537
93.	CERDEIRA Madalena Reis	03	SCP	2:15.91	25m	16-05-21	Alvalade	536
94.	CASAL Beatriz Goncalves	03	CNTN	2:15.95	25m	08-03-20	Santarém	535
95.	PIRES Carolina Saraiva	96	CIRL	2:16.04	25m	24-11-19	Algés	534
96.	GAMEIRO Matilde Domingues	97	CNAC	2:16.19	25m	24-11-19	Coimbra	533
96.	SOARES Ana Margarida	01	CDE	2:16.19	25m	25-10-20	Mealhada	533
98.	RODRIGUES Clara Carvalho	02	LDC	2:16.24	25m	23-11-19	Lagos	532
99.	SANTOS Diana Sofia	02	CDE	2:16.43	25m	14-12-19	Leiria	530
100.	SANTOS Madalena Almeida	03	CFP	2:16.48	25m	24-11-19	Felgueiras	529

400 Livres

1.	DURAES Diana Margarida	96	SLB	4:06.62	25m	21-12-19	Felgueiras	853
2.	HOLUB Tamila Hryhorivna	99	POR	4:10.20	25m	08-12-19	GLASGOW (GBR)	817
3.	MARTINS Francisca Soares	03	FOCA	4:11.18	25m	14-11-20	Mealhada	807
4.	HENRIQUES Ines Jacinto	00	SCP	4:16.31	25m	21-12-19	Felgueiras	760
5.	GARZON SILES Marta	00	LDC	4:16.58	25m	10-11-19	Albufeira	757
6.	CONCEICAO Ema Jeronimo	03	AEFDTV	4:17.18	25m	14-11-20	Leiria	752
7.	CARDEAL Joana Nunes	02	AVFC	4:18.05	25m	21-12-19	Felgueiras	744
8.	RAMOS Ana Rita	02	FCP	4:19.75	25m	21-12-19	Felgueiras	730
9.	MONTEIRO Ana Catarina	93	CFV	4:19.89	25m	14-11-20	Mealhada	729
10.	ROSA Mafalda Sofia	03	CNRM	4:20.47	25m	14-12-19	Leiria	724
11.	FRAZAO Alexandra Couto	02	SCP	4:21.77	25m	21-12-19	Felgueiras	713
12.	REBELO Camila Rodrigues	03	ALN	4:21.79	25m	01-02-20	Coimbra	713
12.	QUEIROZ Ana Rita	02	CAQC	4:21.79	25m	01-02-20	Coimbra	713
14.	CHEROUATI Souad Nefissa	89	SLB	4:22.18	25m	10-11-19	Albufeira	710
15.	SOUSA Ana Reis	02	SAD	4:22.40	25m	22-11-19	Algés	708
16.	PEREIRA Raquel Gomes	00	SAD	4:22.95	25m	22-11-19	Algés	704
17.	ANDRE Leticia Maia	02	SLB	4:23.86	25m	10-11-19	Albufeira	696
18.	PINA Ana Sofia	02	SLB	4:24.09	25m	22-11-19	Algés	694
19.	AZEVEDO Rafaela Gomes	02	SAD	4:24.19	25m	22-11-19	Algés	694
20.	FIAL Sofia Nunes	03	AEJ	4:25.38	25m	01-02-20	Viseu	684
21.	MACHADO Luisa Maria	01	SFUAP	4:26.04	25m	10-11-19	Albufeira	679
21.	MENDES Mariana Amaral	02	ADRCIMM	4:26.04	25m	21-12-19	Felgueiras	679
23.	AMADOR Joana Costa	01	CGA	4:27.05	25m	21-12-19	Felgueiras	672
24.	PINHEIRO Ines Mariana	03	AAC	4:27.77	25m	14-11-20	Mealhada	666
25.	REBELO Maria Carlota	03	ALN	4:28.86	25m	24-10-20	Coimbra	658
26.	FARIA Ana Rita	00	FCP	4:29.29	25m	24-11-19	Felgueiras	655
27.	VARGAS Giovanna Vaz	00	DNMG	4:29.42	25m	23-11-19	Caldas da Rainha	654
28.	PINTO Mafalda Marques	02	SCP	4:29.67	25m	10-11-19	Albufeira	652
29.	AMORIM Maria Leonor	03	FCP	4:29.83	25m	14-11-20	Mealhada	651
30.	VELOSO Teresa Miguel	00	SCP	4:30.99	25m	21-12-19	Felgueiras	643
31.	FOMINA Anna	02	LDC	4:31.24	25m	07-11-20	Lagos	641
32.	CRUZ Sara Moura	03	SAD	4:31.36	25m	22-11-19	Algés	640
33.	RODRIGUES Helena Nunes	03	CSAAXXI	4:31.46	25m	17-11-19	Viseu	639
34.	JAENES Celia Caro	02	LDC	4:31.58	25m	10-11-19	Albufeira	639
35.	SOARES Carolina Silva	03	CNV	4:31.62	25m	14-12-19	Leiria	638
36.	VEIGA Ana Filipa	01	CAPGE	4:31.69	25m	25-04-21	Gafanha da Nazaré	638
37.	NEVES Carolina Marques	01	CNTN	4:32.40	25m	07-03-20	Santarém	633
38.	PIMENTA Margarida Sobral	99	CFB	4:32.42	25m	15-02-20	Torres Novas	633
39.	RANITO Beatriz Paulo	99	GESL	4:32.93	25m	14-12-19	Leiria	629
40.	FERNANDES Ana Ines	00	VSC	4:33.65	25m	14-12-19	Leiria	624
41.	TEJO Beatriz Costa	02	AAC	4:35.05	25m	01-02-20	Coimbra	615
42.	SILVA Camila Alexandra	03	SCC	4:35.45	25m	21-12-19	Felgueiras	612
43.	ARMAS Maria Ornelas	98	EULX	4:35.52	25m	22-11-19	Algés	611
44.	MONTEIRO Margarida Cabral	02	CGA	4:35.65	25m	10-11-19	Albufeira	611
45.	BERNARDO Joana Beatriz	99	FBSC	4:36.22	25m	23-11-19	Coimbra	607
46.	ROLAO Sofia Alexandra	98	SLB	4:37.02	25m	10-11-19	Albufeira	602
47.	PEGO Isabel Porfirio	01	CFP	4:37.60	25m	24-11-19	Felgueiras	598
48.	RAMOS Ines Asseiceira	03	CNTN	4:37.61	25m	07-03-20	Santarém	598
49.	VARANDAS Joana Filipa	02	CIRL	4:38.39	25m	22-11-19	Algés	593
50.	JACINTO Ines Filipa	03	ADBA	4:39.64	25m	11-04-21	Felgueiras	585
51.	MARQUES Mariana Nunes	03	CDE	4:40.15	25m	25-04-21	Gafanha da Nazaré	582
52.	CARPINTEIRO Carolina Silverio	02	CNTEJO	4:41.06	25m	23-11-19	Tomar	576
53.	MONTEIRO Ines Rosado	00	CNVA	4:41.14	25m	17-11-19	Viseu	576

400 Livres (desde 54)

54.	LIMA Lia Ana	01	SAD	4:42.48	25m	22-11-19	Algés	567
54.	FONSECA Laura Luz	03	CAFBDP	4:42.48	25m	30-11-19	Sines	567
56.	CERDEIRA Madalena Reis	03	SCP	4:42.72	25m	16-05-21	Alvalade	566
57.	CARNEIRO Caetana Neves	03	CNLX	4:43.53	25m	22-11-19	Algés	561
58.	COSTA Ana Filipa	98	CNBE	4:43.57	25m	30-11-19	Sines	561
59.	SANTOS Ana Pedro	02	CGA	4:43.74	25m	13-10-19	Mealhada	560
60.	AGOSTINHO Catia Iordan	02	CNRM	4:43.80	25m	29-02-20	Coruche	559
61.	SANTOS Ines Figueira	00	SFUAP	4:44.04	25m	14-12-19	Leiria	558
62.	MACHADO Madalena Amaro	98	AVFC	4:44.51	25m	17-11-19	Viseu	555
63.	RIBEIRO Margarida Messias	98	GESL	4:44.72	25m	03-11-19	Lisboa	554
64.	GAMEIRO Maria Miguel	03	CNAC	4:44.82	25m	14-12-19	Leiria	553
65.	ESTRADA Patricia Fuentes	99	LDC	4:45.55	25m	24-11-19	Lagos	549
66.	DOMINGUES Monica Seara	00	SCB	4:46.09	25m	02-11-19	Barcelos	546
67.	FERREIRA Ana Raquel	98	CNLX	4:46.69	25m	22-11-19	Algés	543
68.	FLORINDO Ana Sequeira	02	CNAC	4:46.75	25m	20-10-19	Condeixa	542
69.	AMANTES Beatriz Quintao	03	SFUAP	4:47.81	25m	25-01-20	Alcobaça	536
70.	FERREIRA Catarina Trigo	02	CNLX	4:48.18	25m	22-11-19	Algés	534
71.	CUNHA Rita Moreira	03	EDV	4:48.73	25m	09-05-21	Ponte da Barca	531
72.	PINHEIRO Ana Carmo	02	GCST	4:49.27	25m	24-11-19	Felgueiras	528
73.	MAGALHAES Ines Filipa	02	CAP	4:49.79	25m	14-12-19	Leiria	525
74.	PACHECO Maria Manuel	03	CAFBDP	4:50.32	25m	07-03-20	Ponta Delgada	523
75.	MARGARIDO Ines Tomas	96	CNF	4:50.89	25m	31-10-20	Funchal	520
76.	RODRIGUES Ana Luisa	03	ALN	4:51.45	25m	18-10-20	Coimbra	517
77.	LASCU Nicoleta	02	CNLA	4:51.58	25m	16-11-19	Odemira	516
78.	SOARES Ana Margarida	01	CDE	4:51.92	25m	25-10-20	Mealhada	514
79.	CASAL Beatriz Goncalves	03	CNTN	4:52.00	25m	07-03-20	Santarém	514
80.	TOMAS Beatriz Monteiro	03	FBSC	4:52.06	25m	20-10-19	Condeixa	513
81.	JUNQUEIRA Sofia Ribeiro	02	ADBA	4:52.36	25m	20-10-19	Óbidos	512
82.	SANCHEZ FERNANDEZ Laura	03	CNGUA	4:52.60	25m	10-11-19	Albufeira	510
83.	VEIGA Susana Pereira	00	CNCVG	4:53.17	25m	14-11-20	Leiria	507
84.	RODRIGUES Barbara Sofrino	01	CFB	4:53.60	25m	15-02-20	Torres Novas	505
85.	RIBEIRO Maria Ines	03	CFB	4:53.70	25m	22-11-19	Algés	505
86.	SOARES Ines Apolinario	03	PIMP	4:53.89	25m	25-01-20	Alcobaça	504
87.	RODRIGUES Clara Carvalho	02	LDC	4:54.03	25m	20-10-19	Quarteira	503
88.	NEVES Leonor Maria	03	CPCD	4:54.16	25m	07-11-20	Guarda	502
89.	FERREIRA Ana Claudia	90	CNAL	4:54.19	25m	23-11-19	Caldas da Rainha	502
90.	SILVA Sofia Oliveira	99	CNS	4:54.64	25m	22-11-19	Algés	500
91.	OLIVEIRA Francisca Razina	03	SFUAP	4:55.21	25m	15-05-21	Condeixa-a-Nova	497
92.	FERNANDES Maria Joao	97	CFP	4:55.32	25m	24-11-19	Felgueiras	496
93.	SANTOS Beatriz Rocha	02	CDCA	4:55.44	25m	07-11-20	Guarda	496
94.	CARVALHO Maria Leitao	02	ADBA	4:55.52	25m	23-11-19	Caldas da Rainha	495
95.	CARDOSO Beatriz Neves	98	CCLAMAS	4:55.62	25m	25-04-21	Gafanha da Nazaré	495
96.	CATARINO Laura Andre	03	CCDSERTA	4:56.28	25m	15-02-20	Torres Novas	492
97.	FERNANDES Ana Catarina	03	CNF	4:56.88	25m	23-11-19	Funchal	489
98.	CARVALHO Beatriz Moreira	03	VKGS	4:57.12	25m	07-03-20	Ponte de Sor	487
99.	DOMINGUEZ ZANOLETTY Mar	03Ara	CNGUA	4:57.39	25m	24-11-19	Lagos	486
100.	LOPES Sara Santos	03	ADBA	4:57.98	25m	20-10-19	Óbidos	483

800 Livres

1.	DURAES Diana Margarida	96	POR	8:20.97	25m	04-12-19	GLASGOW (GBR)	875
2.	HOLUB Tamila Hryhorivna	99	POR	8:25.00	25m	04-12-19	GLASGOW (GBR)	855
3.	HENRIQUES Ines Jacinto	00	SCP	8:43.32	25m	15-11-20	Leiria	768
4.	ROSA Mafalda Sofia	03	CNRM	8:48.64	25m	15-12-19	Leiria	745
5.	CONCEICAO Ema Jeronimo	03	AEFDTV	8:49.18	25m	15-11-20	Leiria	743
6.	ANDRE Angelica Maria	94	CFP	8:50.23	25m	22-12-19	Felgueiras	738
7.	MONTEIRO Ana Catarina	93	CFV	8:51.30	25m	22-11-19	Felgueiras	734
8.	MARTINS Francisca Soares	03	FOCA	8:51.73	25m	10-04-21	Felgueiras	732
9.	FRAZAO Alexandra Couto	02	SCP	8:52.05	25m	22-12-19	Felgueiras	731
10.	CARDEAL Joana Nunes	02	AVFC	8:52.12	25m	15-11-20	Mealhada	730
11.	MENDES Mariana Amaral	02	ADRCIMM	8:52.43	25m	15-11-20	Leiria	729
12.	CHEROUATI Souad Nefissa	89	SLB	8:54.47	25m	10-11-19	Albufeira	721
13.	QUEIROZ Ana Rita	02	CAQC	8:56.08	25m	22-12-19	Felgueiras	714
14.	RAMOS Ana Rita	02	FCP	8:56.28	25m	22-12-19	Felgueiras	714
15.	ANDRE Leticia Maia	02	SLB	9:01.14	25m	24-11-19	Algés	695
16.	AMORIM Maria Leonor	03	FCP	9:01.18	25m	22-12-19	Felgueiras	694
17.	PINA Ana Sofia	02	SLB	9:07.68	25m	22-12-19	Felgueiras	670
18.	REBELO Camila Rodrigues	03	ALN	9:13.86	25m	24-11-19	Coimbra	648
19.	GARCIA Carla Goyanes	01	EDV	9:14.38	25m	15-12-19	Leiria	646
20.	PINHEIRO Ines Mariana	03	AAC	9:16.45	25m	15-11-20	Mealhada	639
21.	RANITO Beatriz Paulo	99	GESL	9:18.07	25m	15-12-19	Leiria	633
22.	VARANDAS Joana Filipa	02	CIRL	9:19.16	25m	15-12-19	Leiria	629
23.	VELOSO Teresa Miguel	00	SCP	9:19.35	25m	22-12-19	Felgueiras	629
24.	RODRIGUES Helena Nunes	03	CSAAXXI	9:20.17	25m	24-11-19	Gafanha da Nazaré	626
25.	MESTRE Catarina Martins	00	CNLX	9:21.64	25m	24-11-19	Algés	621
26.	RODRIGUES Filipa Serrano	01	SLB	9:24.48	25m	24-11-19	Algés	612
27.	VEIGA Ana Filipa	01	CAPGE	9:24.92	25m	25-04-21	Gafanha da Nazaré	610
28.	NEVES Carolina Marques	01	CNTN	9:25.12	25m	06-03-20	Santarém	610
29.	FIAL Sofia Nunes	03	AEJ	9:26.90	25m	13-10-19	Mealhada	604
30.	ARMAS Maria Ornelas	98	EULX	9:28.81	25m	24-11-19	Algés	598
31.	RAMOS Ines Asseiceira	03	CNTN	9:29.04	25m	06-03-20	Santarém	597
32.	BERNARDO Joana Beatriz	99	FBSC	9:30.07	25m	24-11-19	Coimbra	594
33.	SILVA Camila Alexandra	03	SCC	9:31.78	25m	15-11-20	Mealhada	589
34.	FOMINA Anna	02	LDC	9:32.02	25m	24-11-19	Lagos	588
35.	AGOSTINHO Catia Iordan	02	CNRM	9:35.79	25m	29-02-20	Coruche	576
36.	CARPINTEIRO Carolina Silverio	02	CNTEJO	9:35.80	25m	06-03-20	Santarém	576
37.	TEJO Beatriz Costa	02	AAC	9:38.13	25m	01-11-19	Condeixa	569
38.	CUNHA Rita Moreira	03	EDV	9:38.92	25m	06-03-20	Braga	567
39.	FERREIRA Catarina Trigo	02	CNLX	9:46.65	25m	15-05-21	Condeixa-a-Nova	545
40.	FERNANDES Ana Ines	00	VSC	9:46.75	25m	22-11-19	Felgueiras	545
41.	CERDEIRA Madalena Reis	03	SCP	9:46.76	25m	24-11-19	Algés	545
42.	FONSECA Laura Luz	03	CAFBDP	9:47.52	25m	26-10-19	Ponta Delgada	543
43.	AMANTES Beatriz Quintao	03	SFUAP	9:47.54	25m	22-12-19	Felgueiras	543
44.	GUEDES Ana Margarida	01	GCVR	9:48.66	25m	09-05-21	Peso da Régua	539
45.	GAMEIRO Maria Miguel	03	CNAC	9:49.38	25m	15-12-19	Leiria	537
46.	MARQUES Mariana Nunes	03	CDE	9:49.97	25m	13-03-21	Aveiro	536
47.	MONTEIRO Ines Rosado	00	CNVA	9:51.42	25m	01-02-20	Viseu	532
48.	FERNANDES Maria Joao	97	CFP	9:52.00	25m	22-11-19	Felgueiras	530
49.	MERCEDES Mariana Marques	03	VKGS	9:54.72	25m	15-05-21	Condeixa-a-Nova	523
50.	SILVA Carolina Santos	86	GCST	9:54.93	25m	22-11-19	Felgueiras	523
51.	PACHECO Maria Manuel	03	CAFBDP	9:55.15	25m	08-03-20	Ponta Delgada	522
52.	SOARES Ana Margarida	01	CDE	9:55.46	25m	25-10-20	Mealhada	521
53.	CATARINO Laura Andre	03	CCDSERTA	9:56.54	25m	29-02-20	Coruche	518

800 Livres (desde 54)

54.	SOARES Ines Apolinario	03	PIMP	9:57.83	25m	24-11-19	Caldas da Rainha	515
55.	MAGALHAES Ines Filipa	02	CAP	9:59.10	25m	15-12-19	Leiria	512
56.	NEVES Sara Dias	03	CNMC	10:00.16	25m	01-11-19	Condeixa	509
57.	RODRIGUES Ana Luisa	03	ALN	10:01.81	25m	22-12-19	Cantanhede	505
58.	CARVALHO Beatriz Moreira	03	VKGS	10:01.96	25m	07-03-20	Ponte de Sor	504
59.	RODRIGUES Clara Carvalho	02	LDC	10:01.98	25m	24-11-19	Lagos	504
60.	RIBEIRO Maria Ines	03	CFB	10:04.83	25m	24-11-19	Algés	497
61.	CARNEIRO Caetana Neves	03	CNLX	10:05.21	25m	24-11-19	Algés	496
62.	HENRIQUES Maria Vitoria	03	ADF	10:06.74	25m	30-11-19	Sines	493
63.	LUIS Jessica Santos	00	CDSR	10:09.45	25m	23-11-19	Funchal	486
64.	MACHADO Raquel Cruz	03	AEJ	10:11.21	25m	30-11-19	Sines	482
65.	MACEDO Beatriz Daniela	02	VSC	10:11.33	25m	22-11-19	Felgueiras	482
66.	SILVA Ana Campos	03	CNRM	10:11.57	25m	06-03-20	Santarém	481
67.	FERREIRA Leonor Marques	03	CDCA	10:12.08	25m	26-10-19	Lagos	480
68.	SILVA Sofia Oliveira	99	CNS	10:13.00	25m	30-11-19	Sines	478
69.	SEONG Patricia Abreu	03	FCF	10:14.38	25m	08-11-20	Lagos	474
70.	DOMINGUEZ ZANOLETTY Mar	03Ara	CNGUA	10:14.44	25m	24-11-19	Lagos	474
71.	CRUZ Cintia Cristina	02	CNAL	10:14.83	25m	30-11-19	Sines	473
72.	VEIGA Susana Pereira	00	CNCVG	10:15.34	25m	24-11-19	Algés	472
73.	VALE Mariana Almeida	03	CNV	10:15.67	25m	22-11-19	Felgueiras	471
74.	POMBO Tatiana Raquel	01	CDCP	10:15.92	25m	24-11-19	Algés	471
75.	PINHEIRO Ana Carmo	02	GCST	10:16.04	25m	07-11-20	Guarda	471
76.	DOMINGOS Mariana Nunes	00	VS	10:18.04	25m	06-03-20	Santarém	466
77.	TEJO Sara Sofia	03	CAQC	10:18.91	25m	24-11-19	Coimbra	464
78.	CARVALHO Leonor Rodrigues	02	CAFBDP	10:23.27	25m	08-03-20	Ponta Delgada	454
79.	JESUS Beatriz Alexandra	03	CMNPR	10:24.42	25m	07-03-20	Mirandela	452
80.	LUIS Catarina Fernandes	97	CDSR	10:29.07	25m	23-11-19	Funchal	442
81.	PAULA Alexandra Ribeiro	93	CNBE	10:33.04	25m	30-11-19	Sines	434
82.	JESUS Filipa Mafalda	03	CDSR	10:37.64	25m	16-10-20	Funchal	424
83.	COSTA Mafalda Magalhaes	03	SFGP	10:38.53	25m	20-10-19	Torres Novas	423
84.	DELGADO ASENSIO Laura	02	CNGUA	10:39.63	25m	24-11-19	Lagos	420
85.	SILVA Jessica Filipa	03	CFP	10:40.60	25m	08-05-21	Pacos de Ferreira	418
86.	WATSON Leila Rosa	03	LAGAC	10:42.24	25m	26-10-19	Lagos	415
87.	MASCARENHAS Ines Filipa	03	CNLA	10:42.31	25m	17-11-19	Odemira	415
88.	PEDROSA Carolina Pereira	02	IDV	10:43.46	25m	22-12-19	Pombal	413
89.	GOMES Ana Rui	03	CNNZ	10:45.42	25m	22-12-19	Pombal	409
90.	PAVEIA Maria Ines	03	VS	10:45.79	25m	20-10-19	Torres Novas	408
91.	BARBADO Sofia Correia	03	ACMN	10:49.04	25m	17-11-19	Odemira	402
92.	VIEIRA Carolina Lopes	02	SFGP	10:50.63	25m	20-10-19	Torres Novas	399
93.	PLAZA Rita Azevedo	02	ADS	10:51.44	25m	16-11-19	Viseu	398
94.	MARQUES Beatriz Carvalho	02	AAC	10:51.62	25m	22-12-19	Cantanhede	398
95.	NUNES Marcia Raquel	03	CCDSERTA	10:53.08	25m	07-03-20	Ponte de Sor	395
96.	VIEIRA Daniela Sofia	01	CDF	10:54.73	25m	26-10-19	Lagos	392
97.	CORREIA Sofia Barbado	03	ACMN	10:57.15	25m	29-02-20	Coruche	388
98.	COUTO Filipa Ferreira	02	CAFBDP	11:01.16	25m	14-12-19	Ponta Delgada	381
99.	MOURA Beatriz Catarino	02	CNAB	11:05.44	25m	20-10-19	Torres Novas	373
100.	COTRIM Lara Roque	03	PIMP	11:05.62	25m	22-12-19	Pombal	373

1500 Livres

1.	DURAES Diana Margarida	96	SLB	15:55.19	25m	23-11-19	Felgueiras	887
2.	HOLUB Tamila Hryhorivna	99	SCB	16:17.62	25m	20-12-19	Felgueiras	828
3.	ANDRE Angelica Maria	94	CFP	16:50.07	25m	20-12-19	Felgueiras	750
4.	MENDES Mariana Amaral	02	ADRCIMM	16:51.59	25m	20-12-19	Felgueiras	747
5.	ROSA Mafalda Sofia	03	CNRM	17:00.30	25m	20-12-19	Felgueiras	728
6.	HENRIQUES Ines Jacinto	00	SCP	17:05.96	25m	22-11-19	Algés	716
7.	RAMOS Ana Rita	02	FCP	17:12.00	25m	20-12-19	Felgueiras	703
8.	QUEIROZ Ana Rita	02	CAQC	17:16.92	25m	20-12-19	Felgueiras	693
9.	AMORIM Maria Leonor	03	FCP	17:23.09	25m	20-12-19	Felgueiras	681
10.	CONCEICAO Ema Jeronimo	03	AEFDTV	17:33.09	25m	22-11-19	Algés	662
11.	PINHEIRO Ines Mariana	03	AAC	17:45.14	25m	20-12-19	Felgueiras	640
12.	RANITO Beatriz Paulo	99	GESL	17:51.62	25m	22-11-19	Algés	628
13.	FOMINA Anna	02	LDC	18:01.20	25m	23-11-19	Lagos	612
14.	VEIGA Ana Filipa	01	CAPGE	18:07.82	25m	24-04-21	Gafanha da Nazaré	600
15.	TEJO Beatriz Costa	02	AAC	18:17.04	25m	20-06-21	Coimbra	585
16.	PACHECO Maria Manuel	03	CAFBDP	18:45.22	25m	16-11-19	Ribeira Grande	543
17.	MARQUES Mariana Nunes	03	CDE	18:48.28	25m	17-11-19	Viseu	538
18.	FERNANDES Maria Joao	97	CFP	18:51.09	25m	12-10-19	Pacos de Ferreira	534
19.	CUNHA Rita Moreira	03	EDV	18:55.53	25m	09-05-21	Ponte da Barca	528
20.	HENRIQUES Daniela Mascarenhas	03	GESL	19:09.07	25m	22-11-19	Algés	509
21.	MAGALHAES Ines Filipa	02	CAP	19:14.99	25m	12-10-19	Pacos de Ferreira	502
22.	DOMINGOS Mariana Nunes	00	VS	19:42.92	25m	08-03-20	Santarém	467
23.	SOARES Ines Apolinario	03	PIMP	19:52.64	25m	07-11-20	Leiria	456
24.	SILVA Eduarda Reis	03	GDNFAMA	20:04.31	25m	12-10-19	Pacos de Ferreira	442
25.	WATSON Leila Rosa	03	LAGAC	20:04.78	25m	23-11-19	Lagos	442
26.	JESUS Beatriz Alexandra	03	CMNPR	20:06.64	25m	07-03-20	Mirandela	440
27.	SEONG Patricia Abreu	03	FCF	20:19.69	25m	01-02-20	Albufeira	426
28.	MERCEDES Mariana Marques	03	CDOM	20:25.74	25m	22-11-19	Algés	420
29.	BARBADO Sofia Correia	03	ACMN	20:56.32	25m	17-11-19	Odemira	390
30.	PINHEIRO Rafaela Sena	03	SCMI	20:57.56	25m	23-11-19	Bragança	389
31.	NUNES Marcia Raquel	03	CCDSERTA	21:02.40	25m	08-05-21	Guarda	384
32.	AMOR Luna Rafaela	02	CNH	21:30.86	25m	16-11-19	Horta	359
33.	OLIVEIRA Patricia Silva	03	FCF	21:30.97	25m	23-11-19	Lagos	359
34.	CIGARRO Rafaela Pombo	02	CMNPR	24:38.86	25m	07-03-20	Mirandela	239
35.	ALVES Rita Marcal	02	CMNPR	25:51.98	25m	23-11-19	Bragança	206

50 Costas

1.	AZEVEDO Rafaela Gomes	02	SAD	27.45	25m	21-12-19	Felgueiras	817
2.	REBELO Camila Rodrigues	03	ALN	27.60	25m	22-12-20	Coimbra	804
3.	FERNANDES Ines Camacho	97	SCP	28.18	25m	21-12-19	Felgueiras	755
4.	MESTRE Catarina Martins	00	CNLX	28.69	25m	21-12-19	Felgueiras	716
5.	FRISCHKNECHT Rita Barros	98	SAD	28.75	25m	21-12-19	Felgueiras	711
6.	GUEDES Ana Margarida	01	GCVR	29.21	25m	14-11-20	Mealhada	678
7.	FERREIRA Catarina Maria	98	FCP	29.71	25m	21-12-19	Felgueiras	645
8.	CABRAL Maria Francisca	00	FCP	29.74	25m	21-12-19	Felgueiras	643
9.	FREIXO Juliana Lima	97	SCB	29.75	25m	21-12-19	Felgueiras	642
10.	PEIXEIRA Filipa Ramos	03	SCP	30.19	25m	21-12-19	Felgueiras	614
11.	NEVES Ana Carolina	00	AAC	30.54	25m	21-12-19	Felgueiras	593
12.	ROLAO Sofia Alexandra	98	SLB	30.64	25m	21-12-19	Felgueiras	588
13.	RAMOS Ana Rita	02	FCP	30.67	25m	24-11-19	Felgueiras	586
14.	MARQUES Mariana Nunes	03	CDE	30.69	25m	15-12-19	Leiria	585
15.	RAMOS Ines Asseiceira	03	CNTN	30.70	25m	07-03-20	Santarém	584

50 Costas (desde 16)

16.	FERREIRA Leonor Marques	03	CDCA	30.79	25m	21-12-19	Felgueiras	579
17.	LEITE Ana Sofia	93	GCVR	30.81	25m	24-04-21	Vila Real	578
18.	SEVERINO Isis Sousa	02	LDC	30.93	25m	10-11-19	Albufeira	571
19.	KAMINSKAYA Victoria	95	SLB	30.95	25m	10-11-19	Albufeira	570
20.	PEREIRA Beatriz Elisabete	97	CDCP	30.98	25m	21-12-19	Felgueiras	568
21.	FERNANDES Filipa Viamonte	02	VSC	31.02	25m	08-05-21	Pacos de Ferreira	566
22.	MACHADO Carolina Alexandra	03	CNBE	31.03	25m	23-11-19	Lagos	566
22.	SOARES Ana Beatriz	03	CDF	31.03	25m	25-04-21	Gafanha da Nazaré	566
24.	RODRIGUES Ana Pinho	94	ADS	31.10	25m	17-11-19	Viseu	562
24.	SOARES Ines Apolinario	03	PIMP	31.10	25m	21-12-19	Felgueiras	562
26.	ANDRE Angelica Maria	94	CFP	31.11	25m	24-11-19	Felgueiras	561
27.	SOARES Catarina Silva	03	FCP	31.20	25m	24-11-19	Felgueiras	556
27.	ESTEVES Maria Mousinho	02	CIRL	31.20	25m	09-05-21	Sto António Cavaleiros	556
29.	SANTOS Ana Pedro	02	CGA	31.25	25m	18-01-20	Mealhada	554
30.	MENDES Lea Alexandra	03	SFGP	31.28	25m	23-11-19	Tomar	552
31.	RODRIGUES Luana Correia	01	CFB	31.30	25m	10-04-21	Felgueiras	551
32.	CATARINO Laura Andre	03	CCDSERTA	31.31	25m	10-11-19	Albufeira	551
33.	LASCU Nicoleta	02	CNLA	31.38	25m	21-12-19	Felgueiras	547
34.	PEGO Isabel Porfirio	01	CFP	31.42	25m	24-11-19	Felgueiras	545
35.	AGUILAR Vera Ines	00	CDN	31.44	25m	21-12-19	Funchal	544
36.	COSTA Ana Filipa	98	CNBE	31.46	25m	21-12-19	Felgueiras	543
37.	MELO Barbara Azambujo	02	AAC	31.48	25m	15-02-20	Torres Novas	542
38.	RODRIGUES Helena Nunes	03	CSAAXXI	31.53	25m	21-12-19	Felgueiras	539
39.	CRUZ Sara Moura	03	SAD	31.69	25m	10-11-19	Albufeira	531
39.	CUNHA Mafalda Pacheco	02	CNCE	31.69	25m	10-04-21	Felgueiras	531
41.	FERREIRA Ana Raquel	98	CNLX	31.70	25m	21-12-19	Felgueiras	531
42.	COENTRAO Bruna Fangeiro	93	CFV	31.71	25m	08-05-21	Pacos de Ferreira	530
43.	CARPINTEIRO Carolina Silverio	02	CNTEJO	31.75	25m	23-11-19	Tomar	528
44.	ALMEIDA Catarina Isabel	02	VSC	31.81	25m	15-12-19	Leiria	525
45.	NUNES Sofia Alexandra	00	CIRL	32.08	25m	15-02-20	Torres Novas	512
45.	JUNQUEIRA Sofia Ribeiro	02	ADBA	32.08	25m	15-02-20	Torres Novas	512
47.	SILVA Catarina Reis	99	SCB	32.18	25m	08-03-20	Braga	507
48.	JARDIM Catarina Alexandra	98	GDNFAMA	32.20	25m	03-04-21	Famalicao	506
49.	DIAS Mafalda Sofia	01	PDEM	32.24	25m	10-11-19	Albufeira	504
49.	MARTINS Joana Ribeiro	03	SCP	32.24	25m	21-12-19	Felgueiras	504
51.	SILVA Ines Pereira	02	FBSC	32.27	25m	22-12-20	Coimbra	503
52.	TEJO Sara Sofia	03	CAQC	32.28	25m	15-12-19	Leiria	502
53.	MACEDO Rosana Marinho	99	FOCA	32.29	25m	15-12-19	Leiria	502
54.	MARTINS Matilde Pereira	99	CNSBA	32.31	25m	20-10-19	Quarteira	501
55.	RODRIGUES Ana Beatriz	02	CNRM	32.35	25m	23-11-19	Tomar	499
56.	RIBEIRO Margarida Messias	98	GESL	32.37	25m	16-02-20	Sto Antonio dos Cavaleiros	498
57.	ALVES Andreia Wongsangnoi	03	ADRCIMM	32.40	25m	15-12-19	Leiria	497
58.	SOARES Ana Margarida	03	CNS	32.41	25m	01-11-19	Setúbal	496
58.	SANTOS Mariana Jacinto	03	JFP	32.41	25m	23-11-19	Coimbra	496
60.	NEVES Carolina Marques	01	CNTN	32.53	25m	24-10-20	Tomar	491
61.	BELO Rita Afonso	02	BSCN	32.69	25m	23-11-19	Caldas da Rainha	484
62.	FONSECA Laura Luz	03	CAFBDP	32.70	25m	06-03-20	Ponta Delgada	483
63.	JESUS Maria Crista	03	LDC	32.72	25m	12-01-20	Quarteira	482
63.	BARBOSA Adriana Freixo	03	VNC	32.72	25m	08-03-20	Braga	482
65.	LOPES Sara Santos	03	ADBA	32.75	25m	23-11-19	Caldas da Rainha	481
65.	ARMAS Maria Ornelas	98	EULX	32.75	25m	24-11-19	Algés	481
67.	CRAVEIRO Beatriz Neves	97	AAC	32.77	25m	23-11-19	Coimbra	480
68.	BAPTISTA Constanca Dias	01	CFB	32.78	25m	24-11-19	Algés	480

50 Costas (desde 69)

69.	SANTOS Ines Figueira	00	SFUAP	32.82	25m	15-12-19	Leiria	478
70.	GONCALVES Flavia Daniela	96	EDV	32.83	25m	15-12-19	Leiria	478
71.	BERNARDO Joana Beatriz	99	FBSC	32.84	25m	23-11-19	Coimbra	477
72.	BOULHOSA Carolina Abreu	01	CNF	32.90	25m	22-11-19	Funchal	474
73.	MARQUES Rafaela Vieira	98	CNVA	32.91	25m	17-11-19	Viseu	474
73.	SILVA Ana Campos	03	CNRM	32.91	25m	23-11-19	Tomar	474
75.	LEMOS Maria Ines	02	SCMI	32.92	25m	07-03-20	Mirandela	474
76.	SANCHEZ FERNANDEZ Laura	03	CNGUA	33.01	25m	12-01-20	Quarteira	470
77.	PINHEIRO Ines Mariana	03	AAC	33.05	25m	22-12-20	Coimbra	468
78.	BODIAO Rafaela Marques	96	CNOL	33.18	25m	23-11-19	Lagos	463
79.	COSTA Beatriz Neto	00	CAP	33.19	25m	24-11-19	Felgueiras	462
80.	MARGARIDO Ines Tomas	96	CNF	33.20	25m	18-10-20	Funchal	462
81.	MAIA Joana Marques	91	GCST	33.22	25m	24-11-19	Felgueiras	461
82.	VELOSO Teresa Miguel	00	SCP	33.23	25m	02-11-19	Lagoa	460
82.	MACHADO Madalena Amaro	98	AVFC	33.23	25m	17-11-19	Viseu	460
84.	FLORINDO Ana Sequeira	02	CNAC	33.25	25m	19-10-19	Condeixa	460
85.	SANTOS Matilde Guimaraes	02	LSC	33.26	25m	24-11-19	Felgueiras	459
86.	MOREIRA Matilde Freitas	01	AAC	33.30	25m	23-11-19	Coimbra	458
86.	MARQUES Carla Filipa	03	AMAMB	33.30	25m	08-05-21	Ponte da Barca	458
88.	FOMINA Anna	02	LDC	33.41	25m	24-11-19	Lagos	453
89.	VALENTIM Adriana Pereira	92	PORTIN	33.46	25m	15-12-19	Portimão	451
90.	AMADOR Rita Costa	99	CGA	33.48	25m	13-10-19	Mealhada	450
91.	PINA Ana Sofia	02	CGA	33.57	25m	25-10-20	Mealhada	447
92.	CANTIRU Dana Alexia	03	FCF	33.67	25m	10-11-19	Albufeira	443
93.	DUARTE Ines Ferreira	01	CNTEJO	33.73	25m	23-11-19	Tomar	440
94.	DIAS Maria Beatriz	99	VS	33.81	25m	07-03-20	Santarém	437
95.	SIMOES Bruna Andreia	01	DNMG	33.82	25m	20-10-19	Óbidos	437
96.	MATIAS Marta Filipa	03	CCDSERTA	33.83	25m	08-05-21	Guarda	436
97.	RIBEIRO Maria Ines	03	CFB	33.88	25m	15-02-20	Torres Novas	434
98.	LUIS Jessica Santos	00	CDSR	33.89	25m	06-03-20	Funchal	434
99.	MANTAS Daniela Filipa	99	ACMN	33.91	25m	17-11-19	Odemira	433
99.	PEDRAZA LOPEZ Valeria	03	CNGUA	33.91	25m	11-01-20	Quarteira	433

100 Costas

1.	AZEVEDO Rafaela Gomes	02	SAD	58.65	25m	22-12-19	Felgueiras	819
2.	REBELO Camila Rodrigues	03	ALN	1:00.22	25m	15-11-20	Mealhada	757
3.	MESTRE Catarina Martins	00	CNLX	1:01.03	25m	22-12-19	Felgueiras	727
4.	FRISCHKNECHT Rita Barros	98	SAD	1:01.56	25m	22-12-19	Felgueiras	708
5.	GUEDES Ana Margarida	01	GCVR	1:01.96	25m	15-11-20	Mealhada	695
6.	FERNANDES Ines Camacho	97	SCP	1:02.39	25m	20-12-19	Felgueiras	680
7.	RAMOS Ana Rita	02	FCP	1:04.18	25m	11-04-21	Felgueiras	625
8.	CABRAL Maria Francisca	00	FCP	1:04.20	25m	15-11-20	Mealhada	624
9.	CARDEAL Joana Nunes	02	POR	1:04.34	25m	09-01-21	Guarda	620
10.	FREIXO Juliana Lima	97	SCB	1:04.60	25m	22-12-19	Felgueiras	613
11.	MARTINS Francisca Soares	03	POR	1:04.66	25m	09-01-21	Guarda	611
12.	RAMOS Ines Asseiceira	03	CNTN	1:05.37	25m	14-12-19	Leiria	592
12.	NUNES Sofia Alexandra	00	CIRL	1:05.37	25m	22-12-19	Felgueiras	592
14.	FERREIRA Catarina Maria	98	FCP	1:05.43	25m	22-12-19	Felgueiras	590
15.	PEIXEIRA Filipa Ramos	03	SCP	1:05.53	25m	20-12-19	Felgueiras	587
16.	FERREIRA Ana Raquel	98	CNLX	1:05.62	25m	30-11-19	Sines	585
17.	LASCU Nicoleta	02	CNLA	1:05.98	25m	30-11-19	Sines	575
18.	CONCEICAO Ema Jeronimo	03	AEFDTV	1:06.03	25m	01-11-19	Setúbal	574

100 Costas (desde 19)

19.	RODRIGUES Luana Correia	01	CFB	1:06.04	25m	11-04-21	Felgueiras	574
20.	PEREIRA Raquel Gomes	00	SAD	1:06.11	25m	22-11-19	Algés	572
21.	NEVES Ana Carolina	00	AAC	1:06.15	25m	22-12-19	Felgueiras	571
22.	CRUZ Sara Moura	03	SAD	1:06.16	25m	09-11-19	Albufeira	571
23.	MARQUES Mariana Nunes	03	CDE	1:06.21	25m	22-12-19	Felgueiras	569
24.	ROLAO Sofia Alexandra	98	SLB	1:06.25	25m	22-11-19	Algés	568
25.	SANTOS Ana Pedro	02	CGA	1:06.27	25m	20-12-19	Felgueiras	568
26.	MONTEIRO Ana Catarina	93	CFV	1:06.28	25m	23-11-19	Felgueiras	567
27.	ANDRE Angelica Maria	94	CFP	1:06.29	25m	23-11-19	Felgueiras	567
28.	SOUSA Ana Reis	02	SAD	1:06.51	25m	09-11-19	Albufeira	562
29.	LEITE Ana Sofia	93	GCVR	1:06.60	25m	10-06-21	Vila Real	559
30.	MESQUITA Francisca Salvador	02	ADRCIMM	1:06.64	25m	22-11-19	Algés	558
31.	CATARINO Laura Andre	03	CCDSERTA	1:06.67	25m	06-03-20	Ponte de Sor	558
32.	COSTA Ana Filipa	98	CNBE	1:06.93	25m	22-12-19	Felgueiras	551
33.	CRAVEIRO Beatriz Neves	97	AAC	1:07.21	25m	22-12-19	Felgueiras	544
34.	PEREIRA Beatriz Elisabete	97	CDCP	1:07.29	25m	14-12-19	Leiria	542
35.	SEVERINO Isis Sousa	02	LDC	1:07.36	25m	09-11-19	Albufeira	541
36.	LIMA Lia Ana	01	SAD	1:07.51	25m	22-11-19	Algés	537
37.	ESTEVES Maria Mousinho	02	CIRL	1:07.55	25m	22-12-19	Felgueiras	536
38.	MACHADO Luisa Maria	01	SFUAP	1:07.68	25m	01-11-19	Setúbal	533
39.	MACHADO Carolina Alexandra	03	CNBE	1:07.73	25m	23-02-20	Lagos	532
40.	MACHADO Madalena Amaro	98	AVFC	1:07.83	25m	14-12-19	Leiria	529
41.	MARTINS Joana Ribeiro	03	SCP	1:07.88	25m	01-02-20	Albufeira	528
42.	ALMEIDA Catarina Isabel	02	VSC	1:07.95	25m	14-12-19	Leiria	527
43.	BERNARDO Joana Beatriz	99	FBSC	1:07.97	25m	23-11-19	Coimbra	526
44.	SOARES Catarina Silva	03	FCP	1:07.99	25m	23-11-19	Felgueiras	526
45.	MELO Barbara Azambujo	02	AAC	1:08.03	25m	23-11-19	Coimbra	525
46.	MARTINS Matilde Pereira	99	CNSBA	1:08.43	25m	24-11-19	Lagos	516
47.	MENDES Lea Alexandra	03	SFGP	1:08.69	25m	23-11-19	Tomar	510
48.	MONTEIRO Margarida Cabral	02	CGA	1:08.84	25m	25-10-20	Mealhada	506
49.	FOMINA Anna	02	LDC	1:08.86	25m	08-05-21	Quarteira	506
50.	JARDIM Catarina Alexandra	98	GDNFAMA	1:08.88	25m	09-05-21	Pacos de Ferreira	506
51.	RIESENBERGER Bruna Martin	97	CIRL	1:08.91	25m	09-05-21	Sto António Cavaleiros	505
52.	SOARES Ines Apolinario	03	PIMP	1:09.06	25m	24-11-19	Caldas da Rainha	502
53.	ARMAS Maria Ornelas	98	EULX	1:09.15	25m	26-10-19	Lagos	500
54.	RIBEIRO Margarida Messias	98	GESL	1:09.31	25m	22-11-19	Algés	496
55.	RODRIGUES Filipa Serrano	01	SLB	1:09.37	25m	01-11-19	Setúbal	495
56.	CUNHA Mafalda Pacheco	02	CNCE	1:09.42	25m	11-04-21	Felgueiras	494
57.	DURAES Diana Margarida	96	SLB	1:09.47	25m	23-11-19	Felgueiras	493
58.	DIAS Mafalda Sofia	01	PDEM	1:09.50	25m	30-11-19	Sines	492
59.	TEIXEIRA Ines Oliveira	02	CAQC	1:09.53	25m	15-05-21	Condeixa-a-Nova	491
60.	LOPES Sara Santos	03	ADBA	1:09.58	25m	24-11-19	Caldas da Rainha	490
61.	RODRIGUES Helena Nunes	03	CSAAXXI	1:09.60	25m	22-12-19	Felgueiras	490
62.	SOARES Carolina Silva	03	CNV	1:09.61	25m	22-12-19	Felgueiras	490
63.	FLORINDO Ana Sequeira	02	CNAC	1:09.62	25m	20-10-19	Condeixa	490
64.	SOARES Ana Beatriz	03	CDF	1:09.99	25m	12-10-19	Mealhada	482
65.	RIBEIRO Maria Ines	03	CFB	1:10.02	25m	14-12-19	Portimão	481
66.	FONSECA Laura Luz	03	CAFBDP	1:10.04	25m	06-03-20	Ponta Delgada	481
67.	RODRIGUES Ana Beatriz	02	CNRM	1:10.05	25m	23-11-19	Tomar	481
67.	FERREIRA Leonor Marques	03	CDCA	1:10.05	25m	23-11-19	Guarda	481
69.	FERNANDES Filipa Viamonte	02	VSC	1:10.10	25m	11-01-20	Aguas Santas	480
70.	SOARES Ana Margarida	03	CNS	1:10.21	25m	01-11-19	Setúbal	477
71.	SILVA Ana Campos	03	CNRM	1:10.34	25m	14-12-19	Leiria	475

100 Costas (desde 72)

72.	DUARTE Mariana Conceicao	03	FS	1:10.39	25m	15-05-21	Alcabideche	474
73.	JESUS Maria Crista	03	LDC	1:10.40	25m	23-11-19	Lagos	473
73.	BARBOSA Adriana Freixo	03	VNC	1:10.40	25m	30-11-19	Sines	473
75.	AGUILAR Vera Ines	00	CDN	1:10.45	25m	16-11-19	Funchal	472
76.	DOMINGUES Monica Seara	00	SCB	1:10.55	25m	11-01-20	Aguas Santas	470
77.	SANTOS Mariana Jacinto	03	JFP	1:10.57	25m	23-11-19	Coimbra	470
78.	ALVES Andreia Wongsangnoi	03	ADRCIMM	1:10.64	25m	22-11-19	Algés	469
79.	MENDES Mariana Sebastiao	01	CNLGOS	1:10.71	25m	26-10-19	Lagos	467
80.	RODRIGUES Ana Luisa	03	ALN	1:10.72	25m	30-11-19	Sines	467
80.	BOULHOSA Carolina Abreu	01	CNF	1:10.72	25m	21-12-19	Funchal	467
82.	CASTRO Adriana Daniela	97	LSC	1:10.78	25m	23-11-19	Felgueiras	466
83.	BELO Rita Afonso	02	BSCN	1:10.79	25m	24-11-19	Caldas da Rainha	466
84.	MENDES Mariana Amaral	02	ADRCIMM	1:10.90	25m	22-11-19	Algés	464
85.	FIAL Sofia Nunes	03	AEJ	1:10.97	25m	12-10-19	Mealhada	462
86.	PINTO Mafalda Marques	02	SCP	1:11.03	25m	09-01-21	Guarda	461
87.	NEVES Leonor Maria	03	GESL	1:11.05	25m	01-02-20	Ponte de Sor	461
88.	BODIAO Rafaela Marques	96	CNOL	1:11.06	25m	30-11-19	Sines	460
89.	TEJO Sara Sofia	03	CAQC	1:11.18	25m	14-12-19	Leiria	458
90.	BAPTISTA Constanca Dias	01	CFB	1:11.20	25m	22-11-19	Algés	458
91.	ESTRADA Patricia Fuentes	99	LDC	1:11.24	25m	25-10-20	Olhão	457
92.	SILVA Catarina Reis	99	SCB	1:11.29	25m	23-11-19	Braga	456
92.	SANTOS Madalena Almeida	03	CAFBDP	1:11.29	25m	13-03-21	Ponta Delgada	456
94.	MAIA Joana Marques	91	GCST	1:11.31	25m	23-11-19	Felgueiras	456
95.	FRAZAO Alexandra Couto	02	SCP	1:11.32	25m	03-11-19	Lagoa	455
96.	DIAS Maria Beatriz	99	VS	1:11.34	25m	06-03-20	Santarém	455
97.	AGOSTINHO Catia Iordan	02	CNRM	1:11.35	25m	06-03-20	Santarém	455
98.	PIRES Carolina Saraiva	96	CIRL	1:11.37	25m	22-11-19	Algés	454
99.	GOMES Ana Filipa	96	CFV	1:11.38	25m	23-11-19	Felgueiras	454
100.	LEMONS Maria Ines	02	SCMI	1:11.45	25m	22-02-20	Mirandela	453

200 Costas

1.	FRISCHKNECHT Rita Barros	98	SAD	2:09.64	25m	20-12-19	Felgueiras	777
2.	AZEVEDO Rafaela Gomes	02	SAD	2:10.43	25m	20-12-19	Felgueiras	763
3.	REBELO Camila Rodrigues	03	ALN	2:11.13	25m	20-12-19	Felgueiras	751
4.	CARDEAL Joana Nunes	02	AVFC	2:14.39	25m	20-12-19	Felgueiras	698
5.	MESTRE Catarina Martins	00	CNLX	2:15.01	25m	20-12-19	Felgueiras	688
6.	CABRAL Maria Francisca	00	FCP	2:17.28	25m	10-04-21	Felgueiras	655
7.	RAMOS Ana Rita	02	FCP	2:17.95	25m	10-04-21	Felgueiras	645
8.	FERREIRA Ana Raquel	98	CNLX	2:20.02	25m	30-11-19	Sines	617
9.	CRUZ Sara Moura	03	SAD	2:20.62	25m	20-12-19	Felgueiras	609
10.	MARTINS Joana Ribeiro	03	SCP	2:20.69	25m	20-12-19	Felgueiras	608
11.	PEIXEIRA Filipa Ramos	03	SCP	2:22.01	25m	20-12-19	Felgueiras	591
12.	FREIXO Juliana Lima	97	SCB	2:22.08	25m	15-12-19	Leiria	590
13.	MONTEIRO Ana Catarina	93	CFV	2:22.30	25m	12-10-19	Pacos de Ferreira	588
14.	ARMAS Maria Ornelas	98	VKGS	2:22.68	25m	15-05-21	Condeixa-a-Nova	583
15.	BERNARDO Joana Beatriz	99	FBSC	2:22.73	25m	24-11-19	Coimbra	582
16.	ANDRE Angelica Maria	94	CFP	2:22.75	25m	22-11-19	Felgueiras	582
17.	RODRIGUES Luana Correia	01	CFB	2:23.06	25m	10-04-21	Felgueiras	578
18.	NUNES Sofia Alexandra	00	CIRL	2:23.35	25m	15-12-19	Leiria	575
19.	RAMOS Ines Asseiceira	03	CNTN	2:23.49	25m	08-03-20	Santarém	573
20.	MARQUES Mariana Nunes	03	CDE	2:23.72	25m	20-12-19	Felgueiras	570
21.	LIMA Lia Ana	01	SAD	2:23.90	25m	10-11-19	Albufeira	568

200 Costas (desde 22)

22.	REBELO Maria Carlota	03	ALN	2:24.95	25m	24-11-19	Coimbra	556
23.	RODRIGUES Helena Nunes	03	CSAAXXI	2:25.20	25m	16-11-19	Viseu	553
24.	LASCU Nicoleta	02	CNLA	2:25.51	25m	30-11-19	Sines	550
25.	DOMINGUES Monica Seara	00	SCB	2:25.69	25m	06-03-20	Braga	548
26.	AMORIM Maria Leonor	03	FCP	2:25.95	25m	15-11-20	Mealhada	545
27.	COSTA Ana Filipa	98	CNBE	2:26.25	25m	30-11-19	Sines	541
28.	AMADOR Joana Costa	01	CGA	2:26.44	25m	16-11-19	Viseu	539
29.	ALMEIDA Catarina Isabel	02	VSC	2:26.63	25m	15-12-19	Leiria	537
30.	SOARES Carolina Silva	03	CNV	2:26.74	25m	20-12-19	Felgueiras	536
31.	PINA Ana Sofia	02	SLB	2:26.77	25m	22-11-19	Algés	536
32.	FOMINA Anna	02	LDC	2:26.82	25m	17-10-20	Lagos	535
33.	GUEDES Ana Margarida	01	GCVR	2:26.92	25m	20-10-19	Vila Real	534
34.	CATARINO Laura Andre	03	CCDSERTA	2:27.12	25m	07-03-20	Ponte de Sor	532
35.	FLORINDO Ana Sequeira	02	CNAC	2:27.25	25m	15-12-19	Leiria	530
36.	BARBOSA Adriana Freixo	03	VNC	2:27.54	25m	30-11-19	Sines	527
37.	SOARES Ines Apolinario	03	PIMP	2:27.65	25m	23-11-19	Caldas da Rainha	526
38.	FERNANDES Filipa Viamonte	02	VSC	2:27.97	25m	11-01-20	Aguas Santas	523
39.	ESTRADA Patricia Fuentes	99	LDC	2:28.04	25m	23-11-19	Lagos	522
40.	SANTOS Ana Pedro	02	CGA	2:28.19	25m	10-11-19	Albufeira	520
41.	MELO Barbara Azambujo	02	AAC	2:28.38	25m	02-02-20	Coimbra	518
42.	MONTEIRO Margarida Cabral	02	CGA	2:28.55	25m	24-10-20	Mealhada	517
43.	MARTINS Matilde Pereira	99	CNSBA	2:28.58	25m	23-11-19	Lagos	516
43.	RODRIGUEZ Andrea Sanchez	99	LDC	2:28.58	25m	23-11-19	Lagos	516
45.	FERREIRA Catarina Maria	98	FCP	2:28.59	25m	12-10-19	Pacos de Ferreira	516
46.	NEVES Sara Dias	03	CNMC	2:29.22	25m	02-02-20	Coimbra	510
47.	NEVES Ana Carolina	00	AAC	2:29.38	25m	02-02-20	Coimbra	508
48.	SOARES Ana Margarida	03	CNS	2:29.61	25m	22-11-19	Algés	506
49.	VEIGA Ana Filipa	01	CAPGE	2:30.02	25m	24-04-21	Gafanha da Nazaré	502
50.	SANTOS Madalena Almeida	03	CFP	2:30.11	25m	22-11-19	Felgueiras	501
51.	ALVES Andreia Wongsangnoi	03	ADRCIMM	2:30.25	25m	22-11-19	Algés	499
52.	TEIXEIRA Ines Oliveira	02	CAQC	2:30.49	25m	15-05-21	Condeixa-a-Nova	497
53.	MENDES Lea Alexandra	03	SFGP	2:30.57	25m	30-11-19	Sines	496
54.	MENDES Mariana Sebastiao	01	CNLGOS	2:31.19	25m	30-11-19	Sines	490
55.	FERREIRA Leonor Marques	03	CDCA	2:31.24	25m	23-02-20	Pombal	489
56.	RODRIGUES Ana Luisa	03	ALN	2:31.32	25m	30-11-19	Sines	489
57.	FARIA Ana Rita	00	FCP	2:31.58	25m	12-10-19	Pacos de Ferreira	486
58.	PEGO Isabel Porfirio	01	CFP	2:31.61	25m	12-10-19	Pacos de Ferreira	486
59.	DUARTE Mariana Conceicao	03	FS	2:31.81	25m	15-05-21	Alcabideche	484
60.	RIBEIRO Maria Ines	03	CFB	2:31.82	25m	15-12-19	Portimão	484
61.	AGOSTINHO Catia Iordan	02	CNRM	2:31.96	25m	24-11-19	Tomar	483
62.	TEJO Sara Sofia	03	CAQC	2:32.62	25m	15-12-19	Leiria	476
63.	MACHADO Carolina Alexandra	03	CNBE	2:32.78	25m	01-02-20	Albufeira	475
64.	FONSECA Laura Luz	03	CAFBDP	2:32.91	25m	30-11-19	Sines	474
65.	SILVA Ana Campos	03	CNRM	2:33.62	25m	24-11-19	Tomar	467
66.	SOARES Ana Beatriz	03	CDF	2:33.81	25m	13-10-19	Mealhada	465
67.	LOPES Sara Santos	03	ADBA	2:34.13	25m	23-11-19	Caldas da Rainha	462
68.	DIAS Mafalda Sofia	01	PDEM	2:34.17	25m	30-11-19	Sines	462
69.	ESTEVEZ Maria Mousinho	02	CIRL	2:34.32	25m	25-01-20	Alcobaça	461
70.	MACHADO Raquel Cruz	03	AEJ	2:34.35	25m	30-11-19	Sines	460
71.	PINHEIRO Ines Mariana	03	AAC	2:34.66	25m	25-10-20	Coimbra	458
72.	TEJO Beatriz Costa	02	AAC	2:34.95	25m	15-05-21	Condeixa-a-Nova	455
73.	SILVA Carolina Santos	86	GCST	2:35.02	25m	12-10-19	Pacos de Ferreira	454
74.	PINTO Sofia Gales	01	CCLAMAS	2:35.11	25m	12-10-19	Pacos de Ferreira	454

200 Costas (desde 75)

75.	DIAS Maria Beatriz	99	VS	2:35.53	25m	08-03-20	Santarém	450
76.	CASTRO Maria Freitas	03	ADF	2:36.04	25m	12-10-19	Pacos de Ferreira	446
77.	MACHADO Joana Sofia	02	CNV	2:36.13	25m	12-10-19	Pacos de Ferreira	445
78.	COTRIM Lara Roque	03	PIMP	2:36.23	25m	08-11-20	Leiria	444
79.	AGUILAR Vera Ines	00	CDN	2:36.25	25m	12-10-19	Funchal	444
80.	SANTOS Ines Figueira	00	SFUAP	2:36.46	25m	22-11-19	Algés	442
81.	DIAS Ana Amarante	03	CNPDL	2:37.19	25m	16-02-20	Ponta Delgada	436
82.	GONCALVES Flavia Daniela	96	EDV	2:37.21	25m	22-11-19	Braga	436
83.	FERNANDES Maria Joao	97	CFP	2:37.30	25m	22-11-19	Felgueiras	435
84.	FRANCIS Rebeca Correia	03	LAGAC	2:37.60	25m	17-10-20	Lagos	433
85.	APARICIO Carlota Sequeira	03	CFP	2:38.02	25m	22-11-19	Felgueiras	429
86.	CUNHA Rita Moreira	03	EDV	2:38.22	25m	08-05-21	Ponte da Barca	427
87.	CANTIRU Dana Alexia	03	FCF	2:38.28	25m	10-11-19	Albufeira	427
88.	JESUS Maria Crista	03	LDC	2:38.56	25m	22-02-20	Lagos	425
89.	BELO Rita Afonso	02	BSCN	2:39.35	25m	25-01-20	Alcobaça	418
90.	GAMEIRO Matilde Domingues	97	CNAC	2:39.77	25m	01-11-19	Condeixa	415
91.	MERCEDES Mariana Marques	03	CDOM	2:39.93	25m	26-10-19	Lagos	414
92.	RODRIGUES Daniela Oliveira	02	CNV	2:40.35	25m	12-10-19	Pacos de Ferreira	411
93.	GARCIA Ines Marques	03	CNAB	2:40.61	25m	30-11-19	Sines	409
94.	BARARDO Leonor Sequeira	03	AEFDTV	2:40.62	25m	09-05-21	Sto António Cavaleiros	409
95.	LUIS Jessica Santos	00	CDSR	2:40.97	25m	26-10-19	Lagos	406
96.	WANG Secile Liu	03	SFUS	2:41.37	25m	29-02-20	Coruche	403
97.	HENRIQUES Maria Vitoria	03	ADF	2:41.93	25m	22-11-19	Felgueiras	399
98.	FELGUEIRAS Helena Isabel	03	CNV	2:43.14	25m	12-10-19	Pacos de Ferreira	390
99.	LUCAS Mariana Sa	84	CNLA	2:43.40	25m	05-06-21	Sines	388
100.	MOREIRA Mariana Filipa	02	CNV	2:43.75	25m	12-10-19	Pacos de Ferreira	386

50 Bruços

1.	RODRIGUES Ana Pinho	94	ADS	30.96	25m	22-12-19	Felgueiras	785
2.	PEREIRA Raquel Gomes	00	SLB	32.01	25m	22-12-20	Coimbra	710
3.	KAMINSKAYA Victoria	95	SLB	32.67	25m	22-12-20	Coimbra	668
4.	FIGUEIRA Isabel Maria	79	SCB	32.99	25m	09-11-19	Albufeira	648
5.	GUEDES Ana Margarida	01	GCVR	33.24	25m	10-04-21	Felgueiras	634
6.	LASZLOVA Silvia	93	LDC	33.41	25m	09-11-19	Albufeira	624
7.	CERDEIRA Madalena Reis	03	SCP	33.43	25m	22-12-19	Felgueiras	623
8.	PEREIRA Clara Gomes	02	SAD	33.46	25m	22-12-19	Felgueiras	621
9.	BORGES Claudia Ferreira	99	SCP	33.49	25m	09-11-19	Albufeira	620
10.	OLIVEIRA Rosa Maria	96	FCP	33.52	25m	22-12-19	Felgueiras	618
11.	FIAL Sofia Nunes	03	AEJ	33.55	25m	22-12-19	Felgueiras	616
12.	BARATA Barbara Sofia	97	SAD	33.71	25m	23-11-19	Algés	608
13.	VEIGA Ana Filipa	01	CAPGE	33.75	25m	22-12-19	Felgueiras	605
14.	ANDRE Angelica Maria	94	CFP	33.88	25m	24-11-19	Felgueiras	599
15.	TEIXEIRA Ines Oliveira	02	CDE	33.91	25m	22-12-19	Felgueiras	597
16.	CASTRO Maria Freitas	03	VSC	33.94	25m	10-04-21	Felgueiras	595
17.	ALVES Andreia Wongsangnoi	03	ADRCIMM	34.01	25m	15-12-19	Leiria	592
18.	CARPINTEIRO Carolina Silverio	02	CNTEJO	34.27	25m	22-12-19	Felgueiras	578
19.	MATOS Carolina Lourenco	98	CDCP	34.36	25m	15-12-19	Leiria	574
20.	LEITAO Rita Fernandes	96	CNLX	34.45	25m	23-11-19	Algés	569
21.	SANCHEZ FERNANDEZ Laura	03	CNGUA	34.59	25m	09-11-19	Albufeira	562
22.	CARVALHO Beatriz Antunes	99	SCP	34.61	25m	23-11-19	Algés	561
23.	VARGAS Giovanna Vaz	00	DNMG	34.68	25m	18-10-20	Caldas da Rainha	558
24.	SILVA Maria Madalena	98	SCB	34.71	25m	22-12-19	Felgueiras	557

50 Bruços (desde 25)

25.	TOMAS Beatriz Monteiro	03	FBSC	34.72	25m	22-12-19	Felgueiras	556
26.	MIRANDA Rita Catarina	97	SCB	34.84	25m	22-11-19	Braga	550
27.	RODRIGUES Luana Correia	01	CFB	34.91	25m	22-12-19	Felgueiras	547
27.	LEONARDO Rute Isabel	98	CNAB	34.91	25m	07-03-20	Santarém	547
29.	RIESENBERGER Bruna Martin	97	CIRL	34.93	25m	09-05-21	Sto António Cavaleiros	546
30.	DOMINGUES Luana Pinto	03	ADBA	34.94	25m	22-12-19	Felgueiras	546
31.	SILVA Natacha Sofia	02	SLB	35.29	25m	22-12-19	Felgueiras	530
32.	CARVALHO Bruna Cruz	03	CPSPA	35.35	25m	22-12-20	Coimbra	527
33.	DOMINGUES Matilde Mota	03	CCLAMAS	35.44	25m	22-12-19	Felgueiras	523
34.	FERNANDES Ana Catarina	03	CNF	35.50	25m	22-12-19	Felgueiras	520
35.	VASCONCELOS Mariana Grac	99	AHBE	35.52	25m	22-12-19	Felgueiras	519
36.	RIBEIRO Margarida Messias	98	GESL	35.58	25m	16-02-20	Sto Antonio dos Cavaleiros	517
37.	MAIA Joana Marques	91	GCST	35.61	25m	24-11-19	Felgueiras	515
38.	MACHADO Joana Sofia	02	CNV	35.68	25m	15-12-19	Leiria	512
39.	CASAL Beatriz Goncalves	03	CNTN	35.70	25m	07-03-20	Santarém	512
40.	VIEIRA Valeria Goncalves	02	VSC	35.74	25m	08-05-21	Pacos de Ferreira	510
41.	DIAS Ana Amarante	03	CNPDL	35.75	25m	22-12-19	Felgueiras	509
42.	LEMOS Maria Ines	02	SCMI	35.91	25m	08-03-20	Mirandela	503
43.	RAPOSO Carolina Ferreira	91	CAFBDP	36.18	25m	07-03-20	Ponta Delgada	491
44.	VALE Joana Malta	02	CNVA	36.23	25m	15-12-19	Leiria	489
45.	PEREZ Ana Picher	98	EDV	36.31	25m	15-12-19	Leiria	486
46.	MARTINS Matilde Pereira	99	CNSBA	36.36	25m	14-12-19	Portimão	484
47.	REBELO Filipa Margarida	03	CEOL	36.38	25m	07-03-20	Funchal	483
48.	GOMES Ana Filipa	96	CFV	36.40	25m	15-12-19	Leiria	483
49.	VELOSO Teresa Miguel	00	SCP	36.50	25m	03-11-19	Lagoa	479
49.	RAMOS Ines Asseiceira	03	CNTN	36.50	25m	15-02-20	Torres Novas	479
51.	HENRIQUES Daniela Mascaren	03s	GESL	36.53	25m	15-12-19	Leiria	477
52.	MESQUITA Francisca Salvador	02	ADRCIMM	36.55	25m	23-11-19	Algés	477
53.	NEVES Sara Dias	03	CNMC	36.57	25m	24-11-19	Coimbra	476
54.	OLIVEIRA Claudia Sofia	02	ADS	36.58	25m	13-10-19	Mealhada	475
55.	MELO Maria Miguel	02	CGA	36.63	25m	01-02-20	Viseu	473
56.	DIAS Marta Chambel	02	CLAC	36.66	25m	07-03-20	Santarém	472
57.	SOARES Ines Apolinario	03	PIMP	36.68	25m	18-10-20	Caldas da Rainha	472
58.	MEIRELES Sara Monteiro	97	CAP	36.81	25m	13-03-21	Pacos de Ferreira	467
59.	SILVA Margarida Mota	03	PDEM	36.82	25m	23-11-19	Algés	466
60.	FOMINA Anna	02	LDC	37.07	25m	03-11-19	Lagoa	457
61.	AMORIM Maria Leonor	03	FCP	37.08	25m	24-11-19	Felgueiras	456
61.	DIAS Ana Leonor	02	CNOL	37.08	25m	11-01-20	Quarteira	456
61.	NEVES Ana Carolina	00	AAC	37.08	25m	22-12-20	Coimbra	456
64.	HENRIQUES Mafalda Alexandr	98	CFB	37.10	25m	15-02-20	Torres Novas	456
65.	ULPIANO Cristiana Silva	95	CIRL	37.11	25m	15-02-20	Torres Novas	455
66.	CLERIGO Iolanda Sofia	02	PDEM	37.15	25m	09-11-19	Albufeira	454
67.	SOUSA Ana Pereira	03	GCF	37.20	25m	24-11-19	Coimbra	452
68.	SANTOS Diana Sofia	02	CDE	37.26	25m	13-10-19	Mealhada	450
69.	LEITE Sofia Margarida	03	FOCA	37.52	25m	15-12-19	Leiria	441
69.	PINA Ana Sofia	02	CGA	37.52	25m	25-10-20	Mealhada	441
71.	MARTINS Ana Filipa	97	FOCA	37.69	25m	24-11-19	Felgueiras	435
72.	DIAS Beatriz Castanheira	99	AAC	37.71	25m	24-11-19	Coimbra	434
73.	PEDROSA Carolina Pereira	02	IDV	37.75	25m	24-11-19	Caldas da Rainha	433
74.	AMADOR Rita Costa	99	CGA	37.80	25m	13-10-19	Mealhada	431
75.	SEONG Patricia Abreu	03	FCF	37.90	25m	07-11-20	Lagos	427
76.	GUEDES Ana Carolina	93	CNLA	37.95	25m	17-11-19	Odemira	426
77.	SILVA Joana Gabriela	95	CCLAMAS	38.00	25m	24-11-19	Felgueiras	424

50 Bruços (desde 78)

78.	VALENTIM Adriana Pereira	92	PORTIN	38.02	25m	23-11-19	Lagos	423
79.	MOREIRA Mariana Filipa	02	CNV	38.06	25m	24-11-19	Felgueiras	422
80.	OSSENBRUGGEN Mariana Val	98	CIRL	38.14	25m	23-11-19	Algés	419
81.	NEVES Leonor Maria	03	GESL	38.22	25m	16-02-20	Sto Antonio dos Cavaleiros	417
82.	VIEIRA Carolina Lopes	02	SFGP	38.28	25m	23-11-19	Tomar	415
82.	PAULA Alexandra Ribeiro	93	CNBE	38.28	25m	11-01-20	Quarteira	415
82.	NEVES Carolina Marques	01	CNTN	38.28	25m	24-10-20	Tomar	415
85.	ROLIM Soraia Guerra	95	CIRL	38.35	25m	15-02-20	Torres Novas	413
86.	OLIVEIRA Mafalda Joana	02	LSXXI	38.36	25m	08-05-21	Pacos de Ferreira	412
87.	DUARTE Ines Ferreira	01	CNTEJO	38.46	25m	23-11-19	Tomar	409
88.	GONCALVES Carolina Isabel	02	CNBE	38.71	25m	23-11-19	Lagos	401
89.	VIEIRA Daniela Sofia	01	CDF	38.75	25m	25-10-20	Mealhada	400
90.	SOUSA Madalena Ubach	02	NSIT	38.81	25m	16-11-19	Angra do Heroísmo	398
91.	RATO Renata Simoes	03	DNMG	38.85	25m	24-11-19	Caldas da Rainha	397
92.	MAIA Mariana Sousa	02	GDNFAMA	38.96	25m	24-11-19	Felgueiras	393
93.	SIMOES Bruna Andreia	01	DNMG	39.10	25m	24-11-19	Caldas da Rainha	389
93.	VALE Mariana Almeida	03	CNV	39.10	25m	08-05-21	Pacos de Ferreira	389
95.	GERVASIO Ana Sofia	95	ACMN	39.14	25m	08-03-20	Ponte de Sor	388
96.	PEDRAZA LOPEZ Valeria	03	CNGUA	39.22	25m	11-01-20	Quarteira	386
97.	RIBEIRO Carolina Janardo	93	CDOM	39.34	25m	23-11-19	Algés	382
98.	MOURA Beatriz Catarino	02	CNAB	39.38	25m	23-11-19	Tomar	381
98.	CRAVO Isabel Catarino	98	NDAP	39.38	25m	24-11-19	Caldas da Rainha	381
100.	RODRIGUES Maria Carolina	01	VSC	39.46	25m	24-11-19	Felgueiras	379

100 Bruços

1.	PEREIRA Raquel Gomes	00	SLB	1:08.18	25m	23-12-20	Coimbra	765
2.	RODRIGUES Ana Pinho	94	ADS	1:08.66	25m	07-03-20	Braga	749
3.	KAMINSKAYA Victoria	95	POR	1:08.73	25m	06-12-19	GLASGOW (GBR)	746
4.	MACHADO Luisa Maria	01	SFUAP	1:10.88	25m	20-12-19	Felgueiras	681
5.	BORGES Claudia Ferreira	99	SCP	1:10.89	25m	20-12-19	Felgueiras	680
6.	VEIGA Ana Filipa	01	CAPGE	1:11.14	25m	20-12-19	Felgueiras	673
7.	CERDEIRA Madalena Reis	03	SCP	1:11.58	25m	20-12-19	Felgueiras	661
8.	FIGUEIRA Isabel Maria	79	SCB	1:11.88	25m	10-11-19	Albufeira	652
9.	ANDRE Angelica Maria	94	CFP	1:11.90	25m	23-11-19	Felgueiras	652
10.	PEREIRA Clara Gomes	02	SAD	1:12.09	25m	20-12-19	Felgueiras	647
11.	CASTRO Maria Freitas	03	VSC	1:12.13	25m	11-04-21	Felgueiras	646
12.	REBELO Maria Carlota	03	ALN	1:12.78	25m	20-12-19	Felgueiras	629
13.	FIAL Sofia Nunes	03	AEJ	1:13.18	25m	20-12-19	Felgueiras	618
14.	CARPINTEIRO Carolina Silverio	02	CNTEJO	1:13.26	25m	20-12-19	Felgueiras	616
15.	TEIXEIRA Ines Oliveira	02	CDE	1:13.98	25m	14-12-19	Leiria	598
16.	SOUSA Ana Reis	02	SAD	1:14.08	25m	22-11-19	Algés	596
17.	SANCHEZ FERNANDEZ Laura	03	CNGUA	1:14.30	25m	26-10-19	Lagos	591
18.	LEONARDO Rute Isabel	98	CNAB	1:14.49	25m	06-03-20	Santarém	586
19.	SILVA Natacha Sofia	02	SLB	1:14.68	25m	20-12-19	Felgueiras	582
20.	TOMAS Beatriz Monteiro	03	FBSC	1:14.74	25m	14-12-19	Leiria	580
21.	LEITAO Rita Fernandes	96	CNLX	1:14.84	25m	30-11-19	Sines	578
22.	DOMINGUES Luana Pinto	03	ADBA	1:14.97	25m	11-04-21	Felgueiras	575
23.	CARDEAL Joana Nunes	02	AVFC	1:15.07	25m	18-01-20	Mealhada	573
24.	ALVES Andreia Wongsangnoi	03	ADRCIMM	1:15.38	25m	14-12-19	Leiria	566
25.	RODRIGUES Luana Correia	01	CFB	1:15.65	25m	10-11-19	Albufeira	560
26.	OLIVEIRA Rosa Maria	96	FCP	1:15.84	25m	23-11-19	Felgueiras	555
27.	MIRANDA Rita Catarina	97	SCB	1:15.90	25m	07-03-20	Braga	554

100 Bruços (desde 28)

28.	ANDRE Leticia Maia	02	SLB	1:15.98	25m	22-11-19	Algés	552
29.	VARGAS Giovanna Vaz	00	DNMG	1:16.52	25m	08-11-20	Leiria	541
30.	MENDES Mariana Amaral	02	ADRCIMM	1:16.54	25m	10-11-19	Albufeira	540
31.	RIBEIRO Margarida Messias	98	GESL	1:16.62	25m	22-11-19	Algés	539
31.	MONTEIRO Margarida Cabral	02	CGA	1:16.62	25m	24-04-21	Gafanha da Nazaré	539
33.	GUEDES Ana Margarida	01	GCVR	1:16.86	25m	09-05-21	Peso da Régua	534
34.	CASAL Beatriz Goncalves	03	CNTN	1:17.02	25m	16-05-21	Abrantes	530
35.	VIEIRA Valeria Goncalves	02	VSC	1:17.03	25m	09-05-21	Pacos de Ferreira	530
36.	FOMINA Anna	02	LDC	1:17.04	25m	17-10-20	Lagos	530
37.	MAIA Joana Marques	91	SCB	1:17.07	25m	08-05-21	Ponte da Barca	529
38.	CABRAL Maria Francisca	00	FCP	1:17.24	25m	23-11-19	Felgueiras	526
39.	MARTINS Ana Beatriz	99	GDNFAMA	1:17.31	25m	23-11-19	Felgueiras	524
40.	RIESENBERGER Bruna Martin	97	CIRL	1:17.54	25m	16-05-21	Alvalade	520
41.	DOMINGUES Matilde Mota	03	CCLAMAS	1:17.74	25m	20-12-19	Felgueiras	516
42.	CARVALHO Beatriz Antunes	99	SCP	1:17.75	25m	22-11-19	Algés	515
43.	VALE Joana Malta	02	CNVA	1:17.90	25m	14-12-19	Leiria	512
44.	FERNANDES Ana Catarina	03	CNF	1:18.02	25m	20-12-19	Felgueiras	510
45.	VASCONCELOS Mariana Grac	99	AHBE	1:18.06	25m	07-11-20	Guarda	509
46.	DIAS Marta Chambel	02	CLAC	1:18.12	25m	29-02-20	Coruche	508
47.	DIAS Ana Amarante	03	CNPDL	1:18.29	25m	30-11-19	Sines	505
48.	MACHADO Joana Sofia	02	CNV	1:18.36	25m	14-12-19	Leiria	504
49.	SOARES Ines Apolinario	03	PIMP	1:18.43	25m	30-11-19	Sines	502
50.	HENRIQUES Daniela Mascaren	03s	GESL	1:18.49	25m	14-12-19	Leiria	501
51.	RAPOSO Carolina Ferreira	91	CAFBDP	1:18.51	25m	06-03-20	Ponta Delgada	501
52.	HENRIQUES Mafalda Alexandr	98	CFB	1:19.06	25m	15-12-19	Portimão	490
53.	MELO Maria Miguel	02	CGA	1:19.13	25m	16-11-19	Viseu	489
54.	RODRIGUEZ Andrea Sanchez	99	LDC	1:19.14	25m	24-11-19	Lagos	489
55.	LIMA Lia Ana	01	SAD	1:19.47	25m	22-11-19	Algés	483
56.	OLIVEIRA Claudia Sofia	02	ADS	1:19.55	25m	16-11-19	Viseu	481
57.	MATOS Carolina Lourenco	98	CDCP	1:19.72	25m	10-11-19	Albufeira	478
58.	SOUSA Ana Pereira	03	GCF	1:19.86	25m	23-11-19	Coimbra	476
59.	ULPIANO Cristiana Silva	95	CIRL	1:19.94	25m	14-12-19	Leiria	474
60.	CARVALHO Bruna Cruz	03	CPSPA	1:19.96	25m	20-12-19	Felgueiras	474
61.	AMORIM Maria Leonor	03	FCP	1:20.01	25m	23-11-19	Felgueiras	473
62.	JACINTO Ines Filipa	03	ADBA	1:20.04	25m	30-04-21	Leiria	472
63.	VELOSO Teresa Miguel	00	SCP	1:20.23	25m	02-11-19	Lagoa	469
64.	NEVES Ana Carolina	00	AAC	1:20.46	25m	15-05-21	Condeixa-a-Nova	465
65.	MOREIRA Matilde Freitas	01	AAC	1:20.50	25m	01-02-20	Coimbra	464
66.	PEREZ Ana Picher	98	EDV	1:20.55	25m	14-12-19	Leiria	464
67.	PINHEIRO Ines Mariana	03	AAC	1:20.64	25m	23-12-20	Coimbra	462
68.	OLIVEIRA Tatiana Valentim	03	AEFDTV	1:20.80	25m	30-11-19	Sines	459
69.	NEVES Sara Dias	03	CNMC	1:21.07	25m	19-10-19	Condeixa	455
70.	SILVA Margarida Mota	03	PDEM	1:21.26	25m	30-11-19	Sines	451
71.	DIAS Beatriz Castanheira	99	AAC	1:21.38	25m	23-11-19	Coimbra	449
72.	GUEDES Ana Carolina	93	CNLA	1:21.41	25m	30-11-19	Sines	449
73.	SEONG Patricia Abreu	03	FCF	1:21.62	25m	08-11-20	Lagos	445
74.	MOREIRA Mariana Filipa	02	CNV	1:21.94	25m	23-11-19	Felgueiras	440
75.	NEVES Leonor Maria	03	CPCD	1:21.95	25m	07-11-20	Guarda	440
76.	SILVA Camila Alexandra	03	SCC	1:22.10	25m	19-10-19	Condeixa	438
76.	CLERIGO Iolanda Sofia	02	PDEM	1:22.10	25m	22-11-19	Algés	438
78.	LEMONS Maria Ines	02	SCMI	1:22.17	25m	23-11-19	Bragança	437
79.	SANTOS Ines Figueira	00	SFUAP	1:22.31	25m	01-11-19	Setúbal	434
80.	ROLIM Soraia Guerra	95	CIRL	1:22.42	25m	22-11-19	Algés	433

100 Bruços (desde 81)

81.	MAIA Mariana Sousa	02	GDNFAMA	1:22.68	25m	23-11-19	Felgueiras	429
82.	RODRIGUES Helena Nunes	03	CSAAXI	1:22.70	25m	24-04-21	Gafanha da Nazaré	428
83.	CATARINO Laura Andre	03	CCDSERTA	1:22.84	25m	16-11-19	Castelo Branco	426
84.	MARTINS Matilde Pereira	99	CNSBA	1:22.93	25m	02-02-20	Albufeira	425
85.	OSSENBRUGGEN Mariana Val	98	CIRL	1:23.17	25m	01-11-19	Setúbal	421
86.	PEDROSA Carolina Pereira	02	IDV	1:23.33	25m	23-11-19	Caldas da Rainha	419
87.	VALENTIM Adriana Pereira	92	PORTIN	1:23.38	25m	15-12-19	Portimão	418
88.	GONCALVES Carolina Isabel	02	CNBE	1:23.69	25m	10-11-19	Albufeira	413
88.	FERREIRA Ana Sofia	99	PIMP	1:23.69	25m	23-11-19	Caldas da Rainha	413
90.	VIEIRA Carolina Lopes	02	SFGP	1:23.73	25m	15-02-20	Torres Novas	413
91.	AGOSTINHO Catia Iordan	02	CNRM	1:23.83	25m	15-02-20	Torres Novas	411
92.	RATO Renata Simoes	03	DNMG	1:23.85	25m	23-11-19	Caldas da Rainha	411
93.	LEITE Sofia Margarida	03	FOCA	1:23.93	25m	23-11-19	Felgueiras	410
94.	DUARTE Ines Ferreira	01	CNTEJO	1:24.10	25m	24-11-19	Tomar	407
95.	CARNEIRO Caetana Neves	03	CNLX	1:24.43	25m	22-11-19	Algés	402
96.	MORAIS Ana Rita	02	CNTN	1:24.53	25m	24-11-19	Tomar	401
97.	SOUSA Madalena Ubach	02	NSIT	1:24.75	25m	30-11-19	Sines	398
98.	LASCU Nicoleta	02	CNLA	1:24.81	25m	17-11-19	Odemira	397
99.	MOURA Beatriz Catarino	02	CNAB	1:24.87	25m	24-11-19	Tomar	396
100.	FLORINDO Ana Sequeira	02	CNAC	1:24.94	25m	19-10-19	Condeixa	395

200 Bruços

1.	KAMINSKAYA Victoria	95	SLB	2:23.28	25m	21-12-19	Felgueiras	828
2.	PEREIRA Raquel Gomes	00	SAD	2:24.73	25m	21-12-19	Felgueiras	803
3.	ANDRE Angelica Maria	94	CFP	2:30.91	25m	21-12-19	Felgueiras	709
4.	BORGES Claudia Ferreira	99	SCP	2:31.25	25m	21-12-19	Felgueiras	704
5.	MACHADO Luisa Maria	01	SFUAP	2:31.85	25m	24-11-19	Algés	695
6.	RODRIGUES Ana Pinho	94	EDV	2:32.17	25m	09-05-21	Ponte da Barca	691
7.	CASTRO Maria Freitas	03	VSC	2:32.44	25m	15-11-20	Mealhada	687
8.	VEIGA Ana Filipa	01	CAPGE	2:32.48	25m	09-11-19	Albufeira	687
9.	REBELO Maria Carlota	03	ALN	2:32.98	25m	15-11-20	Mealhada	680
10.	TOMAS Beatriz Monteiro	03	FBSC	2:34.96	25m	21-12-19	Felgueiras	654
11.	PEREIRA Clara Gomes	02	SAD	2:35.49	25m	21-12-19	Felgueiras	648
12.	CHEROUATI Souad Nefissa	89	SLB	2:36.69	25m	09-11-19	Albufeira	633
13.	FIAL Sofia Nunes	03	AEJ	2:36.80	25m	25-04-21	Gafanha da Nazaré	632
14.	CERDEIRA Madalena Reis	03	SCP	2:36.92	25m	21-12-19	Felgueiras	630
15.	MESQUITA Francisca Salvador	02	ADRCIMM	2:36.97	25m	15-12-19	Leiria	630
16.	CABRAL Maria Francisca	00	FCP	2:39.10	25m	08-05-21	Pacos de Ferreira	605
17.	SILVA Natacha Sofia	02	SLB	2:39.97	25m	21-12-19	Felgueiras	595
18.	LEITAO Rita Fernandes	96	CNLX	2:40.64	25m	30-11-19	Sines	587
19.	MAIA Joana Marques	91	GCST	2:40.92	25m	21-12-19	Felgueiras	584
20.	SANCHEZ FERNANDEZ Laura	03	CNGUA	2:41.26	25m	09-11-19	Albufeira	581
21.	MIRANDA Rita Catarina	97	SCB	2:41.47	25m	15-12-19	Leiria	578
22.	CARDEAL Joana Nunes	02	AVFC	2:41.73	25m	01-02-20	Viseu	576
23.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:41.75	25m	07-03-20	Santarém	575
24.	GUEDES Ana Margarida	01	GCVR	2:41.99	25m	09-05-21	Peso da Régua	573
25.	LEONARDO Rute Isabel	98	CNAB	2:42.35	25m	29-02-20	Coruche	569
26.	RODRIGUES Luana Correia	01	CFB	2:42.87	25m	21-12-19	Felgueiras	564
27.	HENRIQUES Ines Jacinto	00	SCP	2:44.36	25m	24-11-19	Algés	548
28.	AGOSTINHO Catia Iordan	02	CNRM	2:44.71	25m	07-03-20	Santarém	545
29.	MONTEIRO Margarida Cabral	02	CGA	2:44.88	25m	09-11-19	Albufeira	543
30.	SILVA Maria Madalena	98	SCB	2:44.89	25m	08-03-20	Braga	543

200 Bruços (desde 31)

31.	VARGAS Giovanna Vaz	00	DNMG	2:45.00	25m	09-05-21	Alcobaça	542
32.	TEIXEIRA Ines Oliveira	02	CAQC	2:45.38	25m	22-12-20	Coimbra	538
33.	DIAS Ana Amarante	03	CNPDL	2:45.39	25m	30-11-19	Sines	538
34.	DOMINGUES Luana Pinto	03	ADBA	2:45.62	25m	10-04-21	Felgueiras	536
35.	VIEIRA Valeria Goncalves	02	VSC	2:47.47	25m	08-05-21	Pacos de Ferreira	518
36.	FOMINA Anna	02	LDC	2:47.81	25m	01-02-20	Albufeira	515
37.	FERNANDES Ana Catarina	03	CNF	2:48.00	25m	30-11-19	Sines	513
38.	SOUSA Ana Pereira	03	GCF	2:48.14	25m	21-12-19	Felgueiras	512
39.	CARDOSO Tatiana Alexandre	01	CNA	2:48.63	25m	24-11-19	Algés	508
40.	VASCONCELOS Mariana Grac	99	AHBE	2:49.02	25m	07-11-20	Guarda	504
41.	CARVALHO Beatriz Antunes	99	SCP	2:49.13	25m	24-11-19	Algés	503
42.	SOARES Catarina Silva	03	FCP	2:49.72	25m	13-10-19	Pacos de Ferreira	498
43.	AMORIM Maria Leonor	03	FCP	2:49.96	25m	11-01-20	Aguas Santas	496
44.	HENRIQUES Daniela Mascaren	03	GESL	2:50.75	25m	24-11-19	Algés	489
45.	FARIA Ana Rita	00	FCP	2:50.79	25m	13-10-19	Pacos de Ferreira	489
46.	DIAS Marta Chambel	02	CLAC	2:50.82	25m	07-03-20	Santarém	488
47.	MACHADO Joana Sofia	02	CNV	2:50.87	25m	22-11-19	Felgueiras	488
48.	OLIVEIRA Rosa Maria	96	FCP	2:51.01	25m	13-10-19	Pacos de Ferreira	487
49.	MATOS Carolina Lourenco	98	CDCP	2:51.69	25m	24-11-19	Algés	481
50.	NEVES Sara Dias	03	CNMC	2:52.37	25m	22-12-20	Coimbra	475
51.	DOMINGUES Matilde Mota	03	CNCE	2:52.93	25m	15-05-21	Condeixa-a-Nova	471
52.	MELO Maria Miguel	02	CGA	2:53.29	25m	17-11-19	Viseu	468
53.	OLIVEIRA Claudia Sofia	02	ADS	2:53.72	25m	17-11-19	Viseu	464
54.	VALE Joana Malta	02	CNVA	2:53.81	25m	15-12-19	Leiria	464
55.	SEONG Patricia Abreu	03	FCF	2:54.33	25m	23-11-19	Lagos	459
55.	PINHEIRO Ines Mariana	03	AAC	2:54.33	25m	24-10-20	Coimbra	459
57.	PEREZ Ana Picher	98	EDV	2:55.16	25m	15-12-19	Leiria	453
58.	BARBOSA Mariana Fernandes	02	FCP	2:55.51	25m	13-10-19	Pacos de Ferreira	450
58.	ULPIANO Cristiana Silva	95	CIRL	2:55.51	25m	24-11-19	Algés	450
60.	HENRIQUES Mafalda Alexandr	98	CFB	2:55.54	25m	15-12-19	Portimão	450
61.	SOARES Ines Apolinario	03	PIMP	2:55.62	25m	30-11-19	Sines	449
62.	CARVALHO Bruna Cruz	03	CPSPA	2:55.64	25m	02-02-20	Coimbra	449
63.	MOREIRA Matilde Freitas	01	AAC	2:55.89	25m	02-02-20	Coimbra	447
64.	SILVA Camila Alexandra	03	SCC	2:56.59	25m	23-11-19	Coimbra	442
65.	RATO Renata Simoes	03	DNMG	2:56.89	25m	23-11-19	Caldas da Rainha	440
66.	NEVES Ana Carolina	00	AAC	2:56.95	25m	01-11-19	Condeixa	439
67.	OLIVEIRA Tatiana Valentim	03	AEFDTV	2:57.48	25m	30-11-19	Sines	435
68.	GUEDES Ana Carolina	93	CNLA	2:57.83	25m	30-11-19	Sines	433
69.	CLERIGO Iolanda Sofia	02	PDEM	2:57.97	25m	30-11-19	Sines	432
70.	ROLIM Soraia Guerra	95	CIRL	2:58.28	25m	15-12-19	Leiria	430
71.	PEDRAZA LOPEZ Valeria	03	CNGUA	2:58.81	25m	26-10-19	Lagos	426
72.	MARTINS Claudia Beatriz	03	GESL	2:58.93	25m	25-01-20	Alcobaça	425
73.	LEMONS Maria Ines	02	SCMI	2:59.29	25m	23-11-19	Bragança	422
74.	APARICIO Carlota Sequeira	03	CFP	3:00.20	25m	08-05-21	Pacos de Ferreira	416
75.	VIEIRA Carolina Lopes	02	SFGP	3:00.48	25m	30-11-19	Sines	414
76.	LASCU Nicoleta	02	CNLA	3:00.80	25m	16-11-19	Odemira	412
77.	PEDROSA Carolina Pereira	02	IDV	3:01.04	25m	23-11-19	Caldas da Rainha	410
78.	FONSECA Laura Luz	03	CAFBDP	3:01.66	25m	18-01-20	Ponta Delgada	406
79.	GONCALVES Carolina Isabel	02	CNBE	3:02.04	25m	09-11-19	Albufeira	403
80.	MOREIRA Mariana Filipa	02	CNV	3:02.37	25m	22-11-19	Felgueiras	401
81.	MASCARENHAS Ines Filipa	03	CNLA	3:02.77	25m	07-03-20	Ponte de Sor	399
82.	SOUSA Madalena Ubach	02	NSIT	3:03.47	25m	30-11-19	Sines	394
83.	RODRIGUES Constanca Filipa	02	PIMP	3:03.54	25m	23-11-19	Caldas da Rainha	394

200 Bruços (desde 84)

84.	MELO Ines Pinheiro	01	SCE	3:03.55	25m	17-11-19	Viseu	394
85.	VALENTIM Adriana Pereira	92	PORTIN	3:04.41	25m	30-11-19	Sines	388
86.	MORAIS Ana Rita	02	CNTN	3:04.63	25m	23-11-19	Tomar	387
87.	POINHO Maria Ines	01	SCE	3:05.33	25m	17-11-19	Viseu	382
88.	VIEIRA Daniela Sofia	01	CDF	3:05.98	25m	25-10-20	Mealhada	378
89.	CUNHA Mafalda Pacheco	02	CNCE	3:06.56	25m	13-10-19	Pacos de Ferreira	375
90.	LEITE Sofia Margarida	03	FOCA	3:07.32	25m	13-10-19	Pacos de Ferreira	370
91.	RIBEIRO Carolina Janardo	93	CDOM	3:07.34	25m	26-10-19	Lagos	370
92.	CATARINO Laura Andre	03	CCDSERTA	3:07.82	25m	12-10-19	Portalegre	367
93.	SANTOS Margarida Rodrigues	03	CSAAXXI	3:07.93	25m	17-11-19	Viseu	367
94.	CORREIA Madalena Alves	01	CNLA	3:07.98	25m	16-11-19	Odemira	366
95.	GERVASIO Ana Sofia	95	ACMN	3:09.38	25m	29-02-20	Coruche	358
96.	FERREIRA Ana Claudia	90	CNAL	3:09.67	25m	20-10-19	Óbidos	357
97.	RIBEIRO Leonor Santos	03	CCDSERTA	3:10.20	25m	07-11-20	Guarda	354
98.	PACHECO Mariana Martins	03	AEFDT	3:10.41	25m	12-10-19	Mealhada	353
99.	OLIVEIRA Renata Miguel	00	CFP	3:10.73	25m	08-05-21	Pacos de Ferreira	351
100.	VALE Mariana Almeida	03	CNV	3:11.72	25m	13-10-19	Pacos de Ferreira	345

50 Mariposa

1.	GUEDES Ana Margarida	01	GCVR	26.38	25m	15-11-20	Mealhada	789
2.	FERNANDES Ines Camacho	97	SCP	27.13	25m	20-12-19	Felgueiras	725
3.	RODRIGUES Ana Pinho	94	ADS	27.28	25m	20-12-19	Felgueiras	713
4.	MONTEIRO Ana Catarina	93	CFV	27.76	25m	20-12-19	Felgueiras	677
5.	TEJO Beatriz Costa	02	AAC	28.26	25m	20-12-19	Felgueiras	642
6.	VIEGAS Beatriz Mendes	00	SCP	28.38	25m	20-12-19	Felgueiras	633
7.	SOARES Catarina Silva	03	FCP	28.47	25m	20-12-19	Felgueiras	627
8.	REBELO Camila Rodrigues	03	ALN	28.57	25m	25-10-20	Coimbra	621
9.	LIMA Lia Ana	01	SAD	28.61	25m	20-12-19	Felgueiras	618
10.	LASZLOVA Silvia	93	LDC	28.62	25m	10-11-19	Albufeira	618
11.	CASTRO Adriana Daniela	97	LSC	28.67	25m	11-04-21	Felgueiras	614
12.	HENRIQUES Ines Jacinto	00	SCP	28.95	25m	20-12-19	Felgueiras	597
13.	AMANTES Beatriz Quintao	03	SFUAP	29.03	25m	20-12-19	Felgueiras	592
14.	SILVA Ines Pereira	02	FBSC	29.12	25m	14-12-19	Leiria	586
15.	SANTOS Beatriz Rocha	02	CDCA	29.13	25m	20-12-19	Felgueiras	586
16.	CARPINTEIRO Carolina Silverio	02	CNTEJO	29.14	25m	25-10-20	Tomar	585
17.	PEGO Isabel Porfirio	01	CFP	29.17	25m	20-12-19	Felgueiras	583
18.	GRAVETO Ana Raquel	02	SLB	29.22	25m	20-12-19	Felgueiras	580
19.	RODRIGUES Ana Margarida	96	CGA	29.24	25m	17-11-19	Viseu	579
20.	KAMINSKAYA Victoria	95	SLB	29.30	25m	10-11-19	Albufeira	576
21.	MACHADO Carolina Alexandra	03	CNBE	29.33	25m	20-12-19	Felgueiras	574
22.	VARGAS Giovanna Vaz	00	DNMG	29.45	25m	20-12-19	Felgueiras	567
23.	ROLAO Sofia Alexandra	98	SLB	29.48	25m	20-12-19	Felgueiras	565
23.	CABRAL Maria Francisca	00	FCP	29.48	25m	09-05-21	Pacos de Ferreira	565
25.	FERNANDES Filipa Viamonte	02	VSC	29.54	25m	14-12-19	Leiria	562
26.	MARTINS Ana Beatriz	99	GDNFAMA	29.66	25m	15-11-20	Mealhada	555
27.	BARBOSA Mariana Fernandes	02	FCP	29.69	25m	20-12-19	Felgueiras	553
28.	OLIM Carlota Freitas	93	CNF	29.70	25m	09-05-21	Funchal	553
29.	RIESENBERGER Bruna Martin	97	CIRL	29.72	25m	14-12-19	Leiria	552
30.	ANDRE Angelica Maria	94	CFP	29.75	25m	22-11-19	Felgueiras	550
30.	SILVA Maria Madalena	98	SCB	29.75	25m	14-12-19	Leiria	550
30.	SILVA Leonor Santos	03	FCP	29.75	25m	11-04-21	Felgueiras	550
33.	CRAVEIRO Beatriz Neves	97	AAC	29.78	25m	20-12-19	Felgueiras	548

50 Mariposa (desde 34)

33.	FOMINA Anna	02	LDC	29.78	25m	08-05-21	Quarteira	548
35.	GOMES Susana Clara	77	CNF	29.84	25m	20-12-19	Felgueiras	545
35.	FREIXO Juliana Lima	97	SCB	29.84	25m	06-03-20	Braga	545
37.	PINTO Sofia Gales	01	CCLAMAS	29.86	25m	14-12-19	Leiria	544
38.	RIBEIRO Margarida Messias	98	GESL	29.87	25m	14-12-19	Leiria	543
39.	DOMINGUES Matilde Mota	03	CCLAMAS	29.92	25m	20-12-19	Felgueiras	541
40.	LOPES Sara Santos	03	ADBA	29.93	25m	15-11-20	Leiria	540
41.	PINHEIRO Ines Mariana	03	AAC	29.96	25m	22-12-20	Coimbra	538
42.	MENDES Mariana Sebastiao	01	CNLGOS	29.99	25m	24-11-19	Lagos	537
43.	TOME Madalena Rodrigues	03	AHBE	30.01	25m	15-11-20	Leiria	536
44.	CAPITAN Ines Maria	02	LDC	30.11	25m	10-11-19	Albufeira	530
45.	VAZ Lara Alexandra	99	EDV	30.20	25m	14-12-19	Leiria	526
46.	JUNQUEIRA Sofia Ribeiro	02	ADBA	30.29	25m	23-11-19	Caldas da Rainha	521
46.	ROSA Beatriz Jong	00	CDN	30.29	25m	23-11-19	Funchal	521
48.	SANTOS Mariana Jacinto	03	JFP	30.32	25m	20-12-19	Felgueiras	519
49.	RODRIGUES Helena Nunes	03	CSAAXXI	30.35	25m	17-11-19	Viseu	518
49.	DIAS Mafalda Sofia	01	PDEM	30.35	25m	24-11-19	Algés	518
51.	CORREIA Rute Ferreira	03	AVFC	30.37	25m	24-10-20	Mealhada	517
52.	BELO Rita Afonso	02	BSCN	30.40	25m	10-11-19	Albufeira	515
53.	BOULHOSA Carolina Abreu	01	CNF	30.46	25m	23-11-19	Funchal	512
53.	MONTEIRO Ines Rosado	00	CNVA	30.46	25m	14-12-19	Leiria	512
55.	SOARES Carolina Silva	03	CNV	30.47	25m	20-12-19	Felgueiras	512
56.	PEIXEIRA Filipa Ramos	03	SCP	30.51	25m	20-12-19	Felgueiras	510
57.	DOMINGUES Luana Pinto	03	ADBA	30.55	25m	17-10-20	Caldas da Rainha	508
58.	BAPTISTA Constanca Dias	01	CFB	30.63	25m	14-12-19	Portimão	504
58.	MATIAS Marta Filipa	03	CCDSERTA	30.63	25m	06-03-20	Ponte de Sor	504
60.	NUNES Sofia Alexandra	00	CIRL	30.64	25m	24-11-19	Algés	503
61.	LEONARDO Rute Isabel	98	CNAB	30.65	25m	25-10-20	Tomar	503
62.	NEVES Sara Dias	03	CNMC	30.67	25m	24-11-19	Coimbra	502
63.	SIMOES Bruna Andreia	01	DNMG	30.69	25m	14-12-19	Leiria	501
64.	POMBO Tatiana Raquel	01	CDCP	30.70	25m	14-12-19	Leiria	500
65.	AMADOR Joana Costa	01	CGA	30.74	25m	17-11-19	Viseu	498
66.	RODRIGUES Daniela Oliveira	02	CNV	30.76	25m	14-12-19	Leiria	497
67.	SILVA Carolina Santos	86	GCST	30.79	25m	22-11-19	Felgueiras	496
67.	SANCHEZ FERNANDEZ Laura	03	CNGUA	30.79	25m	12-01-20	Quarteira	496
69.	SOARES Ana Beatriz	03	CDF	30.80	25m	24-04-21	Gafanha da Nazaré	495
70.	MEIRELES Sara Monteiro	97	CAP	30.84	25m	13-03-21	Pacos de Ferreira	494
70.	COENTRAO Bruna Figueiro	93	CFV	30.84	25m	09-05-21	Pacos de Ferreira	494
72.	WANG Secile Liu	03	SFUS	30.91	25m	19-01-20	Entroncamento	490
73.	SILVA Camila Alexandra	03	SCC	30.97	25m	22-12-20	Coimbra	487
74.	HENRIQUES Daniela Mascarenhas	03	GESL	31.03	25m	09-05-21	Sto António Cavaleiros	485
75.	NEVES Carolina Marques	01	CNTN	31.04	25m	15-02-20	Torres Novas	484
76.	FERREIRA Beatriz Pedro	03	CPCD	31.05	25m	24-11-19	Algés	484
77.	FARIA Ana Rita	00	FCP	31.08	25m	22-11-19	Felgueiras	482
78.	MARTINS Ana Filipa	97	FOCA	31.10	25m	14-12-19	Leiria	481
79.	FERREIRA Ana Claudia	90	CNAL	31.11	25m	23-11-19	Caldas da Rainha	481
80.	VEIGA Ana Filipa	01	CAPGE	31.13	25m	10-11-19	Albufeira	480
80.	PEDRAZA LOPEZ Valeria	03	CNGUA	31.13	25m	12-01-20	Quarteira	480
82.	MARTINS Claudia Beatriz	03	GESL	31.15	25m	16-02-20	Sto Antonio dos Cavaleiros	479
83.	RODRIGUES Ana Beatriz	02	CNRM	31.16	25m	14-12-19	Leiria	478
84.	TEIXEIRA Ines Oliveira	02	CDE	31.19	25m	17-11-19	Viseu	477
84.	SILVA Catarina Reis	99	SCB	31.19	25m	22-11-19	Braga	477
86.	ESTEVEES Maria Mousinho	02	CIRL	31.20	25m	24-11-19	Algés	477

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87.	ALMEIDA Catarina Isabel	02	VSC	31.22	25m	22-11-19	Felgueiras	476
88.	VILARINHO Melissa Sousa	03	FCF	31.23	25m	10-11-19	Albufeira	475
89.	MATOS Ana Rita	02	CFB	31.28	25m	11-04-21	Felgueiras	473
89.	SILVA Eduarda Reis	03	GDNFAMA	31.28	25m	11-04-21	Felgueiras	473
91.	MENDES Lea Alexandra	03	SFGP	31.31	25m	24-11-19	Tomar	472
92.	MARTINS Anita Neto	03	ACS	31.36	25m	14-12-19	Portimão	469
93.	SOARES Ines Apolinario	03	PIMP	31.37	25m	08-11-20	Leiria	469
94.	DIAS Ana Amarante	03	CNPDL	31.41	25m	08-03-20	Ponta Delgada	467
95.	PAULO Maria Oliveira	02	GDSE	31.43	25m	24-11-19	Algés	466
96.	SILVA Ana Campos	03	CNRM	31.44	25m	24-11-19	Tomar	466
96.	MACHADO Joana Sofia	02	CNV	31.44	25m	09-05-21	Pacos de Ferreira	466
98.	ROCHA Daniela Filipa	02	CAP	31.45	25m	14-12-19	Leiria	465
99.	PEREIRA Beatriz Elisabete	97	CDCP	31.50	25m	24-11-19	Algés	463
99.	SOARES Ana Margarida	01	CDE	31.50	25m	14-12-19	Leiria	463

100 Mariposa

1.	GUEDES Ana Margarida	01	GCVR	58.86	25m	14-11-20	Mealhada	798
2.	MONTEIRO Ana Catarina	93	CFV	1:00.00	25m	21-12-19	Felgueiras	753
3.	RODRIGUES Ana Pinho	94	ADS	1:00.36	25m	30-11-19	Sines	740
4.	HENRIQUES Ines Jacinto	00	SCP	1:02.11	25m	21-12-19	Felgueiras	679
5.	CARDEAL Joana Nunes	02	AVFC	1:02.52	25m	13-06-21	Viseu	666
6.	TEJO Beatriz Costa	02	AAC	1:02.83	25m	21-12-19	Felgueiras	656
7.	FERNANDES Ines Camacho	97	SCP	1:02.93	25m	09-11-19	Albufeira	653
8.	KAMINSKAYA Victoria	95	SLB	1:02.99	25m	23-12-20	Coimbra	651
9.	LIMA Lia Ana	01	SAD	1:03.12	25m	09-11-19	Albufeira	647
9.	RODRIGUES Ana Margarida	96	CGA	1:03.12	25m	21-12-19	Felgueiras	647
11.	GRAVETO Ana Raquel	02	SLB	1:03.19	25m	21-12-19	Felgueiras	645
12.	MESQUITA Francisca Salvador	02	ADRCIMM	1:03.25	25m	09-11-19	Albufeira	643
13.	REBELO Camila Rodrigues	03	ALN	1:03.33	25m	30-11-19	Sines	641
14.	PEREIRA Raquel Gomes	00	SAD	1:03.44	25m	22-11-19	Algés	637
15.	VARGAS Giovanna Vaz	00	DNMG	1:03.50	25m	15-12-19	Leiria	636
16.	FRISCHKNECHT Rita Barros	98	SAD	1:03.65	25m	22-11-19	Algés	631
17.	AZEVEDO Rafaela Gomes	02	SAD	1:03.83	25m	22-11-19	Algés	626
17.	BARBOSA Mariana Fernandes	02	FCP	1:03.83	25m	21-12-19	Felgueiras	626
19.	CABRAL Maria Francisca	00	FCP	1:03.93	25m	08-05-21	Pacos de Ferreira	623
20.	ANDRE Angelica Maria	94	CFP	1:04.10	25m	21-12-19	Felgueiras	618
21.	CARPINTEIRO Carolina Silverio	02	CNTEJO	1:04.13	25m	15-02-20	Torres Novas	617
22.	VIEGAS Beatriz Mendes	00	SCP	1:04.29	25m	22-11-19	Algés	612
23.	MACHADO Luisa Maria	01	SFUAP	1:04.32	25m	09-11-19	Albufeira	612
24.	ANDRE Leticia Maia	02	SLB	1:04.55	25m	23-12-20	Coimbra	605
25.	BARATA Barbara Sofia	97	SAD	1:04.75	25m	21-12-19	Felgueiras	599
26.	CASTRO Adriana Daniela	97	LSC	1:04.86	25m	10-04-21	Felgueiras	596
27.	FERNANDES Filipa Viamonte	02	VSC	1:04.92	25m	08-05-21	Pacos de Ferreira	595
28.	SANTOS Beatriz Rocha	02	CDCA	1:05.04	25m	21-12-19	Felgueiras	591
29.	SILVA Ines Pereira	02	FBSC	1:05.20	25m	15-12-19	Leiria	587
30.	REBELO Maria Carlota	03	ALN	1:05.21	25m	01-02-20	Coimbra	587
31.	CRAVEIRO Beatriz Neves	97	AAC	1:05.30	25m	01-02-20	Coimbra	584
32.	MARTINS Ana Beatriz	99	GDNFAMA	1:05.38	25m	21-12-19	Felgueiras	582
33.	FREIXO Juliana Lima	97	SCB	1:05.48	25m	23-11-19	Braga	580
34.	SILVA Maria Madalena	98	SCB	1:05.50	25m	15-12-19	Leiria	579
35.	SILVA Leonor Santos	03	FCP	1:05.92	25m	10-04-21	Felgueiras	568
36.	DOMINGUES Luana Pinto	03	ADBA	1:05.93	25m	23-11-19	Caldas da Rainha	568

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37.	MESTRE Catarina Martins	00	CNLX	1:05.99	25m	30-11-19	Sines	566
38.	MENDES Mariana Sebastiao	01	CNLGOS	1:06.06	25m	26-10-19	Lagos	564
39.	MACHADO Madalena Amaro	98	AVFC	1:06.08	25m	15-12-19	Leiria	564
40.	TOME Madalena Rodrigues	03	AHBE	1:06.09	25m	26-10-19	Lagos	564
41.	MACHADO Carolina Alexandra	03	CNBE	1:06.12	25m	21-12-19	Felgueiras	563
42.	MARTINS Joana Ribeiro	03	SCP	1:06.21	25m	21-12-19	Felgueiras	561
43.	FERREIRA Ana Claudia	90	CNAL	1:06.24	25m	30-11-19	Sines	560
44.	GOMES Susana Clara	77	CNF	1:06.30	25m	06-03-20	Funchal	558
45.	AMANTES Beatriz Quintao	03	SFUAP	1:06.31	25m	15-12-19	Leiria	558
46.	MONTEIRO Margarida Cabral	02	CGA	1:06.51	25m	16-11-19	Viseu	553
47.	MENDES Mariana Amaral	02	ADRCIMM	1:06.64	25m	09-05-21	Sto António Cavaleiros	550
48.	MATOS Ana Rita	02	CFB	1:06.65	25m	10-04-21	Felgueiras	550
49.	PINTO Sofia Gales	01	CCLAMAS	1:06.77	25m	24-11-19	Felgueiras	547
50.	QUEIROZ Ana Rita	02	CAQC	1:06.81	25m	01-02-20	Coimbra	546
50.	CASTRO Maria Freitas	03	VSC	1:06.81	25m	08-05-21	Pacos de Ferreira	546
52.	GARCIA Carla Goyanes	01	EDV	1:06.88	25m	15-12-19	Leiria	544
53.	ROSA Beatriz Jong	00	CDN	1:06.92	25m	30-11-19	Sines	543
54.	PEREIRA Clara Gomes	02	SAD	1:06.94	25m	22-11-19	Algés	542
55.	VEIGA Ana Filipa	01	CAPGE	1:07.01	25m	16-11-19	Viseu	541
56.	RIESENBERGER Bruna Martin	97	CIRL	1:07.08	25m	15-12-19	Leiria	539
57.	MONTEIRO Ines Rosado	00	CNVA	1:07.13	25m	16-11-19	Viseu	538
58.	BELO Rita Afonso	02	BSCN	1:07.28	25m	21-12-19	Felgueiras	534
59.	SILVA Eduarda Reis	03	GDNFAMA	1:07.30	25m	21-12-19	Felgueiras	534
60.	PINHEIRO Ines Mariana	03	AAC	1:07.36	25m	23-12-20	Coimbra	532
61.	MARQUES Mariana Nunes	03	CDE	1:07.46	25m	25-10-20	Mealhada	530
62.	RODRIGUES Daniela Oliveira	02	CNV	1:07.54	25m	22-02-20	Mirandela	528
63.	RIBEIRO Margarida Messias	98	GESL	1:07.55	25m	22-11-19	Algés	528
64.	OLIM Carlota Freitas	93	CNF	1:07.56	25m	08-05-21	Funchal	528
65.	HENRIQUES Daniela Mascarenhas	03	GESL	1:07.59	25m	09-05-21	Sto António Cavaleiros	527
66.	JUNQUEIRA Sofia Ribeiro	02	ADBA	1:07.61	25m	23-11-19	Caldas da Rainha	526
67.	RODRIGUES Helena Nunes	03	CSAAXXI	1:07.75	25m	16-11-19	Viseu	523
68.	LOPES Sara Santos	03	ADBA	1:07.81	25m	10-04-21	Felgueiras	522
68.	PEGO Isabel Porfirio	01	CFP	1:07.81	25m	08-05-21	Pacos de Ferreira	522
70.	TOMAS Beatriz Monteiro	03	FBSC	1:07.82	25m	01-02-20	Coimbra	522
71.	NEVES Sara Dias	03	CNMC	1:07.85	25m	23-11-19	Coimbra	521
72.	VILARINHO Melissa Sousa	03	FCF	1:08.15	25m	09-11-19	Albufeira	514
73.	BORGES Claudia Ferreira	99	SCP	1:08.26	25m	15-05-21	Lagos	512
74.	AGUILAR Vera Ines	00	CDN	1:08.32	25m	06-03-20	Funchal	510
75.	SOARES Ines Apolinario	03	PIMP	1:08.33	25m	23-11-19	Caldas da Rainha	510
76.	CONCEICAO Ema Jeronimo	03	AEFDTV	1:08.34	25m	01-11-19	Setúbal	510
77.	WANG Secile Liu	03	SFUS	1:08.37	25m	29-02-20	Coruche	509
78.	MARTINS Mariana Sousa	95	CDF	1:08.42	25m	07-11-20	Guarda	508
79.	PINA Ana Sofia	02	SLB	1:08.61	25m	09-11-19	Albufeira	504
80.	SILVA Catarina Reis	99	SCB	1:08.64	25m	03-11-19	Barcelos	503
81.	FIAL Sofia Nunes	03	AEJ	1:08.82	25m	16-11-19	Viseu	499
82.	PEIXEIRA Filipa Ramos	03	SCP	1:08.92	25m	01-02-20	Albufeira	497
82.	DOMINGUES Matilde Mota	03	CNCE	1:08.92	25m	08-05-21	Pacos de Ferreira	497
84.	CERDEIRA Madalena Reis	03	SCP	1:08.93	25m	01-02-20	Albufeira	497
85.	BOULHOSA Carolina Abreu	01	CNF	1:09.02	25m	21-12-19	Funchal	495
86.	CORREIA Rute Ferreira	03	AVFC	1:09.05	25m	25-10-20	Mealhada	494
87.	POMBO Tatiana Raquel	01	CDCP	1:09.13	25m	01-11-19	Setúbal	492
87.	CARDOSO Tatiana Alexandre	01	CNA	1:09.13	25m	30-11-19	Sines	492
89.	CASAL Beatriz Goncalves	03	CNTN	1:09.17	25m	15-05-21	Abrantes	492

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90.	NEVES Carolina Marques	01	CNTN	1:09.20	25m	15-02-20	Torres Novas	491
91.	DIAS Mafalda Sofia	01	PDEM	1:09.21	25m	09-11-19	Albufeira	491
92.	CRUZ Sara Moura	03	SAD	1:09.23	25m	22-11-19	Algés	490
93.	PEDRAZA LOPEZ Valeria	03	CNGUA	1:09.43	25m	09-11-19	Albufeira	486
94.	SOARES Catarina Silva	03	FCP	1:09.57	25m	24-11-19	Felgueiras	483
95.	ROCHA Daniela Filipa	02	CAP	1:09.69	25m	15-12-19	Leiria	481
96.	SILVA Camila Alexandra	03	SCC	1:09.71	25m	19-10-19	Condeixa	480
97.	RAMOS Ana Rita	02	FCP	1:09.93	25m	09-01-21	Guarda	476
98.	MATIAS Marta Filipa	03	CCDSERTA	1:09.95	25m	07-03-20	Ponte de Sor	475
99.	RAMOS Ines Asseiceira	03	CNTN	1:10.00	25m	07-03-20	Santarém	474
100.	MARTINS Claudia Beatriz	03	GESL	1:10.08	25m	22-11-19	Algés	473

200 Mariposa

1.	MONTEIRO Ana Catarina	93	POR	2:06.95	25m	06-12-19	GLASGOW (GBR)	836
2.	HENRIQUES Ines Jacinto	00	SCP	2:12.42	25m	22-12-19	Felgueiras	736
3.	VARGAS Giovanna Vaz	00	DNMG	2:12.92	25m	14-12-19	Leiria	728
4.	LIMA Lia Ana	01	SAD	2:14.65	25m	22-12-19	Felgueiras	700
5.	MESQUITA Francisca Salvador	02	ADRCIMM	2:16.73	25m	22-12-19	Felgueiras	669
6.	GUEDES Ana Margarida	01	GCVR	2:17.00	25m	14-12-19	Leiria	665
7.	GRAVETO Ana Raquel	02	SLB	2:17.79	25m	10-11-19	Albufeira	654
8.	CARDEAL Joana Nunes	02	AVFC	2:17.95	25m	13-06-21	Viseu	651
9.	BARBOSA Mariana Fernandes	02	FCP	2:18.26	25m	22-12-19	Felgueiras	647
10.	DURAES Diana Margarida	96	SLB	2:18.46	25m	10-11-19	Albufeira	644
11.	ANDRE Leticia Maia	02	SLB	2:19.62	25m	22-11-19	Algés	628
12.	MARTINS Joana Ribeiro	03	SCP	2:19.69	25m	02-02-20	Albufeira	627
13.	REBELO Maria Carlota	03	ALN	2:19.85	25m	22-12-20	Coimbra	625
14.	BARATA Barbara Sofia	97	SAD	2:20.61	25m	22-11-19	Algés	615
15.	DOMINGUES Luana Pinto	03	ADBA	2:20.63	25m	22-12-19	Felgueiras	615
16.	REBELO Camila Rodrigues	03	ALN	2:21.62	25m	30-11-19	Sines	602
17.	FRISCHKNECHT Rita Barros	98	SAD	2:21.65	25m	22-11-19	Algés	602
18.	RODRIGUES Ana Margarida	96	CGA	2:21.80	25m	22-12-19	Felgueiras	600
19.	TEJO Beatriz Costa	02	AAC	2:22.23	25m	14-11-20	Mealhada	594
20.	MENDES Mariana Amaral	02	ADRCIMM	2:22.40	25m	14-12-19	Leiria	592
21.	PEREIRA Clara Gomes	02	SAD	2:22.68	25m	22-12-19	Felgueiras	589
22.	MONTEIRO Ines Rosado	00	CNVA	2:24.24	25m	16-11-19	Viseu	570
23.	MATOS Ana Rita	02	CFB	2:24.28	25m	22-11-19	Algés	569
24.	MENDES Mariana Sebastiao	01	CNLGOS	2:25.00	25m	30-11-19	Sines	561
25.	QUEIROZ Ana Rita	02	INDANC	2:25.12	25m	20-06-21	Coimbra	559
26.	MESTRE Catarina Martins	00	CNLX	2:25.77	25m	30-11-19	Sines	552
27.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:26.47	25m	07-03-20	Santarém	544
28.	SILVA Eduarda Reis	03	GDNFAMA	2:26.49	25m	23-11-19	Felgueiras	544
29.	SILVA Ines Pereira	02	FBSC	2:26.79	25m	14-12-19	Leiria	541
30.	AGOSTINHO Catia Iordan	02	CNRM	2:26.89	25m	14-12-19	Leiria	539
31.	FERNANDES Filipa Viamonte	02	VSC	2:27.25	25m	22-12-19	Felgueiras	535
32.	FERREIRA Ana Claudia	90	CNAL	2:27.34	25m	30-11-19	Sines	534
33.	RODRIGUES Helena Nunes	03	CSAAXXI	2:27.44	25m	12-10-19	Mealhada	533
34.	ROCHA Daniela Filipa	02	CAP	2:27.71	25m	14-12-19	Leiria	530
35.	HENRIQUES Daniela Mascarenhas	03	GESL	2:27.82	25m	14-11-20	Leiria	529
36.	SILVA Carolina Santos	86	GCST	2:28.15	25m	13-10-19	Pacos de Ferreira	526
37.	MONTEIRO Margarida Cabral	02	CGA	2:28.19	25m	12-10-19	Mealhada	525
38.	MAGALHAES Ines Filipa	02	CAP	2:28.97	25m	07-03-20	Mirandela	517
39.	CARDOSO Tatiana Alexandre	01	CNA	2:29.20	25m	30-11-19	Sines	515

200 Mariposa (desde 40)

40.	PINHEIRO Ines Mariana	03	AAC	2:29.48	25m	22-12-20	Coimbra	512
41.	CORREIA Rute Ferreira	03	AVFC	2:29.49	25m	14-11-20	Mealhada	512
42.	TOMAS Beatriz Monteiro	03	FBSC	2:29.52	25m	23-02-20	Pombal	511
43.	NEVES Sara Dias	03	CNMC	2:29.66	25m	22-12-19	Felgueiras	510
44.	SILVA Catarina Reis	99	SCB	2:29.91	25m	14-12-19	Leiria	507
45.	SANTOS Beatriz Rocha	02	CDCA	2:30.19	25m	26-10-19	Lagos	505
46.	SILVA Natacha Sofia	02	SLB	2:30.51	25m	22-12-19	Felgueiras	501
47.	BARROS Margarida Cunha	02	SFUAP	2:30.55	25m	14-12-19	Leiria	501
48.	VARANDAS Joana Filipa	02	CIRL	2:30.90	25m	14-12-19	Leiria	498
49.	SILVA Leonor Santos	03	FCP	2:32.07	25m	11-04-21	Felgueiras	486
50.	RODRIGUES Daniela Oliveira	02	CNV	2:32.17	25m	14-12-19	Leiria	485
51.	TOME Madalena Rodrigues	03	AHBE	2:32.22	25m	07-11-20	Guarda	485
52.	BELO Rita Afonso	02	BSCN	2:32.60	25m	10-11-19	Albufeira	481
53.	SOARES Ines Apolinario	03	PIMP	2:32.87	25m	11-01-20	Nazaré	479
54.	ROSA Beatriz Jong	00	CDN	2:33.11	25m	30-11-19	Sines	476
55.	AMANTES Beatriz Quintao	03	SFUAP	2:33.74	25m	15-05-21	Condeixa-a-Nova	470
56.	SALVADOR Vanessa Braga	91	SFUS	2:33.95	25m	24-11-19	Tomar	468
57.	PEDRAZA LOPEZ Valeria	03	CNGUA	2:34.58	25m	10-11-19	Albufeira	463
58.	PEGO Isabel Porfirio	01	CFP	2:35.66	25m	13-10-19	Pacos de Ferreira	453
59.	JUNQUEIRA Sofia Ribeiro	02	ADBA	2:36.02	25m	23-02-20	Pombal	450
60.	PULQUERIO Joana Isabel	03	SFUAP	2:36.90	25m	22-11-19	Algés	443
61.	MATIAS Marta Filipa	03	CCDSERTA	2:37.02	25m	07-03-20	Ponte de Sor	442
62.	RODRIGUES Constanca Filipa	02	PIMP	2:37.11	25m	30-11-19	Sines	441
63.	DOMINGUES Monica Seara	00	SCB	2:37.25	25m	24-11-19	Braga	440
64.	VILARINHO Melissa Sousa	03	FCF	2:37.46	25m	24-11-19	Lagos	438
65.	GAMEIRO Maria Miguel	03	CNAC	2:37.64	25m	14-12-19	Leiria	436
66.	TEIXEIRA Ines Oliveira	02	CAQC	2:37.65	25m	22-12-20	Coimbra	436
67.	DOMINGUES Matilde Mota	03	CCLAMAS	2:37.78	25m	14-12-19	Leiria	435
68.	CARVALHO Maria Leitao	02	ADBA	2:37.87	25m	25-01-20	Alcobaça	434
69.	PACHECO Maria Manuel	03	CAFBDP	2:38.52	25m	06-03-20	Ponta Delgada	429
70.	LASCU Nicoleta	02	CNLA	2:41.04	25m	17-11-19	Odemira	409
71.	BARBOSA Sara Lopes	00	CAP	2:41.23	25m	23-11-19	Felgueiras	408
72.	MELO Ines Pinheiro	01	SCE	2:42.51	25m	26-10-19	Lagos	398
73.	SEONG Patricia Abreu	03	FCF	2:44.14	25m	18-10-20	Lagos	386
74.	POMBO Tatiana Raquel	01	CDCP	2:44.81	25m	14-12-19	Leiria	382
75.	DIAS Ana Amarante	03	CNPDL	2:45.41	25m	18-01-20	Ponta Delgada	378
76.	RODRIGUES Ana Luisa	03	ALN	2:47.95	25m	02-02-20	Coimbra	361
77.	RIBEIRO Carolina Martins	03	CCDSERTA	2:48.07	25m	29-02-20	Coruche	360
78.	TEIXEIRA Rute Sofia	90	GCST	2:48.67	25m	07-11-20	Guarda	356
79.	DUARTE Mariana Conceicao	03	FS	2:48.93	25m	07-11-20	Guarda	354
80.	FELGUEIRAS Helena Isabel	03	CNV	2:50.84	25m	11-01-20	Aguas Santas	343
81.	PINHEIRO Ana Carmo	02	GCST	2:52.70	25m	13-10-19	Pacos de Ferreira	332
82.	COUTO Filipa Ferreira	02	CAFBDP	2:52.82	25m	06-03-20	Ponta Delgada	331
83.	COTRIM Lara Roque	03	PIMP	2:52.93	25m	11-01-20	Nazaré	330
84.	MERCEDES Mariana Marques	03	VKGS	2:54.07	25m	15-05-21	Condeixa-a-Nova	324
85.	CUNHA Rita Moreira	03	EDV	2:54.81	25m	19-01-20	Barcelos	320
86.	PINTO Mara Ribeiro	01	CDF	2:54.93	25m	25-10-20	Mealhada	319
87.	TAVARES Joana Raquel	01	APUVE	2:54.98	25m	23-11-19	Felgueiras	319
88.	OLIVEIRA Rita Sousa	01	CNTN	2:56.59	25m	14-12-19	Leiria	310
89.	MASCARENHAS Ines Filipa	03	CNLA	2:57.42	25m	30-11-19	Sines	306
90.	AMARO Margarida Monteiro	02	ACMN	2:59.95	25m	29-02-20	Coruche	293
91.	GERVASIO Ana Sofia	95	ACMN	3:02.90	25m	17-11-19	Odemira	279
92.	FRANCIS Rebeca Correia	03	LAGAC	3:06.69	25m	26-10-19	Lagos	262

200 Mariposa (desde 93)

93.	LOPES Ariana Lage	02	CMNPR	3:12.48	25m	07-03-20	Mirandela	239
94.	GARCIA Margarida Bras	03	CNPDL	3:14.22	25m	16-11-19	Ribeira Grande	233
95.	ALVES Rita Marcal	02	CMNPR	3:15.48	25m	07-03-20	Mirandela	229
96.	REIS Adriana Godinho	95	FVCD	4:23.58	25m	29-05-21	Lousada	93

100 Estilos

1.	RODRIGUES Ana Pinho	94	ADS	1:01.58	25m	22-12-19	Felgueiras	772
2.	PEREIRA Raquel Gomes	00	SAD	1:02.35	25m	22-12-19	Felgueiras	744
3.	FERNANDES Ines Camacho	97	SCP	1:02.89	25m	22-12-19	Felgueiras	725
4.	MACHADO Luisa Maria	01	SFUAP	1:02.97	25m	22-12-19	Felgueiras	722
5.	KAMINSKAYA Victoria	95	SLB	1:03.12	25m	09-11-19	Albufeira	717
6.	GUEDES Ana Margarida	01	GCVR	1:04.34	25m	22-12-19	Felgueiras	677
7.	FRISCHKNECHT Rita Barros	98	SAD	1:04.61	25m	23-11-19	Algés	669
8.	REBELO Camila Rodrigues	03	ALN	1:04.99	25m	11-04-21	Felgueiras	657
9.	AZEVEDO Rafaela Gomes	02	SAD	1:05.16	25m	23-11-19	Algés	652
10.	REBELO Maria Carlota	03	ALN	1:05.27	25m	23-12-20	Coimbra	648
11.	LASZLOVA Silvia	93	LDC	1:05.34	25m	09-11-19	Albufeira	646
12.	CARDEAL Joana Nunes	02	AVFC	1:05.39	25m	16-11-19	Viseu	645
13.	MONTEIRO Ana Catarina	93	CFV	1:05.49	25m	09-11-19	Albufeira	642
14.	CARPINTEIRO Carolina Silverio	02	CNTEJO	1:05.92	25m	22-12-19	Felgueiras	629
15.	MARTINS Francisca Soares	03	FOCA	1:06.11	25m	22-11-19	Felgueiras	624
16.	CABRAL Maria Francisca	00	FCP	1:06.12	25m	11-04-21	Felgueiras	624
17.	MONTEIRO Margarida Cabral	02	CGA	1:06.58	25m	15-11-20	Mealhada	611
18.	MESQUITA Francisca Salvador	02	ADRCIMM	1:06.63	25m	09-11-19	Albufeira	610
19.	RIBEIRO Margarida Messias	98	GESL	1:07.28	25m	22-12-19	Felgueiras	592
19.	VEIGA Ana Filipa	01	CAPGE	1:07.28	25m	22-12-19	Felgueiras	592
21.	SILVA Maria Madalena	98	SCB	1:07.52	25m	22-12-19	Felgueiras	586
22.	RIESENBERGER Bruna Martin	97	CIRL	1:07.55	25m	22-12-19	Felgueiras	585
23.	GIGLIOTTI Giuliana	92	GCNF	1:07.56	25m	08-11-20	Lagos	585
24.	MARTINS Ana Beatriz	99	GDNFAMA	1:07.62	25m	22-12-19	Felgueiras	583
24.	CASTRO Maria Freitas	03	VSC	1:07.62	25m	11-04-21	Felgueiras	583
26.	DOMINGUES Luana Pinto	03	ADBA	1:07.70	25m	15-02-20	Torres Novas	581
27.	PINA Ana Sofia	02	SLB	1:07.77	25m	23-11-19	Algés	579
28.	RODRIGUES Ana Margarida	96	CGA	1:07.78	25m	16-11-19	Viseu	579
29.	FIAL Sofia Nunes	03	AEJ	1:07.86	25m	25-04-21	Gafanha da Nazaré	577
30.	FREIXO Juliana Lima	97	SCB	1:07.87	25m	22-11-19	Braga	577
31.	BARATA Barbara Sofia	97	SAD	1:08.28	25m	23-11-19	Algés	566
32.	MENDES Mariana Amaral	02	ADRCIMM	1:08.34	25m	09-11-19	Albufeira	565
33.	CONCEICAO Ema Jeronimo	03	AEFDTV	1:08.59	25m	01-11-19	Setúbal	559
34.	CASTRO Adriana Daniela	97	LSC	1:08.61	25m	22-11-19	Felgueiras	558
35.	FARIA Ana Rita	00	FCP	1:08.62	25m	22-11-19	Felgueiras	558
36.	CERDEIRA Madalena Reis	03	SCP	1:08.71	25m	22-12-19	Felgueiras	556
37.	SOARES Ines Apolinario	03	PIMP	1:08.74	25m	22-12-19	Felgueiras	555
38.	NEVES Ana Carolina	00	AAC	1:08.75	25m	02-02-20	Coimbra	555
39.	CASAL Beatriz Goncalves	03	CNTN	1:08.78	25m	23-11-19	Tomar	554
40.	CRUZ Sara Moura	03	SAD	1:09.03	25m	22-12-19	Felgueiras	548
41.	TEIXEIRA Ines Oliveira	02	CDE	1:09.14	25m	18-01-20	Mealhada	545
42.	RODRIGUES Helena Nunes	03	CSAAXXI	1:09.24	25m	16-11-19	Viseu	543
43.	FOMINA Anna	02	LDC	1:09.25	25m	23-11-19	Lagos	543
44.	MOREIRA Matilde Freitas	01	AAC	1:09.43	25m	02-02-20	Coimbra	539
45.	NUNES Sofia Alexandra	00	CIRL	1:09.47	25m	23-11-19	Algés	538
46.	SOARES Catarina Silva	03	FCP	1:09.51	25m	22-11-19	Felgueiras	537

100 Estilos (desde 47)

47.	LEITAO Rita Fernandes	96	CNLX	1:09.60	25m	01-11-19	Setúbal	535
48.	FERNANDES Filipa Viamonte	02	VSC	1:09.65	25m	22-11-19	Felgueiras	534
49.	RAMOS Ines Asseiceira	03	CNTN	1:09.67	25m	22-12-19	Felgueiras	533
50.	PEREIRA Clara Gomes	02	SAD	1:09.81	25m	23-11-19	Algés	530
51.	TEJO Beatriz Costa	02	AAC	1:09.86	25m	20-06-21	Coimbra	529
52.	AMADOR Joana Costa	01	CGA	1:09.87	25m	16-11-19	Viseu	529
53.	NEVES Sara Dias	03	CNMC	1:09.92	25m	02-02-20	Coimbra	527
54.	TOMAS Beatriz Monteiro	03	FBSC	1:10.11	25m	02-02-20	Coimbra	523
55.	BARBOSA Mariana Fernandes	02	FCP	1:10.12	25m	22-11-19	Felgueiras	523
55.	MARQUES Mariana Nunes	03	CDE	1:10.12	25m	25-04-21	Gafanha da Nazaré	523
57.	PEGO Isabel Porfirio	01	CFP	1:10.37	25m	22-11-19	Felgueiras	517
58.	DIAS Mafalda Sofia	01	PDEM	1:10.41	25m	23-11-19	Algés	516
59.	MARTINS Matilde Pereira	99	CNSBA	1:10.66	25m	23-11-19	Lagos	511
60.	DOMINGUES Matilde Mota	03	CCLAMAS	1:10.71	25m	22-11-19	Felgueiras	510
61.	MENDES Mariana Sebastiao	01	CNLGOS	1:10.73	25m	23-11-19	Lagos	509
62.	LASCU Nicoleta	02	CNLA	1:10.85	25m	06-03-20	Ponte de Sor	507
63.	SILVA Camila Alexandra	03	SCC	1:10.86	25m	23-12-20	Coimbra	507
64.	MATIAS Marta Filipa	03	CCDSERTA	1:10.89	25m	17-11-19	Castelo Branco	506
65.	GOMES Susana Clara	77	CNF	1:10.92	25m	08-05-21	Funchal	505
66.	NEVES Carolina Marques	01	CNTN	1:11.07	25m	24-10-20	Tomar	502
67.	FONSECA Laura Luz	03	CAFBDP	1:11.11	25m	16-11-19	Ribeira Grande	501
68.	MENDES Lea Alexandra	03	SFGP	1:11.21	25m	20-10-19	Torres Novas	499
69.	CARVALHO Beatriz Antunes	99	SCP	1:11.26	25m	23-11-19	Algés	498
70.	VIEIRA Valeria Goncalves	02	VSC	1:11.27	25m	22-11-19	Felgueiras	498
71.	BELO Rita Afonso	02	BSCN	1:11.30	25m	09-11-19	Albufeira	497
72.	RODRIGUES Luana Correia	01	CFB	1:11.44	25m	15-02-20	Torres Novas	494
73.	JUNQUEIRA Sofia Ribeiro	02	ADBA	1:11.53	25m	24-11-19	Caldas da Rainha	493
74.	DIAS Ana Leonor	02	CNOL	1:11.66	25m	12-01-20	Quarteira	490
75.	SOARES Ana Beatriz	03	CDF	1:11.74	25m	25-04-21	Gafanha da Nazaré	488
76.	SILVA Eduarda Reis	03	GDNFAMA	1:11.75	25m	22-11-19	Felgueiras	488
77.	PIMENTA Margarida Sobral	99	CFB	1:11.76	25m	23-11-19	Algés	488
78.	NEVES Leonor Maria	03	GESL	1:11.78	25m	03-11-19	Lisboa	487
79.	HENRIQUES Daniela Mascarenhas	03	GESL	1:11.79	25m	03-11-19	Lisboa	487
80.	OLIVEIRA Claudia Sofia	02	ADS	1:11.96	25m	16-11-19	Viseu	484
81.	DIAS Ana Amarante	03	CNPDL	1:12.03	25m	16-11-19	Ribeira Grande	482
82.	GOMES Ana Filipa	96	CFV	1:12.26	25m	22-11-19	Felgueiras	478
83.	SILVA Margarida Mota	03	PDEM	1:12.34	25m	23-11-19	Algés	476
84.	PEIXEIRA Filipa Ramos	03	SCP	1:12.43	25m	03-11-19	Lagoa	474
84.	JESUS Maria Crista	03	LDC	1:12.43	25m	12-01-20	Quarteira	474
86.	AGOSTINHO Catia Iordan	02	CNRM	1:12.46	25m	23-11-19	Tomar	474
87.	ALVES Andreia Wongsangnoi	03	ADRCIMM	1:12.47	25m	23-11-19	Algés	474
88.	FERNANDES Ana Catarina	03	CNF	1:12.56	25m	12-10-19	Funchal	472
89.	SILVA Ines Pereira	02	FBSC	1:12.70	25m	24-11-19	Coimbra	469
90.	POMBO Tatiana Raquel	01	CDCP	1:12.81	25m	01-11-19	Setúbal	467
91.	CORREIA Rute Ferreira	03	AVFC	1:12.88	25m	25-10-20	Mealhada	466
92.	RODRIGUES Ana Beatriz	02	CNRM	1:12.95	25m	23-11-19	Tomar	464
93.	CATARINO Laura Andre	03	CCDSERTA	1:13.01	25m	24-10-20	Sertã	463
94.	MAIA Joana Marques	91	SCB	1:13.06	25m	08-05-21	Ponte da Barca	462
95.	PAULA Alexandra Ribeiro	93	CNBE	1:13.08	25m	23-11-19	Lagos	462
95.	FERREIRA Ana Claudia	90	CNAL	1:13.08	25m	24-11-19	Caldas da Rainha	462
97.	SANTOS Mariana Jacinto	03	JFP	1:13.20	25m	24-11-19	Coimbra	460
98.	RODRIGUES Ana Luisa	03	ALN	1:13.24	25m	24-11-19	Coimbra	459
99.	AMANTES Beatriz Quintao	03	SFUAP	1:13.28	25m	01-11-19	Setúbal	458

100 Estilos (desde 100)

100.	SILVA Ana Campos	03	CNRM	1:13.31	25m	23-11-19	Tomar	458
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200 Estilos

1.	KAMINSKAYA Victoria	95	POR	2:12.09	25m	07-12-19	GLASGOW (GBR)	785
2.	MACHADO Luisa Maria	01	SFUAP	2:14.22	25m	21-12-19	Felgueiras	748
3.	FERNANDES Ines Camacho	97	SCP	2:14.95	25m	21-12-19	Felgueiras	736
4.	PEREIRA Raquel Gomes	00	POR	2:15.37	25m	07-12-19	GLASGOW (GBR)	729
5.	MONTEIRO Ana Catarina	93	CFV	2:15.76	25m	14-12-19	Leiria	723
6.	DURAES Diana Margarida	96	SLB	2:17.37	25m	09-11-19	Albufeira	698
7.	REBELO Camila Rodrigues	03	ALN	2:17.53	25m	22-12-20	Coimbra	695
8.	HENRIQUES Ines Jacinto	00	SCP	2:18.14	25m	24-11-19	Algés	686
9.	CARDEAL Joana Nunes	02	AVFC	2:18.16	25m	21-12-19	Felgueiras	686
10.	RODRIGUES Ana Pinho	94	ADS	2:18.59	25m	30-11-19	Sines	679
11.	CABRAL Maria Francisca	00	FCP	2:18.60	25m	10-04-21	Felgueiras	679
12.	REBELO Maria Carlota	03	ALN	2:19.41	25m	30-11-19	Sines	667
13.	MESQUITA Francisca Salvador	02	ADRCIMM	2:20.49	25m	14-12-19	Leiria	652
14.	PINA Ana Sofia	02	SLB	2:20.84	25m	21-12-19	Felgueiras	647
15.	MARTINS Francisca Soares	03	POR	2:21.41	25m	09-01-21	Guarda	639
16.	VEIGA Ana Filipa	01	CAPGE	2:22.43	25m	14-11-20	Mealhada	626
17.	FIAL Sofia Nunes	03	AEJ	2:22.78	25m	30-11-19	Sines	621
18.	CASTRO Maria Freitas	03	VSC	2:22.82	25m	09-05-21	Pacos de Ferreira	621
19.	ANDRE Leticia Maia	02	SLB	2:22.93	25m	24-11-19	Algés	619
20.	MESTRE Catarina Martins	00	CNLX	2:23.08	25m	15-05-21	Condeixa-a-Nova	617
21.	RIBEIRO Margarida Messias	98	GESL	2:23.58	25m	21-12-19	Felgueiras	611
22.	MONTEIRO Margarida Cabral	02	CGA	2:23.64	25m	14-11-20	Mealhada	610
23.	GUEDES Ana Margarida	01	GCVR	2:24.25	25m	10-06-21	Vila Real	602
24.	VELOSO Teresa Miguel	00	SCP	2:24.39	25m	21-12-19	Felgueiras	601
25.	LIMA Lia Ana	01	SAD	2:24.45	25m	09-11-19	Albufeira	600
26.	CERDEIRA Madalena Reis	03	SCP	2:24.47	25m	24-11-19	Algés	600
27.	MENDES Mariana Amaral	02	ADRCIMM	2:24.68	25m	21-12-19	Felgueiras	597
28.	VARGAS Giovanna Vaz	00	00563	2:24.74	25m	24-04-21	Alcala (ESP)	596
29.	SILVA Maria Madalena	98	SCB	2:25.02	25m	14-12-19	Leiria	593
30.	MARTINS Ana Beatriz	99	GDNFAMA	2:25.27	25m	14-11-20	Mealhada	590
31.	CRUZ Sara Moura	03	SAD	2:25.31	25m	21-12-19	Felgueiras	589
32.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:25.42	25m	08-03-20	Santarém	588
33.	JAENES Celia Caro	02	LDC	2:26.07	25m	09-11-19	Albufeira	580
34.	RODRIGUES Helena Nunes	03	CSAAXXI	2:26.11	25m	18-01-20	Mealhada	580
35.	CASAL Beatriz Goncalves	03	CNTN	2:26.74	25m	15-05-21	Abrantes	572
36.	AGOSTINHO Catia Iordan	02	CNRM	2:26.79	25m	23-11-19	Tomar	572
37.	DOMINGUES Luana Pinto	03	ADBA	2:27.17	25m	07-11-20	Leiria	567
38.	HOLUB Tamila Hryhorivna	99	SCB	2:27.23	25m	02-11-19	Barcelos	567
39.	NEVES Sara Dias	03	CNMC	2:27.28	25m	21-12-19	Felgueiras	566
40.	LASCU Nicoleta	02	CNLA	2:27.59	25m	30-11-19	Sines	562
41.	PIMENTA Margarida Sobral	99	CFB	2:27.75	25m	09-05-21	Alcobaça	561
42.	RIESENBERGER Bruna Martin	97	CIRL	2:28.69	25m	14-12-19	Leiria	550
43.	GRAVETO Ana Raquel	02	SLB	2:28.86	25m	24-11-19	Algés	548
44.	BORGES Claudia Ferreira	99	SCP	2:28.91	25m	09-11-19	Albufeira	548
44.	SOARES Ines Apolinario	03	PIMP	2:28.91	25m	13-06-21	Nazaré	548
46.	BARBOSA Mariana Fernandes	02	FCP	2:28.95	25m	23-11-19	Felgueiras	547
47.	RODRIGUEZ Andrea Sanchez	99	LDC	2:29.08	25m	24-11-19	Lagos	546
48.	AMADOR Joana Costa	01	CGA	2:29.14	25m	17-11-19	Viseu	545
49.	FERNANDES Filipa Viamonte	02	VSC	2:29.16	25m	09-05-21	Pacos de Ferreira	545

200 Estilos (desde 50)

50.	LEITAO Rita Fernandes	96	CNLX	2:29.17	25m	24-11-19	Algés	545
51.	RODRIGUES Filipa Serrano	01	SLB	2:29.19	25m	01-11-19	Setúbal	544
52.	FOMINA Anna	02	LDC	2:29.31	25m	01-02-20	Albufeira	543
53.	RODRIGUES Ana Margarida	96	CGA	2:29.37	25m	09-11-19	Albufeira	542
54.	CARDOSO Tatiana Alexandre	01	CNA	2:29.42	25m	30-11-19	Sines	542
55.	TEJO Beatriz Costa	02	AAC	2:29.59	25m	22-12-20	Coimbra	540
56.	PEGO Isabel Porfirio	01	CFP	2:29.81	25m	23-11-19	Felgueiras	538
57.	TEIXEIRA Ines Oliveira	02	CDE	2:30.23	25m	14-12-19	Leiria	533
58.	RAMOS Ana Rita	02	FCP	2:30.40	25m	09-01-21	Guarda	531
59.	MATOS Ana Rita	02	CFB	2:30.63	25m	24-11-19	Algés	529
60.	ROLAO Sofia Alexandra	98	SLB	2:31.08	25m	24-11-19	Algés	524
61.	MACEDO Beatriz Daniela	02	VSC	2:31.19	25m	14-12-19	Leiria	523
62.	SILVA Eduarda Reis	03	GDNFAMA	2:31.20	25m	09-05-21	Pacos de Ferreira	523
63.	MARQUES Mariana Nunes	03	CDE	2:31.23	25m	21-12-19	Felgueiras	523
64.	AMANTES Beatriz Quintao	03	SFUAP	2:31.29	25m	24-11-19	Algés	522
65.	TOMAS Beatriz Monteiro	03	FBSC	2:31.52	25m	23-02-20	Pombal	520
66.	ROSA Mafalda Sofia	03	CNRM	2:31.62	25m	23-11-19	Tomar	519
67.	FLORINDO Ana Sequeira	02	CNAC	2:31.75	25m	14-12-19	Leiria	517
68.	MACHADO Joana Sofia	02	CNV	2:31.84	25m	23-11-19	Felgueiras	516
69.	RODRIGUES Luana Correia	01	CFB	2:31.88	25m	24-11-19	Algés	516
70.	PINHEIRO Ines Mariana	03	AAC	2:31.93	25m	22-12-20	Coimbra	516
71.	ARMAS Maria Ornelas	98	VKGS	2:31.97	25m	15-05-21	Condeixa-a-Nova	515
72.	DIAS Ana Amarante	03	CNPDL	2:32.40	25m	30-11-19	Sines	511
73.	SANTOS Madalena Almeida	03	CFP	2:32.45	25m	23-11-19	Felgueiras	510
74.	SILVA Natacha Sofia	02	SLB	2:32.64	25m	24-11-19	Algés	508
75.	JACINTO Ines Filipa	03	ADBA	2:32.75	25m	23-11-19	Caldas da Rainha	507
76.	SANCHEZ FERNANDEZ Laura	03	CNGUA	2:32.78	25m	09-11-19	Albufeira	507
77.	HENRIQUES Daniela Mascarenhas	03	GESL	2:32.86	25m	09-05-21	Sto António Cavaleiros	506
78.	PINTO Sofia Gales	01	CCLAMAS	2:32.90	25m	23-11-19	Felgueiras	506
79.	FERREIRA Ana Raquel	98	CNLX	2:32.95	25m	24-11-19	Algés	505
80.	DIAS Ana Leonor	02	CNOL	2:32.96	25m	30-11-19	Sines	505
81.	MATIAS Marta Filipa	03	CCDSERTA	2:33.20	25m	08-03-20	Ponte de Sor	503
82.	VARANDAS Joana Filipa	02	CIRL	2:33.37	25m	24-11-19	Algés	501
83.	MARTINS Matilde Pereira	99	CNSBA	2:33.77	25m	01-02-20	Albufeira	497
84.	SILVA Camila Alexandra	03	SCC	2:33.90	25m	01-11-19	Condeixa	496
85.	DOMINGUES Matilde Mota	03	CCLAMAS	2:34.04	25m	14-12-19	Leiria	495
86.	PEIXEIRA Filipa Ramos	03	SCP	2:34.15	25m	01-02-20	Albufeira	494
87.	GOMES Susana Clara	77	CNF	2:34.18	25m	30-11-19	Sines	493
88.	LEONARDO Rute Isabel	98	CNAB	2:34.73	25m	29-02-20	Coruche	488
89.	MATOS Carolina Lourenco	98	CDCP	2:34.80	25m	14-12-19	Leiria	487
90.	AMADOR Rita Costa	99	CGA	2:34.91	25m	13-10-19	Mealhada	486
91.	BELO Rita Afonso	02	BSCN	2:35.57	25m	23-11-19	Caldas da Rainha	480
92.	NEVES Ana Carolina	00	AAC	2:35.70	25m	01-11-19	Condeixa	479
93.	RAMOS Ines Asseiceira	03	CNTN	2:35.81	25m	09-01-21	Guarda	478
94.	RODRIGUES Daniela Oliveira	02	CNV	2:36.03	25m	22-02-20	Mirandela	476
95.	AGUILAR Vera Ines	00	CDN	2:36.09	25m	08-03-20	Funchal	475
96.	FONSECA Laura Luz	03	CAFBDP	2:36.12	25m	16-11-19	Ribeira Grande	475
97.	FERREIRA Leonor Marques	03	CDCA	2:36.31	25m	23-02-20	Pombal	473
98.	RODRIGUES Ana Luisa	03	ALN	2:36.40	25m	01-11-19	Condeixa	473
99.	PINTO Mafalda Marques	02	SCP	2:36.68	25m	03-11-19	Lisboa	470
100.	POMBO Tatiana Raquel	01	CDCP	2:36.94	25m	01-11-19	Setúbal	468

400 Estilos

1.	DURAES Diana Margarida	96	SLB	4:38.79	25m	20-12-19	Felgueiras	801
2.	HENRIQUES Ines Jacinto	00	SCP	4:45.80	25m	20-12-19	Felgueiras	743
3.	MONTEIRO Ana Catarina	93	CFV	4:46.78	25m	20-12-19	Felgueiras	736
4.	REBELO Camila Rodrigues	03	ALN	4:48.67	25m	14-11-20	Mealhada	721
5.	MACHADO Luisa Maria	01	SFUAP	4:49.57	25m	15-12-19	Leiria	715
6.	CABRAL Maria Francisca	00	FCP	4:50.24	25m	14-11-20	Mealhada	710
7.	CARDEAL Joana Nunes	02	AVFC	4:50.31	25m	14-11-20	Mealhada	709
8.	MARTINS Francisca Soares	03	FOCA	4:51.54	25m	20-12-19	Felgueiras	700
9.	MENDES Mariana Amaral	02	ADRCIMM	4:51.77	25m	14-11-20	Leiria	698
10.	REBELO Maria Carlota	03	ALN	4:54.55	25m	14-11-20	Mealhada	679
11.	VARGAS Giovanna Vaz	00	DNMG	4:54.62	25m	15-12-19	Leiria	678
12.	MESQUITA Francisca Salvador	02	ADRCIMM	4:54.97	25m	10-11-19	Albufeira	676
13.	PINA Ana Sofia	02	SLB	4:56.82	25m	20-12-19	Felgueiras	663
14.	FIAL Sofia Nunes	03	AEJ	4:58.53	25m	02-02-20	Viseu	652
15.	LIMA Lia Ana	01	SAD	5:01.12	25m	20-12-19	Felgueiras	635
16.	FARIA Ana Rita	00	FCP	5:03.00	25m	23-11-19	Felgueiras	624
17.	VEIGA Ana Filipa	01	CAPGE	5:04.48	25m	20-12-19	Felgueiras	615
18.	PEREIRA Clara Gomes	02	SAD	5:04.54	25m	23-11-19	Algés	614
19.	MARTINS Joana Ribeiro	03	SCP	5:04.74	25m	02-02-20	Albufeira	613
20.	MONTEIRO Margarida Cabral	02	CGA	5:05.11	25m	20-12-19	Felgueiras	611
21.	VELOSO Teresa Miguel	00	SCP	5:05.25	25m	20-12-19	Felgueiras	610
22.	CARPINTEIRO Carolina Silverio	02	CNTEJO	5:06.03	25m	08-03-20	Santarém	605
23.	RIBEIRO Margarida Messias	98	GESL	5:06.76	25m	20-12-19	Felgueiras	601
24.	GARCIA Carla Goyanes	01	EDV	5:06.83	25m	15-12-19	Leiria	601
25.	RODRIGUES Helena Nunes	03	CSAAXXI	5:07.17	25m	13-10-19	Mealhada	599
26.	AGOSTINHO Catia Iordan	02	CNRM	5:08.67	25m	08-03-20	Santarém	590
27.	TOMAS Beatriz Monteiro	03	FBSC	5:09.70	25m	15-12-19	Leiria	584
28.	ANDRE Leticia Maia	02	SLB	5:10.14	25m	23-11-19	Algés	582
29.	DOMINGUES Luana Pinto	03	ADBA	5:11.71	25m	24-11-19	Caldas da Rainha	573
30.	NEVES Sara Dias	03	CNMC	5:11.74	25m	23-11-19	Coimbra	573
31.	DOMINGUES Monica Seara	00	SCB	5:14.15	25m	08-03-20	Braga	559
32.	RAMOS Ana Rita	02	FCP	5:14.59	25m	13-10-19	Pacos de Ferreira	557
33.	AMORIM Maria Leonor	03	FCP	5:15.65	25m	23-11-19	Felgueiras	552
34.	CERDEIRA Madalena Reis	03	SCP	5:16.51	25m	02-02-20	Albufeira	547
35.	PINHEIRO Ines Mariana	03	AAC	5:16.95	25m	23-12-20	Coimbra	545
36.	CARDOSO Tatiana Alexandre	01	CNA	5:17.47	25m	23-11-19	Algés	542
37.	RAMOS Ines Asseiceira	03	CNTN	5:17.64	25m	15-12-19	Leiria	541
38.	HENRIQUES Daniela Mascarenhas	03	GESL	5:17.90	25m	23-11-19	Algés	540
39.	VARANDAS Joana Filipa	02	CIRL	5:19.20	25m	15-12-19	Leiria	533
40.	SILVA Maria Madalena	98	SCB	5:19.69	25m	11-01-20	Aguas Santas	531
41.	TEJO Beatriz Costa	02	AAC	5:19.85	25m	23-11-19	Coimbra	530
42.	MATOS Ana Rita	02	CFB	5:19.95	25m	23-11-19	Algés	530
43.	SANTOS Madalena Almeida	03	CFP	5:21.95	25m	23-11-19	Felgueiras	520
44.	FOMINA Anna	02	LDC	5:23.02	25m	20-10-19	Quarteira	515
45.	FONSECA Laura Luz	03	CAFBDP	5:23.21	25m	07-03-20	Ponta Delgada	514
46.	SOARES Ines Apolinario	03	PIMP	5:23.71	25m	18-10-20	Caldas da Rainha	511
47.	LASCU Nicoleta	02	CNLA	5:24.46	25m	16-11-19	Odemira	508
48.	MACEDO Beatriz Daniela	02	VSC	5:24.51	25m	15-12-19	Leiria	508
49.	RODRIGUES Ana Luisa	03	ALN	5:24.55	25m	01-11-19	Condeixa	507
50.	VIEIRA Valeria Goncalves	02	VSC	5:25.25	25m	23-11-19	Felgueiras	504
51.	AMANTES Beatriz Quintao	03	SFUAP	5:26.20	25m	23-11-19	Algés	500
52.	MAGALHAES Ines Filipa	02	CAP	5:26.73	25m	15-12-19	Leiria	497
53.	CASAL Beatriz Goncalves	03	CNTN	5:28.06	25m	20-10-19	Torres Novas	491

400 Estilos (desde 54)

54.	MARTINS Matilde Pereira	99	CNSBA	5:28.25	25m	23-11-19	Lagos	490
55.	RODRIGUES Daniela Oliveira	02	CNV	5:31.29	25m	23-11-19	Felgueiras	477
56.	VILARINHO Melissa Sousa	03	FCF	5:32.42	25m	23-11-19	Lagos	472
57.	DIAS Ana Amarante	03	CNPDL	5:32.73	25m	15-02-20	Ponta Delgada	471
58.	SEONG Patricia Abreu	03	FCF	5:35.15	25m	23-11-19	Lagos	461
59.	CUNHA Rita Moreira	03	EDV	5:35.51	25m	08-03-20	Braga	459
60.	MATIAS Marta Filipa	03	CCDSERTA	5:40.18	25m	24-10-20	Sertã	441
61.	DOMINGUES Matilde Mota	03	CCLAMAS	5:42.93	25m	11-01-20	Aguas Santas	430
62.	PACHECO Maria Manuel	03	CAFBDP	5:43.22	25m	14-12-19	Ponta Delgada	429
63.	CARVALHO Beatriz Moreira	03	VKGS	5:43.37	25m	23-11-19	Algés	428
64.	PEDROSA Carolina Pereira	02	IDV	5:46.42	25m	21-12-19	Pombal	417
65.	SANTOS Margarida Rodrigues	03	CSAAXXI	5:46.83	25m	13-10-19	Mealhada	416
66.	TEJO Sara Sofia	03	CAQC	5:46.97	25m	21-12-19	Cantanhede	415
67.	CARVALHO Leonor Rodrigues	02	CAFBDP	5:47.03	25m	15-02-20	Ponta Delgada	415
68.	COUTO Filipa Ferreira	02	CAFBDP	5:47.05	25m	07-03-20	Ponta Delgada	415
69.	DIAS Marta Chambel	02	CLAC	5:48.46	25m	08-03-20	Santarém	410
70.	LEONARDO Rute Isabel	98	CNAB	5:51.28	25m	20-10-19	Torres Novas	400
71.	GERVASIO Ana Sofia	95	ACMN	5:57.82	25m	06-03-20	Ponte de Sor	378
72.	COSTA Mafalda Magalhaes	03	SFGP	6:00.20	25m	20-10-19	Torres Novas	371
73.	COTRIM Lara Roque	03	PIMP	6:00.29	25m	21-12-19	Pombal	371
74.	GOMES Ana Rui	03	CNNZ	6:01.31	25m	21-12-19	Pombal	368
75.	FRANCIS Rebeca Correia	03	LAGAC	6:01.80	25m	20-10-19	Quarteira	366
76.	TAVARES Ana Burguete	00	FS	6:01.93	25m	26-01-20	Campo Maior	366
77.	VIEIRA Carolina Lopes	02	SFGP	6:04.73	25m	20-10-19	Torres Novas	357
78.	RODRIGUES Clara Carvalho	02	LDC	6:07.56	25m	20-10-19	Quarteira	349
79.	FERNANDES Maria Margarida	99	GCVR	6:12.05	25m	15-12-19	Leiria	337
80.	BARBADO Sofia Correia	03	ACMN	6:14.07	25m	16-11-19	Odemira	331
81.	LOPES Ariana Lage	02	CMNPR	6:34.64	25m	23-11-19	Bragança	282
82.	TRINDADE Cristina Alexandra	03	CMNPR	6:53.28	25m	23-11-19	Bragança	245
83.	GOMES Barbara Ines	91	APCC	9:43.49	25m	09-02-20	Santa Maria da Feira	87

50 Livres

1.	CUNHA Mariana Pacheco	04	CNCE	26.01	25m	15-05-21	Condeixa-a-Nova	685
2.	PEREIRA Maria Gomes	04	SAD	26.59	25m	21-12-19	Felgueiras	641
3.	MARQUES Maria Vieira	04	CNVA	27.10	25m	01-02-20	Viseu	605
4.	RODRIGUES Joana Francisca	04	CUC	27.39	25m	10-04-21	Felgueiras	586
5.	VIANA Carolina Pereira	04	ACS	27.41	25m	14-12-19	Portimão	585
6.	DOMINGUES Anna Luiza	04	SCB	27.49	25m	15-12-19	Leiria	580
7.	OLIVEIRA Ana Rita	04	CNCE	27.87	25m	21-12-19	Felgueiras	556
8.	JONES Angelina Bermejo	04	PORTIN	27.96	25m	15-05-21	Lagos	551
9.	ALVES Carina Alexandra	04	LSC	27.97	25m	21-12-19	Felgueiras	550
10.	RIBEIRO Barbara Almeida	04	CNCVG	28.08	25m	21-12-19	Felgueiras	544
11.	DELFINO Mariana Morais	04	SCP	28.17	25m	22-11-19	Algés	539
12.	NARCISO Susana Chanoca	04	CDCP	28.42	25m	15-12-19	Leiria	525
12.	COSTA Joana Santos	04	CGA	28.42	25m	25-04-21	Gafanha da Nazaré	525
14.	RIBEIRO Jessica Sofia	04	GCNF	28.43	25m	25-10-20	Olhão	524
15.	MONTEIRO Ana Carolina	04	INDANC	28.45	25m	19-06-21	Coimbra	523
16.	CORREIA Beatriz Santos	04	AVFC	28.46	25m	15-12-19	Leiria	523
17.	MOITEIRO Bruna Silva	04	DNMG	28.54	25m	15-12-19	Leiria	518
18.	AMADO Maria Lopes	04	DNMG	28.63	25m	25-01-20	Alcobaça	513
19.	MIRA Leonor Maria	04	BUZIOS	28.66	25m	08-03-20	Santarém	512
20.	OLIVEIRA Sara Fernandes	04	JACL	28.68	25m	08-05-21	Funchal	511
20.	RODRIGUES Sofia Vilardell	04	GESL	28.68	25m	09-05-21	Sto António Cavaleiros	511
22.	CORREIA Matilde Ribeiro	04	UDO	28.75	25m	13-06-21	Viseu	507
23.	BRANCOURT Yonina	04	GESL	28.82	25m	09-05-21	Sto António Cavaleiros	503
24.	FREIXIEIRO Beatriz Maria	04	CNRM	28.87	25m	25-10-20	Tomar	501
25.	SILVA Ana Filipa	04	AAC	28.88	25m	23-11-19	Coimbra	500
26.	ALMEIDA Filipa Graca	04	AEFDT	28.94	25m	25-10-20	Mealhada	497
27.	MENDES Ana Sebastiao	04	CNLGOS	28.96	25m	11-01-20	Quarteira	496
28.	MORGADO Alice Jesus	04	GESL	29.04	25m	16-02-20	Sto Antonio dos Cavaleiros	492
29.	TROIA Barbara Daniela	04	CFV	29.08	25m	22-11-19	Felgueiras	490
29.	SIMOES Rita Mendes	04	ADBA	29.08	25m	08-11-20	Leiria	490
31.	BOROZAN Gabriela	04	LDC	29.09	25m	15-05-21	Lagos	489
32.	DOMINGUEZ Marta Recio	04	LDC	29.18	25m	25-10-20	Olhão	485
33.	COELHO Barbara Castro	04	CCLAMAS	29.27	25m	22-11-19	Felgueiras	480
34.	SANTOS Marta Cecilia	04	CDE	29.28	25m	18-01-20	Mealhada	480
35.	ALVES Maria Francisca	04	ADBA	29.30	25m	24-11-19	Caldas da Rainha	479
36.	FRANCO Barbara Garrido	04	CEN	29.34	25m	07-03-20	Ponte de Sor	477
37.	CORREIA Sofia Maria	04	ENB	29.37	25m	24-11-19	Bragança	475
38.	GASPAR Beatriz Ferreira	04	CUC	29.47	25m	23-11-19	Coimbra	471
39.	ALVES Ines Sofia	04	PORTIN	29.48	25m	14-12-19	Portimão	470
40.	COSTA Rita Salome	04	CAP	29.50	25m	15-12-19	Leiria	469
41.	SILVA Margarida Borges	04	CAFBDP	29.51	25m	07-03-20	Ponta Delgada	469
42.	MORAIS Margarida Mateus	04	CNTN	29.60	25m	15-02-20	Torres Novas	464
43.	LIMA Eduarda Filipa	04	CFV	29.62	25m	22-11-19	Felgueiras	463
44.	MARQUES Catarina Alexandra	04	CNCVG	29.63	25m	22-11-19	Algés	463
45.	INACIO Marta Macedo	04	SCP	29.64	25m	02-11-19	Lagoa	462
45.	FLORENCIO Matilde Alves	04	CAQC	29.64	25m	22-12-20	Coimbra	462
47.	VENTURA Sara Sofia	04	CEN	29.68	25m	29-02-20	Coruche	461
48.	ROCHA Maria Cleto	04	CNH	29.71	25m	08-05-21	Horta	459
49.	LAMAS Maria Caetano	04	CNMC	29.83	25m	01-02-20	Coimbra	454
50.	ALMEIDA Catarina Nunes	04	CGA	29.90	25m	12-10-19	Mealhada	451
51.	LOPES Margarida Santos	04	CDE	29.97	25m	25-04-21	Gafanha da Nazaré	447
52.	MENDES Mariana Pereira	04	LDC	30.02	25m	11-01-20	Quarteira	445

50 Livres (desde 53)

52.	CASTRO Maria Joao	04	SCA	30.02	25m	07-11-20	Guarda	445
54.	VIANA Margarida Violante	04	ADBA	30.04	25m	24-11-19	Caldas da Rainha	444
55.	PIRES Matilde Silva	04	CFE	30.14	25m	07-03-20	Ponte de Sor	440
56.	LEANDRO Ana Margarida	04	GCVR	30.20	25m	24-11-19	Bragança	437
57.	PEREIRA Beatriz Sofia	04	NBM	30.23	25m	25-10-20	Mealhada	436
58.	OLIVEIRA Ines Prior	04	EDV	30.28	25m	23-11-19	Braga	434
58.	SOUSA Joana Francisca	04	CDSR	30.28	25m	21-12-19	Funchal	434
60.	NARRA Vera Figueiredo	04	CNA	30.29	25m	01-11-19	Setúbal	433
60.	GALANTE Ines Carvalho	04	CFV	30.29	25m	22-11-19	Felgueiras	433
62.	MONTEIRO Ines Maria	04	CNPV	30.30	25m	16-11-19	Angra do Heroísmo	433
63.	SILVA Ana Catarina	04	FBSC	30.31	25m	23-11-19	Coimbra	432
64.	SOARES Bruna Costa	04	LSC	30.34	25m	22-11-19	Felgueiras	431
64.	GONCALVES Angela Emilia	04	CNPO	30.34	25m	07-03-20	Braga	431
66.	SOUSA Joana Margarida	04	AVQA	30.45	25m	24-11-19	Tomar	427
67.	GONCALVES Maria Albuquerque	04	CNFU	30.48	25m	16-11-19	Castelo Branco	425
68.	COSTA Catarina Nunes	04	GESL	30.56	25m	16-02-20	Sto Antonio dos Cavaleiros	422
69.	MADEIRA Catarina Rufino	04	CNFA	30.57	25m	20-10-19	Quarteira	422
70.	DOMINGOS Marta Pereira	04	SFUAP	30.61	25m	09-11-19	Albufeira	420
71.	BENTO Beatriz Staiger	04	VS	30.64	25m	24-11-19	Tomar	419
72.	SILVA Alexandra Cordeiro	04	CNAL	30.66	25m	24-11-19	Caldas da Rainha	418
73.	TRINDADE Maria Eduarda	04	AEJ	30.67	25m	30-11-19	Sines	417
73.	SILVA Maria Ines	04	CNAL	30.67	25m	15-02-20	Torres Novas	417
75.	MELO Beatriz Costa	04	SAD	30.69	25m	15-02-20	Torres Novas	417
76.	VIANA Jacinta Martins	04	CNVA	30.73	25m	01-02-20	Viseu	415
76.	GOMES Mariana Filipa	04	ADP	30.73	25m	07-03-20	Mirandela	415
78.	BORCIC Aleksandra Bozanic	04	SAD	30.77	25m	02-11-19	Lagoa	413
79.	PEREIRA Marta Monteiro	04	CRASTO	30.81	25m	26-10-19	Lagos	412
79.	GAMEIRO Marta Domingues	04	CNAC	30.81	25m	24-10-20	Coimbra	412
81.	MARTINS Mariana Ponte	04	LDC	30.82	25m	11-01-20	Quarteira	411
82.	JESUS Leonor Santos	04	CNOL	30.86	25m	11-01-20	Quarteira	410
83.	SALGUEIRO Joana Lopes	04	ABR	30.89	25m	15-05-21	Lagos	409
84.	FONSECA Ana Filipa	04	CFE	30.90	25m	19-01-20	Montemor-o-Novo	408
84.	FERNANDES Maria Elias	04	EDV	30.90	25m	07-03-20	Braga	408
84.	SILVA Rafaela Canano	04	CNCA	30.90	25m	08-03-20	Santarém	408
84.	GUERREIRO Gloria Regina	04	FCF	30.90	25m	08-11-20	Lagos	408
88.	VICENTE Joana Fernandes	04	CNTN	30.92	25m	15-02-20	Torres Novas	407
89.	SIMAO Renata Bandeira	04	CDE	30.93	25m	12-10-19	Mealhada	407
90.	GONCALVES Maria Margarida	04	CNF	30.94	25m	17-10-20	Funchal	407
91.	RESENDES Teresa Fatima	04	CDBRG	31.08	25m	10-04-21	Praia da Vitória	401
92.	OLIVEIRA Raquel Caetano	04	CFV	31.10	25m	22-11-19	Felgueiras	400
93.	CAMACHO Laura Fernandes	04	CNF	31.15	25m	18-07-20	Funchal	398
94.	SANTOS Mariana Coelho	04	LAGAC	31.17	25m	23-11-19	Lagos	398
95.	GOUVEIA Susana Isabel	04	JACL	31.19	25m	26-10-19	Funchal	397
95.	OLIVEIRA Diana Costa	04	CUC	31.19	25m	24-10-20	Coimbra	397
97.	COJOCARU Beatriz	04	PORTIN	31.21	25m	15-05-21	Lagos	396
98.	RESENDE Eva Pinho	04	CDE	31.39	25m	12-10-19	Mealhada	389
99.	ANDRADE Margarida Fernandes	04	JACL	31.42	25m	08-03-20	Funchal	388
100.	BRITES Natacha Caeiro	04	CFE	31.44	25m	07-03-20	Ponte de Sor	387

100 Livres

1.	CUNHA Mariana Pacheco	04	POR	56.91	25m	09-01-21	Guarda	688
2.	MARQUES Maria Vieira	04	CNVA	58.06	25m	20-12-19	Felgueiras	648
3.	PEREIRA Maria Gomes	04	SAD	58.33	25m	20-12-19	Felgueiras	639
4.	MOURA Maria Ferreira	04	SCP	58.35	25m	20-12-19	Felgueiras	638
5.	VIANA Carolina Pereira	04	ACS	58.96	25m	15-05-21	Lagos	619
6.	AMADO Maria Lopes	04	DNMG	59.13	25m	14-12-19	Leiria	613
7.	RODRIGUES Joana Francisca	04	CUC	59.56	25m	11-04-21	Felgueiras	600
8.	OLIVEIRA Ana Rita	04	CNCE	1:00.26	25m	11-04-21	Felgueiras	579
9.	DELFINO Mariana Morais	04	SCP	1:00.45	25m	22-12-19	Felgueiras	574
10.	CARDEAL Beatriz Nunes	04	AVFC	1:00.48	25m	01-02-20	Viseu	573
11.	FIDALGO Maria Jardim	04	CNCVG	1:00.56	25m	11-04-21	Felgueiras	571
12.	DOMINGUES Anna Luiza	04	SCB	1:00.57	25m	15-12-19	Leiria	570
13.	JONES Angelina Bermejo	04	PORTIN	1:01.11	25m	30-11-19	Sines	555
14.	MOITEIRO Bruna Silva	04	DNMG	1:01.16	25m	11-01-20	Nazaré	554
15.	COSTA Joana Santos	04	CGA	1:01.50	25m	24-04-21	Gafanha da Nazaré	545
16.	FREIXIEIRO Beatriz Maria	04	CNRM	1:01.52	25m	15-12-19	Leiria	544
17.	SANTOS Leonor Esteves	04	EULX	1:01.58	25m	26-10-19	Lagos	543
18.	ALVES Maria Francisca	04	ADBA	1:01.59	25m	18-10-20	Caldas da Rainha	543
19.	LIGEIRO Daniela Silva	04	VNC	1:01.80	25m	02-11-19	Barcelos	537
20.	ALVES Carina Alexandra	04	LSC	1:01.90	25m	23-11-19	Felgueiras	534
21.	MENDES Ana Sebastiao	04	CNLGOS	1:01.97	25m	23-02-20	Lagos	533
22.	INACIO Marta Macedo	04	SCP	1:02.02	25m	02-11-19	Lagoa	531
23.	RIBEIRO Barbara Almeida	04	CNCVG	1:02.05	25m	30-11-19	Sines	531
24.	CORREIA Beatriz Santos	04	AVFC	1:02.12	25m	15-12-19	Leiria	529
25.	NARCISO Susana Chanoca	04	CDCP	1:02.39	25m	23-11-19	Algés	522
26.	SILVA Ana Filipa	04	AAC	1:02.48	25m	21-12-19	Cantanhede	520
27.	ALVES Ines Sofia	04	PORTIN	1:02.52	25m	24-11-19	Lagos	519
28.	MONTEIRO Ana Carolina	04	CUC	1:02.53	25m	24-10-20	Coimbra	518
29.	PEDRO Daniela Alexandra	04	SCP	1:02.62	25m	03-11-19	Lisboa	516
30.	MIRA Leonor Maria	04	BUZIOS	1:02.63	25m	07-03-20	Santarém	516
31.	LAMAS Maria Caetano	04	CNMC	1:02.79	25m	15-05-21	Condeixa-a-Nova	512
32.	SIMOES Rita Mendes	04	ADBA	1:02.83	25m	07-11-20	Leiria	511
33.	TROIA Barbara Daniela	04	CFV	1:02.95	25m	23-11-19	Felgueiras	508
34.	BOROZAN Gabriela	04	LDC	1:02.97	25m	08-05-21	Quarteira	508
35.	PEREIRA Anais Cloe	04	SCP	1:03.02	25m	23-11-19	Algés	506
36.	RIBEIRO Jessica Sofia	04	CNFA	1:03.04	25m	30-11-19	Sines	506
37.	GASPAR Beatriz Ferreira	04	CUC	1:03.25	25m	23-11-19	Coimbra	501
38.	COELHO Barbara Castro	04	CCLAMAS	1:03.33	25m	23-11-19	Felgueiras	499
38.	TROIA Beatriz Rosa	04	CFV	1:03.33	25m	23-11-19	Felgueiras	499
40.	PAIVA Leonor Correia	04	ALN	1:03.48	25m	15-05-21	Condeixa-a-Nova	496
41.	OLIVEIRA Sara Fernandes	04	JACL	1:03.60	25m	18-10-20	Funchal	493
42.	SOUSA Joana Francisca	04	CDSR	1:03.62	25m	09-05-21	Funchal	492
43.	BARAO Margarida Carvalho	04	CNCVG	1:03.78	25m	23-11-19	Algés	489
44.	BRANCOURT Yonina	04	GESL	1:03.83	25m	24-11-19	Algés	487
45.	MONTEIRO Ines Maria	04	CNPV	1:03.95	25m	07-03-20	Ponta Delgada	485
46.	HORTA Diana Valadas	04	SFUAP	1:03.97	25m	15-05-21	Condeixa-a-Nova	484
47.	BORCIC Aleksandra Bozanic	04	SAD	1:04.08	25m	23-11-19	Algés	482
48.	ALMEIDA Filipa Graca	04	AEFDT	1:04.22	25m	24-10-20	Mealhada	479
49.	COSTA Rita Salome	04	CAP	1:04.23	25m	15-12-19	Leiria	478
50.	MELO Beatriz Costa	04	SAD	1:04.37	25m	23-11-19	Algés	475
51.	ROCHA Maria Cleto	04	CNH	1:04.39	25m	10-04-21	Praia da Vitória	475
52.	NARRA Vera Figueiredo	04	CNA	1:04.43	25m	30-11-19	Sines	474
53.	VIANA Margarida Violante	04	ADBA	1:04.60	25m	20-10-19	Óbidos	470

100 Livres (desde 54)

54.	GALANTE Ines Carvalho	04	CFV	1:04.66	25m	23-11-19	Felgueiras	469
55.	CORREIA Matilde Ribeiro	04	UDO	1:04.67	25m	24-10-20	Mealhada	469
56.	GERALDES Madalena Graca	04	SCP	1:04.74	25m	23-11-19	Algés	467
57.	SANTOS Marta Cecilia	04	CDE	1:04.79	25m	18-01-20	Mealhada	466
58.	FLORENCIO Matilde Alves	04	CAQC	1:04.90	25m	24-11-19	Coimbra	464
59.	SILVA Constanca Alexandra	04	PIMP	1:04.91	25m	23-11-19	Caldas da Rainha	463
60.	MARQUES Catarina Alexandra	04	CNCVG	1:05.00	25m	23-11-19	Algés	462
61.	GONCALVES Maria Albuquerque	04	CNFU	1:05.01	25m	17-11-19	Castelo Branco	461
62.	MORAIS Margarida Mateus	04	CNTN	1:05.07	25m	24-11-19	Tomar	460
63.	ALMEIDA Catarina Nunes	04	CGA	1:05.13	25m	13-10-19	Mealhada	459
64.	SILVA Ana Catarina	04	FBSC	1:05.16	25m	24-11-19	Coimbra	458
65.	VIANA Jacinta Martins	04	CNVA	1:05.20	25m	17-11-19	Viseu	457
66.	VENTURA Sara Sofia	04	CEN	1:05.28	25m	02-02-20	Montemor-o-Novo	456
67.	CASTRO Maria Joao	04	SCA	1:05.32	25m	01-02-20	Viseu	455
68.	RIBEIRO Carolina Goncalves	04	CRASTO	1:05.39	25m	01-02-20	Viseu	453
69.	ABREU Sofia Viola	04	CNPE	1:05.44	25m	26-10-19	Lagos	452
70.	OLIVEIRA Ines Prior	04	EDV	1:05.54	25m	21-12-19	Ponte da Barca	450
71.	CORREIA Sofia Maria	04	ENB	1:05.58	25m	23-11-19	Bragança	449
72.	GONCALVES Maria Margarida	04	CNF	1:05.72	25m	21-12-19	Funchal	447
73.	LOPES Margarida Santos	04	CDE	1:05.96	25m	17-11-19	Viseu	442
74.	DOMINGOS Marta Pereira	04	SFUAP	1:05.97	25m	15-05-21	Condeixa-a-Nova	441
75.	BARAO Matilde Carvalho	04	CNCVG	1:05.99	25m	23-11-19	Algés	441
76.	BENTO Beatriz Staiger	04	VS	1:06.04	25m	24-11-19	Tomar	440
77.	SOARES Bruna Costa	04	LSC	1:06.14	25m	23-11-19	Felgueiras	438
78.	FERNANDES Maria Elias	04	EDV	1:06.21	25m	24-11-19	Braga	437
79.	SALGUEIRO Joana Lopes	04	ABR	1:06.27	25m	15-05-21	Lagos	435
80.	GAMEIRO Marta Domingues	04	CNAC	1:06.32	25m	23-11-19	Coimbra	434
81.	TRINDADE Maria Eduarda	04	AEJ	1:06.41	25m	30-11-19	Sines	433
81.	MARTINS Mariana Ponte	04	LDC	1:06.41	25m	08-05-21	Quarteira	433
83.	FONSECA Ana Filipa	04	CFE	1:06.44	25m	07-03-20	Ponte de Sor	432
84.	SILVA Ines Martins	04	CFV	1:06.49	25m	23-11-19	Felgueiras	431
85.	PEREIRA Beatriz Sofia	04	NBM	1:06.50	25m	13-06-21	Viseu	431
86.	CAMACHO Maria Martins	04	SFUAP	1:06.52	25m	17-11-19	Cova da Piedade	431
86.	NEVES Diana Isabel	04	CFP	1:06.52	25m	23-11-19	Felgueiras	431
88.	SANTOS Mariana Coelho	04	LAGAC	1:06.54	25m	01-02-20	Albufeira	430
89.	TAVARES Mariana Silva	04	CDE	1:06.60	25m	24-04-21	Gafanha da Nazaré	429
90.	SILVA Maria Ines	04	CNAL	1:06.64	25m	23-11-19	Caldas da Rainha	428
91.	LEANDRO Ana Margarida	04	GCVR	1:06.68	25m	24-11-19	Bragança	427
92.	GUERREIRO Gloria Regina	04	FCF	1:06.70	25m	24-11-19	Lagos	427
93.	LIMA Eduarda Filipa	04	CFV	1:06.80	25m	09-05-21	Pacos de Ferreira	425
94.	MENDES Mariana Pereira	04	LDC	1:06.91	25m	24-11-19	Lagos	423
95.	FERREIRA Carla Sandrina	04	CRASTO	1:06.93	25m	13-10-19	Mealhada	423
95.	PIMENTEL Marta Lima	04	CFP	1:06.93	25m	24-11-19	Felgueiras	423
97.	SOUSA Joana Margarida	04	AVQA	1:06.95	25m	24-11-19	Tomar	422
98.	ALVES Maria Freire	04	AHBE	1:07.09	25m	01-11-19	Setúbal	420
99.	RESENDE Eva Pinho	04	CDE	1:07.12	25m	24-10-20	Mealhada	419
100.	FERNANDES Maria Beatriz	04	LDC	1:07.25	25m	20-10-19	Quarteira	417

200 Livres

1.	CUNHA Mariana Pacheco	04	CNCE	2:00.97	25m	15-05-21	Condeixa-a-Nova	760
2.	MOURA Maria Ferreira	04	SCP	2:06.49	25m	22-12-19	Felgueiras	665
3.	RODRIGUES Joana Francisca	04	CUC	2:08.24	25m	22-12-19	Felgueiras	638
4.	MARQUES Maria Vieira	04	CNVA	2:10.47	25m	02-02-20	Viseu	606
5.	AMADO Maria Lopes	04	DNMG	2:11.62	25m	17-10-20	Caldas da Rainha	590
6.	COSTA Joana Santos	04	CGA	2:11.78	25m	25-04-21	Gafanha da Nazaré	588
7.	VIANA Carolina Pereira	04	ACS	2:12.07	25m	22-02-20	Lagos	584
8.	VIANA Margarida Violante	04	ADBA	2:12.65	25m	24-11-19	Caldas da Rainha	576
9.	MONTEIRO Ines Maria	04	CNPV	2:12.97	25m	06-03-20	Ponta Delgada	572
10.	CARDEAL Beatriz Nunes	04	AVFC	2:13.23	25m	25-10-20	Mealhada	569
11.	MOITEIRO Bruna Silva	04	DNMG	2:13.36	25m	14-12-19	Leiria	567
12.	PEREIRA Anais Cloe	04	SCP	2:13.39	25m	24-11-19	Algés	567
13.	FIDALGO Maria Jardim	04	CNCVG	2:13.48	25m	10-04-21	Felgueiras	566
14.	GASPAR Beatriz Ferreira	04	CUC	2:13.49	25m	09-11-19	Albufeira	566
15.	ALVES Maria Francisca	04	ADBA	2:14.22	25m	23-02-20	Pombal	556
16.	LIGEIRO Daniela Silva	04	VNC	2:14.33	25m	06-03-20	Braga	555
17.	FREIXIEIRO Beatriz Maria	04	CNRM	2:14.63	25m	24-11-19	Tomar	551
18.	CORREIA Beatriz Santos	04	AVFC	2:14.72	25m	13-06-21	Viseu	550
19.	TROIA Beatriz Rosa	04	CFV	2:14.84	25m	14-12-19	Leiria	549
20.	MONTEIRO Ana Carolina	04	CUC	2:15.18	25m	15-05-21	Condeixa-a-Nova	545
21.	GALANTE Ines Carvalho	04	CFV	2:15.29	25m	23-11-19	Felgueiras	543
22.	SILVA Ana Catarina	04	FBSC	2:15.46	25m	23-02-20	Pombal	541
23.	SILVA Ana Filipa	04	AAC	2:15.77	25m	24-11-19	Coimbra	538
24.	NARRA Vera Figueiredo	04	CNA	2:15.80	25m	24-11-19	Algés	537
25.	MENDES Ana Sebastiao	04	CNLGOS	2:16.03	25m	23-11-19	Lagos	535
26.	INACIO Marta Macedo	04	SCP	2:16.49	25m	24-11-19	Algés	529
27.	NARCISO Susana Chanoca	04	CDCP	2:16.62	25m	24-11-19	Algés	528
28.	MIRA Leonor Maria	04	BUZIOS	2:17.19	25m	24-11-19	Tomar	521
29.	PIMENTEL Marta Lima	04	CFP	2:17.20	25m	24-11-19	Felgueiras	521
30.	HORTA Diana Valadas	04	SFUAP	2:17.26	25m	24-11-19	Algés	520
31.	MELO Beatriz Costa	04	SAD	2:17.35	25m	24-11-19	Algés	519
32.	SIMOES Rita Mendes	04	ADBA	2:17.37	25m	17-10-20	Caldas da Rainha	519
33.	COELHO Barbara Castro	04	CCLAMAS	2:17.53	25m	14-12-19	Leiria	517
34.	MARQUES Maria Alexandra	04	AAC	2:17.87	25m	25-10-20	Coimbra	513
35.	SILVA Ines Martins	04	CFV	2:18.15	25m	08-05-21	Pacos de Ferreira	510
36.	RODRIGUES Lidiana Correia	04	CFB	2:18.28	25m	24-11-19	Algés	509
37.	JONES Angelina Bermejo	04	PORTIN	2:18.29	25m	23-11-19	Lagos	509
38.	BRANCOURT Yonina	04	GESL	2:18.41	25m	24-11-19	Algés	507
39.	FERREIRA Marta Oliveira	04	GCST	2:18.46	25m	24-11-19	Felgueiras	507
40.	GERALDES Madalena Graca	04	SCP	2:18.59	25m	24-11-19	Algés	505
41.	PEDRO Daniela Alexandra	04	SCP	2:18.62	25m	01-02-20	Albufeira	505
42.	SOUSA Joana Francisca	04	CDSR	2:18.66	25m	13-05-21	Funchal	505
43.	LOPES Margarida Santos	04	CDE	2:19.01	25m	25-04-21	Gafanha da Nazaré	501
44.	CAMACHO Maria Martins	04	SFUAP	2:19.12	25m	24-11-19	Algés	500
45.	PAIVA Leonor Correia	04	ALN	2:19.31	25m	01-11-19	Condeixa	498
46.	FERNANDES Maria Elias	04	EDV	2:19.43	25m	19-01-20	Barcelos	496
47.	MONTEIRO Barbara Oliveira	04	SCB	2:19.49	25m	06-03-20	Braga	496
48.	FERREIRA Margarida Filipe	04	CDCP	2:20.16	25m	24-11-19	Algés	489
49.	BARAO Margarida Carvalho	04	CNCVG	2:20.20	25m	25-01-20	Alcobaça	488
50.	RANGEL Beatriz Pereira	04	CFP	2:20.26	25m	11-01-20	Aguas Santas	488
51.	FRANCO Barbara Garrido	04	CEN	2:20.42	25m	18-01-20	Castelo Branco	486
52.	FERREIRA Maria Leonor	04	CDN	2:20.81	25m	08-05-21	Funchal	482
53.	VIANA Jacinta Martins	04	CNVA	2:21.31	25m	13-10-19	Mealhada	477

200 Livres (desde 54)

54.	BOROZAN Gabriela	04	LDC	2:21.41	25m	25-10-20	Olhão	476
55.	RESENDE Eva Pinho	04	CDE	2:21.42	25m	16-11-19	Viseu	476
56.	GAMEIRO Marta Domingues	04	CNAC	2:21.73	25m	22-12-20	Coimbra	473
57.	BARAO Matilde Carvalho	04	CNCVG	2:21.74	25m	24-11-19	Algés	472
58.	COSTA Rita Salome	04	CAP	2:21.85	25m	12-10-19	Pacos de Ferreira	471
59.	RIOS Maria Manuel	04	LSC	2:21.95	25m	12-10-19	Pacos de Ferreira	470
59.	LAGOA Laura Macedo	04	ADBA	2:21.95	25m	20-10-19	Óbidos	470
61.	JESUS Leonor Santos	04	CNOL	2:22.08	25m	09-11-19	Albufeira	469
62.	FONSECA Ana Filipa	04	CFE	2:22.35	25m	07-03-20	Ponte de Sor	466
63.	LIMA Eduarda Filipa	04	CFV	2:22.37	25m	12-10-19	Pacos de Ferreira	466
64.	SANTOS Mariana Coelho	04	LAGAC	2:22.80	25m	22-02-20	Lagos	462
65.	TROIA Barbara Daniela	04	CFV	2:22.81	25m	12-10-19	Pacos de Ferreira	462
66.	ALMEIDA Catarina Nunes	04	CGA	2:23.13	25m	13-10-19	Mealhada	459
67.	SIMAO Renata Bandeira	04	CDE	2:23.22	25m	25-10-20	Mealhada	458
68.	LAMAS Maria Caetano	04	CNMC	2:23.35	25m	01-11-19	Condeixa	457
69.	GONCALVES Maria Albuquerque	04	CNFU	2:23.39	25m	17-11-19	Castelo Branco	456
70.	NEVES Diana Isabel	04	CFP	2:23.43	25m	24-11-19	Felgueiras	456
71.	CUNHA Leonor Correia	04	FBSC	2:23.59	25m	23-11-19	Coimbra	454
72.	BENTO Beatriz Staiger	04	VS	2:23.63	25m	24-11-19	Tomar	454
73.	GUTERRES Mariana Fragoso	04	SLB	2:23.92	25m	24-11-19	Algés	451
74.	RAMOS Barbara Emerick	04	JACL	2:23.99	25m	23-11-19	Funchal	451
75.	PIRES Matilde Silva	04	CFE	2:24.13	25m	07-03-20	Ponte de Sor	449
76.	RIBEIRO Jessica Sofia	04	GCNF	2:24.40	25m	25-10-20	Olhão	447
77.	VENTURA Sara Sofia	04	CEN	2:24.62	25m	07-03-20	Ponte de Sor	445
78.	CASTRO Maria Joao	04	SCA	2:24.73	25m	02-02-20	Viseu	444
79.	SOARES Bruna Costa	04	LSC	2:24.82	25m	23-11-19	Felgueiras	443
80.	LOPES Raquel Raposo	04	CDCP	2:24.95	25m	24-11-19	Algés	442
81.	MARTINS Mariana Ponte	04	LDC	2:24.97	25m	23-11-19	Lagos	442
82.	CAMACHO Laura Fernandes	04	CNF	2:25.49	25m	17-10-20	Funchal	437
83.	MARGATO Laura Rodrigues	04	AAC	2:25.59	25m	07-12-19	Coimbra	436
84.	GONCALVES Angela Emilia	04	CNPO	2:25.69	25m	06-03-20	Braga	435
85.	GUERREIRO Gloria Regina	04	FCF	2:25.99	25m	03-11-19	Lagoa	432
86.	ROCHA Maria Cleto	04	CNH	2:26.34	25m	16-02-20	Horta	429
87.	SILVA Margarida Borges	04	CAFBDP	2:26.37	25m	16-11-19	Ribeira Grande	429
88.	SILVA Alexandra Cordeiro	04	CNAL	2:26.87	25m	20-10-19	Óbidos	425
89.	CUNHA Ana Couto	04	CAP	2:27.20	25m	24-11-19	Felgueiras	422
90.	CASTANHEIRA Ana Sofia	04	CAQC	2:27.22	25m	01-11-19	Condeixa	422
91.	GOMES Mariana Filipa	04	ADP	2:27.36	25m	22-02-20	Mirandela	420
92.	DUARTE Beatriz Alexandra	04	LSC	2:27.80	25m	24-11-19	Felgueiras	417
93.	OLIVEIRA Sara Fernandes	04	JACL	2:28.08	25m	23-11-19	Funchal	414
94.	ABREU Sofia Viola	04	CNPE	2:28.18	25m	20-10-19	Óbidos	413
95.	FERREIRA Carla Sandrina	04	CRASTO	2:28.20	25m	13-10-19	Mealhada	413
96.	PEREIRA Marta Monteiro	04	CRASTO	2:28.32	25m	16-11-19	Viseu	412
97.	PEREIRA Beatriz Sofia	04	NBM	2:28.49	25m	25-10-20	Mealhada	411
98.	SOUSA Joana Margarida	04	AVQA	2:28.59	25m	24-11-19	Tomar	410
99.	GONCALVES Ana Rita	04	ANAR	2:28.80	25m	07-03-20	Ponte de Sor	408
100.	MADEIRA Catarina Rufino	04	CNFA	2:29.54	25m	09-11-19	Albufeira	402

400 Livres

1.	CARDEAL Beatriz Nunes	04	AVFC	4:26.51	25m	21-12-19	Felgueiras	676
2.	SANTOS Leonor Esteves	04	EULX	4:27.05	25m	30-11-19	Sines	672
3.	MOURA Maria Ferreira	04	SCP	4:28.46	25m	02-11-19	Lagoa	661
4.	AMADO Maria Lopes	04	DNMG	4:30.02	25m	14-11-20	Leiria	650
5.	RODRIGUES Joana Francisca	04	INDANC	4:32.13	25m	19-06-21	Coimbra	635
6.	VIANA Margarida Violante	04	ADBA	4:34.38	25m	14-11-20	Leiria	619
7.	OLIVEIRA Ana Rita	04	CNCE	4:35.95	25m	14-11-20	Mealhada	609
8.	GASPAR Beatriz Ferreira	04	INDANC	4:36.10	25m	19-06-21	Coimbra	608
9.	SILVA Ana Catarina	04	FBSC	4:39.12	25m	01-02-20	Coimbra	588
10.	INACIO Marta Macedo	04	SCP	4:39.56	25m	22-11-19	Algés	585
11.	VIANA Carolina Pereira	04	ACS	4:40.09	25m	23-02-20	Lagos	582
12.	FREIXIEIRO Beatriz Maria	04	CNRM	4:40.19	25m	15-02-20	Torres Novas	581
13.	MARTINS Ines Correia	04	FCP	4:40.61	25m	09-05-21	Pacos de Ferreira	579
14.	MONTEIRO Ines Maria	04	CNPV	4:40.70	25m	07-03-20	Ponta Delgada	578
15.	LIGEIRO Daniela Silva	04	VNC	4:41.31	25m	21-12-19	Felgueiras	574
16.	PIMENTEL Marta Lima	04	CFP	4:41.43	25m	21-12-19	Felgueiras	574
17.	GALANTE Ines Carvalho	04	CFV	4:42.33	25m	24-11-19	Felgueiras	568
18.	FERNANDES Maria Elias	04	EDV	4:42.71	25m	07-03-20	Braga	566
19.	MONTEIRO Ana Carolina	04	CUC	4:43.48	25m	23-11-19	Coimbra	561
20.	MIRA Leonor Maria	04	BUZIOS	4:44.25	25m	23-11-19	Tomar	557
21.	MOITEIRO Bruna Silva	04	DNMG	4:44.60	25m	23-11-19	Caldas da Rainha	555
22.	SOUSA Joana Francisca	04	CDSR	4:44.91	25m	18-10-20	Funchal	553
23.	MONTEIRO Barbara Oliveira	04	SCB	4:45.60	25m	07-03-20	Braga	549
24.	PEDRO Daniela Alexandra	04	SCP	4:45.95	25m	22-11-19	Algés	547
25.	MORGADO Alice Jesus	04	SCP	4:45.99	25m	09-01-21	Guarda	547
26.	ALVES Maria Francisca	04	ADBA	4:46.82	25m	15-02-20	Torres Novas	542
27.	PEREIRA Anais Cloe	04	SCP	4:47.37	25m	03-11-19	Lisboa	539
28.	MARQUES Maria Vieira	04	CNVA	4:47.84	25m	01-02-20	Viseu	536
29.	CORREIA Beatriz Santos	04	AVFC	4:47.93	25m	25-04-21	Gafanha da Nazaré	536
30.	FERREIRA Marta Oliveira	04	GCST	4:48.09	25m	24-11-19	Felgueiras	535
31.	COSTA Joana Santos	04	CGA	4:49.01	25m	25-04-21	Gafanha da Nazaré	530
32.	ALVES Ines Sofia	04	PORTIN	4:49.18	25m	30-11-19	Sines	529
33.	COELHO Barbara Castro	04	CCLAMAS	4:49.23	25m	14-12-19	Leiria	529
34.	SILVA Ines Martins	04	CFV	4:49.34	25m	24-11-19	Felgueiras	528
35.	COSTA Catarina Nunes	04	GESL	4:49.69	25m	10-11-19	Albufeira	526
36.	MELO Beatriz Costa	04	SAD	4:49.79	25m	22-11-19	Algés	525
37.	CAMACHO Maria Martins	04	SFUAP	4:49.99	25m	22-11-19	Algés	524
38.	SILVA Ana Filipa	04	AAC	4:50.29	25m	15-02-20	Torres Novas	523
39.	BARAO Margarida Carvalho	04	CNCVG	4:50.40	25m	30-11-19	Sines	522
40.	BORCIC Aleksandra Bozanic	04	SAD	4:50.56	25m	15-02-20	Torres Novas	521
41.	TAVARES Mariana Silva	04	CDE	4:50.86	25m	17-11-19	Viseu	520
42.	SIMOES Rita Mendes	04	ADBA	4:51.43	25m	20-10-19	Óbidos	517
43.	HORTA Diana Valadas	04	SFUAP	4:51.44	25m	09-05-21	Sto António Cavaleiros	517
44.	MARQUES Maria Alexandra	04	AAC	4:52.03	25m	17-10-20	Caldas da Rainha	513
45.	LOPES Raquel Raposo	04	CDCP	4:52.18	25m	14-12-19	Leiria	513
46.	FERREIRA Maria Leonor	04	CDN	4:52.52	25m	12-10-19	Funchal	511
47.	TROIA Barbara Daniela	04	CFV	4:53.88	25m	24-11-19	Felgueiras	504
48.	CUNHA Leonor Correia	04	FBSC	4:54.88	25m	20-10-19	Condeixa	499
49.	PAIVA Leonor Correia	04	ALN	4:55.16	25m	18-10-20	Coimbra	497
50.	RANGEL Beatriz Pereira	04	CFP	4:55.26	25m	09-05-21	Pacos de Ferreira	497
51.	CAMACHO Laura Fernandes	04	CNF	4:55.66	25m	21-12-19	Funchal	495
52.	FLORENCIO Matilde Alves	04	CAQC	4:55.98	25m	20-10-19	Condeixa	493
53.	RESENDE Eva Pinho	04	CDE	4:56.37	25m	17-11-19	Viseu	491

400 Livres (desde 54)

54.	NEVES Diana Isabel	04	CFP	4:56.93	25m	24-11-19	Felgueiras	488
55.	JESUS Leonor Santos	04	CNOL	4:58.28	25m	24-11-19	Lagos	482
56.	CASTRO Maria Joao	04	SCA	4:58.67	25m	01-02-20	Viseu	480
57.	VIANA Jacinta Martins	04	CNVA	4:58.95	25m	01-02-20	Viseu	479
58.	LIMA Eduarda Filipa	04	CFV	4:59.26	25m	24-11-19	Felgueiras	477
59.	MARGATO Laura Rodrigues	04	AAC	4:59.86	25m	01-02-20	Coimbra	474
60.	SILVA Margarida Borges	04	CAFBDP	4:59.95	25m	16-02-20	Ponta Delgada	474
61.	BENTO Beatriz Staiger	04	VS	5:00.13	25m	23-11-19	Tomar	473
62.	RAMOS Barbara Emerick	04	JACL	5:01.42	25m	26-10-19	Funchal	467
63.	FONSECA Ana Filipa	04	CFE	5:02.00	25m	07-03-20	Ponte de Sor	464
64.	GAMEIRO Marta Domingues	04	CNAC	5:02.29	25m	23-11-19	Coimbra	463
65.	BRANCOURT Yonina	04	GESL	5:03.96	25m	03-11-19	Lisboa	455
66.	MARTINS Mariana Ponte	04	LDC	5:04.55	25m	10-11-19	Albufeira	453
67.	MORAIS Margarida Mateus	04	CNTN	5:04.60	25m	07-03-20	Santarém	452
68.	LAMAS Maria Caetano	04	CNMC	5:05.62	25m	07-12-19	Coimbra	448
69.	RODRIGUES Maria Beatriz	04	CAQC	5:05.68	25m	18-10-20	Coimbra	448
70.	CASTANHEIRA Ana Sofia	04	CAQC	5:05.87	25m	18-10-20	Coimbra	447
71.	GONCALVES Maria Albuquerque	04	CNFU	5:06.10	25m	26-10-19	Lagos	446
72.	PEREIRA Marta Monteiro	04	CRASTO	5:07.37	25m	17-11-19	Viseu	440
73.	GUERREIRO Gloria Regina	04	FCF	5:07.97	25m	26-10-19	Lagos	438
74.	BARAO Matilde Carvalho	04	CNCVG	5:08.26	25m	25-01-20	Alcobaça	436
75.	FERREIRA Carla Sandrina	04	CRASTO	5:08.50	25m	17-11-19	Viseu	435
76.	SIMAO Renata Bandeira	04	CDE	5:08.92	25m	13-10-19	Mealhada	434
77.	MENDES Daniela Portela	04	FBSC	5:08.99	25m	20-10-19	Condeixa	433
78.	LOPES Margarida Santos	04	CDE	5:11.09	25m	13-10-19	Mealhada	425
79.	MADEIRA Catarina Rufino	04	GCNF	5:11.46	25m	07-11-20	Lagos	423
80.	OLIVEIRA Sara Fernandes	04	JACL	5:11.94	25m	07-03-20	Funchal	421
81.	SILVA Rafaela Canano	04	VS	5:12.28	25m	24-10-20	Tomar	420
82.	SILVA Constanca Alexandra	04	PIMP	5:12.40	25m	20-10-19	Óbidos	419
83.	BRITES Natacha Caeiro	04	CFE	5:12.52	25m	11-01-20	Elvas	419
84.	CUNHA Ana Couto	04	CAP	5:14.42	25m	24-11-19	Felgueiras	411
85.	ABREU Daniela Filipa	04	CDCA	5:14.93	25m	26-10-19	Lagos	409
86.	DUARTE Beatriz Alexandra	04	LSC	5:15.18	25m	24-11-19	Felgueiras	408
87.	SANTOS Sofia Isabel	04	CNPDL	5:15.30	25m	07-03-20	Ponta Delgada	408
88.	TAVARES Salome Simoes	04	CAPGE	5:16.67	25m	01-02-20	Viseu	403
89.	ROCHA Maria Cleto	04	CNH	5:16.95	25m	16-11-19	Horta	402
90.	FRISCHKNECHT Carolina Anjo	04	CNS	5:17.39	25m	26-01-20	Campo Maior	400
91.	VENTURA Sara Sofia	04	CEN	5:17.59	25m	20-10-19	Évora	399
92.	ABREU Diana Sofia	04	INDCNP	5:17.69	25m	01-02-20	Viseu	399
93.	AMARO Beatriz Sofia	04	DNMG	5:18.13	25m	20-10-19	Óbidos	397
94.	COSTA Leonor Horta	04	CUC	5:18.52	25m	20-10-19	Condeixa	396
95.	SILVA Ines Miguel	04	DNMG	5:18.75	25m	23-11-19	Caldas da Rainha	395
96.	ANDRADE Margarida Fernandes	04	JACL	5:18.79	25m	12-10-19	Funchal	395
97.	SANTOS Marta Cecilia	04	CDE	5:18.98	25m	13-10-19	Mealhada	394
98.	TRINDADE Maria Eduarda	04	AEJ	5:19.06	25m	01-02-20	Viseu	394
99.	GONCALVES Ana Rita	04	ANAR	5:19.08	25m	07-11-20	Guarda	394
100.	SOUSA Joana Margarida	04	AVQA	5:20.25	25m	07-03-20	Santarém	389

800 Livres

1.	CARDEAL Beatriz Nunes	04	AVFC	9:04.72	25m	15-12-19	Leiria	681
2.	SANTOS Leonor Esteves	04	EULX	9:10.36	25m	30-11-19	Sines	660
3.	VIANA Margarida Violante	04	ADBA	9:19.75	25m	08-11-20	Leiria	627
4.	AMADO Maria Lopes	04	DNMG	9:21.20	25m	08-11-20	Leiria	623
5.	RODRIGUES Joana Francisca	04	CUC	9:26.09	25m	02-02-20	Coimbra	607
6.	ARROYO Laura Torres	04	LDC	9:27.56	25m	10-11-19	Albufeira	602
7.	SOUSA Joana Francisca	04	CDSR	9:28.98	25m	31-10-20	Funchal	597
8.	GALANTE Ines Carvalho	04	CFV	9:29.45	25m	15-12-19	Leiria	596
9.	PIMENTEL Marta Lima	04	CFP	9:30.86	25m	22-12-19	Felgueiras	592
9.	SILVA Ana Catarina	04	FBSC	9:30.86	25m	02-02-20	Coimbra	592
11.	GASPAR Beatriz Ferreira	04	CUC	9:33.67	25m	30-11-19	Sines	583
12.	LIGEIRO Daniela Silva	04	VNC	9:35.89	25m	08-05-21	Ponte da Barca	576
13.	MONTEIRO Ines Maria	04	CNPV	9:36.40	25m	08-03-20	Ponta Delgada	575
14.	FERNANDES Maria Elias	04	EDV	9:37.06	25m	06-03-20	Braga	573
15.	MONTEIRO Barbara Oliveira	04	SCB	9:37.16	25m	22-11-19	Braga	572
16.	FREIXIEIRO Beatriz Maria	04	CNRM	9:37.55	25m	06-03-20	Santarém	571
17.	FLORENCIO Matilde Alves	04	CAQC	9:39.56	25m	15-11-20	Mealhada	565
18.	CORREIA Beatriz Santos	04	AVFC	9:43.09	25m	25-04-21	Gafanha da Nazaré	555
19.	MONTEIRO Ana Carolina	04	CUC	9:44.66	25m	01-11-19	Condeixa	551
20.	MARTINS Ines Correia	04	FCP	9:48.38	25m	22-11-19	Felgueiras	540
21.	SILVA Ines Martins	04	CFV	9:50.04	25m	22-11-19	Felgueiras	536
22.	MORGADO Alice Jesus	04	GESL	9:50.63	25m	24-11-19	Algés	534
23.	PEDRO Daniela Alexandra	04	SCP	9:51.30	25m	24-11-19	Algés	532
24.	FERREIRA Margarida Filipe	04	CDCP	9:52.50	25m	24-11-19	Algés	529
25.	FERREIRA Maria Leonor	04	CDN	9:52.94	25m	08-03-20	Funchal	528
26.	LOPES Raquel Raposo	04	CDCP	9:54.52	25m	15-12-19	Leiria	524
27.	MIRA Leonor Maria	04	BUZIOS	9:54.63	25m	06-03-20	Santarém	523
28.	SILVA Ana Filipa	04	AAC	9:55.46	25m	02-02-20	Coimbra	521
29.	HORTA Diana Valadas	04	SFUAP	9:56.90	25m	24-11-19	Algés	517
30.	RODRIGUES Lidiana Correia	04	CFB	9:59.09	25m	24-11-19	Algés	512
31.	CAMACHO Maria Martins	04	SFUAP	10:00.39	25m	24-11-19	Algés	508
32.	BARAO Margarida Carvalho	04	CNCVG	10:02.92	25m	30-11-19	Sines	502
33.	CAMACHO Laura Fernandes	04	CNF	10:03.76	25m	23-11-19	Funchal	500
34.	SIMOES Rita Mendes	04	ADBA	10:04.04	25m	22-12-19	Pombal	499
35.	ALVES Maria Francisca	04	ADBA	10:04.15	25m	22-12-19	Pombal	499
36.	RESENDE Eva Pinho	04	CDE	10:05.43	25m	15-12-19	Leiria	496
37.	SILVA Margarida Borges	04	CAFBDP	10:05.49	25m	14-12-19	Ponta Delgada	496
38.	NARRA Vera Figueiredo	04	CNA	10:05.90	25m	24-11-19	Algés	495
39.	GUTERRES Mariana Fragoso	04	SLB	10:06.81	25m	24-11-19	Algés	492
40.	LIMA Eduarda Filipa	04	CFV	10:07.63	25m	22-11-19	Felgueiras	490
41.	COELHO Barbara Castro	04	CCLAMAS	10:07.75	25m	15-12-19	Leiria	490
42.	TAVARES Mariana Silva	04	CDE	10:08.71	25m	25-10-20	Mealhada	488
43.	TROIA Beatriz Rosa	04	CFV	10:10.68	25m	22-11-19	Felgueiras	483
44.	ALMEIDA Catarina Nunes	04	CGA	10:10.79	25m	13-10-19	Mealhada	483
45.	JESUS Leonor Santos	04	CNOL	10:12.15	25m	24-11-19	Lagos	480
46.	RANGEL Beatriz Pereira	04	CFP	10:13.35	25m	22-11-19	Felgueiras	477
47.	SIMAO Renata Bandeira	04	CDE	10:16.82	25m	25-10-20	Mealhada	469
48.	MARGATO Laura Rodrigues	04	AAC	10:17.09	25m	02-02-20	Coimbra	468
49.	SANTOS Mariana Coelho	04	LAGAC	10:19.30	25m	08-11-20	Lagos	463
50.	NEVES Diana Isabel	04	CFP	10:21.19	25m	22-11-19	Felgueiras	459
51.	PEREIRA Marta Monteiro	04	CRASTO	10:23.00	25m	13-10-19	Mealhada	455
52.	CASTRO Maria Joao	04	SCA	10:23.64	25m	30-11-19	Sines	454
53.	RAMOS Barbara Emerick	04	JACL	10:25.46	25m	17-11-19	Funchal	450

800 Livres (desde 54)

54.	CASTANHEIRA Ana Sofia	04	CAQC	10:27.06	25m	24-11-19	Coimbra	446
55.	MARTINS Mariana Ponte	04	LDC	10:28.23	25m	24-11-19	Lagos	444
56.	BENTO Beatriz Staiger	04	VS	10:29.18	25m	20-10-19	Torres Novas	442
57.	GAMEIRO Marta Domingues	04	CNAC	10:29.81	25m	01-11-19	Condeixa	440
58.	MADEIRA Catarina Rufino	04	GCNF	10:33.26	25m	17-10-20	Lagos	433
59.	GONCALVES Ana Rita	04	ANAR	10:41.38	25m	07-03-20	Ponte de Sor	417
60.	FERREIRA Carla Sandrina	04	CRASTO	10:42.71	25m	01-02-20	Viseu	414
61.	PIRES Matilde Silva	04	CFE	10:42.82	25m	29-02-20	Coruche	414
62.	GONCALVES Angela Emilia	04	CNPO	10:42.90	25m	22-11-19	Felgueiras	414
63.	SILVA Rafaela Canano	04	VS	10:49.14	25m	24-10-20	Tomar	402
64.	ROCHA Maria Cleto	04	CNH	10:49.58	25m	14-12-19	Horta	401
65.	SANTOS Sofia Isabel	04	CNPDL	10:49.67	25m	08-03-20	Ponta Delgada	401
66.	BRITES Natacha Caeiro	04	CFE	10:51.76	25m	07-03-20	Ponte de Sor	397
67.	SOUSA Joana Margarida	04	AVQA	10:58.59	25m	06-03-20	Santarém	385
68.	OLIVEIRA Sara Fernandes	04	JACL	10:58.82	25m	08-03-20	Funchal	385
69.	RODRIGUES Maria Beatriz	04	CAQC	11:07.99	25m	22-12-19	Cantanhede	369
70.	OLIVEIRA Rafaela Faustino	04	CAFBDP	11:08.88	25m	14-12-19	Ponta Delgada	368
71.	ANDRADE Margarida Fernandes	04	JACL	11:11.63	25m	26-10-19	Funchal	363
72.	CANDEIAS Marta Filipa	04	CFE	11:20.75	25m	07-03-20	Ponte de Sor	349
73.	GOUVEIA Susana Isabel	04	JACL	11:43.40	25m	08-03-20	Funchal	316
74.	SILVA Catarina Rodrigues	04	CNPE	11:47.38	25m	22-12-19	Pombal	311
75.	CRUZ Ines Dias	04	CAQC	11:49.12	25m	22-12-19	Cantanhede	308
76.	LEANDRO Ana Margarida	04	GCVR	12:09.12	25m	15-12-19	Leiria	284
77.	GOMES Carolina Silva	04	ACS	12:16.30	25m	26-10-19	Lagos	275
78.	SABANOVIC Erna	04	CLAC	12:20.54	25m	20-10-19	Torres Novas	271
79.	VICENTE Carolina Borralho	04	CFE	12:31.49	25m	17-11-19	Odemira	259
80.	SOARES Ines Silva	04	CDN	12:54.71	25m	17-11-19	Funchal	236
81.	FERREIRA Carolina Alexandra	04	CAFZ	13:15.14	25m	06-03-20	Santarém	219

1500 Livres

1.	CARDEAL Beatriz Nunes	04	AVFC	17:32.31	25m	14-11-20	Mealhada	663
2.	RODRIGUES Joana Francisca	04	CUC	17:57.62	25m	20-12-19	Felgueiras	618
3.	PIMENTEL Marta Lima	04	CFP	18:03.77	25m	23-11-19	Felgueiras	607
4.	GASPAR Beatriz Ferreira	04	INDANC	18:05.60	25m	20-06-21	Coimbra	604
5.	FREIXIEIRO Beatriz Maria	04	CNRM	18:06.67	25m	08-03-20	Santarém	602
6.	PEDRO Daniela Alexandra	04	SCP	18:16.95	25m	01-02-20	Albufeira	586
7.	MARTINS Ines Correia	04	FCP	18:25.15	25m	23-11-19	Felgueiras	573
8.	LIGEIRO Daniela Silva	04	VNC	18:27.86	25m	09-05-21	Ponte da Barca	568
9.	FERNANDES Maria Elias	04	EDV	18:36.95	25m	08-03-20	Braga	555
10.	SILVA Ines Martins	04	CFV	18:38.25	25m	23-11-19	Felgueiras	553
11.	SILVA Ana Catarina	04	FBSC	18:44.32	25m	24-10-20	Coimbra	544
12.	PEREIRA Anais Cloe	04	SCP	18:53.73	25m	22-11-19	Algés	530
13.	NARRA Vera Figueiredo	04	CNA	19:06.80	25m	22-11-19	Algés	512
14.	MIRA Leonor Maria	04	BUZIOS	19:12.29	25m	24-11-19	Tomar	505
15.	JESUS Leonor Santos	04	CNOL	19:15.67	25m	23-11-19	Lagos	501
16.	PEREIRA Marta Monteiro	04	CRASTO	19:50.84	25m	17-11-19	Viseu	458
17.	MARTINS Mariana Ponte	04	LDC	19:51.56	25m	01-02-20	Albufeira	457
18.	RAMOS Barbara Emerick	04	JACL	19:52.72	25m	24-11-19	Funchal	455
19.	FERREIRA Carla Sandrina	04	CRASTO	20:02.47	25m	24-10-20	Mealhada	444
20.	CUNHA Ana Couto	04	CAP	20:12.96	25m	12-10-19	Pacos de Ferreira	433
21.	SILVA Rafaela Canano	04	VS	20:33.06	25m	25-10-20	Tomar	412
22.	BRITES Natacha Caeiro	04	CFE	21:06.56	25m	08-03-20	Ponte de Sor	380

1500 Livres (desde 23)

23.	FIGUEIRAS Filipa Tibo	04	ACMN	21:18.34	25m	17-11-19	Odemira	370
24.	ROCHA Maria Cleto	04	CNH	21:24.19	25m	16-11-19	Horta	365
25.	CANDEIAS Marta Filipa	04	CFE	21:46.37	25m	17-11-19	Odemira	347
26.	SABANOVIC Erna	04	CLAC	24:02.69	25m	19-01-20	Entroncamento	257
27.	FERREIRA Carolina Alexandra	04	CAFZ	25:28.27	25m	08-03-20	Santarém	216

50 Costas

1.	MARQUES Maria Vieira	04	CNVA	29.73	25m	17-11-19	Viseu	643
2.	OLIVEIRA Ana Rita	04	CNCE	29.93	25m	21-12-19	Felgueiras	630
3.	AMADO Maria Lopes	04	DNMG	30.60	25m	15-12-19	Leiria	590
4.	ROCHA Carolina Neves	04	CFP	30.71	25m	24-11-19	Felgueiras	584
5.	MENDES Ana Sebastiao	04	CNLGOS	31.12	25m	16-05-21	Lagos	561
6.	RODRIGUES Sofia Vilardell	04	GESL	31.28	25m	15-12-19	Leiria	552
7.	COSTA Joana Santos	04	CGA	31.39	25m	14-11-20	Mealhada	546
8.	DELFINO Mariana Morais	04	SCP	31.56	25m	21-12-19	Felgueiras	538
9.	JONES Angelina Bermejo	04	PORTIN	31.64	25m	14-11-20	Leiria	534
10.	PAIVA Leonor Correia	04	ALN	31.74	25m	24-10-20	Coimbra	529
11.	MONTEIRO Ana Carolina	04	CUC	31.76	25m	23-12-20	Coimbra	528
12.	RODRIGUES Joana Francisca	04	CUC	31.98	25m	24-10-20	Coimbra	517
13.	BRANCOURT Yonina	04	GESL	32.29	25m	21-12-19	Felgueiras	502
14.	FERREIRA Maria Leonor	04	CDN	32.33	25m	06-03-20	Funchal	500
15.	NARCISO Susana Chanoca	04	CDCP	32.41	25m	24-11-19	Algés	496
16.	COSTA Carolina Fale	04	ADRCIMM	32.50	25m	14-11-20	Leiria	492
17.	ALVES Carina Alexandra	04	LSC	32.56	25m	24-11-19	Felgueiras	490
18.	VENTURA Sara Sofia	04	CEN	32.69	25m	26-01-20	Campo Maior	484
19.	ALVES Ines Sofia	04	PORTIN	32.73	25m	11-01-20	Quarteira	482
20.	PIRES Matilde Silva	04	CFE	32.84	25m	07-03-20	Ponte de Sor	477
21.	GONCALVES Maria Margarida	04	CNF	32.85	25m	23-11-19	Funchal	477
22.	INACIO Marta Macedo	04	SCP	32.87	25m	16-02-20	Sto Antonio dos Cavaleiros	476
23.	MARTINS Ines Correia	04	FCP	32.93	25m	10-04-21	Felgueiras	473
24.	TROIA Barbara Daniela	04	CFV	33.05	25m	22-11-19	Felgueiras	468
25.	ALMEIDA Filipa Graca	04	AEFDT	33.13	25m	25-04-21	Gafanha da Nazaré	465
26.	PEREIRA Anais Cloe	04	SCP	33.37	25m	24-11-19	Algés	455
27.	MENDES Daniela Portela	04	FBSC	33.42	25m	23-12-20	Coimbra	453
28.	CAMACHO Laura Fernandes	04	CNF	33.53	25m	08-05-21	Funchal	448
29.	CORREIA Beatriz Santos	04	AVFC	33.61	25m	15-12-19	Leiria	445
30.	ROCHA Maria Cleto	04	CNH	33.68	25m	09-04-21	Praia da Vitória	442
31.	LAMAS Maria Caetano	04	CNMC	33.76	25m	23-11-19	Coimbra	439
31.	VIANA Margarida Violante	04	ADBA	33.76	25m	07-11-20	Leiria	439
33.	CUNHA Leonor Correia	04	FBSC	33.78	25m	24-10-20	Coimbra	438
34.	SOUSA Joana Francisca	04	CDSR	33.85	25m	18-07-20	Funchal	436
35.	VICENTE Joana Fernandes	04	CNTN	33.92	25m	15-02-20	Torres Novas	433
36.	JESUS Leonor Santos	04	CNOL	34.09	25m	12-01-20	Quarteira	426
37.	FREIXIEIRO Beatriz Maria	04	CNRM	34.13	25m	07-03-20	Santarém	425
38.	LIMA Eduarda Filipa	04	CFV	34.24	25m	08-05-21	Pacos de Ferreira	421
39.	ABREU Sofia Viola	04	CNPE	34.35	25m	23-11-19	Caldas da Rainha	417
40.	TRINDADE Maria Eduarda	04	AEJ	34.39	25m	18-01-20	Mealhada	415
41.	RIBEIRO Jessica Sofia	04	GCNF	34.40	25m	07-11-20	Lagos	415
42.	SILVA Margarida Borges	04	CAFBDP	34.48	25m	09-04-21	Praia da Vitória	412
43.	FELIX Ines Silva	04	SCA	34.64	25m	02-02-20	Viseu	406
44.	HORTA Diana Valadas	04	SFUAP	34.71	25m	01-11-19	Setúbal	404
45.	BENTO Beatriz Staiger	04	VS	34.79	25m	23-11-19	Tomar	401

50 Costas (desde 46)

46.	CORREIA Matilde Ribeiro	04	UDO	34.81	25m	25-10-20	Mealhada	401
47.	RIOS Maria Manuel	04	LSC	34.90	25m	22-11-19	Felgueiras	397
48.	SANTOS Mariana Coelho	04	LAGAC	34.92	25m	23-11-19	Lagos	397
49.	CORREIA Sofia Maria	04	ENB	34.94	25m	07-03-20	Mirandela	396
50.	SANTOS Marta Cecilia	04	CDE	35.22	25m	25-04-21	Gafanha da Nazaré	387
51.	VIANA Jacinta Martins	04	CNVA	35.24	25m	02-02-20	Viseu	386
52.	VIEIRA Filipa Victor	04	AAC	35.26	25m	23-12-20	Coimbra	385
53.	CASTRO Maria Joao	04	SCA	35.30	25m	25-04-21	Gafanha da Nazaré	384
54.	OLIVEIRA Sara Fernandes	04	JACL	35.36	25m	23-11-19	Funchal	382
54.	SABANOVIC Erna	04	CLAC	35.36	25m	07-03-20	Santarém	382
56.	TAVARES Mariana Silva	04	CDE	35.45	25m	17-11-19	Viseu	379
57.	NARRA Vera Figueiredo	04	CNA	35.48	25m	15-02-20	Torres Novas	378
58.	SIMAO Renata Bandeira	04	CDE	35.67	25m	17-11-19	Viseu	372
59.	MARTINS Mariana Ponte	04	LDC	35.73	25m	12-01-20	Quarteira	370
60.	SILVA Alexandra Cordeiro	04	CNAL	35.83	25m	15-02-20	Torres Novas	367
61.	RESENDE Eva Pinho	04	CDE	36.05	25m	17-11-19	Viseu	361
62.	LIMA Sara Estanque	04	ACRZA	36.11	25m	19-01-20	Montemor-o-Novo	359
63.	PEREIRA Beatriz Sofia	04	NBM	36.17	25m	17-11-19	Viseu	357
64.	BOROZAN Gabriela	04	LDC	36.18	25m	24-11-19	Lagos	357
65.	GONCALVES Maria Albuquerque	04	CNFU	36.24	25m	16-11-19	Castelo Branco	355
66.	SALGUEIRO Joana Lopes	04	ABR	36.38	25m	07-11-20	Lagos	351
67.	SILVA Ana Filipa	04	AAC	36.52	25m	23-11-19	Coimbra	347
68.	GONCALVES Angela Emilia	04	CNPO	36.62	25m	15-12-19	Leiria	344
69.	CRUZ Ines Dias	04	CAQC	36.76	25m	23-11-19	Coimbra	340
70.	TAVARES Salome Simoes	04	CAPGE	36.77	25m	13-06-21	Viseu	340
71.	SILVA Catarina Rodrigues	04	CNPE	37.10	25m	20-10-19	Óbidos	331
72.	AMARO Beatriz Sofia	04	DNMG	37.27	25m	17-10-20	Caldas da Rainha	326
73.	OLIVEIRA Diana Costa	04	CUC	37.37	25m	24-10-20	Coimbra	324
74.	SOUSA Joana Margarida	04	AVQA	37.48	25m	07-03-20	Santarém	321
75.	CASTRO Luana Ferreira	04	EDV	37.51	25m	24-11-19	Braga	320
76.	GOUVEIA Susana Isabel	04	JACL	37.52	25m	22-11-19	Funchal	320
77.	MONTEIRO Ines Maria	04	CNPV	37.79	25m	16-11-19	Angra do Heroísmo	313
78.	MALYSHEVA Catia Afamasyev	04	SCB	37.86	25m	08-03-20	Braga	311
79.	BRITES Natacha Caeiro	04	CFE	37.90	25m	19-01-20	Montemor-o-Novo	310
80.	FELICIA Beatriz Filipe	04	FCF	37.92	25m	07-11-20	Lagos	310
81.	RAMOS Barbara Emerick	04	JACL	38.08	25m	22-11-19	Funchal	306
82.	OLIVEIRA Rafaela Faustino	04	CAFBDP	38.23	25m	16-11-19	Ribeira Grande	302
83.	CARVALHO Carolina Macedo	04	CAPGE	38.24	25m	13-06-21	Viseu	302
84.	GONCALVES Ana Rita	04	ANAR	38.28	25m	08-05-21	Guarda	301
85.	FERREIRA Carla Sandrina	04	CRASTO	38.39	25m	25-10-20	Mealhada	298
86.	SOUSA Joana Sofia	04	TNC	38.74	25m	12-01-20	Quarteira	290
87.	HENRIQUES Sara Miguel	04	AEFDT	38.79	25m	02-02-20	Viseu	289
88.	FINS Ines Torres	04	NSIT	39.03	25m	16-11-19	Angra do Heroísmo	284
89.	MADEIRA Catarina Rufino	04	CNFA	39.28	25m	15-12-19	Portimão	279
90.	LEAL Mariana Dias	04	CAPGE	39.30	25m	17-11-19	Viseu	278
91.	GONCALVES Rita Maria	04	CNH	39.33	25m	15-02-20	Horta	278
92.	FONSECA Maria Leonor	04	AEJ	39.36	25m	25-04-21	Gafanha da Nazaré	277
93.	ANDRADE Margarida Fernandes	04	JACL	39.37	25m	18-07-20	Funchal	277
94.	COUTO Ines Ferreira	04	CAFBDP	39.48	25m	13-03-21	Ponta Delgada	274
95.	AFONSO Beatriz Beja	04	AAC	39.77	25m	23-11-19	Coimbra	268
96.	NUNES Mariana Rosa	04	LAGAC	39.78	25m	12-01-20	Quarteira	268
97.	CARMO Barbara Leote	04	CNOL	39.85	25m	12-01-20	Quarteira	267
98.	VICENTE Carolina Borrvalho	04	CFE	39.96	25m	26-01-20	Campo Maior	265

50 Costas (desde 99)

99.	ANTONIO Margarida Nunes	04	CRIRA	40.06	25m	17-11-19	Odemira	263
100.	GOMES Carolina Silva	04	ACS	40.27	25m	12-01-20	Quarteira	259

100 Costas

1.	CUNHA Mariana Pacheco	04	POR	1:02.48	25m	09-01-21	Guarda	678
2.	OLIVEIRA Ana Rita	04	CNCE	1:03.71	25m	11-04-21	Felgueiras	639
3.	AMADO Maria Lopes	04	DNMG	1:04.17	25m	22-12-19	Felgueiras	625
4.	MARQUES Maria Vieira	04	CNVA	1:05.38	25m	14-12-19	Leiria	591
5.	PAIVA Leonor Correia	04	ALN	1:05.97	25m	22-12-20	Coimbra	576
6.	ROCHA Carolina Neves	04	CFP	1:06.31	25m	23-11-19	Felgueiras	567
7.	COSTA Joana Santos	04	CGA	1:06.76	25m	15-11-20	Mealhada	555
8.	MENDES Ana Sebastiao	04	CNLGOS	1:06.77	25m	16-05-21	Lagos	555
9.	COSTA Carolina Fale	04	ADRCIMM	1:07.24	25m	22-12-19	Felgueiras	543
10.	RODRIGUES Sofia Vilardell	04	GESL	1:07.47	25m	14-12-19	Leiria	538
11.	RODRIGUES Joana Francisca	04	CUC	1:07.62	25m	24-10-20	Coimbra	534
12.	SILVA Constanca Alexandra	04	PIMP	1:07.74	25m	30-11-19	Sines	532
13.	NARCISO Susana Chanoca	04	CPCD	1:07.84	25m	15-11-20	Leiria	529
14.	FERREIRA Maria Leonor	04	CDN	1:08.11	25m	08-03-20	Funchal	523
15.	JONES Angelina Bermejo	04	PORTIN	1:08.47	25m	25-10-20	Olhão	515
16.	ALVES Ines Sofia	04	PORTIN	1:08.76	25m	09-11-19	Albufeira	508
17.	TROIA Barbara Daniela	04	CFV	1:08.85	25m	14-12-19	Leiria	506
18.	DELFINO Mariana Morais	04	SCP	1:08.88	25m	22-12-19	Felgueiras	506
19.	INACIO Marta Macedo	04	SCP	1:09.27	25m	22-11-19	Algés	497
20.	PEREIRA Maria Gomes	04	SAD	1:09.34	25m	22-11-19	Algés	496
21.	MARTINS Ines Correia	04	FCP	1:09.51	25m	11-04-21	Felgueiras	492
22.	NARRA Vera Figueiredo	04	CNA	1:09.81	25m	30-11-19	Sines	486
23.	CUNHA Leonor Correia	04	FBSC	1:10.06	25m	20-12-19	Felgueiras	480
24.	BRANCOURT Yonina	04	GESL	1:10.16	25m	16-02-20	Sto Antonio dos Cavaleiros	478
25.	CAMACHO Laura Fernandes	04	CNF	1:10.42	25m	14-05-21	Funchal	473
26.	VENTURA Sara Sofia	04	CEN	1:10.53	25m	11-01-20	Elvas	471
27.	GONCALVES Maria Margarida	04	CNF	1:10.67	25m	30-11-19	Sines	468
28.	TROIA Beatriz Rosa	04	CFV	1:10.81	25m	24-11-19	Felgueiras	465
29.	PEREIRA Anais Cloe	04	SCP	1:11.09	25m	03-11-19	Lisboa	460
30.	GASPAR Beatriz Ferreira	04	CUC	1:11.22	25m	01-02-20	Coimbra	457
31.	SOUSA Joana Francisca	04	CDSR	1:11.35	25m	23-11-19	Funchal	455
32.	JESUS Leonor Santos	04	CNOL	1:11.61	25m	14-12-19	Portimão	450
33.	ALVES Carina Alexandra	04	LSC	1:11.72	25m	23-11-19	Felgueiras	448
34.	PIRES Matilde Silva	04	CFE	1:11.90	25m	06-03-20	Ponte de Sor	444
35.	ROCHA Maria Cleto	04	CNH	1:12.26	25m	10-04-21	Praia da Vitória	438
36.	CORREIA Beatriz Santos	04	AVFC	1:12.48	25m	16-11-19	Viseu	434
37.	INACIO Ana Sofia	04	CFB	1:12.93	25m	17-11-19	Cova da Piedade	426
37.	MELO Beatriz Costa	04	SAD	1:12.93	25m	15-02-20	Torres Novas	426
39.	MORGADO Alice Jesus	04	SCP	1:12.94	25m	16-05-21	Alvalade	426
40.	TRINDADE Maria Eduarda	04	AEJ	1:13.10	25m	12-10-19	Mealhada	423
41.	SANTOS Mariana Coelho	04	LAGAC	1:13.14	25m	24-11-19	Lagos	422
42.	ABREU Sofia Viola	04	CNPE	1:13.20	25m	24-11-19	Caldas da Rainha	421
43.	RIOS Maria Manuel	04	LSC	1:13.28	25m	24-11-19	Felgueiras	420
44.	ALMEIDA Filipa Graca	04	AEFDT	1:13.38	25m	25-10-20	Mealhada	418
45.	SALGUEIRO Joana Lopes	04	ABR	1:13.46	25m	16-05-21	Lagos	417
46.	RIBEIRO Carolina Goncalves	04	CRASTO	1:13.48	25m	12-10-19	Mealhada	416
47.	TAVARES Mariana Silva	04	CDE	1:13.86	25m	12-10-19	Mealhada	410
48.	VIANA Margarida Violante	04	ADBA	1:13.90	25m	18-10-20	Caldas da Rainha	409

100 Costas (desde 49)

49.	FELIX Ines Silva	04	SCA	1:14.06	25m	25-10-20	Mealhada	407
50.	HORTA Diana Valadas	04	SFUAP	1:14.15	25m	22-11-19	Algés	405
51.	RIBEIRO Barbara Almeida	04	CNCVG	1:14.26	25m	30-11-19	Sines	403
52.	FREIXIEIRO Beatriz Maria	04	CNRM	1:14.33	25m	29-02-20	Coruche	402
53.	VIANA Jacinta Martins	04	CNVA	1:14.42	25m	18-01-20	Mealhada	401
54.	MENDES Daniela Portela	04	FBSC	1:14.81	25m	22-12-20	Coimbra	395
55.	CORREIA Sofia Maria	04	ENB	1:14.98	25m	22-02-20	Mirandela	392
56.	LAMAS Maria Caetano	04	CNMC	1:15.07	25m	20-10-19	Condeixa	390
57.	ALVES Maria Freire	04	AHBE	1:15.31	25m	01-02-20	Ponte de Sor	387
58.	MACHARREU Matilde Isabel	04	BUZIOS	1:15.35	25m	26-10-19	Lagos	386
59.	MOITEIRO Bruna Silva	04	DNMG	1:15.39	25m	11-01-20	Nazaré	385
60.	PEDRO Daniela Alexandra	04	SCP	1:15.42	25m	01-02-20	Albufeira	385
61.	RANGEL Beatriz Pereira	04	CFP	1:15.44	25m	23-11-19	Felgueiras	385
62.	BENTO Beatriz Staiger	04	VS	1:15.63	25m	06-03-20	Santarém	382
63.	CAMACHO Maria Martins	04	SFUAP	1:15.67	25m	09-11-19	Albufeira	381
64.	SIMAO Renata Bandeira	04	CDE	1:15.74	25m	18-01-20	Mealhada	380
65.	AMARO Beatriz Sofia	04	DNMG	1:15.80	25m	24-11-19	Caldas da Rainha	379
66.	MARQUES Catarina Alexandra	04	CNCVG	1:15.81	25m	22-11-19	Algés	379
67.	LOPES Raquel Raposo	04	CDCP	1:15.86	25m	22-11-19	Algés	378
68.	SILVA Alexandra Cordeiro	04	CNAL	1:16.06	25m	30-11-19	Sines	375
69.	CASTRO Luana Ferreira	04	EDV	1:16.29	25m	09-05-21	Ponte da Barca	372
70.	MARTINS Mariana Ponte	04	LDC	1:16.43	25m	09-11-19	Albufeira	370
71.	MARGATO Laura Rodrigues	04	AAC	1:16.57	25m	15-02-20	Torres Novas	368
72.	SILVA Margarida Borges	04	CAFBDP	1:16.61	25m	15-02-20	Ponta Delgada	367
73.	VIEIRA Filipa Victor	04	AAC	1:16.62	25m	24-10-20	Coimbra	367
74.	VICENTE Joana Fernandes	04	CNTN	1:16.76	25m	06-03-20	Santarém	365
75.	GONCALVES Maria Albuquerque	04	CNFU	1:16.84	25m	01-02-20	Ponte de Sor	364
76.	SANTOS Marta Cecilia	04	CDE	1:16.86	25m	25-04-21	Gafanha da Nazaré	364
77.	GONCALVES Angela Emilia	04	CNPO	1:16.93	25m	14-12-19	Leiria	363
78.	LEANDRO Ana Margarida	04	GCVR	1:16.95	25m	24-11-19	Bragança	362
79.	SABANOVIC Erna	04	CLAC	1:17.05	25m	23-11-19	Tomar	361
80.	GOMES Mariana Filipa	04	ADP	1:17.10	25m	07-03-20	Mirandela	360
81.	RESENDE Eva Pinho	04	CDE	1:17.39	25m	01-02-20	Viseu	356
82.	FONSECA Ana Filipa	04	CFE	1:17.44	25m	20-10-19	Évora	356
83.	SILVA Ines Louro	04	ANAR	1:17.83	25m	01-02-20	Ponte de Sor	350
84.	PEREIRA Beatriz Sofia	04	NBM	1:18.27	25m	12-10-19	Mealhada	344
85.	RODRIGUES Maria Beatriz	04	CAQC	1:18.40	25m	18-10-20	Coimbra	343
86.	CORREIA Matilde Ribeiro	04	UDO	1:18.45	25m	25-10-20	Mealhada	342
87.	TAVARES Salome Simoes	04	CAPGE	1:18.68	25m	13-06-21	Viseu	339
88.	LIMA Sara Estanque	04	ACRZA	1:18.93	25m	16-11-19	Odemira	336
89.	MONTEIRO Ines Maria	04	CNPV	1:19.07	25m	16-11-19	Angra do Heroísmo	334
90.	SOUSA Joana Miguel	04	AHBE	1:19.16	25m	01-11-19	Setúbal	333
91.	RIBEIRO Jessica Sofia	04	CNFA	1:19.61	25m	23-02-20	Lagos	327
92.	SILVA Ines Miguel	04	DNMG	1:19.65	25m	08-11-20	Leiria	327
93.	GOUVEIA Susana Isabel	04	JACL	1:19.66	25m	18-10-20	Funchal	327
94.	RODRIGUES Marta Silva	04	CNPO	1:19.71	25m	23-11-19	Felgueiras	326
95.	OLIVEIRA Diana Costa	04	CUC	1:19.72	25m	24-10-20	Coimbra	326
96.	COSTA Leonor Horta	04	CUC	1:19.77	25m	20-10-19	Condeixa	325
97.	OLIVEIRA Raquel Caetano	04	CFV	1:19.89	25m	23-11-19	Felgueiras	324
98.	SOUSA Joana Margarida	04	AVQA	1:20.18	25m	23-11-19	Tomar	320
99.	MALYSHEVA Catia Afamasyev	04	SCB	1:20.31	25m	07-03-20	Braga	319
100.	LIGEIRO Daniela Silva	04	VNC	1:20.34	25m	16-11-19	Vila Praia de Âncora	318

200 Costas

1.	OLIVEIRA Ana Rita	04	CNCE	2:16.94	25m	15-05-21	Condeixa-a-Nova	660
2.	AMADO Maria Lopes	04	DNMG	2:18.30	25m	15-12-19	Leiria	640
3.	MOURA Maria Ferreira	04	SCP	2:22.58	25m	01-02-20	Albufeira	584
4.	COSTA Carolina Fale	04	ADRCIMM	2:22.59	25m	20-12-19	Felgueiras	584
5.	PAIVA Leonor Correia	04	ALN	2:24.12	25m	25-10-20	Coimbra	566
6.	FERREIRA Maria Leonor	04	CDN	2:24.93	25m	07-03-20	Funchal	556
7.	CUNHA Mariana Pacheco	04	CNCE	2:25.46	25m	12-10-19	Pacos de Ferreira	550
8.	RODRIGUES Joana Francisca	04	CUC	2:25.53	25m	25-10-20	Coimbra	549
9.	CARDEAL Beatriz Nunes	04	AVFC	2:27.11	25m	15-11-20	Mealhada	532
10.	MARTINS Ines Correia	04	FCP	2:27.24	25m	10-04-21	Felgueiras	530
11.	ALVES Ines Sofia	04	PORTIN	2:27.61	25m	10-11-19	Albufeira	526
12.	COSTA Joana Santos	04	CGA	2:28.29	25m	15-11-20	Mealhada	519
13.	NARCISO Susana Chanoca	04	CPCD	2:28.40	25m	09-05-21	Alcobaça	518
14.	INACIO Marta Macedo	04	SCP	2:28.44	25m	22-11-19	Algés	518
15.	MARQUES Maria Vieira	04	CNVA	2:28.74	25m	15-12-19	Leiria	515
16.	RODRIGUES Sofia Vildardell	04	GESL	2:29.03	25m	15-12-19	Leiria	512
17.	CAMACHO Laura Fernandes	04	CNF	2:29.15	25m	13-05-21	Funchal	510
18.	ROCHA Carolina Neves	04	CFP	2:29.31	25m	20-12-19	Felgueiras	509
19.	SILVA Constanca Alexandra	04	PIMP	2:30.15	25m	30-11-19	Sines	500
20.	DELFINO Mariana Morais	04	SCP	2:30.64	25m	22-11-19	Algés	495
21.	TROIA Barbara Daniela	04	CFV	2:30.72	25m	15-12-19	Leiria	495
22.	CUNHA Leonor Correia	04	FBSC	2:31.07	25m	20-12-19	Felgueiras	491
23.	TROIA Beatriz Rosa	04	CFV	2:31.21	25m	12-10-19	Pacos de Ferreira	490
24.	JESUS Leonor Santos	04	CNOL	2:31.26	25m	15-12-19	Portimão	489
25.	SOUSA Joana Francisca	04	CDSR	2:32.18	25m	24-11-19	Funchal	480
26.	VIANA Margarida Violante	04	ADBA	2:32.26	25m	15-11-20	Leiria	480
27.	GONCALVES Maria Margarida	04	CNF	2:32.39	25m	30-11-19	Sines	478
28.	PEREIRA Anais Cloe	04	SCP	2:32.71	25m	16-02-20	Sto Antonio dos Cavaleiros	475
29.	ALVES Carina Alexandra	04	LSC	2:33.58	25m	12-10-19	Pacos de Ferreira	467
30.	INACIO Ana Sofia	04	CFB	2:33.73	25m	15-12-19	Portimão	466
31.	GASPAR Beatriz Ferreira	04	CUC	2:33.75	25m	01-11-19	Condeixa	466
32.	VENTURA Sara Sofia	04	CEN	2:33.93	25m	29-02-20	Coruche	464
33.	MELO Beatriz Costa	04	SAD	2:34.15	25m	15-05-21	Alcabideche	462
34.	LOPES Raquel Raposo	04	CDCP	2:35.37	25m	10-11-19	Albufeira	451
35.	SANTOS Mariana Coelho	04	LAGAC	2:35.51	25m	22-02-20	Lagos	450
36.	HORTA Diana Valadas	04	SFUAP	2:35.66	25m	22-11-19	Algés	449
37.	MONTEIRO Ana Carolina	04	CUC	2:36.05	25m	01-11-19	Condeixa	446
38.	CRUZ Jessica Catarina	04	CAP	2:36.33	25m	12-10-19	Pacos de Ferreira	443
39.	GALANTE Ines Carvalho	04	CFV	2:36.35	25m	12-10-19	Pacos de Ferreira	443
40.	JONES Angelina Bermejo	04	PORTIN	2:36.46	25m	17-10-20	Lagos	442
41.	CORREIA Beatriz Santos	04	AVFC	2:36.80	25m	16-11-19	Viseu	439
42.	ROCHA Maria Cleto	04	CNH	2:36.85	25m	14-03-21	Horta	439
43.	FREIXIEIRO Beatriz Maria	04	CNRM	2:37.06	25m	29-02-20	Coruche	437
44.	CASTRO Luana Ferreira	04	EDV	2:37.75	25m	08-05-21	Ponte da Barca	431
45.	CAMACHO Maria Martins	04	SFUAP	2:38.37	25m	22-11-19	Algés	426
46.	SILVA Ana Catarina	04	FBSC	2:38.50	25m	23-12-20	Coimbra	425
47.	LIMA Eduarda Filipa	04	CFV	2:38.57	25m	12-10-19	Pacos de Ferreira	425
48.	FERREIRA Marta Oliveira	04	GCST	2:38.60	25m	12-10-19	Pacos de Ferreira	424
49.	ABREU Sofia Viola	04	CNPE	2:38.96	25m	20-10-19	Óbidos	421
50.	COUTINHO Maria Martim	04	ADBA	2:39.04	25m	20-10-19	Óbidos	421
51.	RIBEIRO Carolina Goncalves	04	CRASTO	2:39.43	25m	01-02-20	Viseu	418
52.	PEDRO Daniela Alexandra	04	SCP	2:39.70	25m	16-02-20	Sto Antonio dos Cavaleiros	416
53.	LAGOA Laura Macedo	04	ADBA	2:39.77	25m	20-10-19	Óbidos	415

200 Costas (desde 54)

54.	PIRES Matilde Silva	04	CFE	2:39.85	25m	07-03-20	Ponte de Sor	414
55.	GOMES Fabia Isabel	04	CFP	2:39.96	25m	22-11-19	Felgueiras	414
56.	MENDES Daniela Portela	04	FBSC	2:40.28	25m	01-11-19	Condeixa	411
57.	MACHARREU Matilde Isabel	04	BUZIOS	2:40.45	25m	26-10-19	Lagos	410
58.	FELIX Ines Silva	04	SCA	2:40.98	25m	30-11-19	Sines	406
59.	ALVES Maria Freire	04	AHBE	2:41.05	25m	22-11-19	Algés	405
60.	VIANA Jacinta Martins	04	CNVA	2:41.39	25m	01-02-20	Viseu	403
61.	LAMAS Maria Caetano	04	CNMC	2:41.43	25m	07-12-19	Coimbra	402
62.	RODRIGUES Maria Beatriz	04	CAQC	2:42.30	25m	25-10-20	Coimbra	396
63.	MARQUES Catarina Alexandra	04	CNCVG	2:42.49	25m	30-11-19	Sines	395
64.	MARTINS Mariana Ponte	04	LDC	2:42.62	25m	20-10-19	Quarteira	394
65.	TRINDADE Maria Eduarda	04	AEJ	2:42.85	25m	16-11-19	Viseu	392
66.	MELO Vanda Eduarda	04	FOCA	2:43.26	25m	12-10-19	Pacos de Ferreira	389
67.	MARGATO Laura Rodrigues	04	AAC	2:43.92	25m	25-10-20	Coimbra	384
68.	AMARO Beatriz Sofia	04	DNMG	2:44.32	25m	23-11-19	Caldas da Rainha	382
69.	SILVA Alexandra Cordeiro	04	CNAL	2:44.72	25m	23-11-19	Caldas da Rainha	379
70.	GONCALVES Angela Emilia	04	CNPO	2:45.51	25m	15-12-19	Leiria	373
71.	SABANOVIC Erna	04	CLAC	2:46.54	25m	24-11-19	Tomar	366
72.	AGUIAR Joana Pereira	04	CFV	2:47.19	25m	12-10-19	Pacos de Ferreira	362
73.	TAVARES Salome Simoes	04	CAPGE	2:47.53	25m	24-10-20	Mealhada	360
74.	VIEIRA Filipa Victor	04	AAC	2:48.28	25m	01-11-19	Condeixa	355
75.	COELHO Barbara Castro	04	CCLAMAS	2:48.64	25m	12-10-19	Pacos de Ferreira	353
76.	SILVA Ines Martins	04	CFV	2:48.96	25m	12-10-19	Pacos de Ferreira	351
77.	SOUSA Joana Margarida	04	AVQA	2:49.28	25m	24-11-19	Tomar	349
78.	SILVA Ana Filipa	04	AAC	2:49.42	25m	01-11-19	Condeixa	348
79.	SANTOS Marta Cecilia	04	CDE	2:49.51	25m	24-10-20	Mealhada	347
80.	BRITES Natacha Caeiro	04	CFE	2:49.73	25m	16-11-19	Odemira	346
81.	SILVA Catarina Rodrigues	04	CNPE	2:49.83	25m	20-10-19	Óbidos	346
82.	OLIVEIRA Rafaela Faustino	04	CAFBDP	2:49.89	25m	18-01-20	Ponta Delgada	345
83.	OLIVEIRA Diana Costa	04	CUC	2:50.13	25m	01-11-19	Condeixa	344
84.	RODRIGUES Marta Silva	04	CNPO	2:50.68	25m	12-10-19	Pacos de Ferreira	340
85.	PEREIRA Marta Monteiro	04	CRASTO	2:50.85	25m	24-10-20	Mealhada	339
86.	CORREIA Matilde Ribeiro	04	UDO	2:52.99	25m	01-02-20	Viseu	327
87.	OLIVEIRA Raquel Caetano	04	CFV	2:53.28	25m	12-10-19	Pacos de Ferreira	325
88.	SILVA Ines Miguel	04	DNMG	2:53.48	25m	09-05-21	Alcobaça	324
89.	LEAL Mariana Dias	04	CAPGE	2:54.39	25m	01-02-20	Viseu	319
90.	CARVALHO Carolina Macedo	04	CAPGE	2:56.04	25m	01-02-20	Viseu	310
91.	COJOCARU Beatriz	04	PORTIN	2:58.00	25m	02-11-19	Lagoa	300
92.	GOUVEIA Susana Isabel	04	JACL	2:58.65	25m	21-12-19	Funchal	297
93.	VICENTE Carolina Borralho	04	CFE	3:02.46	25m	07-03-20	Ponte de Sor	279
94.	ANTONIO Margarida Nunes	04	CRIRA	3:02.69	25m	16-11-19	Odemira	277
95.	DOURADO Maria Clara	04	CNG	3:04.16	25m	29-02-20	Coruche	271
96.	AMADO Diana Filipa	04	CNCA	3:04.58	25m	24-11-19	Tomar	269
97.	SANTOS Sofia Isabel	04	CNPDL	3:04.99	25m	16-11-19	Ribeira Grande	267
98.	FERNANDES Beatriz Ferreira	04	AMAMB	3:06.36	25m	19-01-20	Barcelos	261
99.	RESENDES Teresa Fatima	04	CDBRG	3:08.42	25m	26-10-19	Ponta Delgada	253
100.	SILVA Bruna Sofia	04	CPCD	3:16.15	25m	09-05-21	Alcobaça	224

50 Bruços

1.	FERREIRA Margarida Filipe	04	CDCP	33.44	25m	22-12-19	Felgueiras	622
2.	MORAIS Margarida Mateus	04	CNTN	34.20	25m	15-05-21	Abrantes	582
3.	PEREIRA Maria Gomes	04	SAD	34.60	25m	22-12-19	Felgueiras	562
4.	MARQUES Maria Vieira	04	CNVA	34.75	25m	17-11-19	Viseu	555
5.	VIANA Carolina Pereira	04	ACS	34.80	25m	22-12-19	Felgueiras	552
6.	RODRIGUES Lidiana Correia	04	CFB	35.13	25m	22-12-19	Felgueiras	537
7.	RODRIGUES Marta Silva	04	CNPO	35.34	25m	22-12-19	Felgueiras	527
8.	DOMINGOS Marta Pereira	04	SFUAP	35.63	25m	15-12-19	Leiria	515
8.	LOPES Margarida Santos	04	CDE	35.63	25m	13-06-21	Viseu	515
10.	FLORENCIO Matilde Alves	04	CAQC	35.90	25m	15-12-19	Leiria	503
11.	RODRIGUES Sofia Vildardell	04	GESL	35.96	25m	09-05-21	Sto António Cavaleiros	500
12.	COSTA Catarina Nunes	04	GESL	36.03	25m	09-05-21	Sto António Cavaleiros	498
13.	LAMAS Maria Caetano	04	CNMC	36.10	25m	22-12-19	Felgueiras	495
14.	ALVES Maria Francisca	04	ADBA	36.14	25m	14-11-20	Leiria	493
15.	BORCIC Aleksandra Bozanic	04	SAD	36.32	25m	15-02-20	Torres Novas	486
16.	BOROZAN Gabriela	04	LDC	36.52	25m	22-12-19	Felgueiras	478
17.	ALVES Carina Alexandra	04	LSC	36.67	25m	24-11-19	Felgueiras	472
18.	SILVA Margarida Borges	04	CAFBDP	36.72	25m	07-03-20	Ponta Delgada	470
19.	MONTEIRO Ana Carolina	04	CUC	36.73	25m	22-12-20	Coimbra	470
20.	MENDES Mariana Pereira	04	LDC	37.02	25m	23-11-19	Lagos	459
21.	JONES Angelina Bermejo	04	PORTIN	37.14	25m	11-01-20	Quarteira	454
22.	AMADO Maria Lopes	04	DNMG	37.34	25m	24-11-19	Caldas da Rainha	447
23.	SILVA Ines Louro	04	ANAR	37.57	25m	08-03-20	Ponte de Sor	439
24.	SIMAO Renata Bandeira	04	CDE	37.62	25m	01-02-20	Viseu	437
25.	COELHO Barbara Castro	04	CCLAMAS	37.73	25m	24-11-19	Felgueiras	433
26.	FREIXIEIRO Beatriz Maria	04	CNRM	37.81	25m	24-10-20	Tomar	430
27.	GERALDES Madalena Graca	04	SCP	37.87	25m	23-11-19	Algés	428
28.	FRANCO Barbara Garrido	04	CEN	38.06	25m	26-01-20	Campo Maior	422
29.	MENDES Daniela Portela	04	FBSC	38.40	25m	24-11-19	Coimbra	411
30.	SILVA Alexandra Cordeiro	04	CNAL	38.41	25m	15-02-20	Torres Novas	411
31.	COUTO Ines Ferreira	04	CAFBDP	38.61	25m	07-03-20	Ponta Delgada	404
32.	SANTOS Mariana Coelho	04	LAGAC	38.63	25m	14-12-19	Portimão	404
33.	ALVES Ines Sofia	04	PORTIN	38.65	25m	11-01-20	Quarteira	403
34.	CUNHA Leonor Correia	04	FBSC	38.68	25m	25-10-20	Coimbra	402
35.	RIBEIRO Jessica Sofia	04	GCNF	38.72	25m	24-10-20	Olhão	401
36.	GUERREIRO Gloria Regina	04	FCF	39.26	25m	09-11-19	Albufeira	384
37.	MONTEIRO Ines Maria	04	CNPV	39.42	25m	16-11-19	Angra do Heroísmo	380
38.	ROCHA Maria Cleto	04	CNH	39.43	25m	15-02-20	Horta	380
39.	VICENTE Joana Fernandes	04	CNTN	39.54	25m	07-03-20	Santarém	376
40.	GAMEIRO Marta Domingues	04	CNAC	39.61	25m	22-12-20	Coimbra	374
41.	OLIVEIRA Ines Prior	04	EDV	39.65	25m	22-11-19	Braga	373
42.	CASTRO Maria Joao	04	SCA	39.77	25m	13-10-19	Mealhada	370
43.	OLIVEIRA Sara Fernandes	04	JACL	39.93	25m	24-11-19	Funchal	365
44.	VIEIRA Carolina Santos	04	SCMI	40.39	25m	24-11-19	Bragança	353
45.	MENDES Ana Sebastiao	04	CNLGOS	40.63	25m	11-01-20	Quarteira	347
46.	SANTOS Sofia Isabel	04	CNPDL	40.65	25m	15-05-21	Ponta Delgada	346
47.	MIRA Leonor Maria	04	BUZIOS	40.96	25m	19-01-20	Entroncamento	338
48.	LAMPREIA Patricia Isabel	04	CNBE	41.05	25m	20-10-19	Quarteira	336
49.	FINS Ines Torres	04	NSIT	41.12	25m	27-10-19	Ponta Delgada	335
50.	CASTANHEIRA Ana Sofia	04	CAQC	41.38	25m	24-11-19	Coimbra	328
51.	MADEIRA Catarina Rufino	04	CNFA	41.47	25m	14-12-19	Portimão	326
52.	GOMES Mariana Filipa	04	ADP	41.48	25m	24-11-19	Felgueiras	326
52.	FREITAS Luana Santos	04	CNA	41.48	25m	15-02-20	Torres Novas	326

50 Bruços (desde 54)

54.	MARTINS Mariana Ponte	04	LDC	41.60	25m	11-01-20	Quarteira	323
55.	GOUVEIA Susana Isabel	04	JACL	41.69	25m	24-11-19	Funchal	321
56.	SANTIAGO Filipa Alexandra	04	APUVE	42.07	25m	08-05-21	Pacos de Ferreira	312
57.	RAMOS Barbara Emerick	04	JACL	42.37	25m	18-07-20	Funchal	306
58.	PIRES Matilde Silva	04	CFE	42.40	25m	19-01-20	Montemor-o-Novo	305
59.	FERNANDES Maria Beatriz	04	LDC	42.44	25m	20-10-19	Quarteira	304
60.	OLIVEIRA Beatriz Jorge	04	ADF	42.48	25m	24-11-19	Felgueiras	303
61.	JESUS Leonor Santos	04	CNOL	42.54	25m	11-01-20	Quarteira	302
62.	JESUS Mariana Caires	04	JACL	42.68	25m	07-03-20	Funchal	299
63.	CORREIA Matilde Ribeiro	04	UDO	42.77	25m	01-02-20	Viseu	297
64.	COJOCARU Beatriz	04	PORTIN	42.88	25m	24-10-20	Olhão	295
65.	FREITAS Ana Sofia	04	VSC	42.98	25m	08-05-21	Pacos de Ferreira	293
66.	CANDEIAS Marta Filipa	04	CFE	43.40	25m	19-01-20	Montemor-o-Novo	284
67.	LIMA Sara Estanque	04	ACRZA	43.61	25m	19-01-20	Montemor-o-Novo	280
68.	CASTRO Iva Fulko	04	CNV	43.67	25m	24-11-19	Felgueiras	279
69.	ABREU Diana Sofia	04	INDCNP	43.84	25m	01-02-20	Viseu	276
70.	AFONSO Beatriz Beja	04	AAC	43.92	25m	22-12-20	Coimbra	274
71.	NUNES Mariana Rosa	04	LAGAC	43.94	25m	23-11-19	Lagos	274
72.	ESTEVES Diana Morgado	04	AEFDT	43.99	25m	01-02-20	Viseu	273
73.	CARVALHO Carolina Macedo	04	CAPGE	45.23	25m	25-04-21	Gafanha da Nazaré	251
74.	BRITES Natacha Caeiro	04	CFE	46.01	25m	26-01-20	Campo Maior	239
74.	VICENTE Carolina Borrvalho	04	CFE	46.01	25m	19-12-20	Sines	239
76.	ALVES Carolina Alexandra	04	CNF	46.02	25m	24-11-19	Funchal	239
77.	HENRIQUES Carlota Sousa	04	AEFDT	46.44	25m	01-02-20	Viseu	232
78.	PARIOTA Camilla	04	CUC	46.46	25m	24-11-19	Coimbra	232
79.	SILVA Maria Saraiva	04	CSAAXXI	47.36	25m	13-10-19	Mealhada	219
80.	GONCALVES Rita Maria	04	CNH	47.81	25m	15-02-20	Horta	213
81.	FONSECA Maria Leonor	04	AEJ	47.88	25m	25-10-20	Mealhada	212
82.	RODRIGUES Carolina Mesquita	04	ANAR	48.08	25m	17-11-19	Castelo Branco	209
83.	CARMO Barbara Leote	04	CNOL	48.56	25m	11-01-20	Quarteira	203
84.	MELLO Fernanda Platenik	04	TNC	49.19	25m	11-01-20	Quarteira	195
85.	FIGUEIRA Beatriz Faleiro	04	FS	52.66	25m	26-01-20	Campo Maior	159
86.	BLANDY Mischa Blue	04	JACL	53.34	25m	24-11-19	Funchal	153

100 Bruços

1.	FERREIRA Margarida Filipe	04	CDCP	1:12.07	25m	14-12-19	Leiria	647
2.	CUNHA Mariana Pacheco	04	POR	1:12.13	25m	09-01-21	Guarda	646
3.	RODRIGUES Lidiana Correia	04	CFB	1:14.00	25m	20-12-19	Felgueiras	598
4.	SANTOS Leonor Esteves	04	EULX	1:14.14	25m	01-02-20	Ponte de Sor	595
5.	MORAIS Margarida Mateus	04	CNTN	1:15.00	25m	16-05-21	Abrantes	574
6.	VIANA Carolina Pereira	04	ACS	1:16.41	25m	16-05-21	Lagos	543
7.	RODRIGUES Marta Silva	04	CNPO	1:16.70	25m	20-12-19	Felgueiras	537
8.	FRANCO Barbara Garrido	04	CEN	1:17.36	25m	07-03-20	Ponte de Sor	523
9.	LOPES Margarida Santos	04	CDE	1:17.73	25m	24-04-21	Gafanha da Nazaré	516
10.	CARDEAL Beatriz Nunes	04	AVFC	1:17.93	25m	02-02-20	Viseu	512
11.	LAMAS Maria Caetano	04	CNMC	1:18.23	25m	23-11-19	Coimbra	506
12.	DOMINGOS Marta Pereira	04	SFUAP	1:18.35	25m	14-12-19	Leiria	504
13.	MONTEIRO Ana Carolina	04	CUC	1:18.37	25m	24-10-20	Coimbra	503
14.	MENDES Mariana Pereira	04	LDC	1:18.47	25m	23-02-20	Lagos	501
15.	FLORENCIO Matilde Alves	04	CAQC	1:18.50	25m	14-12-19	Leiria	501
16.	BORCIC Aleksandra Bozanic	04	SAD	1:18.56	25m	22-11-19	Algés	500
17.	OLIVEIRA Ana Rita	04	CNCE	1:18.89	25m	30-11-19	Sines	493

100 Bruços (desde 18)

18.	FERREIRA Marta Oliveira	04	GCST	1:19.78	25m	07-11-20	Guarda	477
19.	FERREIRA Maria Leonor	04	CDN	1:19.82	25m	08-08-20	Funchal	476
20.	COSTA Catarina Nunes	04	GESL	1:20.01	25m	22-11-19	Algés	473
21.	SILVA Ines Louro	04	ANAR	1:20.08	25m	23-11-19	Guarda	472
22.	ALVES Carina Alexandra	04	LSC	1:20.25	25m	23-11-19	Felgueiras	469
23.	JONES Angelina Bermejo	04	PORTIN	1:20.39	25m	23-02-20	Lagos	466
24.	HENRIQUES Carolina Porem	04	SCP	1:20.52	25m	22-11-19	Algés	464
24.	MOURA Maria Ferreira	04	SCP	1:20.52	25m	09-01-21	Guarda	464
26.	ALVES Maria Francisca	04	ADBA	1:20.85	25m	23-02-20	Pombal	458
27.	PAIVA Leonor Correia	04	ALN	1:20.99	25m	24-10-20	Coimbra	456
28.	GASPAR Beatriz Ferreira	04	CUC	1:21.20	25m	01-02-20	Coimbra	452
29.	SILVA Ana Catarina	04	FBSC	1:21.27	25m	01-02-20	Coimbra	451
30.	GERALDES Madalena Graca	04	SCP	1:21.35	25m	22-11-19	Algés	450
31.	ROCHA Carolina Neves	04	CFP	1:21.36	25m	23-11-19	Felgueiras	450
32.	RODRIGUES Sofia Vilardell	04	GESL	1:21.57	25m	10-11-19	Albufeira	446
33.	AMADO Maria Lopes	04	DNMG	1:21.80	25m	11-01-20	Nazaré	443
34.	GAMEIRO Marta Domingues	04	CNAC	1:22.27	25m	14-12-19	Leiria	435
35.	BOROZAN Gabriela	04	LDC	1:22.51	25m	24-11-19	Lagos	431
36.	GOMES Fabia Isabel	04	CFP	1:22.68	25m	09-05-21	Pacos de Ferreira	429
37.	VENTURA Sara Sofia	04	CEN	1:22.69	25m	02-02-20	Montemor-o-Novo	428
38.	SIMAO Renata Bandeira	04	CDE	1:23.04	25m	24-10-20	Mealhada	423
39.	CUNHA Leonor Correia	04	FBSC	1:23.43	25m	15-11-20	Mealhada	417
40.	MELO Vanda Eduarda	04	FOCA	1:23.62	25m	14-12-19	Leiria	414
41.	COUTO Ines Ferreira	04	CAFBDP	1:24.23	25m	09-04-21	Praia da Vitória	405
42.	SILVA Margarida Borges	04	CAFBDP	1:24.37	25m	16-02-20	Ponta Delgada	403
43.	SILVA Alexandra Cordeiro	04	CNAL	1:24.46	25m	23-11-19	Caldas da Rainha	402
44.	GUERREIRO Gloria Regina	04	FCF	1:24.80	25m	08-11-20	Lagos	397
45.	RIBEIRO Jessica Sofia	04	GCNF	1:24.86	25m	17-10-20	Lagos	396
46.	RANGEL Beatriz Pereira	04	CFP	1:25.05	25m	23-11-19	Felgueiras	394
47.	OLIVEIRA Ines Prior	04	EDV	1:25.10	25m	18-01-20	Barcelos	393
48.	GONCALVES Maria Margarida	04	CNF	1:25.16	25m	21-12-19	Funchal	392
49.	MORGADO Alice Jesus	04	GESL	1:25.43	25m	03-11-19	Lisboa	388
50.	SANTOS Mariana Coelho	04	LAGAC	1:25.55	25m	26-10-19	Lagos	387
51.	NARRA Vera Figueiredo	04	CNA	1:25.71	25m	01-02-20	Ponte de Sor	385
52.	SOUSA Joana Francisca	04	CDSR	1:25.87	25m	13-05-21	Funchal	382
53.	ROCHA Maria Cleto	04	CNH	1:26.14	25m	06-03-20	Ponta Delgada	379
54.	MORGANHO Leonor Alves	04	SAD	1:26.19	25m	02-11-19	Lagoa	378
55.	CASTANHEIRA Ana Sofia	04	CAQC	1:26.32	25m	01-02-20	Coimbra	377
56.	MIRA Leonor Maria	04	BUZIOS	1:26.41	25m	29-02-20	Coruche	375
57.	FERNANDES Maria Beatriz	04	LDC	1:26.48	25m	20-10-19	Quarteira	374
58.	VIEIRA Carolina Santos	04	SCMI	1:26.95	25m	20-10-19	Vila Real	368
59.	LIGEIRO Daniela Silva	04	VNC	1:27.31	25m	02-11-19	Barcelos	364
60.	LAMPREIA Patricia Isabel	04	CNBE	1:28.12	25m	20-10-19	Quarteira	354
61.	OLIVEIRA Beatriz Jorge	04	ADF	1:28.53	25m	23-11-19	Felgueiras	349
62.	FINS Ines Torres	04	NSIT	1:28.54	25m	06-03-20	Ponta Delgada	349
63.	FREIXIEIRO Beatriz Maria	04	CNRM	1:28.87	25m	20-10-19	Torres Novas	345
64.	MARTINS Mariana Ponte	04	LDC	1:28.88	25m	23-02-20	Lagos	345
65.	COSTA Leonor Horta	04	CUC	1:28.90	25m	19-10-19	Condeixa	345
66.	ABREU Daniela Filipa	04	CDCA	1:29.16	25m	13-10-19	Mealhada	342
67.	GOMES Mariana Filipa	04	ADP	1:29.57	25m	23-11-19	Felgueiras	337
68.	FERNANDES Beatriz Ferreira	04	AMAMB	1:30.00	25m	18-01-20	Barcelos	332
69.	PIRES Matilde Silva	04	CFE	1:30.34	25m	02-02-20	Montemor-o-Novo	328
70.	RAMOS Barbara Emerick	04	JACL	1:30.71	25m	08-03-20	Funchal	324

100 Bruços (desde 71)

71.	COJOCARU Beatriz	04	PORTIN	1:31.17	25m	17-10-20	Lagos	320
72.	FELIX Ines Silva	04	SCA	1:31.19	25m	13-10-19	Mealhada	319
73.	AMARO Beatriz Sofia	04	DNMG	1:31.20	25m	23-05-21	Alcobaça	319
74.	SANTOS Sofia Isabel	04	CNPDL	1:31.36	25m	21-11-20	Ribeira Grande	318
75.	DOURADO Maria Clara	04	CNG	1:31.39	25m	16-11-19	Castelo Branco	317
76.	BENTO Beatriz Staiger	04	VS	1:31.48	25m	01-02-20	Ponte de Sor	316
77.	FREITAS Luana Santos	04	CNA	1:31.58	25m	01-02-20	Ponte de Sor	315
78.	CUNHA Emily Monteiro	04	SFUAP	1:31.75	25m	01-11-19	Setúbal	313
79.	MADEIRA Catarina Rufino	04	CNFA	1:31.97	25m	15-12-19	Portimão	311
80.	SILVA Rafaela Canano	04	CNCA	1:32.23	25m	19-01-20	Entroncamento	309
81.	CANDEIAS Marta Filipa	04	CFE	1:32.42	25m	01-02-20	Ponte de Sor	307
81.	MARGATO Laura Rodrigues	04	AAC	1:32.42	25m	15-02-20	Torres Novas	307
83.	SANTIAGO Filipa Alexandra	04	APUVE	1:32.72	25m	23-11-19	Felgueiras	304
84.	ANDRADE Margarida Fernandes	04	JACL	1:33.29	25m	15-11-19	Funchal	298
85.	FIGUEIRAS Filipa Tibo	04	ACMN	1:33.36	25m	20-10-19	Évora	298
86.	FREITAS Ana Sofia	04	VSC	1:33.55	25m	09-05-21	Pacos de Ferreira	296
87.	LUZ Carolina Pinto	04	GDSE	1:33.60	25m	01-11-19	Setúbal	295
88.	GOUVEIA Susana Isabel	04	JACL	1:33.65	25m	23-11-19	Funchal	295
89.	VICENTE Joana Fernandes	04	CNTN	1:33.68	25m	24-11-19	Tomar	294
90.	AFONSO Beatriz Beja	04	AAC	1:33.86	25m	21-12-19	Cantanhede	293
91.	CORREIA Sofia Maria	04	ENB	1:33.98	25m	07-03-20	Mirandela	292
92.	NUNES Mariana Rosa	04	LAGAC	1:34.43	25m	23-02-20	Lagos	287
93.	CORREIA Raquel	04	DRCN	1:35.45	25m	17-11-19	Cova da Piedade	278
94.	ESTEVEES Diana Morgado	04	AEFDT	1:37.01	25m	24-10-20	Mealhada	265
95.	SILVA Filipa Pereira	04	CPSPA	1:37.56	25m	01-02-20	Coimbra	261
96.	RODRIGUES Diana Neves	04	CNFU	1:37.79	25m	07-03-20	Ponte de Sor	259
97.	BRAS Margarida Mendes	04	CNMJ	1:38.16	25m	01-11-19	Setúbal	256
98.	MALYSHEVA Catia Afamasyev	04	SCB	1:38.87	25m	23-11-19	Braga	250
98.	TAVARES Salome Simoes	04	CAPGE	1:38.87	25m	24-04-21	Gafanha da Nazaré	250
100.	SILVA Ines Miguel	04	DNMG	1:39.04	25m	11-01-20	Nazaré	249

200 Bruços

1.	FERREIRA Margarida Filipe	04	CDCP	2:36.12	25m	15-12-19	Leiria	640
2.	RODRIGUES Lidiana Correia	04	CFB	2:40.37	25m	21-12-19	Felgueiras	590
3.	DOMINGUEZ Marta Recio	04	LDC	2:41.00	25m	25-10-20	Olhão	583
4.	CUNHA Mariana Pacheco	04	CNCE	2:43.46	25m	22-11-19	Felgueiras	557
5.	CARDEAL Beatriz Nunes	04	AVFC	2:44.85	25m	01-02-20	Viseu	543
6.	OLIVEIRA Ana Rita	04	CNCE	2:45.91	25m	15-05-21	Condeixa-a-Nova	533
7.	FRANCO Barbara Garrido	04	CEN	2:47.00	25m	07-03-20	Ponte de Sor	523
8.	PAIVA Leonor Correia	04	ALN	2:47.11	25m	15-05-21	Condeixa-a-Nova	522
9.	RODRIGUES Marta Silva	04	CNPO	2:47.36	25m	21-12-19	Felgueiras	519
10.	FERREIRA Marta Oliveira	04	GCST	2:47.65	25m	22-11-19	Felgueiras	517
11.	MORAIS Margarida Mateus	04	CNTN	2:47.82	25m	15-12-19	Leiria	515
12.	FERREIRA Maria Leonor	04	CDN	2:48.05	25m	30-11-19	Sines	513
13.	DOMINGOS Marta Pereira	04	SFUAP	2:48.25	25m	15-05-21	Condeixa-a-Nova	511
14.	BORCIC Aleksandra Bozanic	04	SAD	2:48.53	25m	24-11-19	Algés	509
15.	LAMAS Maria Caetano	04	CNMC	2:48.55	25m	15-05-21	Condeixa-a-Nova	508
16.	SANTOS Leonor Esteves	04	EULX	2:48.76	25m	24-11-19	Algés	507
17.	COSTA Catarina Nunes	04	GESL	2:49.72	25m	15-12-19	Leiria	498
18.	SILVA Ana Catarina	04	FBSC	2:49.87	25m	23-02-20	Pombal	497
19.	VIANA Carolina Pereira	04	ACS	2:50.00	25m	15-12-19	Portimão	496
20.	MORGADO Alice Jesus	04	SCP	2:50.53	25m	16-05-21	Alvalade	491

200 Bruços (desde 21)

21.	JONES Angelina Bermejo	04	PORTIN	2:51.69	25m	22-02-20	Lagos	481
22.	ROCHA Carolina Neves	04	CFP	2:52.02	25m	22-11-19	Felgueiras	478
23.	FLORENCIO Matilde Alves	04	CAQC	2:52.36	25m	15-11-20	Mealhada	475
24.	MENDES Mariana Pereira	04	LDC	2:52.43	25m	22-02-20	Lagos	475
25.	HENRIQUES Carolina Porem	04	SCP	2:52.45	25m	24-11-19	Algés	475
26.	GERALDES Madalena Graca	04	SCP	2:54.01	25m	24-11-19	Algés	462
27.	ALVES Carina Alexandra	04	LSC	2:54.72	25m	22-11-19	Felgueiras	456
28.	FIDALGO Maria Jardim	04	CNCVG	2:55.25	25m	15-05-21	Alcabideche	452
29.	GASPAR Beatriz Ferreira	04	CUC	2:55.48	25m	09-11-19	Albufeira	450
30.	SILVA Margarida Borges	04	CAFBDP	2:55.55	25m	08-03-20	Ponta Delgada	450
31.	GAMEIRO Marta Domingues	04	CNAC	2:56.51	25m	15-12-19	Leiria	443
32.	CUNHA Leonor Correia	04	FBSC	2:56.84	25m	07-12-19	Coimbra	440
33.	MELO Vanda Eduarda	04	FOCA	2:56.88	25m	15-12-19	Leiria	440
34.	MARTINS Ines Correia	04	FCP	2:56.90	25m	13-10-19	Pacos de Ferreira	440
35.	CASTANHEIRA Ana Sofia	04	CAQC	2:57.26	25m	20-06-21	Coimbra	437
36.	SILVA Alexandra Cordeiro	04	CNAL	2:57.40	25m	30-11-19	Sines	436
37.	ALVES Maria Francisca	04	ADBA	2:57.71	25m	23-11-19	Caldas da Rainha	434
38.	RIBEIRO Carolina Goncalves	04	CRASTO	2:58.30	25m	17-11-19	Viseu	429
39.	GUERREIRO Gloria Regina	04	FCF	2:58.59	25m	26-10-19	Lagos	427
40.	MOURA Maria Ferreira	04	SCP	2:58.64	25m	16-05-21	Alvalade	427
41.	LOPES Margarida Santos	04	CDE	2:58.73	25m	17-11-19	Viseu	426
42.	GOMES Fabia Isabel	04	CFP	2:58.99	25m	22-11-19	Felgueiras	424
43.	MONTEIRO Barbara Oliveira	04	SCB	2:59.32	25m	24-11-19	Braga	422
44.	MENDES Daniela Portela	04	FBSC	2:59.53	25m	07-12-19	Coimbra	421
45.	COELHO Barbara Castro	04	CCLAMAS	2:59.79	25m	11-01-20	Aguas Santas	419
46.	SILVA Ines Louro	04	ANAR	3:00.07	25m	07-11-20	Guarda	417
47.	SANTOS Mariana Coelho	04	LAGAC	3:00.84	25m	20-10-19	Quarteira	412
48.	MONTEIRO Ines Maria	04	CNPV	3:01.72	25m	18-01-20	Angra do Heroísmo	406
49.	MARTINS Mariana Ponte	04	LDC	3:02.73	25m	02-11-19	Lagoa	399
50.	SIMAO Renata Bandeira	04	CDE	3:03.06	25m	01-02-20	Viseu	397
51.	COSTA Leonor Horta	04	CUC	3:03.18	25m	01-11-19	Condeixa	396
52.	MORGANHO Leonor Alves	04	SAD	3:04.33	25m	24-11-19	Algés	389
53.	MIRA Leonor Maria	04	BUZIOS	3:04.79	25m	26-10-19	Lagos	386
54.	BOROZAN Gabriela	04	LDC	3:04.85	25m	22-02-20	Lagos	385
55.	RANGEL Beatriz Pereira	04	CFP	3:05.12	25m	13-10-19	Pacos de Ferreira	384
56.	ABREU Daniela Filipa	04	CDCA	3:05.33	25m	12-10-19	Mealhada	382
57.	COUTO Ines Ferreira	04	CAFBDP	3:05.59	25m	11-04-21	Praia da Vitória	381
58.	LIMA Eduarda Filipa	04	CFV	3:05.62	25m	11-01-20	Aguas Santas	381
59.	ROCHA Maria Cleto	04	CNH	3:05.88	25m	16-11-19	Horta	379
60.	COJOCARU Beatriz	04	PORTIN	3:07.79	25m	22-02-20	Lagos	367
61.	CRUZ Ines Dias	04	CAQC	3:09.68	25m	23-11-19	Coimbra	357
62.	FINS Ines Torres	04	NSIT	3:09.70	25m	11-04-21	Praia da Vitória	356
63.	GOMES Mariana Filipa	04	ADP	3:10.71	25m	22-11-19	Felgueiras	351
64.	OLIVEIRA Ines Prior	04	EDV	3:11.07	25m	11-01-20	Aguas Santas	349
65.	MARGATO Laura Rodrigues	04	AAC	3:11.63	25m	22-12-20	Coimbra	346
66.	RIBEIRO Jessica Sofia	04	CNFA	3:11.89	25m	22-02-20	Lagos	344
67.	SANTOS Sofia Isabel	04	CNPDL	3:13.53	25m	21-11-20	Ribeira Grande	336
68.	DOURADO Maria Clara	04	CNG	3:14.97	25m	07-03-20	Ponte de Sor	328
69.	SANTIAGO Filipa Alexandra	04	APUVE	3:15.27	25m	13-10-19	Pacos de Ferreira	327
70.	LAMPREIA Patricia Isabel	04	CNBE	3:15.73	25m	23-11-19	Lagos	324
71.	GOUVEIA Susana Isabel	04	JACL	3:18.22	25m	06-03-20	Funchal	312
72.	ABREU Diana Sofia	04	INDCNP	3:18.26	25m	01-02-20	Viseu	312
73.	SILVA Maria Ines	04	CNAL	3:19.55	25m	20-10-19	Óbidos	306

200 Bruços (desde 74)

74.	CANDEIAS Marta Filipa	04	CFE	3:21.39	25m	07-03-20	Ponte de Sor	298
75.	CORREIA Sofia Maria	04	ENB	3:22.46	25m	23-11-19	Bragança	293
76.	NUNES Mariana Rosa	04	LAGAC	3:23.51	25m	22-02-20	Lagos	289
77.	CASTRO Luana Ferreira	04	EDV	3:25.40	25m	18-01-20	Barcelos	281
78.	FERNANDES Maria Elias	04	EDV	3:34.31	25m	18-01-20	Barcelos	247
79.	PARIOTA Camilla	04	CUC	3:39.08	25m	01-11-19	Condeixa	231
80.	SILVA Filipa Pereira	04	CPSPA	3:40.65	25m	01-11-19	Condeixa	226
81.	VICENTE Carolina Borralho	04	CFE	3:40.74	25m	26-01-20	Campo Maior	226
82.	ESTEVEES Diana Morgado	04	AEFDT	3:43.18	25m	17-11-19	Viseu	219
83.	GUERRA Ana Sofia	04	NCC	3:50.39	25m	20-10-19	Vila Real	199
84.	BARBOSA Jasmine Marie	04	CDEAP	3:52.62	25m	18-01-20	Ponta Delgada	193
85.	RODRIGUES Carolina Mesquita	04	ANAR	3:53.37	25m	12-10-19	Portalegre	191
86.	BLANDY Mischa Blue	04	JACL	4:05.83	25m	17-10-20	Funchal	164

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1.	CUNHA Mariana Pacheco	04	CNCE	26.74	25m	11-04-21	Felgueiras	757
2.	MARQUES Maria Vieira	04	CNVA	28.76	25m	20-12-19	Felgueiras	609
3.	MOURA Maria Ferreira	04	SCP	29.54	25m	02-11-19	Lagoa	562
4.	MENDES Ana Sebastiao	04	CNLGOS	29.72	25m	15-05-21	Lagos	552
5.	JONES Angelina Bermejo	04	PORTIN	29.75	25m	18-10-20	Lagos	550
6.	RODRIGUES Joana Francisca	04	CUC	29.94	25m	22-12-20	Coimbra	539
7.	ARROYO Laura Torres	04	LDC	29.95	25m	10-11-19	Albufeira	539
8.	CARDEAL Beatriz Nunes	04	AVFC	30.00	25m	18-01-20	Mealhada	536
9.	MONTEIRO Ana Carolina	04	CUC	30.15	25m	22-12-20	Coimbra	528
10.	ALVES Ines Sofia	04	PORTIN	30.36	25m	20-12-19	Felgueiras	517
11.	LIGEIRO Daniela Silva	04	VNC	30.47	25m	09-05-21	Ponte da Barca	512
12.	BRANCOURT Yonina	04	GESL	30.74	25m	24-11-19	Algés	498
13.	SOUSA Joana Francisca	04	CDSR	30.85	25m	08-03-20	Funchal	493
14.	SILVA Margarida Borges	04	CAFBDP	30.91	25m	08-03-20	Ponta Delgada	490
15.	FLORENCIO Matilde Alves	04	CAQC	31.09	25m	14-12-19	Leiria	482
16.	COSTA Rita Salome	04	CAP	31.15	25m	22-11-19	Felgueiras	479
17.	OLIVEIRA Sara Fernandes	04	JACL	31.25	25m	17-10-20	Funchal	474
18.	MENDES Daniela Portela	04	FBSC	31.34	25m	24-11-19	Coimbra	470
19.	BOROZAN Gabriela	04	LDC	31.39	25m	18-10-20	Lagos	468
20.	COSTA Catarina Nunes	04	GESL	31.43	25m	16-02-20	Sto Antonio dos Cavaleiros	466
21.	DELFINO Mariana Morais	04	SCP	31.53	25m	24-11-19	Algés	462
21.	VIANA Carolina Pereira	04	ACS	31.53	25m	12-01-20	Quarteira	462
23.	RODRIGUES Sofia Vildardell	04	GESL	31.61	25m	24-11-19	Algés	458
24.	NARCISO Susana Chanoca	04	CDCP	31.67	25m	24-11-19	Algés	456
25.	INACIO Marta Macedo	04	SCP	31.71	25m	02-11-19	Lagoa	454
26.	MARQUES Maria Alexandra	04	AAC	31.75	25m	25-10-20	Coimbra	452
27.	LAMAS Maria Caetano	04	CNMC	31.78	25m	22-12-20	Coimbra	451
28.	ABREU Sofia Viola	04	CNPE	31.80	25m	23-11-19	Caldas da Rainha	450
29.	FRANCO Barbara Garrido	04	CEN	31.89	25m	24-10-20	Sertã	446
30.	MORGADO Alice Jesus	04	GESL	31.94	25m	24-11-19	Algés	444
31.	FONSECA Ana Filipa	04	CFE	31.97	25m	06-03-20	Ponte de Sor	443
32.	SOARES Bruna Costa	04	LSC	32.04	25m	22-11-19	Felgueiras	440
32.	GASPAR Beatriz Ferreira	04	CUC	32.04	25m	24-11-19	Coimbra	440
34.	TAVARES Mariana Silva	04	CDE	32.07	25m	24-10-20	Mealhada	439
35.	VICENTE Joana Fernandes	04	CNTN	32.16	25m	14-12-19	Leiria	435
36.	RIOS Maria Manuel	04	LSC	32.23	25m	11-04-21	Felgueiras	432
37.	SILVA Maria Ines	04	CNAL	32.30	25m	23-11-19	Caldas da Rainha	430

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38.	PASSOS Ada Lobo	04	GDNFAMA	32.36	25m	22-11-19	Felgueiras	427
39.	COSTA Joana Santos	04	CGA	32.37	25m	17-11-19	Viseu	427
40.	ALMEIDA Filipa Graca	04	AEFDT	32.38	25m	24-10-20	Mealhada	426
41.	MOITEIRO Bruna Silva	04	DNMG	32.53	25m	23-11-19	Caldas da Rainha	420
42.	COELHO Barbara Castro	04	CCLAMAS	32.55	25m	22-11-19	Felgueiras	420
43.	SILVA Constanca Alexandra	04	PIMP	32.59	25m	23-11-19	Caldas da Rainha	418
44.	LIMA Eduarda Filipa	04	CFV	32.68	25m	09-05-21	Pacos de Ferreira	415
45.	GUTERRES Mariana Fragoso	04	SLB	32.73	25m	24-11-19	Algés	413
46.	OLIVEIRA Ines Prior	04	EDV	32.78	25m	22-11-19	Braga	411
47.	LOPES Margarida Santos	04	CDE	32.84	25m	24-04-21	Gafanha da Nazaré	409
48.	RODRIGUES Marta Silva	04	CNPO	32.90	25m	06-03-20	Braga	406
49.	RIBEIRO Jessica Sofia	04	GCNF	32.96	25m	08-11-20	Lagos	404
50.	DOMINGOS Marta Pereira	04	SFUAP	33.06	25m	10-11-19	Albufeira	401
51.	VIANA Jacinta Martins	04	CNVA	33.12	25m	13-10-19	Mealhada	398
52.	RAMOS Barbara Emerick	04	JACL	33.29	25m	08-03-20	Funchal	392
53.	CORREIA Sofia Maria	04	ENB	33.32	25m	23-11-19	Bragança	391
54.	BENTO Beatriz Staiger	04	VS	33.33	25m	24-11-19	Tomar	391
55.	CAMACHO Laura Fernandes	04	CNF	33.44	25m	08-03-20	Funchal	387
56.	MENDES Mariana Pereira	04	LDC	33.59	25m	12-01-20	Quarteira	382
57.	MELO Beatriz Costa	04	SAD	33.63	25m	15-02-20	Torres Novas	380
58.	PEREIRA Beatriz Sofia	04	NBM	33.64	25m	24-10-20	Mealhada	380
59.	FARIA Sofia Morais	04	ADBA	33.73	25m	15-02-20	Torres Novas	377
60.	INACIO Ana Sofia	04	CFB	33.91	25m	15-02-20	Torres Novas	371
61.	MORAIS Margarida Mateus	04	CNTN	34.10	25m	24-11-19	Tomar	365
62.	BENTO Ana Teresa	04	SCMI	34.12	25m	23-11-19	Bragança	364
63.	ROCHA Maria Cleto	04	CNH	34.13	25m	08-03-20	Ponta Delgada	364
64.	CRUZ Ines Dias	04	CAQC	34.33	25m	24-11-19	Coimbra	358
65.	GONCALVES Ana Rita	04	ANAR	34.39	25m	06-03-20	Ponte de Sor	356
66.	COJOCARU Beatriz	04	PORTIN	34.44	25m	12-01-20	Quarteira	354
67.	GONCALVES Angela Emilia	04	CNPO	34.57	25m	06-03-20	Braga	350
68.	SILVA Ines Louro	04	ANAR	34.59	25m	16-11-19	Castelo Branco	350
69.	FINS Ines Torres	04	NSIT	34.65	25m	08-03-20	Ponta Delgada	348
70.	GONCALVES Maria Albuquerque	04	CNFU	34.69	25m	24-10-20	Sertã	347
71.	CORREIA Matilde Ribeiro	04	UDO	34.70	25m	24-10-20	Mealhada	346
72.	AMARO Beatriz Sofia	04	DNMG	34.80	25m	08-11-20	Leiria	343
73.	FERREIRA Carla Sandrina	04	CRASTO	34.85	25m	17-11-19	Viseu	342
74.	SILVA Ana Filipa	04	AAC	34.88	25m	24-11-19	Coimbra	341
75.	RESENDE Eva Pinho	04	CDE	34.89	25m	13-10-19	Mealhada	341
76.	JESUS Leonor Santos	04	CNOL	34.92	25m	12-01-20	Quarteira	340
77.	SOUSA Joana Margarida	04	AVQA	34.98	25m	08-03-20	Santarém	338
78.	SILVA Ines Miguel	04	DNMG	35.03	25m	23-11-19	Caldas da Rainha	337
79.	ANTONIO Margarida Nunes	04	CRIRA	35.10	25m	06-03-20	Ponte de Sor	335
80.	MADEIRA Catarina Rufino	04	GCNF	35.18	25m	18-10-20	Lagos	332
81.	LOURA Beatriz Borges	04	CDCA	35.27	25m	24-10-20	Mealhada	330
82.	GAMEIRO Marta Domingues	04	CNAC	35.31	25m	24-11-19	Coimbra	329
83.	SANTOS Sofia Isabel	04	CNPDL	35.34	25m	15-02-20	Ponta Delgada	328
84.	MARTINS Mariana Ponte	04	LDC	35.41	25m	12-01-20	Quarteira	326
85.	SOUSA Joana Sofia	04	TNC	35.44	25m	12-01-20	Quarteira	325
86.	GUERREIRO Gloria Regina	04	FCF	35.45	25m	12-01-20	Quarteira	325
87.	COUTO Ines Ferreira	04	CAFBDP	35.54	25m	01-11-20	Ponta Delgada	322
88.	LAMPREIA Patricia Isabel	04	CNBE	35.55	25m	24-11-19	Lagos	322
89.	SILVA Catarina Rodrigues	04	CNPE	35.94	25m	23-11-19	Caldas da Rainha	312
90.	OLIVEIRA Maria Joao	04	AEJ	36.30	25m	02-02-20	Viseu	302

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91.	LEANDRO Ana Margarida	04	GCVR	36.33	25m	23-11-19	Bragança	302
92.	SILVA Rafaela Canano	04	CNCA	36.36	25m	08-03-20	Santarém	301
93.	JESUS Mariana Caires	04	JACL	36.40	25m	17-10-20	Funchal	300
94.	LIMA Sara Estanque	04	ACRZA	36.41	25m	19-01-20	Montemor-o-Novo	300
95.	RODRIGUES Maria Beatriz	04	CAQC	36.86	25m	22-12-20	Coimbra	289
96.	CASTRO Luana Ferreira	04	EDV	36.92	25m	22-11-19	Braga	287
96.	GOUVEIA Susana Isabel	04	JACL	36.92	25m	17-10-20	Funchal	287
98.	RODRIGUES Joana Beatriz	04	AAC	37.00	25m	24-11-19	Coimbra	286
99.	FRISCHKNECHT Carolina Anjo	04	CNS	37.17	25m	26-01-20	Campo Maior	282
100.	CANDEIAS Marta Filipa	04	CFE	37.37	25m	19-01-20	Montemor-o-Novo	277

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1.	CUNHA Mariana Pacheco	04	CNCE	59.36	25m	10-04-21	Felgueiras	778
2.	MOURA Maria Ferreira	04	SCP	1:02.35	25m	21-12-19	Felgueiras	671
3.	MENDES Ana Sebastiao	04	CNLGOS	1:03.83	25m	21-12-19	Felgueiras	626
4.	MONTEIRO Ana Carolina	04	CUC	1:05.06	25m	30-11-19	Sines	591
5.	FIDALGO Maria Jardim	04	CNCVG	1:05.15	25m	14-11-20	Leiria	588
6.	MARQUES Maria Vieira	04	CNVA	1:05.34	25m	13-10-19	Mealhada	583
7.	RODRIGUES Joana Francisca	04	CUC	1:06.38	25m	01-02-20	Coimbra	556
8.	CARDEAL Beatriz Nunes	04	AVFC	1:06.54	25m	16-11-19	Viseu	552
9.	ARROYO Laura Torres	04	LDC	1:06.64	25m	09-11-19	Albufeira	550
10.	MORGADO Alice Jesus	04	GESL	1:07.45	25m	16-02-20	Sto Antonio dos Cavaleiros	530
11.	ALVES Ines Sofia	04	PORTIN	1:07.53	25m	21-12-19	Felgueiras	528
12.	COSTA Joana Santos	04	CGA	1:07.89	25m	14-11-20	Mealhada	520
13.	SILVA Margarida Borges	04	CAFBDP	1:07.90	25m	21-12-19	Felgueiras	520
14.	JONES Angelina Bermejo	04	PORTIN	1:07.98	25m	07-11-20	Lagos	518
15.	COSTA Carolina Fale	04	ADRCIMM	1:08.06	25m	15-12-19	Leiria	516
16.	LIGEIRO Daniela Silva	04	VNC	1:08.17	25m	30-11-19	Sines	514
17.	MARQUES Maria Alexandra	04	AAC	1:08.71	25m	14-11-20	Mealhada	502
18.	TROIA Beatriz Rosa	04	CFV	1:08.76	25m	15-12-19	Leiria	500
19.	MENDES Daniela Portela	04	FBSC	1:08.78	25m	23-11-19	Coimbra	500
20.	GASPAR Beatriz Ferreira	04	CUC	1:09.09	25m	19-10-19	Condeixa	493
21.	COSTA Rita Salome	04	CAP	1:09.20	25m	24-11-19	Felgueiras	491
22.	SOUSA Joana Francisca	04	CDSR	1:09.43	25m	08-05-21	Funchal	486
23.	TAVARES Mariana Silva	04	CDE	1:09.45	25m	13-06-21	Viseu	486
24.	FONSECA Ana Filipa	04	CFE	1:09.56	25m	07-03-20	Ponte de Sor	483
25.	RIOS Maria Manuel	04	LSC	1:10.02	25m	24-11-19	Felgueiras	474
26.	LAMAS Maria Caetano	04	CNMC	1:10.05	25m	23-12-20	Coimbra	473
27.	PASSOS Ada Lobo	04	GDNFAMA	1:10.16	25m	24-11-19	Felgueiras	471
28.	INACIO Marta Macedo	04	SCP	1:10.34	25m	16-02-20	Sto Antonio dos Cavaleiros	467
29.	BARAO Margarida Carvalho	04	CNCVG	1:10.39	25m	22-11-19	Algés	466
30.	AMADO Maria Lopes	04	DNMG	1:10.49	25m	23-05-21	Alcobaça	464
31.	PAIVA Leonor Correia	04	ALN	1:10.69	25m	01-02-20	Coimbra	461
32.	SOARES Bruna Costa	04	LSC	1:10.83	25m	10-04-21	Felgueiras	458
33.	OLIVEIRA Sara Fernandes	04	JACL	1:11.01	25m	17-10-20	Funchal	454
34.	HENRIQUES Carolina Porem	04	SCP	1:11.04	25m	03-11-19	Lisboa	454
35.	TROIA Barbara Daniela	04	CFV	1:11.14	25m	24-11-19	Felgueiras	452
36.	SIMOES Rita Mendes	04	ADBA	1:11.26	25m	23-11-19	Caldas da Rainha	450
37.	RODRIGUES Sofia Vildardell	04	GESL	1:11.33	25m	22-11-19	Algés	448
38.	FRANCO Barbara Garrido	04	CEN	1:11.34	25m	02-02-20	Montemor-o-Novo	448
39.	ABREU Sofia Viola	04	CNPE	1:11.70	25m	26-10-19	Lagos	441
40.	GUTERRES Mariana Fragoso	04	SLB	1:11.86	25m	22-11-19	Algés	438

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41.	MONTEIRO Ines Maria	04	CNPV	1:12.27	25m	16-02-20	Praia da Vitória	431
42.	OLIVEIRA Ines Prior	04	EDV	1:12.48	25m	21-12-19	Ponte da Barca	427
43.	LIMA Eduarda Filipa	04	CFV	1:12.51	25m	24-11-19	Felgueiras	427
44.	CAMACHO Laura Fernandes	04	CNF	1:12.52	25m	06-03-20	Funchal	427
45.	MOITEIRO Bruna Silva	04	DNMG	1:12.60	25m	11-01-20	Nazaré	425
46.	FERREIRA Maria Leonor	04	CDN	1:13.23	25m	08-05-21	Funchal	414
47.	SILVA Maria Ines	04	CNAL	1:13.42	25m	23-11-19	Caldas da Rainha	411
48.	MONTEIRO Barbara Oliveira	04	SCB	1:13.43	25m	23-11-19	Braga	411
49.	RAMOS Barbara Emerick	04	JACL	1:13.55	25m	06-03-20	Funchal	409
50.	VIANA Jacinta Martins	04	CNVA	1:13.85	25m	13-10-19	Mealhada	404
51.	SILVA Ana Catarina	04	FBSC	1:14.15	25m	19-10-19	Condeixa	399
52.	MORGANHO Leonor Alves	04	SAD	1:14.81	25m	17-11-19	Cova da Piedade	388
53.	INACIO Ana Sofia	04	VKGS	1:15.83	25m	07-11-20	Guarda	373
54.	MARTINS Mariana Ponte	04	LDC	1:15.87	25m	08-05-21	Quarteira	372
55.	FARIA Sofia Morais	04	ADBA	1:16.26	25m	23-11-19	Caldas da Rainha	367
56.	RESENDE Eva Pinho	04	CDE	1:16.36	25m	18-01-20	Mealhada	365
57.	CRUZ Ines Dias	04	CAQC	1:16.47	25m	23-11-19	Coimbra	364
58.	ALVES Maria Freire	04	AHBE	1:16.69	25m	01-11-19	Setúbal	361
59.	SOUSA Joana Miguel	04	AHBE	1:16.78	25m	01-02-20	Ponte de Sor	359
60.	FERNANDES Maria Elias	04	EDV	1:16.83	25m	21-12-19	Ponte da Barca	359
61.	ROCHA Maria Cleto	04	CNH	1:16.84	25m	16-02-20	Horta	358
62.	FERREIRA Carla Sandrina	04	CRASTO	1:16.92	25m	16-11-19	Viseu	357
63.	CUNHA Leonor Correia	04	FBSC	1:17.82	25m	19-10-19	Condeixa	345
64.	SILVA Ines Miguel	04	DNMG	1:18.30	25m	07-11-20	Leiria	339
65.	NARCISO Susana Chanoca	04	CDCP	1:18.46	25m	01-11-19	Setúbal	337
66.	NEVES Diana Isabel	04	CFP	1:18.49	25m	24-11-19	Felgueiras	336
67.	SANTOS Sofia Isabel	04	CNPDL	1:18.50	25m	07-03-20	Ponta Delgada	336
68.	SOUSA Joana Margarida	04	AVQA	1:18.60	25m	23-11-19	Tomar	335
69.	GAMEIRO Marta Domingues	04	CNAC	1:19.38	25m	19-10-19	Condeixa	325
70.	BENTO Beatriz Staiger	04	VS	1:20.18	25m	01-02-20	Ponte de Sor	315
71.	RIBEIRO Jessica Sofia	04	CNFA	1:20.59	25m	20-10-19	Quarteira	311
72.	COUTO Ines Ferreira	04	CAFBDP	1:20.90	25m	17-10-20	Ponta Delgada	307
73.	COJOCARU Beatriz	04	PORTIN	1:21.07	25m	01-02-20	Albufeira	305
74.	FINS Ines Torres	04	NSIT	1:21.43	25m	07-03-20	Ponta Delgada	301
75.	PIRES Matilde Silva	04	CFE	1:21.64	25m	20-10-19	Évora	299
76.	GONCALVES Ana Rita	04	ANAR	1:21.70	25m	18-01-20	Castelo Branco	298
77.	RODRIGUES Maria Beatriz	04	CAQC	1:22.07	25m	23-02-20	Pombal	294
78.	CASTRO Luana Ferreira	04	EDV	1:22.21	25m	21-12-19	Ponte da Barca	293
79.	AMARO Beatriz Sofia	04	DNMG	1:22.67	25m	23-11-19	Caldas da Rainha	288
80.	SOUSA Joana Sofia	04	TNC	1:22.80	25m	01-02-20	Albufeira	286
81.	RODRIGUES Joana Beatriz	04	AAC	1:22.96	25m	15-02-20	Torres Novas	285
82.	FRISCHKNECHT Carolina Anjo	04	CNS	1:23.38	25m	01-11-19	Setúbal	280
83.	MADEIRA Catarina Rufino	04	CNFA	1:23.91	25m	30-11-19	Sines	275
84.	VIEIRA Filipa Victor	04	AAC	1:24.17	25m	21-12-19	Cantanhede	273
85.	ANTONIO Margarida Nunes	04	CRIRA	1:24.40	25m	07-03-20	Ponte de Sor	270
86.	LOPES Raquel Raposo	04	CDCP	1:24.52	25m	01-11-19	Setúbal	269
87.	OLIVEIRA Diana Costa	04	CUC	1:25.15	25m	19-10-19	Condeixa	263
88.	CORREIA Sofia Maria	04	ENB	1:25.23	25m	20-10-19	Vila Real	263
89.	OLIVEIRA Maria Joao	04	AEJ	1:25.67	25m	13-10-19	Mealhada	259
90.	SILVA Rafaela Canano	04	CNCA	1:27.48	25m	19-01-20	Entroncamento	243
91.	ANDRADE Margarida Fernandes	04	JACL	1:28.71	25m	06-03-20	Funchal	233
92.	GOUVEIA Susana Isabel	04	JACL	1:28.91	25m	26-10-19	Funchal	231
93.	FONSECA Maria Leonor	04	AEJ	1:29.28	25m	18-01-20	Mealhada	228

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94.	CANDEIAS Marta Filipa	04	CFE	1:29.52	25m	20-10-19	Évora	227
95.	SILVA Catarina Rodrigues	04	CNPE	1:29.87	25m	23-11-19	Caldas da Rainha	224
96.	GONCALVES Rita Maria	04	CNH	1:31.69	25m	26-10-19	Ponta Delgada	211
97.	CARMO Barbara Leote	04	CNOL	1:33.04	25m	24-10-20	Olhão	202
98.	SILVA Maria Saraiva	04	CSAAXXI	1:34.11	25m	01-02-20	Viseu	195
99.	SOUSA Matilde Almeida	04	CDEAP	1:38.14	25m	12-06-21	Ponta Delgada	172
100.	BRAS Margarida Mendes	04	CNMJ	1:38.57	25m	02-02-20	Montemor-o-Novo	170

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1.	CUNHA Mariana Pacheco	04	CNCE	2:14.26	25m	15-05-21	Condeixa-a-Nova	707
2.	MOURA Maria Ferreira	04	SCP	2:16.88	25m	22-12-19	Felgueiras	667
3.	FIDALGO Maria Jardim	04	CNCVG	2:22.22	25m	11-04-21	Felgueiras	594
4.	CARDEAL Beatriz Nunes	04	AVFC	2:22.25	25m	13-03-21	Aveiro	594
5.	PEREIRA Maria Gomes	04	SAD	2:24.75	25m	22-11-19	Algés	564
6.	MONTEIRO Ana Carolina	04	INDANC	2:25.25	25m	20-06-21	Coimbra	558
7.	MORGADO Alice Jesus	04	GESL	2:27.20	25m	22-12-19	Felgueiras	536
8.	MARQUES Maria Alexandra	04	AAC	2:27.89	25m	24-10-20	Coimbra	529
9.	SILVA Margarida Borges	04	CAFBDP	2:28.12	25m	06-03-20	Ponta Delgada	526
10.	LIGEIRO Daniela Silva	04	VNC	2:28.31	25m	14-11-20	Mealhada	524
11.	MENDES Ana Sebastiao	04	CNLGOS	2:30.18	25m	18-10-20	Lagos	505
12.	RODRIGUES Lidiana Correia	04	CFB	2:30.34	25m	22-11-19	Algés	503
13.	CRUZ Jessica Catarina	04	CAP	2:30.76	25m	13-10-19	Pacos de Ferreira	499
14.	SOUSA Joana Francisca	04	CDSR	2:32.61	25m	07-03-20	Funchal	481
15.	GASPAR Beatriz Ferreira	04	CUC	2:32.78	25m	02-02-20	Coimbra	479
16.	ALVES Ines Sofia	04	PORTIN	2:33.45	25m	30-11-19	Sines	473
17.	TROIA Beatriz Rosa	04	CFV	2:33.77	25m	22-12-19	Felgueiras	470
18.	SANTOS Leonor Esteves	04	EULX	2:33.86	25m	22-11-19	Algés	469
19.	FLORENCIO Matilde Alves	04	CAQC	2:34.42	25m	22-12-20	Coimbra	464
20.	TAVARES Mariana Silva	04	CDE	2:35.29	25m	13-06-21	Viseu	456
21.	HENRIQUES Carolina Porem	04	SCP	2:35.39	25m	22-11-19	Algés	456
22.	MORGANHO Leonor Alves	04	SAD	2:35.63	25m	22-11-19	Algés	453
23.	COSTA Rita Salome	04	CAP	2:36.21	25m	23-11-19	Felgueiras	448
24.	GUTERRES Mariana Fragoso	04	SLB	2:36.38	25m	22-11-19	Algés	447
25.	SILVA Ana Catarina	04	FBSC	2:36.42	25m	07-12-19	Coimbra	447
26.	FONSECA Ana Filipa	04	CFE	2:36.68	25m	07-03-20	Ponte de Sor	444
27.	INACIO Ana Sofia	04	CFB	2:36.73	25m	14-12-19	Portimão	444
28.	PASSOS Ada Lobo	04	GDNFAMA	2:37.07	25m	23-11-19	Felgueiras	441
29.	JONES Angelina Bermejo	04	PORTIN	2:37.50	25m	24-11-19	Lagos	437
30.	SIMOES Rita Mendes	04	ADBA	2:37.86	25m	10-11-19	Albufeira	434
31.	MONTEIRO Barbara Oliveira	04	SCB	2:39.00	25m	02-11-19	Barcelos	425
32.	SOARES Bruna Costa	04	LSC	2:39.75	25m	09-05-21	Pacos de Ferreira	419
33.	RIOS Maria Manuel	04	LSC	2:39.87	25m	13-10-19	Pacos de Ferreira	418
34.	LIMA Eduarda Filipa	04	CFV	2:40.84	25m	23-11-19	Felgueiras	411
35.	CAMACHO Laura Fernandes	04	CNF	2:44.91	25m	22-11-19	Funchal	381
36.	MENDES Daniela Portela	04	FBSC	2:45.75	25m	01-11-19	Condeixa	375
37.	JESUS Leonor Santos	04	CNOL	2:45.93	25m	30-11-19	Sines	374
38.	RAMOS Barbara Emerick	04	JACL	2:46.71	25m	07-03-20	Funchal	369
39.	FERNANDES Maria Elias	04	EDV	2:47.34	25m	19-01-20	Barcelos	365
40.	VIANA Jacinta Martins	04	CNVA	2:47.85	25m	16-11-19	Viseu	361
41.	SANTOS Sofia Isabel	04	CNPDL	2:48.64	25m	06-03-20	Ponta Delgada	356
42.	FERREIRA Carla Sandrina	04	CRASTO	2:48.98	25m	12-10-19	Mealhada	354
43.	CASTRO Luana Ferreira	04	EDV	2:49.68	25m	09-05-21	Ponte da Barca	350

200 Mariposa (desde 44)

44.	SILVA Maria Ines	04	CNAL	2:51.68	25m	25-01-20	Alcobaça	338
45.	MARTINS Mariana Ponte	04	LDC	2:53.21	25m	22-02-20	Lagos	329
46.	OLIVEIRA Sara Fernandes	04	JACL	2:57.59	25m	07-03-20	Funchal	305
47.	ROCHA Maria Cleto	04	CNH	2:57.90	25m	12-10-19	Horta	303
48.	GONCALVES Ana Rita	04	ANAR	2:59.25	25m	07-03-20	Ponte de Sor	297
49.	GAMEIRO Marta Domingues	04	CNAC	2:59.77	25m	02-02-20	Coimbra	294
50.	RODRIGUES Joana Beatriz	04	AAC	3:03.51	25m	23-11-19	Coimbra	276
51.	SILVA Catarina Rodrigues	04	CNPE	3:08.41	25m	26-10-19	Lagos	255
52.	MADEIRA Catarina Rufino	04	CNFA	3:10.14	25m	03-11-19	Lagoa	248
53.	CUNHA Ana Couto	04	CAP	3:11.38	25m	13-10-19	Pacos de Ferreira	244
54.	FRISCHKNECHT Carolina Anjo	04	CNS	3:12.89	25m	26-01-20	Campo Maior	238
55.	GONCALVES Rita Maria	04	CNH	3:24.56	25m	26-10-19	Ponta Delgada	199
56.	SOUSA Matilde Almeida	04	CDEAP	3:47.67	25m	31-10-20	Ponta Delgada	145
57.	FERREIRA Carolina Alexandra	04	CAFZ	4:13.17	25m	24-11-19	Tomar	105

100 Estilos

1.	CUNHA Mariana Pacheco	04	CNCE	1:03.25	25m	22-12-19	Felgueiras	713
2.	PEREIRA Maria Gomes	04	SAD	1:05.44	25m	22-12-19	Felgueiras	643
3.	MARQUES Maria Vieira	04	CNVA	1:05.66	25m	22-12-19	Felgueiras	637
4.	AMADO Maria Lopes	04	DNMG	1:06.74	25m	22-12-19	Felgueiras	607
5.	OLIVEIRA Ana Rita	04	CNCE	1:07.22	25m	22-12-19	Felgueiras	594
6.	MOURA Maria Ferreira	04	SCP	1:08.29	25m	03-11-19	Lagoa	566
7.	VIANA Carolina Pereira	04	ACS	1:08.82	25m	12-01-20	Quarteira	553
8.	COSTA Joana Santos	04	CGA	1:08.96	25m	25-04-21	Gafanha da Nazaré	550
9.	MONTEIRO Ana Carolina	04	INDANC	1:09.34	25m	20-06-21	Coimbra	541
10.	RODRIGUES Lidiana Correia	04	CFB	1:09.49	25m	22-12-19	Felgueiras	537
11.	ALVES Carina Alexandra	04	LSC	1:09.95	25m	22-11-19	Felgueiras	527
12.	RODRIGUES Joana Francisca	04	CUC	1:10.04	25m	23-12-20	Coimbra	525
13.	RODRIGUES Sofia Vilardell	04	GESL	1:10.12	25m	23-11-19	Algés	523
14.	JONES Angelina Bermejo	04	PORTIN	1:10.24	25m	08-11-20	Lagos	520
15.	SOUSA Joana Francisca	04	CDSR	1:10.39	25m	17-10-20	Funchal	517
16.	FRANCO Barbara Garrido	04	CEN	1:10.52	25m	06-03-20	Ponte de Sor	514
17.	ALVES Ines Sofia	04	PORTIN	1:10.64	25m	03-11-19	Lagoa	511
18.	ROCHA Carolina Neves	04	CFP	1:10.65	25m	22-11-19	Felgueiras	511
19.	PAIVA Leonor Correia	04	ALN	1:11.10	25m	25-10-20	Coimbra	502
20.	ALVES Maria Francisca	04	ADBA	1:11.34	25m	24-11-19	Caldas da Rainha	497
21.	FERREIRA Maria Leonor	04	CDN	1:11.44	25m	08-08-20	Funchal	494
22.	GASPAR Beatriz Ferreira	04	CUC	1:11.53	25m	02-02-20	Coimbra	493
23.	MORGADO Alice Jesus	04	GESL	1:11.72	25m	23-11-19	Algés	489
24.	FERREIRA Margarida Filipe	04	CDCP	1:11.93	25m	15-02-20	Torres Novas	484
25.	LAMAS Maria Caetano	04	CNMC	1:12.05	25m	24-11-19	Coimbra	482
26.	MENDES Ana Sebastiao	04	CNLGOS	1:12.30	25m	08-11-20	Lagos	477
27.	BOROZAN Gabriela	04	LDC	1:12.31	25m	12-01-20	Quarteira	477
28.	RIOS Maria Manuel	04	LSC	1:12.49	25m	22-11-19	Felgueiras	473
28.	SIMOES Rita Mendes	04	ADBA	1:12.49	25m	24-11-19	Caldas da Rainha	473
30.	OLIVEIRA Sara Fernandes	04	JACL	1:12.64	25m	08-05-21	Funchal	470
31.	GALANTE Ines Carvalho	04	CFV	1:12.75	25m	22-11-19	Felgueiras	468
32.	VENTURA Sara Sofia	04	CEN	1:12.83	25m	02-02-20	Montemor-o-Novo	467
33.	NARCISO Susana Chanoca	04	CDCP	1:13.34	25m	17-11-19	Cova da Piedade	457
34.	ABREU Sofia Viola	04	CNPE	1:13.47	25m	24-11-19	Caldas da Rainha	455
35.	ALMEIDA Filipa Graca	04	AEFDT	1:13.64	25m	25-04-21	Gafanha da Nazaré	451
36.	COSTA Catarina Nunes	04	GESL	1:13.73	25m	01-11-19	Setúbal	450

100 Estilos (desde 37)

36.	LOPES Margarida Santos	04	CDE	1:13.73	25m	25-10-20	Mealhada	450
38.	FLORENCIO Matilde Alves	04	CAQC	1:13.91	25m	25-10-20	Coimbra	446
39.	FREIXIEIRO Beatriz Maria	04	CNRM	1:13.93	25m	24-10-20	Tomar	446
40.	HORTA Diana Valadas	04	SFUAP	1:14.01	25m	17-11-19	Cova da Piedade	445
41.	MENDES Daniela Portela	04	FBSC	1:14.03	25m	24-11-19	Coimbra	444
42.	RIBEIRO Jessica Sofia	04	GCNF	1:14.25	25m	08-11-20	Lagos	440
43.	LIGEIRO Daniela Silva	04	VNC	1:14.30	25m	03-11-19	Barcelos	439
44.	PIRES Matilde Silva	04	CFE	1:14.43	25m	06-03-20	Ponte de Sor	437
45.	BRANCOURT Yonina	04	GESL	1:14.65	25m	03-11-19	Lisboa	433
46.	BENTO Beatriz Staiger	04	VS	1:14.69	25m	23-11-19	Tomar	433
47.	MENDES Mariana Pereira	04	LDC	1:14.79	25m	12-01-20	Quarteira	431
48.	DOMINGOS Marta Pereira	04	SFUAP	1:14.80	25m	01-11-19	Setúbal	431
49.	FONSECA Ana Filipa	04	CFE	1:14.87	25m	19-01-20	Montemor-o-Novo	429
50.	RIBEIRO Carolina Goncalves	04	CRASTO	1:14.89	25m	18-01-20	Mealhada	429
51.	GONCALVES Maria Margarida	04	CNF	1:14.90	25m	12-10-19	Funchal	429
52.	CUNHA Leonor Correia	04	FBSC	1:15.30	25m	20-10-19	Condeixa	422
53.	SILVA Margarida Borges	04	CAFBDP	1:15.48	25m	16-11-19	Ribeira Grande	419
54.	ROCHA Maria Cleto	04	CNH	1:15.55	25m	16-11-19	Horta	418
55.	GOMES Fabia Isabel	04	CFP	1:15.56	25m	22-11-19	Felgueiras	418
56.	ALVES Maria Freire	04	AHBE	1:15.88	25m	23-11-19	Algés	413
57.	SILVA Constanca Alexandra	04	PIMP	1:16.15	25m	20-10-19	Óbidos	408
58.	SILVA Ines Louro	04	ANAR	1:16.21	25m	06-03-20	Ponte de Sor	407
59.	MARTINS Mariana Ponte	04	LDC	1:16.30	25m	03-11-19	Lagoa	406
60.	CORREIA Matilde Ribeiro	04	UDO	1:16.60	25m	25-10-20	Mealhada	401
61.	GAMEIRO Marta Domingues	04	CNAC	1:16.64	25m	23-12-20	Coimbra	400
62.	SIMAO Renata Bandeira	04	CDE	1:16.96	25m	25-04-21	Gafanha da Nazaré	395
63.	RODRIGUES Marta Silva	04	CNPO	1:16.99	25m	22-11-19	Felgueiras	395
64.	CORREIA Sofia Maria	04	ENB	1:17.26	25m	24-11-19	Bragança	391
65.	PEREIRA Beatriz Sofia	04	NBM	1:17.51	25m	25-04-21	Gafanha da Nazaré	387
66.	SANTOS Mariana Coelho	04	LAGAC	1:17.58	25m	12-01-20	Quarteira	386
67.	BARAO Matilde Carvalho	04	CNCVG	1:17.82	25m	23-11-19	Algés	382
68.	TRINDADE Maria Eduarda	04	AEJ	1:17.83	25m	16-11-19	Viseu	382
69.	INACIO Ana Sofia	04	CFB	1:17.96	25m	23-11-19	Algés	380
69.	SILVA Maria Ines	04	CNAL	1:17.96	25m	24-11-19	Caldas da Rainha	380
71.	GUERREIRO Gloria Regina	04	FCF	1:18.14	25m	08-11-20	Lagos	378
72.	COJOCARU Beatriz	04	PORTIN	1:18.30	25m	15-12-19	Portimão	375
73.	VICENTE Joana Fernandes	04	CNTN	1:18.64	25m	20-10-19	Torres Novas	371
74.	GONCALVES Ana Rita	04	ANAR	1:18.82	25m	06-03-20	Ponte de Sor	368
75.	FIGUEIRAS Filipa Tibo	04	ACMN	1:18.91	25m	05-06-21	Sines	367
76.	SANTOS Sofia Isabel	04	CNPDL	1:19.20	25m	17-10-20	Ponta Delgada	363
77.	GONCALVES Angela Emilia	04	CNPO	1:19.54	25m	22-11-19	Felgueiras	358
78.	MADEIRA Catarina Rufino	04	GCNF	1:20.33	25m	08-11-20	Lagos	348
79.	CASTRO Maria Joao	04	SCA	1:20.34	25m	25-04-21	Gafanha da Nazaré	348
80.	ANDRADE Margarida Fernandes	04	JACL	1:20.51	25m	21-12-19	Funchal	345
81.	RODRIGUES Maria Beatriz	04	CAQC	1:20.53	25m	02-02-20	Coimbra	345
82.	BRITES Natacha Caeiro	04	CFE	1:20.75	25m	19-01-20	Montemor-o-Novo	342
83.	CRUZ Ines Dias	04	CAQC	1:20.80	25m	24-11-19	Coimbra	342
84.	CANDEIAS Marta Filipa	04	CFE	1:21.20	25m	06-03-20	Ponte de Sor	337
85.	MOREIRA Alice Castico	04	CNMJ	1:21.34	25m	02-02-20	Montemor-o-Novo	335
86.	FELIX Ines Silva	04	SCA	1:21.58	25m	25-04-21	Gafanha da Nazaré	332
87.	AFONSO Beatriz Beja	04	AAC	1:22.14	25m	15-02-20	Torres Novas	325
88.	GONCALVES Maria Albuquerque	04	CNFU	1:22.38	25m	24-10-20	Sertã	322
89.	FINS Ines Torres	04	NSIT	1:22.57	25m	16-11-19	Angra do Heroísmo	320

100 Estilos (desde 90)

90.	LIMA Sara Estanque	04	ACRZA	1:22.68	25m	17-11-19	Odemira	319
91.	CASTRO Luana Ferreira	04	EDV	1:22.96	25m	22-11-19	Braga	316
92.	TAVARES Salome Simoes	04	CAPGE	1:23.14	25m	25-10-20	Mealhada	314
93.	LAMPREIA Patricia Isabel	04	CNBE	1:23.38	25m	20-10-19	Quarteira	311
94.	SILVA Ines Miguel	04	DNMG	1:23.58	25m	08-11-20	Leiria	309
95.	JESUS Mariana Caires	04	JACL	1:23.62	25m	12-10-19	Funchal	308
96.	RODRIGUES Diana Neves	04	CNFU	1:23.65	25m	06-03-20	Ponte de Sor	308
97.	GOUVEIA Susana Isabel	04	JACL	1:23.99	25m	23-11-19	Funchal	304
98.	CORREIA Raquel	04	DRCN	1:24.15	25m	01-11-19	Setúbal	302
99.	FELICIA Beatriz Filipe	04	FCF	1:24.46	25m	20-10-19	Quarteira	299
100.	FRISCHKNECHT Carolina Anjo	04	CNS	1:24.48	25m	01-11-19	Setúbal	299

200 Estilos

1.	CUNHA Mariana Pacheco	04	CNCE	2:15.10	25m	10-04-21	Felgueiras	733
2.	PEREIRA Maria Gomes	04	SAD	2:23.25	25m	21-12-19	Felgueiras	615
3.	MOURA Maria Ferreira	04	SCP	2:23.54	25m	01-02-20	Albufeira	611
4.	AMADO Maria Lopes	04	DNMG	2:25.17	25m	21-12-19	Felgueiras	591
5.	CARDEAL Beatriz Nunes	04	AVFC	2:25.82	25m	18-01-20	Mealhada	583
6.	SANTOS Leonor Esteves	04	EULX	2:26.00	25m	01-02-20	Ponte de Sor	581
7.	RODRIGUES Lidiana Correia	04	CFB	2:27.94	25m	21-12-19	Felgueiras	558
8.	ARROYO Laura Torres	04	LDC	2:29.19	25m	09-11-19	Albufeira	544
9.	INACIO Marta Macedo	04	SCP	2:29.47	25m	02-11-19	Lagoa	541
10.	COSTA Joana Santos	04	CGA	2:29.68	25m	24-04-21	Gafanha da Nazaré	539
11.	FIDALGO Maria Jardim	04	CNCVG	2:29.86	25m	30-11-19	Sines	537
12.	ALVES Ines Sofia	04	PORTIN	2:29.92	25m	14-12-19	Portimão	537
13.	MONTEIRO Ana Carolina	04	CUC	2:30.07	25m	15-05-21	Condeixa-a-Nova	535
14.	MORGADO Alice Jesus	04	GESL	2:31.01	25m	01-02-20	Ponte de Sor	525
15.	SILVA Margarida Borges	04	CAFBDP	2:31.05	25m	07-03-20	Ponta Delgada	525
16.	COSTA Catarina Nunes	04	GESL	2:31.33	25m	09-05-21	Sto António Cavaleiros	522
17.	VIANA Carolina Pereira	04	ACS	2:31.55	25m	09-11-19	Albufeira	519
18.	FERREIRA Maria Leonor	04	CDN	2:31.73	25m	16-11-19	Funchal	518
19.	GASPAR Beatriz Ferreira	04	CUC	2:32.06	25m	30-11-19	Sines	514
20.	MENDES Ana Sebastiao	04	CNLGOS	2:32.13	25m	30-11-19	Sines	513
21.	JONES Angelina Bermejo	04	PORTIN	2:32.19	25m	22-02-20	Lagos	513
22.	PAIVA Leonor Correia	04	ALN	2:32.21	25m	09-11-19	Albufeira	513
23.	SOUSA Joana Francisca	04	CDSR	2:32.27	25m	16-11-19	Funchal	512
24.	FERREIRA Marta Oliveira	04	GCST	2:32.39	25m	23-11-19	Felgueiras	511
25.	ROCHA Carolina Neves	04	CFP	2:32.62	25m	23-11-19	Felgueiras	509
26.	LIGEIRO Daniela Silva	04	VNC	2:33.59	25m	18-01-20	Barcelos	499
27.	FERREIRA Margarida Filipe	04	CDCP	2:33.74	25m	24-11-19	Algés	497
28.	CUNHA Leonor Correia	04	FBSC	2:34.24	25m	14-12-19	Leiria	493
29.	FRANCO Barbara Garrido	04	CEN	2:34.74	25m	29-02-20	Coruche	488
30.	RIOS Maria Manuel	04	LSC	2:34.93	25m	23-11-19	Felgueiras	486
31.	ALVES Maria Francisca	04	ADBA	2:35.09	25m	23-11-19	Caldas da Rainha	485
32.	COSTA Rita Salome	04	CAP	2:35.44	25m	14-12-19	Leiria	481
33.	MONTEIRO Ines Maria	04	CNPV	2:35.64	25m	07-03-20	Ponta Delgada	479
34.	FLORENCIO Matilde Alves	04	CAQC	2:35.86	25m	24-10-20	Coimbra	477
35.	VIANA Margarida Violante	04	ADBA	2:36.63	25m	23-11-19	Caldas da Rainha	470
36.	GOMES Fabia Isabel	04	CFP	2:37.01	25m	09-05-21	Pacos de Ferreira	467
37.	PIMENTEL Marta Lima	04	CFP	2:37.02	25m	09-05-21	Pacos de Ferreira	467
38.	FREIXIEIRO Beatriz Maria	04	CNRM	2:37.14	25m	08-03-20	Santarém	466
39.	HENRIQUES Carolina Porem	04	SCP	2:37.28	25m	01-02-20	Albufeira	465

200 Estilos (desde 40)

40.	MONTEIRO Barbara Oliveira	04	SCB	2:37.30	25m	24-11-19	Braga	464
41.	RIBEIRO Carolina Goncalves	04	CRASTO	2:37.91	25m	26-10-19	Lagos	459
42.	VENTURA Sara Sofia	04	CEN	2:37.95	25m	18-01-20	Castelo Branco	459
43.	CORREIA Beatriz Santos	04	AVFC	2:38.01	25m	24-10-20	Mealhada	458
44.	LAMAS Maria Caetano	04	CNMC	2:38.14	25m	22-12-20	Coimbra	457
45.	FONSECA Ana Filipa	04	CFE	2:38.21	25m	08-03-20	Ponte de Sor	456
46.	SILVA Ana Catarina	04	FBSC	2:39.25	25m	18-10-20	Coimbra	448
47.	TAVARES Mariana Silva	04	CDE	2:39.37	25m	24-10-20	Mealhada	447
48.	SIMOES Rita Mendes	04	ADBA	2:39.40	25m	20-10-19	Óbidos	446
49.	HORTA Diana Valadas	04	SFUAP	2:39.75	25m	17-11-19	Cova da Piedade	443
50.	DOMINGOS Marta Pereira	04	SFUAP	2:40.09	25m	17-11-19	Cova da Piedade	441
51.	LIMA Eduarda Filipa	04	CFV	2:40.70	25m	23-11-19	Felgueiras	436
52.	GAMEIRO Marta Domingues	04	CNAC	2:40.75	25m	23-11-19	Coimbra	435
53.	MORGANHO Leonor Alves	04	SAD	2:41.05	25m	02-11-19	Lagoa	433
54.	ROCHA Maria Cleto	04	CNH	2:41.07	25m	15-02-20	Horta	433
55.	INACIO Ana Sofia	04	CFB	2:41.72	25m	24-11-19	Algés	427
56.	OLIVEIRA Sara Fernandes	04	JACL	2:41.74	25m	08-03-20	Funchal	427
57.	MARQUES Catarina Alexandra	04	CNCVG	2:42.23	25m	24-11-19	Algés	423
58.	ALVES Maria Freire	04	AHBE	2:42.25	25m	24-11-19	Algés	423
59.	GONCALVES Maria Margarida	04	CNF	2:42.27	25m	26-10-19	Funchal	423
60.	NEVES Diana Isabel	04	CFP	2:42.42	25m	23-11-19	Felgueiras	422
61.	CAMACHO Laura Fernandes	04	CNF	2:42.55	25m	25-07-20	Funchal	421
62.	MARTINS Mariana Ponte	04	LDC	2:43.22	25m	24-11-19	Lagos	416
63.	SANTOS Mariana Coelho	04	LAGAC	2:43.39	25m	16-05-21	Lagos	414
64.	RAMOS Barbara Emerick	04	JACL	2:43.85	25m	16-11-19	Funchal	411
65.	PIRES Matilde Silva	04	CFE	2:44.60	25m	16-11-19	Odemira	405
66.	SIMAO Renata Bandeira	04	CDE	2:44.68	25m	24-10-20	Mealhada	405
67.	TRINDADE Maria Eduarda	04	AEJ	2:45.26	25m	13-10-19	Mealhada	400
68.	BRANCOURT Yonina	04	GESL	2:45.40	25m	03-11-19	Lisboa	399
69.	PEDRO Daniela Alexandra	04	SCP	2:45.56	25m	17-11-19	Cova da Piedade	398
70.	COSTA Leonor Horta	04	CUC	2:45.70	25m	01-11-19	Condeixa	397
71.	SILVA Alexandra Cordeiro	04	CNAL	2:45.81	25m	23-11-19	Caldas da Rainha	396
72.	CAMACHO Maria Martins	04	SFUAP	2:45.84	25m	17-11-19	Cova da Piedade	396
73.	GONCALVES Angela Emilia	04	CNPO	2:45.87	25m	14-12-19	Leiria	396
74.	RODRIGUES Marta Silva	04	CNPO	2:46.75	25m	23-11-19	Felgueiras	390
75.	RESENDE Eva Pinho	04	CDE	2:46.98	25m	24-10-20	Mealhada	388
76.	LAGOA Laura Macedo	04	ADBA	2:47.05	25m	20-10-19	Óbidos	388
77.	MORAIS Margarida Mateus	04	CNTN	2:47.08	25m	08-03-20	Santarém	387
78.	BOROZAN Gabriela	04	LDC	2:47.11	25m	22-02-20	Lagos	387
79.	GOMES Mariana Filipa	04	ADP	2:47.32	25m	22-02-20	Mirandela	386
80.	BENTO Beatriz Staiger	04	VS	2:47.38	25m	08-03-20	Santarém	385
81.	SANTOS Sofia Isabel	04	CNPDL	2:47.57	25m	07-03-20	Ponta Delgada	384
82.	GUERREIRO Gloria Regina	04	FCF	2:47.63	25m	20-10-19	Quarteira	384
83.	FERREIRA Carla Sandrina	04	CRASTO	2:47.82	25m	22-02-20	Mirandela	382
84.	LOPES Raquel Raposo	04	CDCP	2:48.07	25m	01-11-19	Setúbal	381
85.	SILVA Ana Filipa	04	AAC	2:48.56	25m	15-02-20	Torres Novas	377
86.	COJOCARU Beatriz	04	PORTIN	2:48.88	25m	30-11-19	Sines	375
87.	AMARO Beatriz Sofia	04	DNMG	2:49.12	25m	20-10-19	Óbidos	374
88.	GUTERRES Mariana Fragoso	04	SLB	2:49.18	25m	01-11-19	Setúbal	373
89.	CORREIA Sofia Maria	04	ENB	2:49.45	25m	22-02-20	Mirandela	371
90.	CASTANHEIRA Ana Sofia	04	CAQC	2:50.00	25m	01-11-19	Condeixa	368
91.	FIGUEIRAS Filipa Tibo	04	ACMN	2:50.20	25m	05-06-21	Sines	367
92.	GONCALVES Maria Albuquerque	04	CNFU	2:50.49	25m	07-11-20	Guarda	365

200 Estilos (desde 93)

93.	COUTO Ines Ferreira	04	CAFBDP	2:50.99	25m	07-03-20	Ponta Delgada	361
94.	SILVA Ines Louro	04	ANAR	2:51.22	25m	12-10-19	Portalegre	360
95.	FINS Ines Torres	04	NSIT	2:51.26	25m	07-03-20	Ponta Delgada	360
96.	SOUSA Joana Margarida	04	AVQA	2:51.75	25m	19-01-20	Entroncamento	357
97.	NARCISO Susana Chanoca	04	CPCD	2:51.88	25m	07-11-20	Guarda	356
98.	CASTRO Luana Ferreira	04	EDV	2:51.93	25m	18-01-20	Barcelos	356
99.	GONCALVES Ana Rita	04	ANAR	2:52.43	25m	18-01-20	Castelo Branco	352
100.	BRITES Natacha Caeiro	04	CFE	2:52.91	25m	01-02-20	Ponte de Sor	350

400 Estilos

1.	CUNHA Mariana Pacheco	04	CNCE	4:50.96	25m	11-04-21	Felgueiras	704
2.	CARDEAL Beatriz Nunes	04	AVFC	5:01.83	25m	15-12-19	Leiria	631
3.	SANTOS Leonor Esteves	04	EULX	5:06.57	25m	20-12-19	Felgueiras	602
4.	RODRIGUES Lidiana Correia	04	CFB	5:12.81	25m	20-12-19	Felgueiras	567
5.	FERREIRA Maria Leonor	04	CDN	5:14.87	25m	06-03-20	Funchal	556
6.	FERREIRA Margarida Filipe	04	CDCP	5:15.37	25m	15-12-19	Leiria	553
7.	COSTA Catarina Nunes	04	GESL	5:16.25	25m	09-05-21	Sto António Cavaleiros	548
8.	MONTEIRO Ana Carolina	04	CUC	5:16.82	25m	23-11-19	Coimbra	545
9.	LAMAS Maria Caetano	04	CNMC	5:17.08	25m	15-05-21	Condeixa-a-Nova	544
10.	FLORENCIO Matilde Alves	04	CAQC	5:17.56	25m	23-12-20	Coimbra	542
10.	AMADO Maria Lopes	04	DNMG	5:17.56	25m	09-05-21	Alcobaça	542
12.	ALVES Ines Sofia	04	PORTIN	5:17.93	25m	23-11-19	Lagos	540
13.	MORGADO Alice Jesus	04	SCP	5:17.94	25m	14-11-20	Leiria	540
14.	SILVA Ana Catarina	04	FBSC	5:17.97	25m	23-12-20	Coimbra	540
15.	RODRIGUES Joana Francisca	04	CUC	5:19.04	25m	15-05-21	Condeixa-a-Nova	534
16.	FERREIRA Marta Oliveira	04	GCST	5:19.09	25m	20-12-19	Felgueiras	534
17.	LIGEIRO Daniela Silva	04	VNC	5:19.78	25m	08-05-21	Ponte da Barca	530
18.	PAIVA Leonor Correia	04	ALN	5:20.31	25m	24-10-20	Coimbra	528
19.	MONTEIRO Barbara Oliveira	04	SCB	5:20.78	25m	23-11-19	Braga	525
20.	FRANCO Barbara Garrido	04	CEN	5:20.98	25m	06-03-20	Ponte de Sor	525
21.	MENDES Ana Sebastiao	04	CNLGOS	5:21.39	25m	23-11-19	Lagos	522
22.	INACIO Marta Macedo	04	SCP	5:22.00	25m	23-11-19	Algés	520
23.	GASPAR Beatriz Ferreira	04	CUC	5:22.06	25m	20-12-19	Felgueiras	519
24.	FIDALGO Maria Jardim	04	CNCVG	5:24.16	25m	23-11-19	Algés	509
25.	PIMENTEL Marta Lima	04	CFP	5:25.59	25m	08-05-21	Pacos de Ferreira	503
26.	RIOS Maria Manuel	04	LSC	5:25.60	25m	11-01-20	Aguas Santas	502
27.	SOUSA Joana Francisca	04	CDSR	5:25.90	25m	16-11-19	Funchal	501
28.	HENRIQUES Carolina Porem	04	SCP	5:26.14	25m	23-11-19	Algés	500
29.	GOMES Fabia Isabel	04	CFP	5:30.43	25m	23-11-19	Felgueiras	481
30.	LIMA Eduarda Filipa	04	CFV	5:33.07	25m	23-11-19	Felgueiras	469
31.	COSTA Carolina Fale	04	ADRCIMM	5:34.98	25m	23-11-19	Algés	461
32.	SIMOES Rita Mendes	04	ADBA	5:35.06	25m	21-12-19	Pombal	461
33.	SILVA Margarida Borges	04	CAFBDP	5:35.46	25m	14-12-19	Ponta Delgada	459
34.	GUTERRES Mariana Fragoso	04	SLB	5:35.91	25m	23-11-19	Algés	458
35.	JESUS Leonor Santos	04	CNOL	5:36.31	25m	02-02-20	Albufeira	456
36.	CORREIA Beatriz Santos	04	AVFC	5:36.68	25m	17-11-19	Viseu	454
37.	MONTEIRO Ines Maria	04	CNPV	5:36.70	25m	14-12-19	Praia da Vitória	454
38.	GAMEIRO Marta Domingues	04	CNAC	5:36.94	25m	15-12-19	Leiria	453
39.	FONSECA Ana Filipa	04	CFE	5:37.47	25m	06-03-20	Ponte de Sor	451
40.	TAVARES Mariana Silva	04	CDE	5:37.51	25m	13-10-19	Mealhada	451
41.	MENDES Daniela Portela	04	FBSC	5:37.91	25m	21-12-19	Cantanhede	449
42.	MARTINS Mariana Ponte	04	LDC	5:39.55	25m	23-11-19	Lagos	443

400 Estilos (desde 43)

43.	CUNHA Leonor Correia	04	FBSC	5:39.89	25m	23-11-19	Coimbra	442
44.	ALVES Maria Francisca	04	ADBA	5:40.76	25m	21-12-19	Pombal	438
45.	DOMINGOS Marta Pereira	04	SFUAP	5:41.11	25m	23-11-19	Algés	437
46.	RIBEIRO Carolina Goncalves	04	CRASTO	5:41.40	25m	17-11-19	Viseu	436
47.	SANTOS Mariana Coelho	04	LAGAC	5:43.58	25m	02-02-20	Albufeira	428
48.	CAMACHO Laura Fernandes	04	CNF	5:44.60	25m	16-11-19	Funchal	424
49.	SILVA Maria Ines	04	CNAL	5:44.71	25m	24-11-19	Caldas da Rainha	423
50.	CASTRO Luana Ferreira	04	EDV	5:46.81	25m	08-05-21	Ponte da Barca	416
51.	SANTOS Sofia Isabel	04	CNPDL	5:50.20	25m	07-03-20	Ponta Delgada	404
52.	ROCHA Maria Cleto	04	CNH	5:51.53	25m	14-12-19	Horta	399
53.	RAMOS Barbara Emerick	04	JACL	5:54.77	25m	21-12-19	Funchal	388
54.	PIRES Matilde Silva	04	CFE	5:55.56	25m	26-01-20	Campo Maior	386
55.	NEVES Diana Isabel	04	CFP	5:57.30	25m	13-10-19	Pacos de Ferreira	380
56.	COUTO Ines Ferreira	04	CAFBDP	6:00.01	25m	07-03-20	Ponta Delgada	372
57.	COJOCARU Beatriz	04	PORTIN	6:03.28	25m	23-11-19	Lagos	362
58.	CRUZ Ines Dias	04	CAQC	6:04.82	25m	21-12-19	Cantanhede	357
59.	CANDEIAS Marta Filipa	04	CFE	6:05.18	25m	06-03-20	Ponte de Sor	356
60.	MORAIS Margarida Mateus	04	CNTN	6:07.75	25m	20-10-19	Torres Novas	349
61.	FINS Ines Torres	04	NSIT	6:16.04	25m	14-12-19	Praia da Vitória	326
62.	PEREIRA Marta Monteiro	04	CRASTO	6:17.69	25m	25-10-20	Mealhada	322
63.	RODRIGUES Maria Beatriz	04	CAQC	6:22.86	25m	21-12-19	Cantanhede	309
64.	GOUVEIA Susana Isabel	04	JACL	6:27.87	25m	16-11-19	Funchal	297
65.	TAVARES Salome Simoes	04	CAPGE	6:31.06	25m	25-04-21	Gafanha da Nazaré	290
66.	SILVA Catarina Rodrigues	04	CNPE	6:33.80	25m	21-12-19	Pombal	284

50 Livres

1.	FERNANDES Carolina Miranda	05	CGA	26.33	25m	25-04-21	Gafanha da Nazaré	660
2.	MELO Sara Carreira	05	GESL	27.52	25m	15-11-20	Leiria	578
3.	NICOLAU Margarida Claudino	05	CNTN	27.67	25m	15-11-20	Leiria	569
4.	VASCONCELOS Lara Rodrigue	05	CGA	27.84	25m	13-03-21	Aveiro	558
5.	PEREIRA Carolina Rei	05	CNVA	27.90	25m	25-04-21	Gafanha da Nazaré	555
6.	PEREIRA Isabel dos Santos	05	CNCE	28.41	25m	30-11-19	Sines	525
7.	BENTO Maria Madalena	05	BUZIOS	28.42	25m	24-11-19	Tomar	525
8.	EIRA Maria Carolina	05	GCVR	28.43	25m	10-04-21	Felgueiras	524
9.	ALMEIDA Maria Carolina	05	SANCNP	28.77	25m	09-01-21	Guarda	506
9.	GOMES Carolina Fonseca	05	SCP	28.77	25m	15-05-21	Condeixa-a-Nova	506
11.	QUINTA Luisa Coelho	05	LSC	28.81	25m	08-05-21	Pacos de Ferreira	504
12.	NEVES Natalia Passeira	05	CNV	28.83	25m	22-11-19	Felgueiras	503
13.	NEVES Maria Manuel	05	SCB	28.94	25m	08-05-21	Ponte da Barca	497
14.	SILVA Ana Carolina	05	CNPV	28.96	25m	17-10-20	Praia da Vitória	496
15.	FILIPE Ana Sofia	05	ACS	29.00	25m	11-01-20	Quarteira	494
16.	VELHO Ana Luisa	05	CMNPR	29.02	25m	09-05-21	Peso da Régua	493
17.	REIS Erica Cristina	05	SCP	29.04	25m	09-01-21	Guarda	492
18.	NEVES Daniela Lourenco	05	CCDSERTA	29.06	25m	24-10-20	Sertã	491
19.	COSTA Mariana Martins	05	GDNFAMA	29.07	25m	22-11-19	Felgueiras	490
20.	CONCEICAO Sara Nunes	05	SFUAP	29.08	25m	15-12-19	Leiria	490
20.	REIS Beatriz Grave	05	CNRM	29.08	25m	16-05-21	Abrantes	490
22.	NOVO Marta Luisa	05	VNC	29.15	25m	30-11-19	Sines	486
23.	SEQUEIRA Leonor Ferreira	05	CGA	29.18	25m	25-04-21	Gafanha da Nazaré	485
24.	BALL Marianna Thais	05	CNLGOS	29.23	25m	30-11-19	Sines	482
25.	COSTA Mafalda Santos	05	ADRCIMM	29.26	25m	15-12-19	Leiria	481
26.	ESTEVEENS Laura Fabiana	05	CNOL	29.29	25m	11-01-20	Quarteira	479
27.	SIMOES Barbara Almeida	05	CUC	29.30	25m	22-12-20	Coimbra	479
28.	ROCHA Ana Sofia	05	CCLAMAS	29.55	25m	15-12-19	Leiria	467
28.	NOBRE Beatriz Gaspar	05	SFGP	29.55	25m	15-02-20	Torres Novas	467
30.	ENGELLEN Zoe	05	LDC	29.58	25m	15-05-21	Lagos	465
31.	NASCIMENTO Sofia Alexandre	05	CNF	29.59	25m	18-07-20	Funchal	465
31.	STELMASHCHUK Catarina Cru	05	CNVA	29.59	25m	13-06-21	Viseu	465
33.	CAPITAO Ana Rita	05	CFV	29.66	25m	22-11-19	Felgueiras	462
34.	LOPES Francisca Macedo	05	CFV	29.67	25m	22-11-19	Felgueiras	461
35.	ALVES Joana Silva	05	BSCN	29.70	25m	23-05-21	Alcobaça	460
36.	RODRIGUES Filipa Guerreiro	05	GCNF	29.79	25m	08-11-20	Lagos	456
37.	CANINHAS Maria Pinto	05	CNFU	29.88	25m	08-03-20	Ponte de Sor	451
38.	COSTA Joana Ferreira	05	CDF	29.93	25m	18-01-20	Mealhada	449
39.	CARVALHO Maria Silva	05	PIMP	29.99	25m	08-11-20	Leiria	446
40.	CARLOTA Catarina Isabel	05	BUZIOS	30.02	25m	08-03-20	Santarém	445
41.	DZYAKANAVA Kateryna	05	ALN	30.13	25m	22-12-20	Coimbra	440
42.	ALMEIDA Ana Rita	05	CDCA	30.38	25m	07-11-20	Guarda	429
43.	LOURENCO Beatriz Vale	05	PORTIN	30.51	25m	15-05-21	Lagos	424
44.	SILVA Beatriz Margarido	05	CNVA	30.53	25m	12-10-19	Mealhada	423
44.	CABRAL Ana Matos	05	CAQC	30.53	25m	24-10-20	Coimbra	423
46.	SILVA Ana Margarida	05	CNFU	30.54	25m	12-10-19	Portalegre	423
46.	PALMA Ines Pinto	05	CRIRA	30.54	25m	16-11-19	Odemira	423
48.	DIAS Iara Filipa	05	CNPE	30.55	25m	23-05-21	Alcobaça	422
49.	LIMA Ana Cristina	05	SCE	30.57	25m	18-01-20	Mealhada	422
50.	ROSA Sara Henriques	05	NSIT	30.58	25m	16-11-19	Angra do Heroísmo	421
51.	ABREU Maria Eduarda	05	CDN	30.60	25m	08-08-20	Funchal	420
51.	COLACO Catarina Neves	05	GCNF	30.60	25m	25-10-20	Olhão	420

50 Livres (desde 53)

53.	LOPES Rosa Branca	05	PIMP	30.73	25m	18-10-20	Caldas da Rainha	415
54.	CAETANO Ines Martins	05	CCDSERTA	30.93	25m	07-03-20	Ponte de Sor	407
55.	SOARES Carolina Leal	05	CMNPR	30.95	25m	24-04-21	Vila Real	406
56.	DIAS Ines Silva	05	CDE	31.01	25m	25-10-20	Mealhada	404
57.	GOMES Fabiana Cruz	05	LDC	31.03	25m	08-05-21	Quarteira	403
58.	TRIBUNA Francisca Otao	05	SLB	31.04	25m	01-11-19	Setúbal	403
59.	MELO Beatriz Coelho	05	CDF	31.05	25m	25-04-21	Gafanha da Nazaré	402
60.	COUTINHO Ines Esteves	05	ATG	31.09	25m	22-11-19	Felgueiras	401
61.	FERNANDES Daniela Alves	05	LSC	31.14	25m	22-11-19	Felgueiras	399
61.	FONSECA Ines Carvalho	05	LAGAC	31.14	25m	23-11-19	Lagos	399
61.	REIS Juliana Branco	05	CNAL	31.14	25m	23-05-21	Alcobaça	399
64.	MACHADO Beatriz Alexandra	05	CNBE	31.18	25m	11-01-20	Quarteira	397
64.	FERRAZ Maria Antonia	05	AHBE	31.18	25m	25-01-20	Alcobaça	397
66.	PONCEANO Ines Encarnacao	05	PORTIN	31.29	25m	25-10-20	Olhão	393
67.	PASSOS Margarida Jesus	05	PORTIN	31.31	25m	23-11-19	Lagos	392
68.	SILVA Camila Cavaleiro	05	SCC	31.43	25m	15-05-21	Condeixa-a-Nova	388
69.	COTOVIO Ines Filipa	05	CNSM	31.44	25m	16-05-21	Abrantes	387
70.	GOMES Madalena Sousa	05	CNF	31.50	25m	08-05-21	Funchal	385
71.	ALVES Maria Ines	05	AAC	31.58	25m	19-06-21	Coimbra	382
72.	BRANCO Matilde Paulos	05	BUZIOS	31.67	25m	19-01-20	Entroncamento	379
73.	JARDIM Teresa Vieira	05	CNF	31.72	25m	18-07-20	Funchal	377
74.	CARVALHO Neuza Cardoso	05	CMNPR	31.79	25m	24-04-21	Vila Real	375
75.	REIS Mariana Tavares	05	CDEAP	31.84	25m	13-03-21	Ponta Delgada	373
76.	INACIO Joana Matilde	05	DRCN	31.95	25m	01-11-19	Setúbal	369
77.	PATRACOLO Mariana Passareiro	05	CEN	31.96	25m	16-11-19	Castelo Branco	369
78.	MACHADO Maria Leonor	05	GCVR	32.00	25m	24-04-21	Vila Real	367
79.	ESTEVES Beatriz Carmo	05	ACMN	32.24	25m	07-03-20	Ponte de Sor	359
80.	MOTA Barbara Gomes	05	CDF	32.26	25m	25-04-21	Gafanha da Nazaré	359
81.	PACHECO Mariana Fatima	05	CDBRG	32.29	25m	13-03-21	Ponta Delgada	358
82.	OLIVEIRA Beatriz Silva	05	NCC	32.33	25m	07-03-20	Mirandela	356
83.	VIEIRA Rafaela Afonso	05	LDC	32.35	25m	02-11-19	Lagoa	356
84.	LOBO Maria Fernandes	05	CNAC	32.38	25m	22-12-20	Coimbra	355
85.	TEIXEIRA Mariana Mendes	05	FNC	32.39	25m	24-11-19	Bragança	354
86.	MERUJE Ana Agra	05	CEN	32.44	25m	26-01-20	Campo Maior	353
87.	VOJINOVIC Elena	05	PORTIN	32.48	25m	14-12-19	Portimão	351
88.	CRUZ Leonor Barreto	05	CNAB	32.69	25m	08-03-20	Santarém	345
89.	GAMA Beatriz Sa	05	CAQC	32.70	25m	24-10-20	Coimbra	344
90.	DINIS Helena Carolina	05	AAC	32.73	25m	15-05-21	Condeixa-a-Nova	343
91.	FIGUEIRA Leticia Romano	05	CFP	32.74	25m	08-05-21	Pacos de Ferreira	343
92.	MARQUES Marta Hermenegildo	05	CNLA	32.75	25m	14-12-19	Portimão	343
93.	VAZ Beatriz Rodrigues	05	FCF	32.79	25m	11-01-20	Quarteira	341
94.	HOSKINS Matilde Sophie	05	LSC	32.82	25m	22-11-19	Felgueiras	341
95.	SILVA Leonor Neto	05	CNLGOS	32.97	25m	11-01-20	Quarteira	336
96.	ALMEIDA Bruna Alexandra	05	AEFDT	33.01	25m	25-10-20	Mealhada	335
96.	CORREIA Ines Alves	05	LSC	33.01	25m	08-05-21	Pacos de Ferreira	335
98.	CRESPO Beatriz Santos	05	IDV	33.07	25m	25-01-20	Alcobaça	333
99.	PIRES Maria Raquel	05	LDC	33.13	25m	23-11-19	Lagos	331
100.	GALVAO Matilde Fernandes	05	ANAR	33.15	25m	24-10-20	Sertã	330

100 Livres

1.	FERNANDES Carolina Miranda	05	CGA	56.18	25m	08-12-19	Mealhada	715
2.	LOURO Ariana Espirito	05	SFGP	57.70	25m	15-05-21	Abrantes	660
3.	NICOLAU Margarida Claudino	05	CNTN	59.12	25m	25-10-20	Tomar	614
4.	PEREIRA Carolina Rei	05	CNVA	59.18	25m	07-12-19	Mealhada	612
5.	PIRES Marta Joao	05	SAD	59.31	25m	07-12-19	Sines	608
6.	MELO Sara Carreira	05	GESL	59.75	25m	14-11-20	Leiria	594
6.	ROSA Mariana Carmo	05	ALN	59.75	25m	23-12-20	Coimbra	594
8.	SIMOES Ana Beatriz	05	SCP	1:00.22	25m	07-12-19	Sines	581
9.	REIS Erica Cristina	05	SCP	1:00.30	25m	08-12-19	Sines	578
10.	ESTEVENS Laura Fabiana	05	GCNF	1:00.36	25m	11-04-21	Felgueiras	576
11.	VASCONCELOS Lara Rodrigue	05	CGA	1:00.38	25m	14-11-20	Mealhada	576
12.	EIRA Maria Carolina	05	GCVR	1:00.71	25m	08-05-21	Peso da Régua	567
13.	NOBRE Marisa Isabel	05	SCC	1:01.03	25m	07-12-19	Mealhada	558
14.	COSTA Mariana Martins	05	GDNFAMA	1:01.08	25m	14-11-20	Mealhada	556
15.	PEREIRA Isabel dos Santos	05	CNCE	1:01.10	25m	08-03-20	Braga	556
16.	DELGADO Soraia Alexandra	05	SCP	1:01.23	25m	16-02-20	Sto Antonio dos Cavaleiros	552
17.	FERREIRA Joana Rocha	05	SLB	1:01.25	25m	15-05-21	Alcabideche	552
18.	LOPES Daniela Magalhaes	05	GDNFAMA	1:01.37	25m	08-12-19	Mealhada	548
19.	CANINHAS Maria Pinto	05	CNFU	1:01.67	25m	08-03-20	Ponte de Sor	540
20.	NUNES Rita Sofia	05	CNCE	1:01.83	25m	11-04-21	Felgueiras	536
21.	ALMEIDA Maria Carolina	05	CGA	1:01.94	25m	24-10-20	Mealhada	533
22.	GONCALVES Rita Abibe	05	GESL	1:01.96	25m	14-11-20	Leiria	533
23.	BENTO Maria Madalena	05	BUZIOS	1:02.07	25m	24-11-19	Tomar	530
24.	QUINTA Luisa Coelho	05	LSC	1:02.12	25m	07-12-19	Mealhada	529
25.	GOMES Carolina Fonseca	05	CDOM	1:02.28	25m	07-12-19	Sines	525
26.	NUNES Margarida Domingues	05	EULX	1:02.30	25m	30-11-19	Sines	524
27.	SEBASTIAO Sofia Antunes	05	CNA	1:02.48	25m	07-12-19	Sines	520
28.	NEVES Natalia Passeira	05	CNV	1:02.50	25m	07-12-19	Mealhada	519
28.	COSTA Mafalda Santos	05	ADRCIMM	1:02.50	25m	07-12-19	Sines	519
30.	NOVO Marta Luisa	05	VNC	1:02.57	25m	30-11-19	Sines	517
31.	FILIPE Ana Sofia	05	ACS	1:02.84	25m	15-12-19	Portimão	511
32.	VIEIRA Carmo Dias	05	EULX	1:03.44	25m	23-11-19	Algés	496
33.	BALL Marianna Thais	05	CNLGOS	1:03.52	25m	24-11-19	Lagos	495
34.	SALGADO Soraia Maria	05	AEFDTV	1:03.56	25m	09-05-21	Sto António Cavaleiros	494
35.	CARRAO Iris Pereira	05	CIRL	1:03.61	25m	01-11-19	Setúbal	492
36.	CONCEICAO Sara Nunes	05	SFUAP	1:03.64	25m	23-11-19	Algés	492
36.	CARLOTA Catarina Isabel	05	BUZIOS	1:03.64	25m	24-11-19	Tomar	492
38.	VELHO Ana Luisa	05	CMNPR	1:03.82	25m	08-05-21	Peso da Régua	488
39.	STELMASHCHUK Catarina Cru	05	CNVA	1:03.85	25m	07-12-19	Mealhada	487
40.	NOGUEIRA Nara Soraia	05	CNV	1:03.97	25m	23-11-19	Felgueiras	484
41.	SIMOES Barbara Almeida	05	CUC	1:04.00	25m	23-11-19	Coimbra	484
42.	SILVA Ana Carolina	05	CNPV	1:04.01	25m	07-12-19	Sines	483
42.	SEQUEIRA Leonor Ferreira	05	CGA	1:04.01	25m	24-04-21	Gafanha da Nazaré	483
44.	SANTOS Mariana Marques	05	GESL	1:04.07	25m	23-11-19	Algés	482
45.	REIS Beatriz Grave	05	CNRM	1:04.10	25m	07-03-20	Santarém	481
46.	NASCIMENTO Sofia Alexandre	05	CNF	1:04.12	25m	08-03-20	Funchal	481
47.	CARVALHO Maria Silva	05	PIMP	1:04.16	25m	07-11-20	Leiria	480
47.	ALVES Joana Silva	05	BSCN	1:04.16	25m	23-05-21	Alcobaça	480
49.	SILVA Maria Ines	05	FCP	1:04.17	25m	23-11-19	Felgueiras	480
50.	NEVES Daniela Lourenco	05	CCDSERTA	1:04.18	25m	07-12-19	Sines	479
51.	NOBRE Beatriz Gaspar	05	SFGP	1:04.25	25m	07-03-20	Santarém	478
52.	LAGOA Carlota Macedo	05	ADBA	1:04.27	25m	18-10-20	Caldas da Rainha	477
53.	ROCHA Ana Sofia	05	CCLAMAS	1:04.28	25m	07-12-19	Mealhada	477

100 Livres (desde 54)

54.	CABRAL Ana Matos	05	CAQC	1:04.31	25m	15-12-19	Leiria	477
55.	NEVES Maria Manuel	05	SCB	1:04.32	25m	24-11-19	Braga	476
56.	MONTEIRO Simone Filipe	05	GESL	1:04.35	25m	23-11-19	Algés	476
57.	CAPITAO Ana Rita	05	CFV	1:04.45	25m	23-11-19	Felgueiras	473
58.	SILVA Mariana Azevedo	05	ADS	1:04.56	25m	07-12-19	Mealhada	471
59.	TORGAL Madalena Sampaio	05	AHBE	1:04.64	25m	07-11-20	Guarda	469
59.	TRIBUNA Francisca Otao	05	CFB	1:04.64	25m	15-05-21	Alcabideche	469
61.	GAMA Joana Fernandes	05	SCP	1:04.72	25m	16-02-20	Sto Antonio dos Cavaleiros	468
62.	ROSA Sara Henriques	05	NSIT	1:04.77	25m	30-11-19	Sines	466
63.	ENGELEN Zoe	05	LDC	1:04.78	25m	23-02-20	Lagos	466
64.	RICARDO Maria Correia	05	CNS	1:04.87	25m	23-11-19	Algés	464
65.	RODRIGUES Filipa Guerreiro	05	GCNF	1:04.90	25m	15-05-21	Lagos	464
66.	ANDRE Isadora Maia	05	SLB	1:04.96	25m	15-05-21	Alcabideche	462
67.	COLACO Catarina Neves	05	CNFA	1:05.00	25m	24-11-19	Lagos	462
68.	SILVA Ana Margarida	05	CNFU	1:05.17	25m	01-02-20	Ponte de Sor	458
69.	SILVA Joana Ferreira	05	LSC	1:05.19	25m	24-11-19	Felgueiras	457
70.	REIS Juliana Branco	05	CNAL	1:05.21	25m	30-11-19	Sines	457
71.	ARAUJO Maria Clara	05	CNF	1:05.34	25m	12-10-19	Funchal	454
72.	MELO Beatriz Coelho	05	CDF	1:05.40	25m	07-12-19	Mealhada	453
73.	PIRES Laura Joao	05	CNFU	1:05.47	25m	18-01-20	Castelo Branco	452
74.	COSTA Joana Ferreira	05	CDF	1:05.55	25m	17-11-19	Viseu	450
75.	SILVA Nicole Pais	05	CCLAMAS	1:05.57	25m	08-12-19	Mealhada	450
76.	FERREIRA Joana Rosa	05	CNPE	1:05.59	25m	20-10-19	Óbidos	449
77.	FRANCA Nicole Patriarca	05	SCP	1:05.64	25m	16-02-20	Sto Antonio dos Cavaleiros	448
78.	ABREU Maria Eduarda	05	CDN	1:05.67	25m	08-08-20	Funchal	448
79.	BERNAT Maria Del Rio	05	SAD	1:05.73	25m	15-05-21	Alcabideche	446
80.	LOPO Lara Moreira	05	EULX	1:05.75	25m	23-11-19	Algés	446
81.	JUNQUEIRA Manuela Paccola	05	CNPE	1:05.79	25m	08-12-19	Sines	445
82.	FERNANDES Maria Teresa	05	SAD	1:05.86	25m	02-11-19	Lagoa	444
83.	SILVA Beatriz Margarido	05	CNVA	1:05.87	25m	13-10-19	Mealhada	443
84.	SILVA Carolina Alexandra	05	DRCN	1:06.13	25m	11-01-20	Elvas	438
85.	VIEIRA Mariana Ferreira	05	CNV	1:06.17	25m	23-11-19	Felgueiras	437
86.	MARTINS Margarida Carvalhal	05	GDNFAMA	1:06.35	25m	23-11-19	Felgueiras	434
87.	RINO Maria Pedro	05	CNPV	1:06.37	25m	18-10-20	Caldas da Rainha	434
88.	FERRAZ Maria Antonia	05	AHBE	1:06.40	25m	23-11-19	Algés	433
89.	DIAS Ines Silva	05	CDE	1:06.43	25m	24-10-20	Mealhada	432
90.	LIMA Ana Cristina	05	SCE	1:06.49	25m	01-02-20	Viseu	431
91.	ALMEIDA Ana Rita	05	CDCA	1:06.58	25m	23-02-20	Pombal	429
92.	CAETANO Ines Martins	05	CCDSERTA	1:06.61	25m	22-02-20	Abrantes	429
93.	DIAS Iara Filipa	05	CNPE	1:06.63	25m	23-11-19	Caldas da Rainha	428
94.	GOMES Fabiana Cruz	05	LDC	1:06.66	25m	07-11-20	Lagos	428
95.	DZYAKANAVA Kateryna	05	ALN	1:06.67	25m	15-05-21	Condeixa-a-Nova	428
96.	VENTURA Barbara Cunha	05	SLB	1:06.79	25m	24-11-19	Algés	425
97.	SILVA Mariana Andreia	05	SCP	1:06.85	25m	16-02-20	Sto Antonio dos Cavaleiros	424
98.	CARVALHO Laura Torrao	05	CNAC	1:06.95	25m	23-12-20	Coimbra	422
99.	CARVALHO Neuza Cardoso	05	CMNPR	1:07.03	25m	17-11-19	Viseu	421
100.	ALEXANDRINO Madalena Carr:05co	05	SAD	1:07.21	25m	24-11-19	Algés	417

200 Livres

1.	FERNANDES Carolina Miranda	05	CGA	2:04.65	25m	13-03-21	Aveiro	695
2.	PIRES Marta Joao	05	SAD	2:06.02	25m	08-12-19	Sines	672
3.	ROSA Mariana Carmo	05	ALN	2:07.50	25m	22-12-20	Coimbra	649
4.	LOPES Daniela Magalhaes	05	GDNFAMA	2:07.56	25m	08-05-21	Pacos de Ferreira	648
5.	PEREIRA Carolina Rei	05	CNVA	2:08.17	25m	08-12-19	Mealhada	639
6.	LOURO Ariana Espirito	05	SFGP	2:08.94	25m	09-05-21	Alcobaça	628
7.	EIRA Maria Carolina	05	GCVR	2:09.00	25m	10-06-21	Vila Real	627
8.	NOBRE Marisa Isabel	05	SCC	2:09.69	25m	08-12-19	Mealhada	617
9.	SIMOES Ana Beatriz	05	SCP	2:10.22	25m	08-12-19	Sines	609
10.	REIS Erica Cristina	05	SCP	2:10.57	25m	06-12-19	Sines	604
11.	ALVES Joana Silva	05	BSCN	2:11.10	25m	15-11-20	Leiria	597
12.	LOPES Francisca Macedo	05	CFV	2:11.49	25m	08-05-21	Pacos de Ferreira	592
13.	NEVES Natalia Passeira	05	CNV	2:11.59	25m	08-12-19	Mealhada	591
14.	MELO Sara Carreira	05	GESL	2:12.05	25m	06-12-19	Sines	584
15.	ESTEVEENS Laura Fabiana	05	CNOL	2:12.71	25m	23-11-19	Lagos	576
16.	ALMEIDA Maria Carolina	05	CGA	2:13.11	25m	13-10-19	Mealhada	570
16.	CANINHAS Maria Pinto	05	CNFU	2:13.11	25m	07-03-20	Ponte de Sor	570
18.	NICOLAU Margarida Claudino	05	CNTN	2:13.41	25m	14-12-19	Leiria	567
19.	CARLOTA Catarina Isabel	05	BUZIOS	2:13.42	25m	15-11-20	Leiria	567
20.	SEBASTIAO Sofia Antunes	05	CNA	2:13.50	25m	08-12-19	Sines	566
21.	PEREIRA Isabel dos Santos	05	CNCE	2:13.68	25m	06-03-20	Braga	563
22.	CARRAO Iris Pereira	05	CIRL	2:13.73	25m	08-12-19	Sines	563
23.	COSTA Mariana Martins	05	GDNFAMA	2:13.76	25m	08-12-19	Mealhada	562
24.	COSTA Mafalda Santos	05	ADRCIMM	2:13.88	25m	08-12-19	Sines	561
25.	VASCONCELOS Lara Rodrigue	05	CGA	2:14.12	25m	25-04-21	Gafanha da Nazaré	558
26.	GOMES Carolina Fonseca	05	SCP	2:14.14	25m	15-05-21	Condeixa-a-Nova	557
27.	FERREIRA Joana Rocha	05	SLB	2:14.39	25m	10-04-21	Felgueiras	554
28.	HUTYY Adriana Carolina	05	SCB	2:14.78	25m	10-04-21	Felgueiras	550
29.	NUNES Rita Sofia	05	CNCE	2:14.94	25m	10-04-21	Felgueiras	548
30.	QUINTA Luisa Coelho	05	LSC	2:15.52	25m	08-12-19	Mealhada	541
31.	CABRAL Ana Matos	05	CAQC	2:15.81	25m	08-12-19	Mealhada	537
32.	BENTO Maria Madalena	05	BUZIOS	2:16.00	25m	23-11-19	Tomar	535
33.	ARAUJO Maria Clara	05	CNF	2:16.51	25m	06-03-20	Funchal	529
34.	FERNANDES Maria Teresa	05	SAD	2:16.53	25m	09-05-21	Alcobaça	529
35.	SANTOS Mariana Marques	05	GESL	2:16.57	25m	24-11-19	Algés	528
36.	RINO Maria Pedro	05	CNPV	2:17.27	25m	11-04-21	Praia da Vitória	520
37.	BALL Marianna Thais	05	CNLGOS	2:17.68	25m	01-02-20	Albufeira	515
38.	REIS Juliana Branco	05	CNAL	2:17.69	25m	08-12-19	Sines	515
39.	NOGUEIRA Nara Soraia	05	CNV	2:18.01	25m	24-11-19	Felgueiras	512
40.	FRANCA Nicole Patriarca	05	SCP	2:18.35	25m	24-11-19	Algés	508
41.	SILVA Maria Ines	05	FCP	2:18.65	25m	24-11-19	Felgueiras	505
42.	PIMENTEL Sara Calisto	05	CGA	2:18.71	25m	25-04-21	Gafanha da Nazaré	504
43.	STELMASHCHUK Catarina Cru	05	CNVA	2:18.85	25m	08-12-19	Mealhada	503
44.	NASCIMENTO Sofia Alexandre	05	CNF	2:19.39	25m	06-03-20	Funchal	497
45.	COLACO Catarina Neves	05	CNFA	2:19.44	25m	23-11-19	Lagos	496
46.	TRIBUNA Francisca Otao	05	CFB	2:19.55	25m	15-05-21	Alcabideche	495
47.	SILVA Ana Margarida	05	CNFU	2:19.64	25m	17-11-19	Castelo Branco	494
48.	CONCEICAO Sara Nunes	05	SFUAP	2:19.72	25m	08-12-19	Sines	493
49.	PIRES Laura Joao	05	CNFU	2:19.96	25m	06-03-20	Ponte de Sor	491
50.	SILVA Mariana Azevedo	05	ADS	2:20.39	25m	16-11-19	Viseu	486
51.	ENGELEN Zoe	05	LDC	2:21.03	25m	16-05-21	Lagos	480
52.	SALGADO Soraia Maria	05	AEFDTV	2:21.12	25m	24-11-19	Algés	479
53.	GONCALVES Rita Abibe	05	GESL	2:21.15	25m	16-02-20	Sto Antonio dos Cavaleiros	478

200 Livres (desde 54)

54.	NOVO Marta Luisa	05	VNC	2:21.18	25m	19-01-20	Barcelos	478
55.	VIEIRA Mariana Ferreira	05	CNV	2:21.21	25m	24-11-19	Felgueiras	478
56.	ROSA Sara Henriques	05	NSIT	2:21.24	25m	06-03-20	Ponta Delgada	477
57.	SEQUEIRA Leonor Ferreira	05	CGA	2:21.38	25m	25-10-20	Mealhada	476
58.	BERNAT Maria Del Rio	05	SAD	2:21.56	25m	08-12-19	Sines	474
59.	NOBRE Beatriz Gaspar	05	SFGP	2:21.86	25m	08-03-20	Santarém	471
60.	JUNQUEIRA Manuela Paccola	05	CNPE	2:22.31	25m	08-12-19	Sines	467
61.	COTOVIO Ines Filipa	05	CNSM	2:22.63	25m	08-03-20	Santarém	464
62.	CAPITAO Ana Rita	05	CFV	2:23.09	25m	24-11-19	Felgueiras	459
63.	MONTEIRO Simone Filipe	05	GESL	2:23.33	25m	25-01-20	Alcobaça	457
64.	CARVALHO Maria Silva	05	PIMP	2:23.37	25m	08-11-20	Leiria	456
65.	ROCHA Ana Sofia	05	CCLAMAS	2:23.41	25m	23-11-19	Felgueiras	456
66.	SILVA Beatriz Margarido	05	CNVA	2:23.62	25m	02-02-20	Viseu	454
67.	SIMOES Barbara Almeida	05	CUC	2:24.14	25m	24-11-19	Coimbra	449
68.	ALEXANDRINO Madalena Carr	05	SAD	2:24.17	25m	24-11-19	Algés	449
68.	VELHO Ana Luisa	05	CMNPR	2:24.17	25m	22-02-20	Mirandela	449
70.	SILVEIRA Sofia Pereira	05	CAFBDP	2:24.41	25m	08-03-20	Ponta Delgada	447
71.	OLIVEIRA Vanessa Sofia	05	CAPGE	2:24.74	25m	13-10-19	Mealhada	444
72.	ABREU Maria Eduarda	05	CDN	2:24.78	25m	08-08-20	Funchal	443
73.	NEVES Daniela Lourenco	05	CCDSERTA	2:24.81	25m	07-03-20	Ponte de Sor	443
74.	TORGAL Madalena Sampaio	05	AHBE	2:25.20	25m	24-11-19	Algés	439
75.	MARQUES Beatriz Pereira	05	SCC	2:25.34	25m	22-12-20	Coimbra	438
76.	SILVA Mariana Andreia	05	SCP	2:25.42	25m	16-02-20	Sto Antonio dos Cavaleiros	437
77.	LOURENCO Beatriz Vale	05	PORTIN	2:25.75	25m	22-02-20	Lagos	434
78.	LIMA Ana Cristina	05	SCE	2:25.78	25m	16-11-19	Viseu	434
79.	FERREIRA Mariana Reis	05	AONDA	2:26.04	25m	24-11-19	Algés	432
80.	SILVA Camila Cavaleiro	05	SCC	2:26.28	25m	22-12-20	Coimbra	430
81.	RODRIGUES Bruna Ferreira	05	CCLAMAS	2:26.57	25m	12-10-19	Pacos de Ferreira	427
81.	FERNANDES Daniela Alves	05	LSC	2:26.57	25m	24-11-19	Felgueiras	427
83.	DIAS Ines Silva	05	CDE	2:26.67	25m	16-11-19	Viseu	426
84.	VENTURA Barbara Cunha	05	SLB	2:26.84	25m	25-01-20	Alcobaça	425
85.	MELO Beatriz Coelho	05	CDF	2:27.04	25m	16-11-19	Viseu	423
86.	JUNQUEIRA Joana Areal	05	GDNFAMA	2:27.28	25m	24-11-19	Felgueiras	421
87.	FERRAZ Maria Antonia	05	AHBE	2:27.31	25m	24-11-19	Algés	421
88.	MOREIRA Maria Eduarda	05	CAP	2:27.41	25m	24-11-19	Felgueiras	420
89.	REGO Ines Faria	05	GDNFAMA	2:27.42	25m	12-10-19	Pacos de Ferreira	420
90.	SILVA Nicole Pais	05	CCLAMAS	2:27.55	25m	11-01-20	Aguas Santas	419
91.	CAETANO Ines Martins	05	CCDSERTA	2:27.64	25m	07-03-20	Ponte de Sor	418
92.	PASSOS Margarida Jesus	05	PORTIN	2:27.81	25m	08-11-20	Lagos	417
93.	PINTO Joana Alexandra	05	ADP	2:27.89	25m	08-05-21	Pacos de Ferreira	416
94.	CARDOSO Ana Luisa	05	CDE	2:27.91	25m	13-10-19	Mealhada	416
95.	COSTA Joana Ferreira	05	CDF	2:28.19	25m	13-10-19	Mealhada	413
96.	GAMA Beatriz Sa	05	CAQC	2:28.20	25m	23-02-20	Pombal	413
97.	RIBEIRO Maria Joao	05	CCLAMAS	2:28.51	25m	12-10-19	Pacos de Ferreira	411
98.	LOPES Joana Pena	05	CFV	2:28.52	25m	24-11-19	Felgueiras	411
99.	ROCHA Gabriela Santos	05	CNV	2:28.67	25m	24-11-19	Felgueiras	409
100.	FERREIRA Filipa Pereira	05	ATG	2:29.00	25m	24-11-19	Felgueiras	407

400 Livres

1.	LOPES Daniela Magalhaes	05	GDNFAMA	4:24.66	25m	08-12-19	Mealhada	690
2.	PIRES Marta Joao	05	SAD	4:24.96	25m	08-12-19	Sines	688
3.	ROSA Mariana Carmo	05	ALN	4:25.34	25m	14-11-20	Mealhada	685
4.	NOBRE Marisa Isabel	05	SCC	4:26.70	25m	10-11-19	Albufeira	674
5.	DELGADO Soraia Alexandra	05	SCP	4:31.40	25m	08-12-19	Sines	640
6.	ALVES Joana Silva	05	BSCN	4:33.12	25m	14-11-20	Leiria	628
7.	REIS Erica Cristina	05	SCP	4:33.60	25m	16-05-21	Alvalade	624
8.	ESTEVEENS Laura Fabiana	05	CNOL	4:33.65	25m	30-11-19	Sines	624
9.	LOURO Ariana Espirito	05	SFGP	4:33.71	25m	09-05-21	Alcobaça	624
10.	LOPES Francisca Macedo	05	CFV	4:34.44	25m	11-04-21	Felgueiras	619
11.	FERNANDES Carolina Miranda	05	CGA	4:35.43	25m	17-11-19	Viseu	612
12.	CARLOTA Catarina Isabel	05	BUZIOS	4:36.20	25m	08-12-19	Sines	607
13.	SANCHEZ Angela Sanchez	05	LDC	4:37.46	25m	10-11-19	Albufeira	599
14.	SEBASTIAO Sofia Antunes	05	CNA	4:37.56	25m	30-11-19	Sines	598
15.	CANINHAS Maria Pinto	05	CNFU	4:37.72	25m	07-03-20	Ponte de Sor	597
16.	PEREIRA Carolina Rei	05	CNVA	4:37.80	25m	08-12-19	Mealhada	597
17.	HUTYY Adriana Carolina	05	SCB	4:39.00	25m	08-12-19	Mealhada	589
18.	COSTA Mafalda Santos	05	ADRCIMM	4:40.90	25m	08-12-19	Sines	577
19.	SIMOES Ana Beatriz	05	SCP	4:40.94	25m	08-12-19	Sines	577
20.	COSTA Mariana Martins	05	GDNFAMA	4:41.14	25m	24-11-19	Felgueiras	576
21.	CABRAL Ana Matos	05	CAQC	4:41.19	25m	08-12-19	Mealhada	575
22.	GOMES Carolina Fonseca	05	SCP	4:41.31	25m	15-05-21	Condeixa-a-Nova	574
23.	ALMEIDA Maria Carolina	05	CGA	4:41.60	25m	25-04-21	Gafanha da Nazaré	573
24.	NICOLAU Margarida Claudino	05	CNTN	4:41.73	25m	24-10-20	Tomar	572
25.	NUNES Rita Sofia	05	CNCE	4:41.84	25m	11-04-21	Felgueiras	571
26.	OLIVEIRA Vanessa Sofia	05	CAPGE	4:42.13	25m	25-04-21	Gafanha da Nazaré	569
27.	FERNANDES Maria Teresa	05	SAD	4:42.38	25m	09-05-21	Alcobaça	568
28.	VIEIRA Carmo Dias	05	EULX	4:43.80	25m	08-12-19	Sines	559
29.	FERREIRA Joana Rocha	05	SLB	4:44.15	25m	11-04-21	Felgueiras	557
30.	ARAUJO Maria Clara	05	CNF	4:44.77	25m	07-03-20	Funchal	554
31.	EIRA Maria Carolina	05	GCVR	4:45.18	25m	09-05-21	Peso da Régua	551
32.	RINO Maria Pedro	05	CNPV	4:45.21	25m	08-12-19	Sines	551
33.	CARRAO Iris Pereira	05	CIRL	4:46.30	25m	08-12-19	Sines	545
34.	REIS Juliana Branco	05	CNAL	4:47.17	25m	07-11-20	Leiria	540
35.	GAMA Joana Fernandes	05	SCP	4:47.21	25m	19-01-20	Pinhal Novo	540
36.	SANTOS Mariana Marques	05	GESL	4:47.57	25m	09-05-21	Sto António Cavaleiros	538
37.	PIMENTEL Sara Calisto	05	CGA	4:48.97	25m	25-04-21	Gafanha da Nazaré	530
38.	SILVA Mariana Andreia	05	SCP	4:49.64	25m	08-12-19	Sines	526
39.	PIRES Laura Joao	05	CNFU	4:49.78	25m	07-03-20	Ponte de Sor	526
40.	FRANCA Nicole Patriarca	05	SCP	4:49.98	25m	08-12-19	Sines	524
41.	VASCONCELOS Lara Rodrigue	05	CGA	4:50.38	25m	25-10-20	Mealhada	522
42.	MELO Sara Carreira	05	GESL	4:51.50	25m	03-11-19	Lisboa	516
42.	NUNES Margarida Domingues	05	SCP	4:51.50	25m	16-05-21	Alvalade	516
44.	SILVA Ana Margarida	05	CNFU	4:51.95	25m	17-11-19	Castelo Branco	514
45.	VENTURA Barbara Cunha	05	SLB	4:52.02	25m	19-01-20	Pinhal Novo	514
46.	LAGOA Carlota Macedo	05	ADBA	4:53.04	25m	20-10-19	Óbidos	508
47.	MONTEIRO Simone Filipe	05	GESL	4:53.91	25m	09-05-21	Sto António Cavaleiros	504
48.	BERNAT Maria Del Rio	05	SAD	4:54.25	25m	09-05-21	Alcobaça	502
49.	NOGUEIRA Nara Soraia	05	CNV	4:54.54	25m	24-11-19	Felgueiras	500
50.	SILVA Mariana Azevedo	05	ADS	4:54.63	25m	30-11-19	Sines	500
51.	JUNQUEIRA Manuela Paccola	05	CNPE	4:54.79	25m	26-10-19	Lagos	499
52.	BALL Marianna Thais	05	CNLGOS	4:54.87	25m	30-11-19	Sines	499
53.	SILVEIRA Sofia Pereira	05	CAFBDP	4:57.02	25m	07-03-20	Ponta Delgada	488

400 Livres (desde 54)

54.	PEREIRA Isabel dos Santos	05	CNCE	4:57.51	25m	24-11-19	Felgueiras	486
55.	FERREIRA Joana Rosa	05	CNPE	4:57.62	25m	07-11-20	Leiria	485
56.	TRIBUNA Francisca Otao	05	SLB	4:58.36	25m	19-01-20	Pinhal Novo	481
57.	ROSA Sara Henriques	05	NSIT	4:59.16	25m	30-11-19	Sines	478
58.	CARDOSO Ana Luisa	05	CDE	4:59.65	25m	01-02-20	Viseu	475
59.	SILVA Beatriz Margarido	05	CNVA	4:59.89	25m	01-02-20	Viseu	474
60.	ALEXANDRINO Madalena Carr:05cc	05	SAD	5:00.35	25m	22-11-19	Algés	472
61.	SIMOES Barbara Almeida	05	CUC	5:00.61	25m	23-11-19	Coimbra	471
62.	CAPITAO Ana Rita	05	CFV	5:01.08	25m	24-11-19	Felgueiras	468
63.	NOBRE Beatriz Gaspar	05	SFGP	5:01.19	25m	07-03-20	Santarém	468
64.	GONCALVES Rita Abibe	05	GESL	5:01.31	25m	03-11-19	Lisboa	467
65.	CONCEICAO Sara Nunes	05	SFUAP	5:01.81	25m	19-01-20	Pinhal Novo	465
66.	COLACO Catarina Neves	05	CNFA	5:02.00	25m	24-11-19	Lagos	464
67.	NASCIMENTO Sofia Alexandre	05	CNF	5:02.39	25m	07-03-20	Funchal	462
68.	VARGAS Maria Carolina	05	SLB	5:02.47	25m	19-01-20	Pinhal Novo	462
69.	COTOVIO Ines Filipa	05	CNSM	5:04.64	25m	07-03-20	Santarém	452
70.	SEQUEIRA Leonor Ferreira	05	CGA	5:05.70	25m	25-04-21	Gafanha da Nazaré	448
71.	MARQUES Beatriz Pereira	05	SCC	5:05.92	25m	01-02-20	Coimbra	447
72.	PAULINO Mariana Maiato	05	CNCVG	5:06.00	25m	22-11-19	Algés	446
73.	ENGELLEN Zoe	05	LDC	5:06.05	25m	18-10-20	Lagos	446
74.	ABREU Maria Eduarda	05	CDN	5:06.52	25m	08-08-20	Funchal	444
75.	SILVA Camila Cavaleiro	05	SCC	5:07.08	25m	01-02-20	Coimbra	442
76.	RODRIGUES Filipa Guerreiro	05	GCNF	5:07.24	25m	07-11-20	Lagos	441
77.	FERRAZ Maria Antonia	05	AHBE	5:08.29	25m	22-11-19	Algés	436
78.	FILIPE Ana Sofia	05	ACS	5:08.87	25m	07-11-20	Lagos	434
79.	MOREIRA Maria Eduarda	05	CAP	5:09.64	25m	24-11-19	Felgueiras	431
79.	MARQUES Maria Ines	05	CNAL	5:09.64	25m	15-02-20	Torres Novas	431
81.	CAXARIA Maria Sousa	05	CNMJ	5:09.94	25m	19-01-20	Pinhal Novo	429
82.	CARVALHO Maria Silva	05	PIMP	5:12.52	25m	13-06-21	Nazaré	419
83.	STELMASHCHUK Catarina Cru05	05	CNVA	5:13.19	25m	25-04-21	Gafanha da Nazaré	416
84.	SILVA Ana Carolina	05	CNPV	5:13.93	25m	23-01-21	Angra do Heroísmo	413
85.	SILVA Carolina Alexandra	05	DRCN	5:14.05	25m	11-01-20	Elvas	413
86.	BELO Bruna Raquel	05	CDN	5:14.38	25m	23-11-19	Funchal	411
87.	DIAS Ines Silva	05	CDE	5:14.55	25m	25-10-20	Mealhada	411
88.	PASSOS Margarida Jesus	05	PORTIN	5:15.46	25m	07-11-20	Lagos	407
89.	VELHO Ana Luisa	05	CMNPR	5:15.86	25m	17-11-19	Viseu	406
90.	SILVA Nicole Pais	05	CCLAMAS	5:16.02	25m	24-11-19	Felgueiras	405
91.	MACHADO Beatriz Alexandra	05	CNBE	5:16.03	25m	18-10-20	Lagos	405
92.	CARVALHO Neuza Cardoso	05	CMNPR	5:16.38	25m	17-11-19	Viseu	404
93.	ROCHA Ana Sofia	05	CCLAMAS	5:16.41	25m	24-11-19	Felgueiras	404
94.	MARQUES Marta Hermenegildc05	05	CNLA	5:18.14	25m	07-03-20	Ponte de Sor	397
95.	GAMA Beatriz Sa	05	CAQC	5:20.07	25m	18-10-20	Coimbra	390
96.	LOBO Maria Fernandes	05	CNAC	5:23.05	25m	20-10-19	Condeixa	379
97.	LOURENCO Beatriz Vale	05	PORTIN	5:23.29	25m	24-11-19	Lagos	378
98.	REIS Mariana Tavares	05	CDEAP	5:25.02	25m	14-03-21	Ponta Delgada	372
99.	GUIA Carolina Manuela	05	VS	5:27.31	25m	15-05-21	Abrantes	365
100.	FERNANDES Ana Catarina	05	CDCA	5:28.88	25m	25-10-20	Mealhada	359

800 Livres

1.	ROSA Mariana Carmo	05	ALN	9:01.30	25m	15-11-20	Mealhada	694
2.	PIRES Marta Joao	05	SAD	9:09.73	25m	07-12-19	Sines	662
3.	LOPES Daniela Magalhaes	05	GDNFAMA	9:10.08	25m	15-11-20	Mealhada	661
4.	LOURO Ariana Espirito	05	SFGP	9:16.75	25m	16-05-21	Abrantes	638
5.	NOBRE Marisa Isabel	05	SCC	9:17.93	25m	07-12-19	Mealhada	634
6.	ALVES Joana Silva	05	BSCN	9:20.09	25m	15-11-20	Leiria	626
7.	SEBASTIAO Sofia Antunes	05	CNA	9:22.63	25m	07-12-19	Sines	618
8.	LOPES Francisca Macedo	05	CFV	9:29.09	25m	10-04-21	Felgueiras	597
9.	HUTYY Adriana Carolina	05	SCB	9:29.66	25m	10-04-21	Felgueiras	595
10.	FERNANDES Carolina Miranda	05	CGA	9:30.39	25m	24-11-19	Gafanha da Nazaré	593
11.	ESTEVENS Laura Fabiana	05	CNOL	9:30.42	25m	17-11-19	Silves	593
12.	DELGADO Soraia Alexandra	05	SCP	9:31.26	25m	24-11-19	Algés	590
13.	CARLOTA Catarina Isabel	05	BUZIOS	9:31.51	25m	16-11-19	Coruche	590
14.	SIMOES Ana Beatriz	05	SCP	9:31.95	25m	07-12-19	Sines	588
15.	PEREIRA Carolina Rei	05	CNVA	9:38.35	25m	24-11-19	Gafanha da Nazaré	569
16.	COSTA Mafalda Santos	05	ADRCIMM	9:38.66	25m	07-12-19	Sines	568
17.	FERREIRA Joana Rocha	05	SLB	9:39.20	25m	07-12-19	Sines	566
18.	OLIVEIRA Vanessa Sofia	05	CAPGE	9:39.59	25m	15-11-20	Mealhada	565
19.	NUNES Rita Sofia	05	CNCE	9:40.99	25m	15-05-21	Condeixa-a-Nova	561
20.	REIS Erica Cristina	05	SCP	9:42.28	25m	24-11-19	Algés	557
21.	CABRAL Ana Matos	05	CAQC	9:42.40	25m	22-12-19	Cantanhede	557
22.	SANTOS Mariana Marques	05	GESL	9:42.69	25m	07-12-19	Sines	556
23.	ALMEIDA Maria Carolina	05	CGA	9:43.95	25m	24-11-19	Gafanha da Nazaré	553
24.	COSTA Mariana Martins	05	GDNFAMA	9:45.86	25m	22-12-19	Porto	547
25.	RINO Maria Pedro	05	CNPV	9:48.56	25m	15-11-20	Leiria	540
26.	PIRES Laura Joao	05	CNFU	9:49.51	25m	07-03-20	Ponte de Sor	537
27.	NICOLAU Margarida Claudino	05	CNTN	9:50.08	25m	16-11-19	Coruche	536
28.	PIMENTEL Sara Calisto	05	CGA	9:50.93	25m	25-04-21	Gafanha da Nazaré	533
29.	GOMES Carolina Fonseca	05	CDOM	9:50.99	25m	07-12-19	Sines	533
30.	NEVES Natalia Passeira	05	CNV	9:51.46	25m	22-12-19	Porto	532
31.	CANINHAS Maria Pinto	05	CNFU	9:52.87	25m	21-12-19	Guarda	528
32.	NOGUEIRA Nara Soraia	05	CNV	9:53.19	25m	22-11-19	Felgueiras	527
33.	REIS Juliana Branco	05	CNAL	9:53.22	25m	07-12-19	Sines	527
34.	SILVA Mariana Andreia	05	SCP	9:53.32	25m	07-12-19	Sines	527
35.	FRANCA Nicole Patriarca	05	SCP	9:55.10	25m	07-12-19	Sines	522
36.	BENTO Maria Madalena	05	BUZIOS	9:56.20	25m	16-11-19	Coruche	519
37.	GAMA Joana Fernandes	05	SCP	9:56.22	25m	24-11-19	Algés	519
38.	FERNANDES Maria Teresa	05	SAD	9:56.26	25m	24-11-19	Algés	519
39.	ARAUJO Maria Clara	05	CNF	9:58.28	25m	08-03-20	Funchal	514
40.	FERREIRA Joana Rosa	05	CNPE	10:04.37	25m	22-12-19	Pombal	498
41.	CARDOSO Ana Luisa	05	CDE	10:05.85	25m	24-11-19	Gafanha da Nazaré	495
42.	CAPITAO Ana Rita	05	CFV	10:06.51	25m	22-12-19	Porto	493
43.	MARTINS Margarida Carvalhal	05	GDNFAMA	10:07.22	25m	22-12-19	Porto	491
44.	CARRAO Iris Pereira	05	CIRL	10:08.94	25m	07-12-19	Sines	487
45.	STELMASHCHUK Catarina Cru	05	CNVA	10:10.73	25m	01-02-20	Viseu	483
46.	SILVA Maria Ines	05	FCP	10:11.49	25m	07-12-19	Mealhada	481
47.	SILVA Mariana Azevedo	05	ADS	10:11.72	25m	24-11-19	Gafanha da Nazaré	481
48.	MARQUES Maria Ines	05	CNAL	10:12.15	25m	24-11-19	Caldas da Rainha	480
49.	SILVA Joana Ferreira	05	LSC	10:14.53	25m	22-12-19	Porto	474
50.	MELO Sara Carreira	05	GESL	10:15.57	25m	24-11-19	Algés	472
51.	MARQUES Beatriz Pereira	05	SCC	10:17.69	25m	22-12-19	Cantanhede	467
52.	BALL Marianna Thais	05	CNLGOS	10:18.69	25m	30-11-19	Sines	465
53.	VASCONCELOS Lara Rodrigue	05	CGA	10:18.92	25m	24-11-19	Gafanha da Nazaré	464

800 Livres (desde 54)

54.	JUNQUEIRA Joana Areal	05	GDNFAMA	10:19.09	25m	22-12-19	Porto	464
55.	SIMOES Barbara Almeida	05	CUC	10:20.79	25m	01-11-19	Condeixa	460
56.	VENTURA Barbara Cunha	05	SLB	10:23.78	25m	24-11-19	Algés	453
57.	NOVO Marta Luisa	05	VNC	10:24.21	25m	22-12-19	Ponte da Barca	452
58.	NOBRE Beatriz Gaspar	05	SFGP	10:25.28	25m	06-03-20	Santarém	450
59.	JUNQUEIRA Manuela Paccola	05	CNPE	10:25.37	25m	26-10-19	Lagos	450
60.	RODRIGUES Bruna Ferreira	05	CCLAMAS	10:27.12	25m	22-12-19	Porto	446
61.	SILVA Camila Cavaleiro	05	SCC	10:27.85	25m	02-02-20	Coimbra	445
62.	COTOVIO Ines Filipa	05	CNSM	10:28.66	25m	06-03-20	Santarém	443
63.	SALGADO Soraia Maria	05	AEFDTV	10:28.72	25m	24-11-19	Algés	443
64.	SILVA Nicole Pais	05	CCLAMAS	10:30.69	25m	22-12-19	Porto	439
65.	ENGELEN Zoe	05	LDC	10:30.80	25m	17-10-20	Lagos	438
66.	FERRAZ Maria Antonia	05	AHBE	10:30.89	25m	26-10-19	Lagos	438
67.	ROCHA Gabriela Santos	05	CNV	10:31.49	25m	22-12-19	Porto	437
68.	VIEIRA Mariana Ferreira	05	CNV	10:31.52	25m	22-12-19	Porto	437
69.	ROCHA Ana Sofia	05	CCLAMAS	10:31.67	25m	22-12-19	Porto	436
70.	ROSA Sara Henriques	05	NSIT	10:35.48	25m	30-11-19	Sines	429
71.	SILVEIRA Sofia Pereira	05	CAFBDP	10:36.25	25m	21-11-20	Ribeira Grande	427
72.	SEQUEIRA Leonor Ferreira	05	CGA	10:37.42	25m	24-11-19	Gafanha da Nazaré	425
73.	BELO Bruna Raquel	05	CDN	10:37.93	25m	23-11-19	Funchal	424
74.	RICARDO Maria Correia	05	CNS	10:38.10	25m	24-11-19	Algés	423
75.	RIBEIRO Maria Joao	05	CCLAMAS	10:41.79	25m	22-12-19	Porto	416
76.	MARQUES Marta Hermenegildo	05	CNLA	10:42.07	25m	30-11-19	Sines	416
77.	SANTOS Maria Lucas	05	CAQC	10:42.12	25m	22-12-19	Cantanhede	415
78.	COLACO Catarina Neves	05	GCNF	10:43.02	25m	17-10-20	Lagos	414
79.	GUIA Carolina Manuela	05	VS	10:44.59	25m	06-03-20	Santarém	411
80.	DZYAKANAVA Kateryna	05	ALN	10:47.32	25m	22-12-19	Cantanhede	406
81.	CARVALHO Maria Silva	05	PIMP	10:48.25	25m	22-12-19	Pombal	404
82.	LOPES Joana Pena	05	CFV	10:48.86	25m	22-12-19	Porto	403
83.	DIAS Iara Filipa	05	CNPE	10:50.32	25m	22-12-19	Pombal	400
84.	LOBO Maria Fernandes	05	CNAC	10:52.61	25m	01-11-19	Condeixa	396
85.	PASSOS Margarida Jesus	05	PORTIN	10:57.23	25m	30-11-19	Sines	387
86.	GAMA Beatriz Sa	05	CAQC	10:57.24	25m	22-12-19	Cantanhede	387
87.	DIAS Ines Silva	05	CDE	10:59.91	25m	24-11-19	Gafanha da Nazaré	383
88.	BRANCO Matilde Paulos	05	BUZIOS	11:04.90	25m	19-01-20	Entroncamento	374
89.	DUARTE Beatriz Boal	05	CNCA	11:05.99	25m	16-11-19	Coruche	372
90.	COUTINHO Ines Esteves	05	ATG	11:06.53	25m	22-12-19	Porto	371
91.	RESTIVO Maria Tavares	05	CFP	11:07.47	25m	22-12-19	Porto	370
92.	ALVES Maria Ines	05	AAC	11:07.66	25m	22-12-19	Cantanhede	370
93.	NEVES Daniela Lourenco	05	CCDSERTA	11:07.94	25m	21-12-19	Guarda	369
94.	CRUZ Mariana Isabel	05	ATG	11:09.85	25m	22-12-19	Porto	366
95.	FERREIRA Filipa Pereira	05	ATG	11:11.88	25m	22-12-19	Porto	363
96.	FERNANDES Ana Catarina	05	CDCA	11:12.11	25m	07-11-20	Guarda	362
97.	RODRIGUES Filipa Guerreiro	05	CNFA	11:13.37	25m	17-11-19	Silves	360
98.	CARVALHO Neuza Cardoso	05	CMNPR	11:13.64	25m	07-03-20	Mirandela	360
99.	PIRES Maria Raquel	05	LDC	11:18.99	25m	17-11-19	Silves	351
100.	PIRES Rita Lima	05	CNAC	11:22.06	25m	22-12-19	Cantanhede	347

1500 Livres

1.	ROSA Mariana Carmo	05	ALN	17:45.17	25m	14-11-20	Mealhada	640
2.	HUTYY Adriana Carolina	05	SCB	18:04.42	25m	09-05-21	Ponte da Barca	606
3.	ALVES Joana Silva	05	BSCN	18:18.87	25m	07-11-20	Leiria	583
4.	OLIVEIRA Vanessa Sofia	05	CAPGE	18:25.79	25m	24-04-21	Gafanha da Nazaré	572
5.	LOURO Ariana Espirito	05	SFGP	18:30.59	25m	08-03-20	Santarém	564
6.	CARLOTA Catarina Isabel	05	BUZIOS	18:32.79	25m	08-03-20	Santarém	561
7.	PIMENTEL Sara Calisto	05	CGA	18:40.45	25m	24-04-21	Gafanha da Nazaré	550
8.	FERREIRA Joana Rosa	05	CNPE	19:10.40	25m	23-11-19	Caldas da Rainha	508
9.	NUNES Rita Sofia	05	CNCE	19:11.42	25m	23-11-19	Felgueiras	506
10.	NOGUEIRA Nara Soraia	05	CNV	19:22.61	25m	12-10-19	Pacos de Ferreira	492
11.	CARDOSO Ana Luisa	05	CDE	19:50.15	25m	17-11-19	Viseu	458
12.	MARQUES Beatriz Pereira	05	SCC	20:14.08	25m	24-10-20	Coimbra	432
13.	CAETANO Ines Martins	05	CCDSERTA	21:36.88	25m	16-11-19	Castelo Branco	354
14.	VELHO Ana Luisa	05	CMNPR	22:27.48	25m	08-05-21	Peso da Régua	316

50 Costas

1.	FERNANDES Carolina Miranda	05	CGA	29.49	25m	25-04-21	Gafanha da Nazaré	659
2.	SALGADO Soraia Maria	05	AEDTV	30.68	25m	09-05-21	Sto António Cavaleiros	585
3.	EIRA Maria Carolina	05	GCVR	30.70	25m	08-05-21	Peso da Régua	584
4.	GONCALVES Rita Abibe	05	GESL	31.05	25m	09-05-21	Sto António Cavaleiros	565
5.	LAGOA Carlota Macedo	05	ADBA	31.19	25m	06-03-21	Leiria	557
6.	NICOLAU Margarida Claudino	05	CNTN	31.26	25m	24-10-20	Tomar	553
7.	NOBRE Beatriz Gaspar	05	SFGP	31.34	25m	07-03-20	Santarém	549
8.	LOURO Ariana Espirito	05	SFGP	31.54	25m	07-03-20	Santarém	539
9.	SILVA Maria Ines	05	FCP	31.64	25m	10-04-21	Felgueiras	534
10.	NEVES Maria Manuel	05	SCB	31.69	25m	10-04-21	Felgueiras	531
11.	RODRIGUES Filipa Guerreiro	05	GCNF	31.86	25m	16-05-21	Lagos	523
12.	MACHADO Beatriz Alexandra	05	CNBE	32.27	25m	12-01-20	Quarteira	503
13.	SIMOES Barbara Almeida	05	CUC	32.75	25m	23-12-20	Coimbra	481
14.	DZYAKANAVA Kateryna	05	ALN	32.79	25m	23-12-20	Coimbra	479
15.	QUINTA Luisa Coelho	05	LSC	32.94	25m	08-05-21	Pacos de Ferreira	473
16.	GOMES Fabiana Cruz	05	LDC	32.97	25m	07-11-20	Lagos	471
17.	CAETANO Ines Martins	05	CCDSERTA	33.19	25m	07-03-20	Ponte de Sor	462
18.	SEQUEIRA Leonor Ferreira	05	CGA	33.22	25m	25-04-21	Gafanha da Nazaré	461
19.	SILVA Ana Carolina	05	CNPV	33.28	25m	16-11-19	Angra do Heroísmo	458
20.	BENTO Maria Madalena	05	BUZIOS	33.31	25m	23-11-19	Tomar	457
21.	NEVES Natalia Passeira	05	CNV	33.37	25m	15-12-19	Leiria	455
22.	FILIPE Ana Sofia	05	ACS	33.53	25m	15-12-19	Portimão	448
23.	REIS Beatriz Grave	05	CNRM	33.61	25m	23-11-19	Tomar	445
24.	MONTEIRO Simone Filipe	05	GESL	33.65	25m	09-05-21	Sto António Cavaleiros	443
25.	JARDIM Teresa Vieira	05	CNF	33.87	25m	06-03-20	Funchal	435
26.	SEBASTIAO Sofia Antunes	05	CNA	34.01	25m	01-11-19	Setúbal	429
27.	RICARDO Maria Correia	05	CNS	34.03	25m	26-01-20	Campo Maior	429
28.	ROSA Mariana Carmo	05	ALN	34.06	25m	24-10-20	Coimbra	428
29.	DIAS Iara Filipa	05	CNPE	34.29	25m	23-05-21	Alcobaça	419
30.	REIS Juliana Branco	05	CNAL	34.34	25m	23-05-21	Alcobaça	417
31.	CARVALHO Neuza Cardoso	05	CMNPR	34.37	25m	07-03-20	Mirandela	416
31.	LOPES Rosa Branca	05	PIMP	34.37	25m	17-10-20	Caldas da Rainha	416
33.	VENTURA Barbara Cunha	05	SLB	34.53	25m	01-11-19	Setúbal	410
34.	PONCEANO Ines Encarnacao	05	PORTIN	34.66	25m	07-11-20	Lagos	406
35.	SILVA Nicole Pais	05	CCLAMAS	34.67	25m	15-12-19	Leiria	405
36.	COELHO Margarida Martins	05	ACRZA	34.96	25m	17-11-19	Odemira	395

50 Costas (desde 37)

37.	PATRACOLO Mariana Passareiro	05	CEN	35.04	25m	08-03-20	Ponte de Sor	393
38.	MARTINS Rafaela Diogo	05	CNS	35.06	25m	26-01-20	Campo Maior	392
38.	RINO Maria Pedro	05	CNPV	35.06	25m	06-03-20	Ponta Delgada	392
40.	MOTA Barbara Gomes	05	CDF	35.12	25m	25-10-20	Mealhada	390
41.	BRANCO Matilde Paulos	05	BUZIOS	35.16	25m	07-03-20	Santarém	389
42.	ROSA Sara Henriques	05	NSIT	35.18	25m	09-04-21	Praia da Vitória	388
43.	VIEIRA Mariana Ferreira	05	CNV	35.42	25m	10-04-21	Felgueiras	380
44.	MESQUITA Catarina lourtaeva	05	CNVA	35.43	25m	18-01-20	Mealhada	380
45.	COSTA Joana Ferreira	05	CDF	35.46	25m	25-04-21	Gafanha da Nazaré	379
46.	FONSECA Ines Carvalho	05	LAGAC	35.49	25m	02-11-19	Lagoa	378
47.	REIS Mariana Tavares	05	CDEAP	35.61	25m	09-04-21	Praia da Vitória	374
48.	PASSOS Margarida Jesus	05	PORTIN	35.68	25m	15-12-19	Portimão	372
49.	MACHADO Maria Leonor	05	GCVR	36.10	25m	24-04-21	Vila Real	359
50.	PAIVA Ana Beatriz	05	APUVE	36.13	25m	08-05-21	Pacos de Ferreira	358
51.	COUTINHO Ines Esteves	05	ATG	36.20	25m	24-11-19	Felgueiras	356
52.	GUIA Carolina Manuela	05	VS	36.39	25m	23-11-19	Tomar	351
52.	ROCHA Ana Sofia	05	INDCNP	36.39	25m	25-04-21	Gafanha da Nazaré	351
54.	OLIVEIRA Ana Rita	05	PORTIN	36.51	25m	15-12-19	Portimão	347
55.	DIAS Ines Silva	05	CDE	36.53	25m	25-10-20	Mealhada	346
56.	COTOVIO Ines Filipa	05	CNSM	36.59	25m	24-10-20	Tomar	345
56.	FERNANDES Ana Catarina	05	CDCA	36.59	25m	13-06-21	Viseu	345
58.	TEIXEIRA Mariana Mendes	05	FNC	36.73	25m	23-11-19	Bragança	341
59.	CAPITAO Ana Rita	05	CFV	36.88	25m	08-05-21	Pacos de Ferreira	337
60.	CARDOSO Ana Luisa	05	CDE	36.90	25m	25-04-21	Gafanha da Nazaré	336
61.	GAMA Beatriz Sa	05	CAQC	37.07	25m	23-12-20	Coimbra	332
62.	ESTEVES Beatriz Carmo	05	ACMN	37.30	25m	07-03-20	Ponte de Sor	325
63.	ALEXANDRINO Madalena Carrizo	05	SAD	37.51	25m	15-02-20	Torres Novas	320
64.	PIRES Rita Lima	05	CNAC	37.52	25m	23-12-20	Coimbra	320
65.	MARQUES Marta Hermenegilda	05	CNLA	37.54	25m	17-11-19	Odemira	319
66.	LOBO Maria Fernandes	05	CNAC	37.77	25m	23-12-20	Coimbra	313
67.	RAMOS Jennifer Ribeiro	05	LAGAC	37.91	25m	02-11-19	Lagoa	310
68.	PENA Alecssia Pedro	05	CNPO	38.12	25m	07-03-20	Braga	305
69.	LOURENCO Beatriz Vale	05	PORTIN	38.19	25m	12-01-20	Quarteira	303
70.	NARCISO Leticia Cabral	05	CDEAP	38.27	25m	09-04-21	Praia da Vitória	301
71.	VAZ Beatriz Rodrigues	05	FCF	38.58	25m	12-01-20	Quarteira	294
72.	ALMEIDA Mariana Filipa	05	UDO	39.03	25m	13-06-21	Viseu	284
73.	VOJINOVIC Elena	05	PORTIN	39.07	25m	02-11-19	Lagoa	283
74.	GALVAO Maria Fernandes	05	ANAR	39.15	25m	26-01-20	Campo Maior	281
75.	ABREU Maria Eduarda	05	CDN	39.39	25m	18-07-20	Funchal	276
76.	SOARES Carolina Leal	05	CMNPR	39.54	25m	08-05-21	Peso da Régua	273
77.	SERRAO Sara Andreia	05	CNPE	39.56	25m	23-11-19	Caldas da Rainha	273
78.	GALVAO Matilde Fernandes	05	ANAR	39.57	25m	08-05-21	Guarda	273
79.	DIAS Maria Beatriz	05	SCA	39.62	25m	02-02-20	Viseu	271
80.	COSTA Mariana Pinto	05	AEJ	39.63	25m	25-04-21	Gafanha da Nazaré	271
81.	DINIS Helena Carolina	05	AAC	39.80	25m	24-10-20	Coimbra	268
82.	ALMEIDA Bruna Alexandra	05	AEFDT	39.89	25m	02-02-20	Viseu	266
83.	PALMINHA Mariana Catarina	05	CNLA	40.05	25m	19-12-20	Sines	263
84.	CRESPO Beatriz Santos	05	IDV	40.07	25m	23-11-19	Caldas da Rainha	262
85.	PISSARRO Filipa Moniz	05	AAC	40.13	25m	24-10-20	Coimbra	261
86.	OLIVEIRA Sofia Cardoso	05	AEJ	40.14	25m	25-10-20	Mealhada	261
87.	COSTA Iara Maria	05	UDO	40.44	25m	25-04-21	Gafanha da Nazaré	255
88.	GARCIA Joana Pires	05	CFE	40.74	25m	19-01-20	Montemor-o-Novo	250
89.	VIEIRA Rafaela Afonso	05	LDC	40.95	25m	02-11-19	Lagoa	246

50 Costas (desde 90)

90.	ANTUNES Joana Silva	05	CLAC	41.22	25m	07-03-20	Santarém	241
91.	CONCEICAO Beatriz Silva	05	BSCN	41.99	25m	07-11-20	Leiria	228
92.	MATOS Ines Ferreira	05	CAPGE	42.24	25m	25-04-21	Gafanha da Nazaré	224
93.	MOTA Adriana Sequeira	05	INDNOR	42.42	25m	07-03-20	Mirandela	221
94.	CRUZ Leonor Barreto	05	CNAB	43.07	25m	19-01-20	Entroncamento	211
95.	NOBREGA Maria Trindade	05	CDN	43.20	25m	18-07-20	Funchal	209
96.	BRANDAO Ines Maria	05	CNP	43.97	25m	26-01-20	Campo Maior	198
97.	REIS Ana Catarina	05	GSC	44.02	25m	19-01-20	Montemor-o-Novo	198
98.	COELHO Sofia Morgado	05	FS	44.13	25m	26-01-20	Campo Maior	196
99.	RODRIGUES Beatriz Alexandra	05	CNG	44.53	25m	16-11-19	Castelo Branco	191
100.	ALVES Ines Domingos	05	GSC	46.57	25m	19-01-20	Montemor-o-Novo	167

100 Costas

1.	FERNANDES Carolina Miranda	05	CGA	1:02.84	25m	06-12-19	Mealhada	666
2.	EIRA Maria Carolina	05	GCVR	1:05.33	25m	11-04-21	Felgueiras	593
3.	LAGOA Carlota Macedo	05	ADBA	1:06.12	25m	06-12-19	Sines	572
4.	REIS Erica Cristina	05	SCP	1:07.37	25m	07-12-19	Sines	540
5.	GONCALVES Rita Abibe	05	GESL	1:07.39	25m	15-11-20	Leiria	540
6.	SALGADO Soraia Maria	05	AEFDTV	1:07.44	25m	09-05-21	Sto António Cavaleiros	539
6.	ESTEVENS Laura Fabiana	05	GCNF	1:07.44	25m	16-05-21	Lagos	539
8.	PEREIRA Isabel dos Santos	05	CNCE	1:08.51	25m	23-11-19	Felgueiras	514
9.	RODRIGUES Filipa Guerreiro	05	GCNF	1:08.64	25m	11-04-21	Felgueiras	511
10.	PIRES Marta Joao	05	SAD	1:09.32	25m	22-11-19	Algés	496
11.	NEVES Maria Manuel	05	SCB	1:09.40	25m	15-11-20	Mealhada	494
12.	SIMOES Ana Beatriz	05	SCP	1:09.87	25m	16-02-20	Sto Antonio dos Cavaleiros	484
13.	BENTO Maria Madalena	05	BUZIOS	1:09.90	25m	06-12-19	Sines	484
14.	MACHADO Beatriz Alexandra	05	CNBE	1:10.04	25m	23-02-20	Lagos	481
15.	CANINHAS Maria Pinto	05	CNFU	1:10.05	25m	01-02-20	Ponte de Sor	481
16.	ROSA Mariana Carmo	05	ALN	1:10.09	25m	09-11-19	Albufeira	480
17.	SILVA Maria Ines	05	FCP	1:10.11	25m	11-04-21	Felgueiras	479
18.	LOURO Ariana Espirito	05	SFGP	1:10.16	25m	06-03-20	Santarém	478
19.	SEBASTIAO Sofia Antunes	05	CNA	1:10.19	25m	06-12-19	Sines	478
20.	SIMOES Barbara Almeida	05	CUC	1:10.36	25m	06-12-19	Mealhada	474
21.	NOBRE Beatriz Gaspar	05	SFGP	1:10.39	25m	06-03-20	Santarém	474
22.	NOBRE Marisa Isabel	05	SCC	1:10.50	25m	20-10-19	Condeixa	471
23.	NEVES Natalia Passeira	05	CNV	1:10.60	25m	06-12-19	Mealhada	469
23.	COSTA Mariana Martins	05	GDNFAMA	1:10.60	25m	06-12-19	Mealhada	469
25.	VASCONCELOS Lara Rodrigue	05	CGA	1:10.66	25m	06-12-19	Mealhada	468
26.	VENTURA Barbara Cunha	05	SLB	1:10.87	25m	15-05-21	Alcabideche	464
27.	CABRAL Ana Matos	05	CAQC	1:11.15	25m	01-02-20	Coimbra	459
28.	DIAS Iara Filipa	05	CNPE	1:11.17	25m	06-12-19	Sines	458
28.	QUINTA Luisa Coelho	05	LSC	1:11.17	25m	06-12-19	Mealhada	458
30.	GOMES Fabiana Cruz	05	LDC	1:11.64	25m	08-11-20	Lagos	449
31.	GOMES Rita Ferreira	05	SAD	1:11.70	25m	06-12-19	Sines	448
32.	COSTA Joana Ferreira	05	CDF	1:11.90	25m	01-02-20	Viseu	444
33.	COSTA Mafalda Santos	05	ADRCIMM	1:12.01	25m	22-11-19	Algés	442
34.	NOVO Marta Luisa	05	VNC	1:12.03	25m	23-11-19	Braga	442
35.	RICARDO Maria Correia	05	CNS	1:12.07	25m	22-11-19	Algés	441
36.	SILVA Mariana Azevedo	05	ADS	1:12.37	25m	30-11-19	Sines	436
37.	DZYAKANAVA Kateryna	05	ALN	1:12.38	25m	01-02-20	Coimbra	436
38.	MONTEIRO Simone Filipe	05	GESL	1:12.39	25m	06-12-19	Sines	435
39.	RINO Maria Pedro	05	CNPV	1:12.55	25m	09-04-21	Praia da Vitória	433

100 Costas (desde 40)

40.	CAETANO Ines Martins	05	CCDSERTA	1:12.70	25m	07-03-20	Ponte de Sor	430
41.	LOPES Daniela Magalhaes	05	GDNFAMA	1:12.77	25m	09-01-21	Guarda	429
42.	PEREIRA Carolina Rei	05	CNVA	1:12.78	25m	16-11-19	Viseu	428
43.	FILIPE Ana Sofia	05	ACS	1:12.91	25m	26-10-19	Lagos	426
44.	ARAUJO Maria Clara	05	CNF	1:13.55	25m	18-07-20	Funchal	415
45.	MARTINS Rafaela Diogo	05	CNS	1:13.80	25m	06-12-19	Sines	411
46.	CARDOSO Ana Luisa	05	CDE	1:13.81	25m	06-12-19	Mealhada	411
47.	PONCEANO Ines Encarnacao	05	PORTIN	1:13.85	25m	03-11-19	Lagoa	410
48.	VIEIRA Mariana Ferreira	05	CNV	1:13.89	25m	24-11-19	Felgueiras	409
49.	SILVA Ana Carolina	05	CNPV	1:13.99	25m	07-03-20	Ponta Delgada	408
50.	SEQUEIRA Leonor Ferreira	05	CGA	1:14.15	25m	12-10-19	Mealhada	405
51.	CARRAO Iris Pereira	05	CIRL	1:14.21	25m	22-11-19	Algés	404
52.	JARDIM Teresa Vieira	05	CNF	1:14.26	25m	23-11-19	Funchal	403
53.	REIS Beatriz Grave	05	CNRM	1:14.36	25m	29-02-20	Coruche	402
54.	REIS Juliana Branco	05	CNAL	1:14.45	25m	23-11-19	Caldas da Rainha	400
55.	ROSA Sara Henriques	05	NSIT	1:14.53	25m	30-11-19	Sines	399
56.	SILVA Mariana Andreia	05	SCP	1:14.65	25m	22-11-19	Algés	397
57.	NUNES Rita Sofia	05	CNCE	1:14.81	25m	23-11-19	Felgueiras	395
58.	SILVA Nicole Pais	05	CCLAMAS	1:15.08	25m	07-12-19	Mealhada	390
59.	JUNQUEIRA Manuela Paccola	05	CNPE	1:15.14	25m	07-12-19	Sines	389
60.	LOPO Lara Moreira	05	EULX	1:15.90	25m	22-11-19	Algés	378
61.	SILVA Ana Margarida	05	CNFU	1:16.21	25m	16-11-19	Castelo Branco	373
62.	PASSOS Margarida Jesus	05	PORTIN	1:16.24	25m	09-11-19	Albufeira	373
63.	CONCEICAO Sara Nunes	05	SFUAP	1:16.31	25m	17-11-19	Cova da Piedade	372
64.	PIRES Rita Lima	05	CNAC	1:16.42	25m	15-05-21	Condeixa-a-Nova	370
65.	REGO Ines Faria	05	GDNFAMA	1:16.48	25m	23-11-19	Felgueiras	369
66.	MESQUITA Catarina Iourtaeva	05	CNVA	1:16.54	25m	01-02-20	Viseu	368
67.	TRIBUNA Francisca Otao	05	SLB	1:16.60	25m	01-11-19	Setúbal	367
68.	BRAGA Ana Belo	05	AONDA	1:16.62	25m	22-11-19	Algés	367
69.	ENGELEN Zoe	05	LDC	1:16.67	25m	23-02-20	Lagos	366
70.	LIMA Ana Cristina	05	SCE	1:16.74	25m	18-01-20	Mealhada	365
71.	ALVES Joana Silva	05	BSCN	1:16.80	25m	11-01-20	Nazaré	365
72.	REIS Mariana Tavares	05	CDEAP	1:16.81	25m	10-04-21	Praia da Vitória	364
73.	BRANCO Matilde Paulos	05	BUZIOS	1:16.92	25m	23-11-19	Tomar	363
74.	SILVA Carolina Alexandra	05	DRCN	1:17.00	25m	01-11-19	Setúbal	362
75.	PAIVA Ana Beatriz	05	APUVE	1:17.17	25m	23-11-19	Felgueiras	359
76.	ROCHA Ana Sofia	05	CCLAMAS	1:17.22	25m	23-11-19	Felgueiras	359
77.	FERREIRA Filipa Pereira	05	ATG	1:17.24	25m	24-11-19	Felgueiras	358
78.	JUNQUEIRA Joana Areal	05	GDNFAMA	1:17.25	25m	23-11-19	Felgueiras	358
79.	PIRES Laura Joao	05	CNFU	1:17.26	25m	11-01-20	Elvas	358
80.	CARLOTA Catarina Isabel	05	BUZIOS	1:17.36	25m	19-01-20	Entroncamento	357
81.	MOTA Barbara Gomes	05	CDF	1:17.38	25m	12-10-19	Mealhada	356
81.	GAMA Beatriz Sa	05	CAQC	1:17.38	25m	23-11-19	Coimbra	356
83.	COELHO Margarida Martins	05	ACRZA	1:17.59	25m	16-11-19	Odemira	354
84.	CARVALHO Neuza Cardoso	05	CMNPR	1:17.60	25m	24-11-19	Bragança	353
85.	STELMASHCHUK Catarina Cru	05	CNVA	1:17.64	25m	17-11-19	Viseu	353
86.	AVEIRO Leonor Sofia	05	CNF	1:17.75	25m	08-05-21	Funchal	351
87.	BARBOSA Leonor Sousa	05	ATG	1:17.81	25m	23-11-19	Felgueiras	351
88.	COTOVIO Ines Filipa	05	CNSM	1:17.95	25m	24-10-20	Tomar	349
89.	MELO Beatriz Coelho	05	CDF	1:18.21	25m	01-02-20	Viseu	345
90.	CRUZ Mariana Isabel	05	ATG	1:18.31	25m	23-11-19	Felgueiras	344
91.	FERRAZ Maria Antonia	05	AHBE	1:18.40	25m	01-11-19	Setúbal	343
92.	FRANCA Nicole Patriarca	05	SCP	1:18.44	25m	03-11-19	Lisboa	342

100 Costas (desde 93)

93.	MALHEIRO Maria Vieira	05	CDCA	1:18.55	25m	23-02-20	Pombal	341
94.	SANTOS Mariana Marques	05	GESL	1:18.67	25m	16-02-20	Sto Antonio dos Cavaleiros	339
95.	FONSECA Ines Carvalho	05	LAGAC	1:18.71	25m	24-11-19	Lagos	339
96.	PAULINO Mariana Maiato	05	CNCVG	1:18.94	25m	01-11-19	Setúbal	336
97.	MACHADO Maria Leonor	05	GCVR	1:19.04	25m	07-03-20	Mirandela	334
98.	DUARTE Beatriz Boal	05	CNCA	1:19.17	25m	19-01-20	Entroncamento	333
99.	CARVALHO Laura Torrao	05	CNAC	1:19.25	25m	22-12-20	Coimbra	332
100.	COUTINHO Ines Esteves	05	ATG	1:19.36	25m	23-11-19	Felgueiras	330

200 Costas

1.	FERNANDES Carolina Miranda	05	CGA	2:17.77	25m	08-12-19	Mealhada	648
2.	EIRA Maria Carolina	05	GCVR	2:22.56	25m	15-11-20	Mealhada	585
3.	REIS Erica Cristina	05	SCP	2:23.08	25m	08-12-19	Sines	578
4.	LAGOA Carlota Macedo	05	ADBA	2:23.55	25m	08-12-19	Sines	572
5.	ESTEVEENS Laura Fabiana	05	GCMF	2:24.27	25m	15-05-21	Lagos	564
6.	NOBRE Marisa Isabel	05	SCC	2:26.19	25m	08-12-19	Mealhada	542
7.	LOURO Ariana Espirito	05	SFGP	2:26.20	25m	16-05-21	Abrantes	542
8.	CANINHAS Maria Pinto	05	CNFU	2:27.36	25m	08-12-19	Sines	529
9.	GONCALVES Rita Abibe	05	GESL	2:27.52	25m	15-11-20	Leiria	527
10.	PEREIRA Isabel dos Santos	05	CNCE	2:27.76	25m	08-12-19	Mealhada	525
11.	SALGADO Soraia Maria	05	AEFDTV	2:28.74	25m	15-11-20	Leiria	515
12.	SEBASTIAO Sofia Antunes	05	CNA	2:29.23	25m	30-11-19	Sines	510
13.	VENTURA Barbara Cunha	05	SLB	2:29.70	25m	18-01-20	Pinhal Novo	505
14.	CABRAL Ana Matos	05	CAQC	2:30.02	25m	02-02-20	Coimbra	502
15.	NOBRE Beatriz Gaspar	05	SFGP	2:30.42	25m	08-03-20	Santarém	498
16.	ALVES Joana Silva	05	BSCN	2:30.65	25m	09-05-21	Alcobaça	495
17.	MACHADO Beatriz Alexandra	05	CNBE	2:31.16	25m	08-12-19	Sines	490
18.	NEVES Natalia Passeira	05	CNV	2:31.20	25m	08-12-19	Mealhada	490
19.	SILVA Maria Ines	05	FCP	2:31.39	25m	15-11-20	Mealhada	488
20.	QUINTA Luisa Coelho	05	LSC	2:31.66	25m	08-12-19	Mealhada	485
20.	RODRIGUES Filipa Guerreiro	05	GCMF	2:31.66	25m	15-05-21	Lagos	485
22.	ALMEIDA Maria Carolina	05	CGA	2:31.73	25m	08-12-19	Mealhada	485
23.	MONTEIRO Simone Filipe	05	GESL	2:32.27	25m	16-02-20	Sto Antonio dos Cavaleiros	480
24.	VASCONCELOS Lara Rodrigue	05	CGA	2:32.47	25m	08-12-19	Mealhada	478
25.	NEVES Maria Manuel	05	SCB	2:33.30	25m	06-03-20	Braga	470
26.	DIAS Iara Filipa	05	CNPE	2:33.42	25m	08-12-19	Sines	469
27.	BENTO Maria Madalena	05	BUZIOS	2:34.28	25m	08-12-19	Sines	461
28.	SILVA Mariana Azevedo	05	ADS	2:34.32	25m	08-12-19	Mealhada	461
29.	LOPES Daniela Magalhaes	05	GDNFAMA	2:34.36	25m	11-01-20	Aguas Santas	460
30.	COSTA Mafalda Santos	05	ADRCIMM	2:34.58	25m	16-05-21	Alvalade	458
31.	GOMES Rita Ferreira	05	SAD	2:35.31	25m	08-12-19	Sines	452
32.	REIS Juliana Branco	05	CNAL	2:35.38	25m	30-11-19	Sines	451
33.	COSTA Joana Ferreira	05	CDF	2:35.72	25m	13-10-19	Mealhada	448
34.	CARRAO Iris Pereira	05	CIRL	2:35.89	25m	25-01-20	Alcobaça	447
35.	LOPES Francisca Macedo	05	CFV	2:36.01	25m	12-10-19	Pacos de Ferreira	446
36.	NOVO Marta Luisa	05	VNC	2:36.09	25m	22-11-19	Braga	445
37.	VIEIRA Mariana Ferreira	05	CNV	2:36.50	25m	08-05-21	Pacos de Ferreira	442
38.	RINO Maria Pedro	05	CNPV	2:36.67	25m	26-10-19	Lagos	440
39.	MARTINS Rafaela Diogo	05	CNS	2:37.62	25m	08-12-19	Sines	432
39.	CARDOSO Ana Luisa	05	CDE	2:37.62	25m	24-10-20	Mealhada	432
41.	FERREIRA Joana Rocha	05	SLB	2:37.69	25m	18-01-20	Pinhal Novo	432
42.	RICARDO Maria Correia	05	CNS	2:37.76	25m	26-01-20	Campo Maior	431

200 Costas (desde 43)

43.	SIMOES Barbara Almeida	05	CUC	2:37.91	25m	24-11-19	Coimbra	430
44.	DZYAKANAVA Kateryna	05	ALN	2:38.73	25m	25-10-20	Coimbra	423
45.	NUNES Rita Sofia	05	CNCE	2:38.85	25m	22-11-19	Felgueiras	422
46.	CONCEICAO Sara Nunes	05	SFUAP	2:39.39	25m	22-11-19	Algés	418
47.	PONCEANO Ines Encarnacao	05	PORTIN	2:39.62	25m	17-10-20	Lagos	416
48.	TRIBUNA Francisca Otao	05	SLB	2:39.98	25m	18-01-20	Pinhal Novo	413
49.	SILVA Nicole Pais	05	CCLAMAS	2:40.25	25m	15-12-19	Leiria	411
50.	CAETANO Ines Martins	05	CCDSERTA	2:40.27	25m	07-03-20	Ponte de Sor	411
51.	JUNQUEIRA Joana Areal	05	GDNFAMA	2:40.31	25m	22-11-19	Felgueiras	411
52.	ROSA Sara Henriques	05	NSIT	2:41.20	25m	08-12-19	Sines	404
53.	COTOVIO Ines Filipa	05	CNSM	2:41.82	25m	24-11-19	Tomar	400
54.	SEQUEIRA Leonor Ferreira	05	CGA	2:41.95	25m	16-11-19	Viseu	399
55.	COUTINHO Ines Esteves	05	ATG	2:42.40	25m	22-11-19	Felgueiras	395
56.	DUARTE Beatriz Boal	05	CNCA	2:42.41	25m	08-03-20	Santarém	395
57.	ARAUJO Maria Clara	05	CNF	2:42.54	25m	21-12-19	Funchal	394
58.	PASSOS Margarida Jesus	05	PORTIN	2:42.62	25m	10-11-19	Albufeira	394
59.	PIRES Rita Lima	05	CNAC	2:42.71	25m	15-05-21	Condeixa-a-Nova	393
60.	LOPO Lara Moreira	05	EULX	2:43.15	25m	22-11-19	Algés	390
61.	CAPITAO Ana Rita	05	CFV	2:43.40	25m	12-10-19	Pacos de Ferreira	388
62.	JUNQUEIRA Manuela Paccola	05	CNPE	2:43.45	25m	23-11-19	Caldas da Rainha	388
63.	OLIVEIRA Vanessa Sofia	05	CAPGE	2:43.62	25m	16-11-19	Viseu	386
64.	JARDIM Teresa Vieira	05	CNF	2:43.77	25m	07-03-20	Funchal	385
65.	SANTOS Mariana Marques	05	GESL	2:44.09	25m	16-02-20	Sto Antonio dos Cavaleiros	383
66.	MESQUITA Catarina lourtaeva	05	CNVA	2:44.31	25m	01-02-20	Viseu	382
67.	MOTA Barbara Gomes	05	CDF	2:45.14	25m	24-10-20	Mealhada	376
68.	ROCHA Ana Sofia	05	CCLAMAS	2:45.37	25m	12-10-19	Pacos de Ferreira	374
69.	ALEXANDRINO Madalena Carr	05	SAD	2:45.51	25m	18-01-20	Pinhal Novo	373
70.	SILVA Carolina Alexandra	05	DRCN	2:45.57	25m	18-01-20	Pinhal Novo	373
71.	GAMA Beatriz Sa	05	CAQC	2:45.74	25m	24-11-19	Coimbra	372
72.	FERREIRA Filipa Pereira	05	ATG	2:45.76	25m	12-10-19	Pacos de Ferreira	372
73.	STELMASHCHUK Catarina Cru	05	CNVA	2:46.39	25m	16-11-19	Viseu	367
74.	NOGUEIRA Nara Soraia	05	CNV	2:46.54	25m	12-10-19	Pacos de Ferreira	366
75.	ENGELEN Zoe	05	LDC	2:46.99	25m	22-02-20	Lagos	363
76.	CARVALHO Neuza Cardoso	05	CMNPR	2:47.25	25m	26-10-19	Lagos	362
77.	SILVA Ana Carolina	05	CNPV	2:47.57	25m	18-01-20	Angra do Heroísmo	360
78.	CRUZ Mariana Isabel	05	ATG	2:47.92	25m	12-10-19	Pacos de Ferreira	357
79.	PAIVA Ana Beatriz	05	APUVE	2:47.94	25m	12-10-19	Pacos de Ferreira	357
80.	BARBOSA Leonor Sousa	05	ATG	2:48.10	25m	22-11-19	Felgueiras	356
81.	FERRAZ Leonor Ines	05	ATG	2:48.18	25m	12-10-19	Pacos de Ferreira	356
82.	VARGAS Maria Carolina	05	SLB	2:48.19	25m	18-01-20	Pinhal Novo	356
83.	LOURENCO Beatriz Vale	05	PORTIN	2:48.28	25m	01-02-20	Albufeira	355
84.	MACHADO Maria Leonor	05	GCVR	2:48.30	25m	08-03-20	Mirandela	355
85.	BRANCO Matilde Paulos	05	BUZIOS	2:49.14	25m	08-03-20	Santarém	350
86.	REGO Ines Faria	05	GDNFAMA	2:49.34	25m	12-10-19	Pacos de Ferreira	349
87.	LIMA Ana Cristina	05	SCE	2:49.60	25m	16-11-19	Viseu	347
88.	RESTIVO Maria Tavares	05	CFP	2:49.82	25m	22-11-19	Felgueiras	346
89.	ALVES Maria Ines	05	AAC	2:50.25	25m	25-01-20	Alcoçaba	343
90.	REIS Mariana Tavares	05	CDEAP	2:51.29	25m	11-04-21	Praia da Vitória	337
91.	SILVEIRA Sofia Pereira	05	CAFBDP	2:51.30	25m	16-02-20	Ponta Delgada	337
92.	CARVALHO Maria Silva	05	PIMP	2:51.54	25m	12-06-21	Nazaré	335
93.	PENA Alecssia Pedro	05	CNPO	2:51.70	25m	06-03-20	Braga	334
94.	LOPES Joana Pena	05	CFV	2:51.88	25m	22-11-19	Felgueiras	333
95.	MARQUES Maria Ines	05	CNAL	2:51.95	25m	20-10-19	Óbidos	333

200 Costas (desde 96)

96.	PATRACOLO Mariana Passareiro	05	CEN	2:53.95	25m	26-01-20	Campo Maior	322
97.	SILVA Camila Cavaleiro	05	SCC	2:53.98	25m	25-01-20	Alcobaça	321
98.	FERNANDES Ana Catarina	05	CDCA	2:55.22	25m	24-10-20	Mealhada	315
99.	LUIS Mariana Capelo	05	JACL	2:55.58	25m	24-11-19	Funchal	313
100.	MARQUES Beatriz Pereira	05	SCC	2:55.62	25m	01-11-19	Condeixa	312

50 Bruços

1.	PEREIRA Carolina Rei	05	CNVA	34.00	25m	14-11-20	Mealhada	592
2.	ALMEIDA Ana Rita	05	CDCA	35.13	25m	13-06-21	Viseu	537
3.	REIS Erica Cristina	05	SCP	35.27	25m	14-11-20	Leiria	530
4.	ESTEVEENS Laura Fabiana	05	GCNF	35.50	25m	24-10-20	Olhão	520
5.	ENGELEN Zoe	05	00563	35.75	25m	08-05-21	ALCALA (ESP)	509
6.	SANCHEZ Angela Sanchez	05	LDC	35.80	25m	09-11-19	Albufeira	507
7.	RIBEIRO Maria Joao	05	CCLAMAS	35.84	25m	14-11-20	Mealhada	506
8.	REIS Beatriz Grave	05	CNRM	35.98	25m	23-11-19	Tomar	500
9.	NOBRE Marisa Isabel	05	SCC	36.04	25m	22-12-20	Coimbra	497
10.	NEVES Maria Manuel	05	SCB	36.20	25m	09-05-21	Ponte da Barca	491
11.	REIS Juliana Branco	05	CNAL	36.30	25m	14-11-20	Leiria	487
12.	SILVA Ana Carolina	05	CNPV	36.51	25m	14-11-20	Leiria	478
13.	PINHEIRO Francisca Sena	05	SCMI	36.61	25m	08-03-20	Mirandela	474
14.	REGO Ines Faria	05	GDNFAMA	36.92	25m	24-11-19	Felgueiras	462
15.	NICOLAU Margarida Claudino	05	CNTN	37.06	25m	07-03-20	Santarém	457
16.	ROCHA Gabriela Santos	05	CNV	37.23	25m	08-05-21	Pacos de Ferreira	451
17.	LOURENCO Beatriz Vale	05	PORTIN	37.47	25m	14-12-19	Portimão	442
18.	MARTINS Margarida Carvalho	05	GDNFAMA	37.66	25m	24-11-19	Felgueiras	436
19.	PASSOS Margarida Jesus	05	PORTIN	37.94	25m	11-01-20	Quarteira	426
20.	PIRES Laura Joao	05	CNFU	38.04	25m	08-03-20	Ponte de Sor	423
21.	SANTOS Catarina Bentes	05	CAP	38.05	25m	24-11-19	Felgueiras	422
22.	SILVEIRA Sofia Pereira	05	CAFBDP	38.25	25m	15-05-21	Ponta Delgada	416
23.	CARVALHO Laura Torrao	05	CNAC	38.41	25m	22-12-20	Coimbra	411
24.	ALVES Maria Ines	05	AAC	38.64	25m	15-02-20	Torres Novas	403
25.	FERNANDES Daniela Alves	05	LSC	38.68	25m	08-05-21	Pacos de Ferreira	402
26.	PIRES Rita Lima	05	CNAC	38.91	25m	25-10-20	Coimbra	395
27.	PEREIRA Beatriz Fernandes	05	EDL	39.06	25m	06-03-20	Braga	390
28.	VELHO Ana Luisa	05	CMNPR	39.42	25m	08-05-21	Peso da Régua	380
29.	SIMOES Barbara Almeida	05	CUC	39.53	25m	22-12-20	Coimbra	377
29.	MELO Beatriz Coelho	05	CDF	39.53	25m	25-04-21	Gafanha da Nazaré	377
31.	RODRIGUES Filipa Guerreiro	05	CNFA	39.58	25m	11-01-20	Quarteira	375
32.	MELO Soraia Conceicao	05	VSC	39.74	25m	24-11-19	Felgueiras	371
33.	BALL Marianna Thais	05	CNLGOS	39.80	25m	11-01-20	Quarteira	369
34.	SILVA Leonor Neto	05	CNLGOS	39.89	25m	07-11-20	Lagos	367
35.	DIAS Maria Beatriz	05	SCA	39.91	25m	18-01-20	Mealhada	366
36.	PIRES Maria Raquel	05	LDC	40.15	25m	23-11-19	Lagos	359
37.	SOARES Carolina Leal	05	CMNPR	40.31	25m	24-04-21	Vila Real	355
38.	LOPES Rosa Branca	05	PIMP	40.34	25m	18-10-20	Caldas da Rainha	354
39.	COLACO Catarina Neves	05	GCNF	40.51	25m	24-10-20	Olhão	350
40.	CONCEICAO Beatriz Silva	05	BSCN	40.53	25m	07-11-20	Leiria	349
41.	CARLOTA Catarina Isabel	05	BUZIOS	40.64	25m	15-05-21	Abrantes	347
42.	RINO Maria Pedro	05	CNPV	40.65	25m	16-11-19	Angra do Heroísmo	346
43.	PENA Alecssia Pedro	05	CNPO	40.85	25m	24-11-19	Felgueiras	341
44.	LAGE Rita Alexandra	05	CNLGOS	41.80	25m	07-11-20	Lagos	318
45.	PESSANHA Beatriz Martins	05	CNLGOS	41.82	25m	20-10-19	Quarteira	318

50 Bruços (desde 46)

45.	GOMES Madalena Sousa	05	CNF	41.82	25m	08-05-21	Funchal	318
47.	CRUZ Leonor Barreto	05	CNAB	42.00	25m	15-05-21	Abrantes	314
48.	VIEIRA Rafaela Afonso	05	LDC	42.04	25m	23-11-19	Lagos	313
49.	FONSECA Ines Carvalho	05	LAGAC	42.08	25m	11-01-20	Quarteira	312
50.	LUZ Mariana Silva	05	CNLGOS	42.17	25m	07-11-20	Lagos	310
51.	LOBO Maria Fernandes	05	CNAC	42.29	25m	22-12-20	Coimbra	308
52.	FILIPE Ana Sofia	05	ACS	42.47	25m	11-01-20	Quarteira	304
53.	HOSKINS Matilde Sophie	05	LSC	42.51	25m	24-11-19	Felgueiras	303
54.	MERUJE Ana Agra	05	CEN	42.57	25m	26-01-20	Campo Maior	301
55.	PALMINHA Mariana Catarina	05	CNLA	42.64	25m	05-06-21	Sines	300
56.	VOJINOVIC Elena	05	PORTIN	43.03	25m	11-01-20	Quarteira	292
57.	PASCOAL Maria Manuel	05	CNPDL	43.33	25m	15-02-20	Ponta Delgada	286
58.	PONCEANO Ines Encarnacao	05	PORTIN	43.45	25m	11-01-20	Quarteira	283
59.	OLIVEIRA Ana Rita	05	PORTIN	43.67	25m	14-12-19	Portimão	279
60.	SOUSA Carolina Benedita	05	ADP	43.70	25m	24-11-19	Felgueiras	279
61.	OLIVEIRA Sofia Cardoso	05	AEJ	43.71	25m	18-01-20	Mealhada	278
62.	GAMA Beatriz Sa	05	CAQC	43.79	25m	22-12-20	Coimbra	277
63.	FERNANDES Carlota Condeco	05	FCF	43.81	25m	16-05-21	Lagos	277
64.	CARVALHO Maria Silva	05	PIMP	44.46	25m	20-10-19	Óbidos	265
65.	COELHO Margarida Martins	05	ACRZA	44.85	25m	17-11-19	Odemira	258
66.	COSTA Iara Maria	05	UDO	45.03	25m	25-10-20	Mealhada	255
67.	RAMOS Jennifer Ribeiro	05	LAGAC	45.05	25m	11-01-20	Quarteira	254
68.	VAZ Beatriz Rodrigues	05	FCF	45.07	25m	11-01-20	Quarteira	254
69.	ALMEIDA Bruna Alexandra	05	AEFDT	45.10	25m	17-11-19	Viseu	253
70.	DUARTE Matilde Aleixo	05	CNS	45.17	25m	26-01-20	Campo Maior	252
71.	VELHO Joana Costa	05	AMAMB	45.24	25m	06-03-20	Braga	251
72.	MENDES Barbara Fernanda	05	CASPAAE	45.59	25m	22-12-20	Coimbra	245
73.	MACHADO Maria Leonor	05	GCVR	45.64	25m	08-03-20	Mirandela	245
74.	BRANDAO Ines Maria	05	CNP	45.70	25m	26-01-20	Campo Maior	244
75.	ALVES Ines Domingos	05	GSC	45.99	25m	19-01-20	Montemor-o-Novo	239
76.	DUARTE Beatriz Reis	05	ACS	46.67	25m	24-10-20	Olhão	229
77.	ANDRADE Maria Beatriz	05	CDN	47.15	25m	07-03-20	Funchal	222
78.	ALMEIDA Mariana Filipa	05	UDO	47.30	25m	01-02-20	Viseu	220
79.	COLACO Maria Joao	05	CNSBA	47.54	25m	23-11-19	Lagos	216
80.	RAPOSO Laura Filipa	05	CDBRG	48.69	25m	15-02-20	Ponta Delgada	201
81.	GALVAO Matilde Fernandes	05	ANAR	48.80	25m	24-10-20	Sertã	200
82.	GARCIA Joana Pires	05	CFE	49.08	25m	17-11-19	Odemira	197
83.	NARCISO Leticia Cabral	05	CDEAP	49.44	25m	16-11-19	Ribeira Grande	192
84.	GALVAO Maria Fernandes	05	ANAR	49.86	25m	26-01-20	Campo Maior	187
85.	NOBREGA Maria Trindade	05	CDN	50.72	25m	18-07-20	Funchal	178
86.	CORDEIRO Matilde Fava	05	SCCM	50.77	25m	17-11-19	Castelo Branco	178
87.	MACHADO Margarida Silva	05	FNC	50.86	25m	24-11-19	Bragança	177
88.	TEIXEIRA Daniela Nobrega	05	ADC	51.94	25m	07-03-20	Funchal	166
89.	BARBOSA Lilly Pereira	05	LAGAC	55.31	25m	07-11-20	Lagos	137
90.	COELHO Sofia Morgado	05	FS	59.80	25m	26-01-20	Campo Maior	108
91.	COUTINHO Ines Sofia	05	UDO	1:12.02	25m	01-02-20	Viseu	62

100 Bruços

1.	PEREIRA Carolina Rei	05	CNVA	1:14.03	25m	24-10-20	Mealhada	597
2.	REIS Erica Cristina	05	SCP	1:14.16	25m	08-12-19	Sines	594
3.	ESTEVEENS Laura Fabiana	05	GCNF	1:14.37	25m	11-04-21	Felgueiras	589
4.	NUNES Margarida Domingues	05	EULX	1:14.39	25m	08-12-19	Sines	589
5.	REGO Ines Faria	05	GDNFAMA	1:14.55	25m	08-12-19	Mealhada	585
6.	RIBEIRO Maria Joao	05	CCLAMAS	1:16.28	25m	15-11-20	Mealhada	546
7.	GAMA Joana Fernandes	05	SCP	1:17.38	25m	08-12-19	Sines	523
8.	ALMEIDA Ana Rita	05	CDCA	1:17.41	25m	15-11-20	Mealhada	522
9.	ALMEIDA Maria Carolina	05	CGA	1:17.49	25m	24-04-21	Gafanha da Nazaré	521
10.	SANCHEZ Angela Sanchez	05	LDC	1:17.56	25m	10-11-19	Albufeira	519
11.	LOPES Francisca Macedo	05	CFV	1:17.57	25m	09-05-21	Pacos de Ferreira	519
12.	FERREIRA Joana Rosa	05	CNPE	1:17.66	25m	15-11-20	Leiria	517
13.	LOURO Ariana Espirito	05	SFGP	1:17.85	25m	15-11-20	Leiria	513
14.	VASCONCELOS Lara Rodrigue	05	CGA	1:18.50	25m	24-04-21	Gafanha da Nazaré	501
15.	REIS Beatriz Grave	05	CNRM	1:18.69	25m	14-12-19	Leiria	497
16.	RICARDO Maria Correia	05	CNS	1:18.99	25m	08-12-19	Sines	492
17.	SILVA Ana Carolina	05	CNPV	1:19.16	25m	13-12-20	Praia da Vitória	488
18.	REIS Juliana Branco	05	CNAL	1:19.25	25m	15-05-21	Condeixa-a-Nova	487
19.	NOBRE Marisa Isabel	05	SCC	1:19.71	25m	23-12-20	Coimbra	478
20.	PIRES Laura Joao	05	CNFU	1:19.88	25m	18-01-20	Castelo Branco	475
21.	ENGELLEN Zoe	05	LDC	1:19.93	25m	02-02-20	Albufeira	474
22.	SANTOS Catarina Bentes	05	CAP	1:19.99	25m	08-12-19	Mealhada	473
23.	NEVES Maria Manuel	05	SCB	1:20.09	25m	08-12-19	Mealhada	472
24.	PINHEIRO Francisca Sena	05	SCMI	1:20.25	25m	22-02-20	Mirandela	469
25.	RODRIGUES Bruna Ferreira	05	CCLAMAS	1:20.77	25m	24-04-21	Gafanha da Nazaré	460
26.	SILVEIRA Sofia Pereira	05	CAFBDP	1:20.84	25m	06-03-20	Ponta Delgada	459
27.	ROCHA Gabriela Santos	05	CNV	1:21.30	25m	08-12-19	Mealhada	451
28.	VARGAS Maria Carolina	05	SLB	1:21.74	25m	08-12-19	Sines	444
29.	FERNANDES Maria Teresa	05	SAD	1:22.03	25m	08-12-19	Sines	439
30.	FERNANDES Daniela Alves	05	LSC	1:22.71	25m	11-04-21	Felgueiras	428
31.	SIMOES Ana Beatriz	05	SCP	1:22.83	25m	22-11-19	Algés	426
31.	MARTINS Margarida Carvalhal	05	GDNFAMA	1:22.83	25m	08-12-19	Mealhada	426
33.	PASSOS Margarida Jesus	05	PORTIN	1:23.16	25m	24-11-19	Lagos	421
34.	NICOLAU Margarida Claudino	05	CNTN	1:23.20	25m	06-03-20	Santarém	421
35.	MELO Beatriz Coelho	05	CDF	1:23.25	25m	02-02-20	Viseu	420
36.	MARQUES Maria Ines	05	CNAL	1:23.26	25m	08-12-19	Sines	420
37.	LOURENCO Beatriz Vale	05	PORTIN	1:23.50	25m	16-05-21	Lagos	416
38.	BALL Marianna Thais	05	CNLGOS	1:23.54	25m	02-11-19	Lagoa	415
39.	ROSA Mariana Carmo	05	ALN	1:23.81	25m	23-11-19	Coimbra	411
40.	GOMES Carolina Fonseca	05	CDOM	1:23.85	25m	11-01-20	Nazaré	411
41.	CARVALHO Laura Torrao	05	CNAC	1:24.58	25m	23-12-20	Coimbra	400
42.	SANTOS Catarina Maria	05	CPCD	1:24.78	25m	16-05-21	Alvalade	397
43.	PIRES Maria Raquel	05	LDC	1:24.86	25m	24-11-19	Lagos	396
44.	ALVES Maria Ines	05	AAC	1:25.04	25m	15-02-20	Torres Novas	394
45.	BENTO Maria Madalena	05	BUZIOS	1:25.29	25m	22-02-20	Abrantes	390
46.	BRAGA Ana Belo	05	AONDA	1:25.31	25m	01-11-19	Setúbal	390
47.	CARLOTA Catarina Isabel	05	BUZIOS	1:25.34	25m	19-01-20	Entroncamento	390
48.	NOVO Marta Luisa	05	VNC	1:25.44	25m	02-11-19	Barcelos	388
49.	PIRES Rita Lima	05	CNAC	1:25.45	25m	23-12-20	Coimbra	388
50.	SILVA Leonor Neto	05	CNLGOS	1:25.53	25m	02-02-20	Albufeira	387
51.	SILVA Beatriz Barroso	05	SCP	1:25.81	25m	22-11-19	Algés	383
52.	GOMES Fabiana Cruz	05	LDC	1:26.08	25m	08-05-21	Quarteira	380
53.	SILVA Mariana Azevedo	05	ADS	1:27.01	25m	07-03-20	Braga	368

100 Bruços (desde 54)

54.	BERNAT Maria Del Rio	05	SAD	1:27.27	25m	22-11-19	Algés	364
55.	MOREIRA Maria Eduarda	05	CAP	1:27.65	25m	23-11-19	Felgueiras	360
56.	SOARES Carolina Leal	05	CMNPR	1:27.76	25m	10-06-21	Vila Real	358
57.	CAXARIA Maria Sousa	05	CNMJ	1:27.78	25m	17-11-19	Cova da Piedade	358
58.	CONCEICAO Beatriz Silva	05	BSCN	1:27.87	25m	08-11-20	Leiria	357
59.	PENA Alecssia Pedro	05	CNPO	1:27.90	25m	23-11-19	Felgueiras	357
60.	CRUZ Mariana Isabel	05	ATG	1:27.93	25m	23-11-19	Felgueiras	356
61.	MATOS Mafalda Pereira	05	SCP	1:28.04	25m	22-11-19	Algés	355
61.	ARAUJO Maria Clara	05	CNF	1:28.04	25m	18-07-20	Funchal	355
63.	PEREIRA Beatriz Fernandes	05	EDL	1:28.05	25m	02-11-19	Barcelos	355
64.	ROSA Sara Henriques	05	NSIT	1:28.20	25m	16-11-19	Angra do Heroísmo	353
65.	COLACO Catarina Neves	05	CNFA	1:28.24	25m	30-11-19	Sines	352
66.	DIAS Maria Beatriz	05	SCA	1:28.39	25m	18-01-20	Mealhada	351
67.	WANG Lea Liu	05	SFUS	1:28.89	25m	19-01-20	Entroncamento	345
68.	VENTURA Barbara Cunha	05	SLB	1:29.42	25m	01-11-19	Setúbal	339
69.	SANTOS Maria Lucas	05	CAQC	1:29.43	25m	23-11-19	Coimbra	339
70.	LAGE Rita Alexandra	05	CNLGOS	1:29.52	25m	08-11-20	Lagos	338
71.	RINO Maria Pedro	05	CNPV	1:29.53	25m	16-02-20	Praia da Vitória	337
72.	MELO Soraia Conceicao	05	VSC	1:29.57	25m	23-11-19	Felgueiras	337
73.	SILVA Camila Cavaleiro	05	SCC	1:30.19	25m	19-10-19	Condeixa	330
74.	PINTO Joana Alexandra	05	ADP	1:30.21	25m	09-05-21	Pacos de Ferreira	330
75.	VELHO Ana Luisa	05	CMNPR	1:30.26	25m	18-01-20	Barcelos	329
76.	RODRIGUES Filipa Guerreiro	05	CNFA	1:30.37	25m	02-02-20	Albufeira	328
77.	PALMINHA Mariana Catarina	05	CNLA	1:30.62	25m	07-03-20	Ponte de Sor	325
78.	PESSANHA Beatriz Martins	05	CNLGOS	1:30.78	25m	24-11-19	Lagos	324
79.	LIMA Ana Cristina	05	SCE	1:30.80	25m	13-10-19	Mealhada	323
80.	FONSECA Ines Carvalho	05	LAGAC	1:31.16	25m	02-02-20	Albufeira	320
81.	CARVALHO Maria Silva	05	PIMP	1:31.20	25m	11-01-20	Nazaré	319
82.	CONCEICAO Sara Nunes	05	SFUAP	1:31.44	25m	01-11-19	Setúbal	317
83.	FERNANDES Ana Catarina	05	CDCA	1:31.48	25m	13-10-19	Mealhada	316
84.	LUIS Mariana Capelo	05	JACL	1:31.70	25m	26-10-19	Funchal	314
85.	VIEIRA Rafaela Afonso	05	LDC	1:31.71	25m	24-11-19	Lagos	314
86.	SILVA Ana Margarida	05	CNFU	1:31.73	25m	18-01-20	Castelo Branco	314
87.	DUARTE Beatriz Boal	05	CNCA	1:31.76	25m	19-01-20	Entroncamento	313
88.	CRUZ Leonor Barreto	05	CNAB	1:31.77	25m	06-03-20	Santarém	313
89.	MALHEIRO Maria Vieira	05	CDCA	1:32.34	25m	13-10-19	Mealhada	307
90.	BARBOSA Joana Filipa	05	LSXXI	1:32.98	25m	23-11-19	Felgueiras	301
90.	GOMES Madalena Sousa	05	CNF	1:32.98	25m	18-07-20	Funchal	301
92.	NEVES Daniela Lourenco	05	CCDSERTA	1:33.08	25m	12-10-19	Portalegre	300
92.	DZYAKANAVA Kateryna	05	ALN	1:33.08	25m	24-10-20	Coimbra	300
94.	LUZ Mariana Silva	05	CNLGOS	1:33.17	25m	08-11-20	Lagos	299
95.	PASCOAL Maria Manuel	05	CNPDL	1:33.19	25m	06-03-20	Ponta Delgada	299
96.	COUTINHO Ines Esteves	05	ATG	1:33.95	25m	23-11-19	Felgueiras	292
97.	HOSKINS Matilde Sophie	05	LSC	1:34.35	25m	23-11-19	Felgueiras	288
98.	PISSARRO Filipa Moniz	05	AAC	1:35.16	25m	23-11-19	Coimbra	281
99.	CAETANO Ines Martins	05	CCDSERTA	1:35.33	25m	01-02-20	Ponte de Sor	279
100.	CARVALHO Neuza Cardoso	05	CMNPR	1:35.53	25m	10-06-21	Vila Real	278

200 Bruços

1.	ESTEVEENS Laura Fabiana	05	GCNF	2:38.36	25m	08-11-20	Lagos	613
2.	REIS Erica Cristina	05	SCP	2:40.36	25m	07-12-19	Sines	590
3.	NUNES Margarida Domingues	05	EULX	2:40.99	25m	26-10-19	Lagos	584
4.	LOPES Daniela Magalhaes	05	GDNFAMA	2:41.57	25m	08-05-21	Pacos de Ferreira	577
5.	REGO Ines Faria	05	GDNFAMA	2:42.51	25m	07-12-19	Mealhada	567
6.	SANCHEZ Angela Sanchez	05	LDC	2:43.34	25m	09-11-19	Albufeira	559
7.	FERREIRA Joana Rosa	05	CNPE	2:44.38	25m	15-11-20	Leiria	548
8.	ALMEIDA Maria Carolina	05	CGA	2:44.77	25m	25-04-21	Gafanha da Nazaré	544
9.	LOPES Francisca Macedo	05	CFV	2:45.79	25m	10-04-21	Felgueiras	534
10.	DELGADO Soraia Alexandra	05	SCP	2:46.07	25m	16-05-21	Alvalade	532
11.	RIBEIRO Maria Joao	05	CCLAMAS	2:47.34	25m	15-12-19	Leiria	520
12.	GAMA Joana Fernandes	05	SCP	2:47.80	25m	07-12-19	Sines	515
13.	REIS Beatriz Grave	05	CNRM	2:48.24	25m	15-12-19	Leiria	511
14.	SILVA Ana Carolina	05	CNPV	2:48.28	25m	07-12-19	Sines	511
15.	PEREIRA Carolina Rei	05	CNVA	2:48.38	25m	07-12-19	Mealhada	510
16.	ALMEIDA Ana Rita	05	CDCA	2:49.22	25m	23-02-20	Pombal	502
17.	VASCONCELOS Lara Rodrigue	05	CGA	2:49.46	25m	25-04-21	Gafanha da Nazaré	500
18.	ROCHA Gabriela Santos	05	CNV	2:50.13	25m	07-12-19	Mealhada	494
19.	VARGAS Maria Carolina	05	SLB	2:50.16	25m	07-12-19	Sines	494
20.	RICARDO Maria Correia	05	CNS	2:50.21	25m	30-11-19	Sines	494
21.	PIRES Laura Joao	05	CNFU	2:50.93	25m	07-03-20	Ponte de Sor	487
22.	FERREIRA Joana Rocha	05	SLB	2:51.20	25m	19-01-20	Pinhal Novo	485
23.	REIS Juliana Branco	05	CNAL	2:51.42	25m	25-01-20	Alcobaça	483
24.	ENGELEN Zoe	05	LDC	2:51.43	25m	07-12-19	Sines	483
25.	RODRIGUES Bruna Ferreira	05	CCLAMAS	2:52.15	25m	07-12-19	Mealhada	477
26.	NEVES Maria Manuel	05	SCB	2:53.04	25m	07-12-19	Mealhada	470
27.	FERNANDES Maria Teresa	05	SAD	2:53.18	25m	07-12-19	Sines	469
28.	NOBRE Marisa Isabel	05	SCC	2:53.61	25m	24-10-20	Coimbra	465
29.	SILVEIRA Sofia Pereira	05	CAFBDP	2:54.01	25m	07-12-19	Sines	462
30.	SANTOS Catarina Bentes	05	CAP	2:54.90	25m	07-12-19	Mealhada	455
31.	LOURO Ariana Espirito	05	SFGP	2:54.92	25m	24-10-20	Tomar	455
32.	PINHEIRO Francisca Sena	05	SCMI	2:56.30	25m	08-03-20	Mirandela	444
33.	GOMES Carolina Fonseca	05	CDOM	2:56.93	25m	19-01-20	Pinhal Novo	439
34.	PIMENTEL Sara Calisto	05	CGA	2:58.18	25m	25-10-20	Mealhada	430
35.	SEBASTIAO Sofia Antunes	05	CNA	2:58.87	25m	19-01-20	Pinhal Novo	425
36.	SILVA Mariana Azevedo	05	ADS	2:59.34	25m	17-11-19	Viseu	422
37.	BALL Marianna Thais	05	CNLGOS	2:59.43	25m	23-11-19	Lagos	421
38.	CARLOTA Catarina Isabel	05	BUZIOS	3:00.04	25m	07-03-20	Santarém	417
39.	PIRES Maria Raquel	05	LDC	3:00.11	25m	23-11-19	Lagos	417
40.	MARQUES Maria Ines	05	CNAL	3:00.12	25m	23-11-19	Caldas da Rainha	417
41.	SIMOES Barbara Almeida	05	CUC	3:00.47	25m	30-11-19	Sines	414
42.	MELO Beatriz Coelho	05	CDF	3:00.82	25m	12-10-19	Mealhada	412
43.	MARTINS Margarida Carvalhal	05	GDNFAMA	3:01.04	25m	07-12-19	Mealhada	410
44.	PIRES Rita Lima	05	CNAC	3:02.17	25m	20-06-21	Coimbra	403
45.	ALVES Maria Ines	05	AAC	3:02.21	25m	02-02-20	Coimbra	402
46.	LOURENCO Beatriz Vale	05	PORTIN	3:03.01	25m	22-02-20	Lagos	397
47.	SILVA Beatriz Barroso	05	SCP	3:03.48	25m	16-02-20	Sto Antonio dos Cavaleiros	394
48.	GOMES Rita Ferreira	05	SAD	3:03.85	25m	24-11-19	Algés	392
49.	FERNANDES Daniela Alves	05	LSC	3:04.71	25m	13-10-19	Pacos de Ferreira	386
50.	CARVALHO Laura Torrao	05	CNAC	3:04.99	25m	22-12-20	Coimbra	384
51.	PASSOS Margarida Jesus	05	PORTIN	3:05.06	25m	20-10-19	Quarteira	384
52.	SILVA Leonor Neto	05	CNLGOS	3:05.34	25m	22-02-20	Lagos	382
53.	CONCEICAO Beatriz Silva	05	BSCN	3:05.50	25m	12-06-21	Nazaré	381

200 Bruços (desde 54)

54.	VENTURA Barbara Cunha	05	SLB	3:06.13	25m	19-01-20	Pinhal Novo	377
55.	SANTOS Catarina Maria	05	CPCD	3:07.56	25m	09-05-21	Alcobaça	369
56.	OLIVEIRA Vanessa Sofia	05	CAPGE	3:07.67	25m	25-04-21	Gafanha da Nazaré	368
57.	MOREIRA Maria Eduarda	05	CAP	3:07.74	25m	22-11-19	Felgueiras	368
58.	CRUZ Mariana Isabel	05	ATG	3:08.11	25m	13-10-19	Pacos de Ferreira	366
59.	STELMASHCHUK Catarina Cru	05	CNVA	3:08.96	25m	17-11-19	Viseu	361
60.	CAXARIA Maria Sousa	05	CNMJ	3:09.01	25m	24-11-19	Algés	360
61.	LUIS Mariana Capelo	05	JACL	3:10.15	25m	22-11-19	Funchal	354
62.	BRAGA Ana Belo	05	AONDA	3:10.40	25m	24-11-19	Algés	353
63.	SANTOS Maria Lucas	05	CAQC	3:10.48	25m	23-11-19	Coimbra	352
64.	SILVA Camila Cavaleiro	05	SCC	3:10.83	25m	02-02-20	Coimbra	350
65.	RESTIVO Maria Tavares	05	CFP	3:10.87	25m	22-11-19	Felgueiras	350
66.	PENA Alecssia Pedro	05	CNPO	3:11.26	25m	22-11-19	Felgueiras	348
67.	PALMINHA Mariana Catarina	05	CNLA	3:12.45	25m	07-03-20	Ponte de Sor	341
68.	CARVALHO Maria Silva	05	PIMP	3:12.96	25m	17-10-20	Caldas da Rainha	339
69.	COLACO Catarina Neves	05	CNFA	3:14.04	25m	23-11-19	Lagos	333
70.	MARQUES Beatriz Pereira	05	SCC	3:14.07	25m	02-02-20	Coimbra	333
71.	CARVALHO Neuza Cardoso	05	CMNPR	3:14.55	25m	18-01-20	Barcelos	330
72.	NUNES Rita Sofia	05	CNCE	3:14.83	25m	13-10-19	Pacos de Ferreira	329
73.	MELO Soraia Conceicao	05	VSC	3:14.96	25m	22-11-19	Felgueiras	328
74.	PISSARRO Filipa Moniz	05	AAC	3:15.80	25m	23-11-19	Coimbra	324
75.	VELHO Ana Luisa	05	CMNPR	3:16.11	25m	08-03-20	Mirandela	323
76.	MALHEIRO Maria Vieira	05	CDCA	3:16.91	25m	25-10-20	Mealhada	319
77.	WANG Lea Liu	05	SFUS	3:17.07	25m	29-02-20	Coruche	318
78.	VIEIRA Rafaela Afonso	05	LDC	3:17.10	25m	22-02-20	Lagos	318
79.	LAGE Rita Alexandra	05	CNLGOS	3:17.63	25m	02-11-19	Lagoa	315
80.	NEVES Daniela Lourenco	05	CCDSERTA	3:17.89	25m	12-10-19	Portalegre	314
81.	DIAS Maria Beatriz	05	SCA	3:18.05	25m	01-02-20	Viseu	313
82.	PEREIRA Beatriz Fernandes	05	EDL	3:18.34	25m	03-11-19	Barcelos	312
83.	GOMES Madalena Sousa	05	CNF	3:18.48	25m	06-03-20	Funchal	311
84.	SOARES Carolina Leal	05	CMNPR	3:18.53	25m	07-11-20	Guarda	311
85.	PINTO Joana Alexandra	05	ADP	3:20.00	25m	08-05-21	Pacos de Ferreira	304
86.	CRUZ Leonor Barreto	05	CNAB	3:21.08	25m	07-03-20	Santarém	299
87.	COUTINHO Ines Esteves	05	ATG	3:21.13	25m	13-10-19	Pacos de Ferreira	299
88.	DUARTE Matilde Aleixo	05	CNS	3:21.93	25m	26-01-20	Campo Maior	295
89.	PESSANHA Beatriz Martins	05	CNLGOS	3:22.67	25m	02-11-19	Lagoa	292
90.	DZYAKANAVA Kateryna	05	ALN	3:24.02	25m	01-11-19	Condeixa	286
91.	PASCOAL Maria Manuel	05	CNPDL	3:24.43	25m	08-03-20	Ponta Delgada	285
92.	PACHECO Mariana Fatima	05	CDBRG	3:25.67	25m	17-10-20	Ponta Delgada	280
93.	CAETANO Ines Martins	05	CCDSERTA	3:25.75	25m	17-11-19	Castelo Branco	279
94.	MOTA Beatriz Neves	05	CNG	3:31.27	25m	29-02-20	Coruche	258
95.	ALVES Ines Domingos	05	GSC	3:31.55	25m	16-11-19	Odemira	257
96.	SOUSA Carolina Benedita	05	ADP	3:31.76	25m	22-11-19	Felgueiras	256
97.	RAMOS Jennifer Ribeiro	05	LAGAC	3:32.09	25m	22-02-20	Lagos	255
98.	PERES Laura Fino	05	URDJ	3:38.81	25m	12-06-21	Nazaré	232
99.	CARATAO Leonor Oliveira	05	ADST	3:43.71	25m	19-01-20	Pinhal Novo	217
100.	NARCISO Leticia Cabral	05	CDEAP	3:43.92	25m	12-10-19	Ponta Delgada	217

50 Mariposa

1.	FERNANDES Carolina Miranda	05	CGA	28.38	25m	15-11-20	Mealhada	633
2.	ALMEIDA Maria Carolina	05	CGA	28.54	25m	15-11-20	Mealhada	623
3.	NICOLAU Margarida Claudino	05	CNTN	29.14	25m	15-02-20	Torres Novas	585
4.	LOURO Ariana Espirito	05	SFGP	29.43	25m	15-11-20	Leiria	568
5.	BENTO Maria Madalena	05	BUZIOS	29.67	25m	24-11-19	Tomar	554
6.	EIRA Maria Carolina	05	GCVR	30.36	25m	09-05-21	Peso da Régua	517
7.	LAGOA Carlota Macedo	05	ADBA	30.50	25m	11-04-21	Felgueiras	510
8.	SILVA Joana Ferreira	05	LSC	30.52	25m	09-05-21	Pacos de Ferreira	509
9.	SIMOES Barbara Almeida	05	CUC	30.55	25m	22-12-20	Coimbra	508
10.	NEVES Daniela Lourenco	05	CCDSERTA	30.95	25m	06-03-20	Ponte de Sor	488
11.	ESTEVEENS Laura Fabiana	05	CNOL	31.14	25m	12-01-20	Quarteira	479
12.	REIS Beatriz Grave	05	CNRM	31.19	25m	08-03-20	Santarém	477
13.	PEREIRA Carolina Rei	05	CNVA	31.28	25m	24-04-21	Gafanha da Nazaré	473
14.	CARVALHO Maria Silva	05	PIMP	31.46	25m	17-10-20	Caldas da Rainha	465
15.	MACHADO Beatriz Alexandra	05	CNBE	31.67	25m	15-05-21	Lagos	456
16.	DIAS Ines Silva	05	CDE	31.93	25m	13-06-21	Viseu	445
17.	MELO Beatriz Coelho	05	CDF	32.07	25m	18-01-20	Mealhada	439
18.	SEBASTIAO Sofia Antunes	05	CNA	32.09	25m	15-02-20	Torres Novas	438
19.	GUIA Carolina Manuela	05	VS	32.50	25m	24-11-19	Tomar	422
20.	CAPITAO Ana Rita	05	CFV	32.57	25m	09-05-21	Pacos de Ferreira	419
21.	LOPES Rosa Branca	05	PIMP	32.61	25m	17-10-20	Caldas da Rainha	417
22.	ALVES Joana Silva	05	BSCN	32.64	25m	23-05-21	Alcobaça	416
23.	RINO Maria Pedro	05	CNPV	32.68	25m	08-03-20	Ponta Delgada	415
24.	MARTINS Rafaela Diogo	05	CNS	33.07	25m	26-01-20	Campo Maior	400
25.	PONCEANO Ines Encarnacao	05	PORTIN	33.22	25m	18-10-20	Lagos	395
26.	NOGUEIRA Nara Soraia	05	CNV	33.30	25m	11-04-21	Felgueiras	392
27.	SILVA Beatriz Margarido	05	CNVA	33.65	25m	02-02-20	Viseu	380
28.	SILVA Ana Carolina	05	CNPV	33.76	25m	01-11-20	Ponta Delgada	376
29.	ROCHA Ana Sofia	05	INDCNP	33.83	25m	24-04-21	Gafanha da Nazaré	374
30.	OLIVEIRA Vanessa Sofia	05	CAPGE	33.84	25m	24-10-20	Mealhada	373
31.	FERRAZ Leonor Ines	05	CFP	33.96	25m	09-05-21	Pacos de Ferreira	369
32.	OLIVEIRA Beatriz Silva	05	NCC	34.02	25m	08-03-20	Mirandela	368
33.	ROSA Sara Henriques	05	NSIT	34.04	25m	08-05-21	Praia da Vitória	367
34.	COSTA Joana Ferreira	05	CDF	34.05	25m	24-04-21	Gafanha da Nazaré	367
35.	ENGELEN Zoe	05	LDC	34.10	25m	12-01-20	Quarteira	365
36.	NASCIMENTO Sofia Alexandre	05	CNF	34.24	25m	08-03-20	Funchal	360
37.	CRUZ Mariana Isabel	05	ATG	34.28	25m	22-11-19	Felgueiras	359
38.	VELHO Ana Luisa	05	CMNPR	34.36	25m	09-05-21	Peso da Régua	357
39.	CORREIA Ines Alves	05	LSC	34.43	25m	22-11-19	Felgueiras	355
40.	SILVA Ana Margarida	05	CNFU	34.47	25m	16-11-19	Castelo Branco	353
41.	PALMA Ines Pinto	05	CRIRA	34.60	25m	16-11-19	Odemira	349
42.	CARDOSO Ana Luisa	05	CDE	34.68	25m	24-04-21	Gafanha da Nazaré	347
43.	WANG Lea Liu	05	SFUS	34.76	25m	19-01-20	Entroncamento	345
44.	MARQUES Marta Hermenegildo	05	CNLA	34.79	25m	06-03-20	Ponte de Sor	344
45.	LOURENCO Beatriz Vale	05	PORTIN	34.80	25m	15-05-21	Lagos	343
46.	REIS Mariana Tavares	05	CDEAP	34.88	25m	13-03-21	Ponta Delgada	341
47.	MARQUES Beatriz Pereira	05	SCC	34.96	25m	22-12-20	Coimbra	339
48.	DUARTE Beatriz Boal	05	CNCA	35.13	25m	08-03-20	Santarém	334
49.	FONSECA Ines Carvalho	05	LAGAC	35.16	25m	12-01-20	Quarteira	333
50.	CARVALHO Neuza Cardoso	05	CMNPR	35.32	25m	08-03-20	Mirandela	328
51.	PACHECO Mariana Fatima	05	CDBRG	35.51	25m	11-04-21	Praia da Vitória	323
52.	COTOVIO Ines Filipa	05	CNSM	35.61	25m	16-05-21	Abrantes	320
53.	DUARTE Beatriz Reis	05	ACS	36.16	25m	15-05-21	Lagos	306

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54.	FIGUEIRA Leticia Romano	05	CFP	36.18	25m	09-05-21	Pacos de Ferreira	305
55.	MARQUES Maria Ines	05	CNAL	36.31	25m	20-10-19	Óbidos	302
56.	VIEIRA Rafaela Afonso	05	LDC	36.51	25m	24-11-19	Lagos	297
57.	ESTEVES Beatriz Carmo	05	ACMN	36.68	25m	19-01-20	Montemor-o-Novo	293
58.	PIRES Maria Raquel	05	LDC	36.74	25m	12-01-20	Quarteira	292
58.	MATOS Ines Ferreira	05	CAPGE	36.74	25m	24-10-20	Mealhada	292
60.	VOJINOVIC Elena	05	PORTIN	36.79	25m	14-12-19	Portimão	291
61.	COELHO Margarida Martins	05	ACRZA	37.01	25m	16-11-19	Odemira	285
62.	COLACO Catarina Neves	05	CNFA	37.02	25m	02-11-19	Lagoa	285
63.	GAMA Beatriz Sa	05	CAQC	37.08	25m	22-12-20	Coimbra	284
64.	DINIS Helena Carolina	05	AAC	37.24	25m	25-10-20	Coimbra	280
65.	RODRIGUES Filipa Guerreiro	05	CNFA	37.39	25m	14-12-19	Portimão	277
65.	GALVAO Matilde Fernandes	05	ANAR	37.39	25m	24-10-20	Sertã	277
67.	OLIVEIRA Ana Rita	05	PORTIN	37.60	25m	14-12-19	Portimão	272
68.	SOARES Carolina Leal	05	CMNPR	37.76	25m	09-05-21	Peso da Régua	269
69.	CALDEIRINHA Beatriz Canhoto	05	CEN	38.45	25m	26-01-20	Campo Maior	254
70.	NARCISO Leticia Cabral	05	CDEAP	38.48	25m	15-05-21	Ponta Delgada	254
71.	CONCEICAO Beatriz Silva	05	BSCN	39.03	25m	17-10-20	Caldas da Rainha	243
72.	ALMEIDA Mariana Filipa	05	UDO	39.25	25m	24-04-21	Gafanha da Nazaré	239
73.	MOTA Adriana Sequeira	05	INDNOR	39.57	25m	08-03-20	Mirandela	233
74.	GALVAO Maria Fernandes	05	ANAR	39.80	25m	24-10-20	Sertã	229
75.	GARCIA Joana Pires	05	CFE	39.94	25m	19-01-20	Montemor-o-Novo	227
76.	PASCOAL Maria Manuel	05	CNPDL	39.95	25m	15-02-20	Ponta Delgada	227
77.	SILVA Maria Fabiana	05	CDN	40.12	25m	17-10-20	Funchal	224
78.	RAMOS Jennifer Ribeiro	05	LAGAC	40.61	25m	02-11-19	Lagoa	216
79.	BARROS Ana Carolina	05	JACL	40.64	25m	08-03-20	Funchal	215
80.	MACHADO Ines Sofia	05	CDBRG	40.99	25m	16-11-19	Ribeira Grande	210
81.	REIS Ana Catarina	05	GSC	41.21	25m	19-01-20	Montemor-o-Novo	207
82.	BRANDAO Ines Maria	05	CNP	41.57	25m	26-01-20	Campo Maior	201
83.	NOBREGA Maria Trindade	05	CDN	42.73	25m	18-07-20	Funchal	185
84.	RODRIGUES Beatriz Alexandra	05	CNG	42.93	25m	08-05-21	Guarda	183
85.	ANTUNES Joana Silva	05	CLAC	42.97	25m	19-01-20	Entroncamento	182
86.	MOTA Beatriz Neves	05	CNG	44.20	25m	16-11-19	Castelo Branco	167
87.	COSTA Iara Maria	05	UDO	44.79	25m	18-01-20	Mealhada	161
88.	ALVES Ines Domingos	05	GSC	45.95	25m	19-01-20	Montemor-o-Novo	149
89.	TEIXEIRA Daniela Nobrega	05	ADC	46.26	25m	08-03-20	Funchal	146
90.	COELHO Sofia Morgado	05	FS	47.58	25m	26-01-20	Campo Maior	134
91.	PACHECO Vanessa Amaral	05	CDEAP	47.87	25m	13-03-21	Ponta Delgada	132
92.	MONTEIRO Constanca Lemos	05	NDAP	49.87	25m	23-11-19	Caldas da Rainha	116
93.	RAPOSO Laura Filipa	05	CDBRG	51.23	25m	21-11-20	Ribeira Grande	107
94.	SIMAS Maria Leonor	05	NSIT	51.32	25m	21-11-20	Angra do Heroísmo	107

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1.	FERNANDES Carolina Miranda	05	CGA	1:00.43	25m	08-12-19	Mealhada	738
2.	ALMEIDA Maria Carolina	05	CGA	1:02.52	25m	13-06-21	Viseu	666
3.	BENTO Maria Madalena	05	BUZIOS	1:04.97	25m	08-12-19	Sines	593
4.	ESTEVENS Laura Fabiana	05	GCNF	1:06.47	25m	10-04-21	Felgueiras	554
5.	DELGADO Soraia Alexandra	05	SCP	1:06.73	25m	08-12-19	Sines	548
6.	SILVA Joana Ferreira	05	LSC	1:07.16	25m	10-04-21	Felgueiras	537
7.	LOURO Ariana Espirito	05	SFGP	1:07.64	25m	08-12-19	Sines	526
8.	REIS Erica Cristina	05	SCP	1:07.73	25m	22-11-19	Algés	524
9.	LAGOA Carlota Macedo	05	ADBA	1:08.02	25m	23-02-20	Pombal	517
10.	VIEIRA Carmo Dias	05	EULX	1:08.22	25m	08-12-19	Sines	512
11.	RINO Maria Pedro	05	CNPV	1:08.33	25m	26-10-19	Lagos	510
12.	LOPES Daniela Magalhaes	05	GDNFAMA	1:08.49	25m	09-01-21	Guarda	506
13.	NICOLAU Margarida Claudino	05	CNTN	1:08.73	25m	23-11-19	Tomar	501
13.	GOMES Carolina Fonseca	05	CDOM	1:08.73	25m	08-12-19	Sines	501
15.	NEVES Daniela Lourenco	05	CCDSERTA	1:09.08	25m	29-02-20	Coruche	494
16.	FERREIRA Joana Rocha	05	SLB	1:09.23	25m	10-04-21	Felgueiras	490
17.	FRANCA Nicole Patriarca	05	SCP	1:09.26	25m	22-11-19	Algés	490
18.	NOVO Marta Luisa	05	VNC	1:09.27	25m	14-11-20	Mealhada	489
19.	TORGAL Madalena Sampaio	05	AHBE	1:09.30	25m	01-02-20	Ponte de Sor	489
20.	ROSA Mariana Carmo	05	ALN	1:09.47	25m	10-04-21	Felgueiras	485
21.	PEREIRA Carolina Rei	05	CNVA	1:09.67	25m	25-04-21	Gafanha da Nazaré	481
22.	PIMENTEL Sara Calisto	05	CGA	1:09.99	25m	08-12-19	Mealhada	475
23.	NOBRE Marisa Isabel	05	SCC	1:10.06	25m	19-10-19	Condeixa	473
24.	ANDRE Isadora Maia	05	SLB	1:10.25	25m	15-05-21	Alcabideche	469
25.	GAMA Joana Fernandes	05	SCP	1:10.34	25m	16-02-20	Sto Antonio dos Cavaleiros	467
26.	ALVES Joana Silva	05	BSCN	1:10.40	25m	23-05-21	Alcobaça	466
27.	NUNES Margarida Domingues	05	SCP	1:10.81	25m	16-05-21	Alvalade	458
28.	SIMOES Ana Beatriz	05	SCP	1:10.84	25m	03-11-19	Lisboa	458
29.	SIMOES Barbara Almeida	05	CUC	1:11.02	25m	23-12-20	Coimbra	454
30.	EIRA Maria Carolina	05	GCVR	1:11.07	25m	08-03-20	Mirandela	453
31.	QUINTA Luisa Coelho	05	LSC	1:11.18	25m	24-11-19	Felgueiras	451
32.	CABRAL Ana Matos	05	CAQC	1:11.77	25m	23-11-19	Coimbra	440
33.	CARRAO Iris Pereira	05	CIRL	1:11.80	25m	15-02-20	Torres Novas	439
34.	GONCALVES Rita Abibe	05	GESL	1:12.04	25m	22-11-19	Algés	435
35.	CANINHAS Maria Pinto	05	CNFU	1:12.34	25m	18-01-20	Castelo Branco	430
36.	SILVA Mariana Andreia	05	SCP	1:12.45	25m	22-11-19	Algés	428
37.	CARVALHO Maria Silva	05	PIMP	1:12.69	25m	07-11-20	Leiria	424
38.	SILVA Mariana Azevedo	05	ADS	1:12.89	25m	18-01-20	Mealhada	420
39.	FERREIRA Joana Rosa	05	CNPE	1:13.15	25m	20-10-19	Óbidos	416
40.	MACHADO Beatriz Alexandra	05	CNBE	1:13.30	25m	23-11-19	Lagos	413
41.	SEBASTIAO Sofia Antunes	05	CNA	1:13.31	25m	01-11-19	Setúbal	413
41.	CAPITAO Ana Rita	05	CFV	1:13.31	25m	24-11-19	Felgueiras	413
43.	DIAS Ines Silva	05	CDE	1:13.32	25m	13-06-21	Viseu	413
44.	MARTINS Rafaela Diogo	05	CNS	1:13.56	25m	30-11-19	Sines	409
45.	OLIVEIRA Vanessa Sofia	05	CAPGE	1:13.61	25m	25-04-21	Gafanha da Nazaré	408
46.	HUTYY Adriana Carolina	05	SCB	1:13.71	25m	08-05-21	Ponte da Barca	406
47.	CORREIA Ines Alves	05	LSC	1:14.05	25m	08-05-21	Pacos de Ferreira	401
48.	MELO Sara Carreira	05	GESL	1:14.07	25m	22-11-19	Algés	400
49.	RIBEIRO Maria Joao	05	CCLAMAS	1:14.18	25m	24-11-19	Felgueiras	398
50.	SILVA Beatriz Margarido	05	CNVA	1:14.89	25m	18-01-20	Mealhada	387
51.	MELO Beatriz Coelho	05	CDF	1:15.16	25m	18-01-20	Mealhada	383
52.	FERRAZ Leonor Ines	05	CFP	1:15.28	25m	08-05-21	Pacos de Ferreira	381
53.	CARDOSO Ana Luisa	05	CDE	1:15.67	25m	25-10-20	Mealhada	375

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54.	MARTINS Margarida Carvalhal	05	GDNFAMA	1:15.76	25m	24-11-19	Felgueiras	374
55.	GUIA Carolina Manuela	05	VS	1:15.93	25m	01-02-20	Ponte de Sor	372
56.	RODRIGUES Bruna Ferreira	05	CCLAMAS	1:15.97	25m	24-11-19	Felgueiras	371
57.	SILVA Camila Cavaleiro	05	SCC	1:16.00	25m	15-05-21	Condeixa-a-Nova	371
58.	PEREIRA Margarida Martins	05	CPCD	1:16.01	25m	16-05-21	Alvalade	370
59.	LOPO Lara Moreira	05	EULX	1:16.14	25m	01-11-19	Setúbal	368
60.	SALGADO Soraia Maria	05	AEFDTV	1:16.20	25m	01-11-19	Setúbal	368
61.	SILVA Ana Margarida	05	CNFU	1:16.30	25m	01-02-20	Ponte de Sor	366
62.	COSTA Joana Ferreira	05	CDF	1:16.36	25m	16-11-19	Viseu	365
63.	DIAS Iara Filipa	05	CNPE	1:16.56	25m	23-11-19	Caldas da Rainha	362
64.	AVEIRO Leonor Sofia	05	CNF	1:16.88	25m	13-05-21	Funchal	358
65.	MATOS Mafalda Pereira	05	SCP	1:16.91	25m	22-11-19	Algés	357
66.	ROSA Sara Henriques	05	NSIT	1:17.16	25m	16-02-20	Praia da Vitória	354
67.	ALMEIDA Ana Rita	05	CDCA	1:17.21	25m	23-02-20	Pombal	353
68.	TRIBUNA Francisca Otao	05	SLB	1:17.34	25m	01-11-19	Setúbal	352
69.	MARQUES Marta Hermenegildc	05	CNLA	1:17.45	25m	30-11-19	Sines	350
70.	MARQUES Beatriz Pereira	05	SCC	1:17.46	25m	01-02-20	Coimbra	350
71.	COTOVIO Ines Filipa	05	CNSM	1:17.67	25m	07-03-20	Santarém	347
72.	MALHEIRO Maria Vieira	05	CDCA	1:17.86	25m	16-11-19	Viseu	345
73.	PONCEANO Ines Encarnacao	05	PORTIN	1:17.97	25m	07-11-20	Lagos	343
74.	NOGUEIRA Nara Soraia	05	CNV	1:18.39	25m	24-11-19	Felgueiras	338
75.	VIEIRA Mariana Ferreira	05	CNV	1:19.11	25m	24-11-19	Felgueiras	328
76.	SANTOS Maria Lucas	05	CAQC	1:19.15	25m	23-11-19	Coimbra	328
77.	VELHO Ana Luisa	05	CMNPR	1:19.36	25m	07-11-20	Guarda	325
78.	PACHECO Mariana Fatima	05	CDBRG	1:20.03	25m	10-04-21	Praia da Vitória	317
79.	FERREIRA Catarina Martins	05	AONDA	1:20.25	25m	01-11-19	Setúbal	315
80.	OLIVEIRA Beatriz Silva	05	NCC	1:20.28	25m	08-03-20	Mirandela	314
81.	CARVALHO Neuza Cardoso	05	CMNPR	1:20.54	25m	19-01-20	Barcelos	311
82.	FERRAZ Maria Antonia	05	AHBE	1:21.37	25m	01-11-19	Setúbal	302
83.	DUARTE Beatriz Boal	05	CNCA	1:21.44	25m	19-01-20	Entroncamento	301
84.	MOTA Barbara Gomes	05	CDF	1:21.95	25m	01-02-20	Viseu	295
85.	REIS Mariana Tavares	05	CDEAP	1:21.99	25m	12-06-21	Ponta Delgada	295
86.	ENGELLEN Zoe	05	LDC	1:22.06	25m	20-10-19	Quarteira	294
87.	DIAS Maria Beatriz	05	SCA	1:22.43	25m	30-11-19	Sines	290
88.	CAXARIA Maria Sousa	05	CNMJ	1:22.53	25m	01-11-19	Setúbal	289
89.	SILVEIRA Sofia Pereira	05	CAFBDP	1:22.59	25m	07-03-20	Ponta Delgada	289
90.	WANG Lea Liu	05	SFUS	1:22.66	25m	19-01-20	Entroncamento	288
91.	TAVARES Beatriz Isabel	05	CNS	1:22.69	25m	01-11-19	Setúbal	288
92.	MATOS Ines Ferreira	05	CAPGE	1:22.93	25m	25-10-20	Mealhada	285
93.	RESTIVO Maria Tavares	05	CFP	1:23.39	25m	24-11-19	Felgueiras	280
94.	COSTA Mariana Pinto	05	ADS	1:23.71	25m	16-11-19	Viseu	277
95.	PEIXOTO Alice Castro	05	EDV	1:24.36	25m	21-12-19	Ponte da Barca	271
96.	STELMASHCHUK Catarina Cru	05	CNVA	1:24.54	25m	16-11-19	Viseu	269
97.	CONCEICAO Beatriz Silva	05	BSCN	1:24.78	25m	23-05-21	Alcobaça	267
98.	MENDES Soraia Ferreira	05	CNTN	1:25.13	25m	20-10-19	Torres Novas	263
99.	PALMA Ines Pinto	05	CRIRA	1:25.31	25m	07-03-20	Ponte de Sor	262
100.	GAMA Beatriz Sa	05	CAQC	1:25.88	25m	19-10-19	Condeixa	257

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1.	FERNANDES Carolina Miranda	05	CGA	2:17.03	25m	25-04-21	Gafanha da Nazaré	665
2.	ALMEIDA Maria Carolina	05	CGA	2:19.58	25m	13-06-21	Viseu	629
3.	LOPES Daniela Magalhaes	05	GDNFAMA	2:20.43	25m	09-05-21	Pacos de Ferreira	617
4.	LOURO Ariana Espirito	05	SFGP	2:24.00	25m	14-11-20	Leiria	573
5.	DELGADO Soraia Alexandra	05	SCP	2:24.11	25m	07-12-19	Sines	571
6.	RINO Maria Pedro	05	CNPV	2:25.43	25m	07-12-19	Sines	556
7.	BENTO Maria Madalena	05	BUZIOS	2:25.67	25m	07-12-19	Sines	553
8.	ALVES Joana Silva	05	BSCN	2:26.18	25m	09-05-21	Alcobaça	547
9.	SILVA Joana Ferreira	05	LSC	2:28.21	25m	11-04-21	Felgueiras	525
10.	CARLOTA Catarina Isabel	05	BUZIOS	2:30.12	25m	07-12-19	Sines	505
11.	PIMENTEL Sara Calisto	05	CGA	2:30.68	25m	13-03-21	Aveiro	500
12.	REIS Erica Cristina	05	SCP	2:30.71	25m	16-02-20	Sto Antonio dos Cavaleiros	499
13.	CABRAL Ana Matos	05	CAQC	2:31.44	25m	07-12-19	Mealhada	492
14.	LAGOA Carlota Macedo	05	ADBA	2:31.75	25m	24-11-19	Caldas da Rainha	489
15.	VIEIRA Carmo Dias	05	EULX	2:32.10	25m	07-12-19	Sines	486
16.	ROSA Mariana Carmo	05	ALN	2:32.90	25m	01-11-19	Condeixa	478
17.	SIMOES Ana Beatriz	05	SCP	2:33.75	25m	16-02-20	Sto Antonio dos Cavaleiros	470
18.	NOVO Marta Luisa	05	VNC	2:34.95	25m	14-11-20	Mealhada	459
19.	NOBRE Marisa Isabel	05	SCC	2:35.02	25m	01-11-19	Condeixa	459
20.	CANINHAS Maria Pinto	05	CNFU	2:35.55	25m	07-03-20	Ponte de Sor	454
21.	FRANCA Nicole Patriarca	05	SCP	2:35.83	25m	07-12-19	Sines	452
22.	FERREIRA Joana Rocha	05	SLB	2:36.69	25m	22-11-19	Algés	444
23.	SEBASTIAO Sofia Antunes	05	CNA	2:36.88	25m	19-01-20	Pinhal Novo	443
24.	HUTYY Adriana Carolina	05	SCB	2:37.43	25m	07-12-19	Mealhada	438
25.	CORREIA Ines Alves	05	LSC	2:37.87	25m	09-05-21	Pacos de Ferreira	434
26.	LOPES Francisca Macedo	05	CFV	2:38.24	25m	09-05-21	Pacos de Ferreira	431
27.	GOMES Carolina Fonseca	05	CDOM	2:38.59	25m	11-01-20	Nazaré	429
28.	NEVES Daniela Lourenco	05	CCDSERTA	2:42.26	25m	07-03-20	Ponte de Sor	400
29.	FERREIRA Joana Rosa	05	CNPE	2:42.74	25m	24-11-19	Caldas da Rainha	397
30.	OLIVEIRA Vanessa Sofia	05	CAPGE	2:43.47	25m	25-04-21	Gafanha da Nazaré	391
31.	SILVA Beatriz Margarido	05	CNVA	2:44.10	25m	01-02-20	Viseu	387
32.	FERNANDES Maria Teresa	05	SAD	2:46.24	25m	03-11-19	Lagoa	372
33.	CARVALHO Maria Silva	05	PIMP	2:46.62	25m	18-10-20	Caldas da Rainha	369
34.	REIS Juliana Branco	05	CNAL	2:46.85	25m	09-05-21	Alcobaça	368
35.	MARTINS Rafaela Diogo	05	CNS	2:48.40	25m	22-11-19	Algés	358
36.	TORGAL Madalena Sampaio	05	AHBE	2:48.53	25m	15-05-21	Alcabideche	357
37.	SANTOS Maria Lucas	05	CAQC	2:48.74	25m	02-02-20	Coimbra	356
38.	FILIPE Ana Sofia	05	ACS	2:48.80	25m	26-10-19	Lagos	355
39.	COTOVIO Ines Filipa	05	CNSM	2:49.68	25m	07-03-20	Santarém	350
40.	MACHADO Beatriz Alexandra	05	CNBE	2:50.62	25m	07-03-20	Quarteira	344
41.	RODRIGUES Bruna Ferreira	05	CCLAMAS	2:51.50	25m	11-01-20	Aguas Santas	339
42.	CARDOSO Ana Luisa	05	CDE	2:53.19	25m	12-10-19	Mealhada	329
43.	MALHEIRO Maria Vieira	05	CDCA	2:53.61	25m	23-02-20	Pombal	327
44.	SIMOES Barbara Almeida	05	CUC	2:55.06	25m	01-11-19	Condeixa	318
45.	MARTINS Margarida Carvalhal	05	GDNFAMA	2:56.21	25m	13-10-19	Pacos de Ferreira	312
46.	MARQUES Beatriz Pereira	05	SCC	2:56.45	25m	01-11-19	Condeixa	311
47.	CAXARIA Maria Sousa	05	CNMJ	2:56.86	25m	19-01-20	Pinhal Novo	309
48.	FERRAZ Leonor Ines	05	ATG	2:57.52	25m	23-11-19	Felgueiras	305
49.	MELO Beatriz Coelho	05	CDF	2:58.41	25m	12-10-19	Mealhada	301
50.	MATOS Ines Ferreira	05	CAPGE	2:59.43	25m	25-10-20	Mealhada	296
51.	RIBEIRO Maria Joao	05	CCLAMAS	3:00.10	25m	13-10-19	Pacos de Ferreira	292
52.	DIAS Ines Silva	05	CDE	3:03.06	25m	12-10-19	Mealhada	278
53.	PEREIRA Margarida Martins	05	CPCD	3:03.46	25m	07-11-20	Guarda	277

200 Mariposa (desde 54)

54.	FERREIRA Filipa Pereira	05	ATG	3:04.21	25m	13-10-19	Pacos de Ferreira	273
55.	BARBOSA Leonor Sousa	05	ATG	3:07.51	25m	13-10-19	Pacos de Ferreira	259
56.	DIAS Maria Beatriz	05	SCA	3:10.39	25m	30-11-19	Sines	247
57.	VIEIRA Mariana Ferreira	05	CNV	3:12.18	25m	13-10-19	Pacos de Ferreira	241
58.	REIS Mariana Tavares	05	CDEAP	3:12.73	25m	15-05-21	Ponta Delgada	239
59.	NARCISO Leticia Cabral	05	CDEAP	3:38.87	25m	15-02-20	Ponta Delgada	163

100 Estilos

1.	NICOLAU Margarida Claudino	05	CNTN	1:06.84	25m	24-10-20	Tomar	604
2.	FERNANDES Carolina Miranda	05	CGA	1:07.75	25m	25-10-20	Mealhada	580
3.	PEREIRA Carolina Rei	05	CNVA	1:07.80	25m	15-11-20	Mealhada	579
4.	ESTEVEENS Laura Fabiana	05	GCNF	1:08.81	25m	08-11-20	Lagos	553
5.	LAGOA Carlota Macedo	05	ADBA	1:09.45	25m	24-11-19	Caldas da Rainha	538
6.	NOBRE Marisa Isabel	05	SCC	1:09.56	25m	23-12-20	Coimbra	536
7.	ALMEIDA Maria Carolina	05	CGA	1:10.00	25m	25-10-20	Mealhada	526
8.	MELO Sara Carreira	05	GESL	1:10.53	25m	17-11-19	Cova da Piedade	514
9.	ROSA Mariana Carmo	05	ALN	1:10.72	25m	25-10-20	Coimbra	510
10.	VASCONCELOS Lara Rodrigue	05	CGA	1:11.45	25m	25-10-20	Mealhada	494
11.	LOURO Ariana Espirito	05	SFGP	1:11.48	25m	24-10-20	Tomar	494
12.	SALGADO Soraia Maria	05	AEFDTV	1:12.21	25m	09-11-19	Albufeira	479
13.	BENTO Maria Madalena	05	BUZIOS	1:12.31	25m	23-11-19	Tomar	477
14.	LOPES Francisca Macedo	05	CFV	1:13.01	25m	22-11-19	Felgueiras	463
15.	SILVA Joana Ferreira	05	LSC	1:13.28	25m	22-11-19	Felgueiras	458
16.	FILIPE Ana Sofia	05	ACS	1:13.39	25m	12-01-20	Quarteira	456
17.	NEVES Maria Manuel	05	SCB	1:13.53	25m	03-11-19	Barcelos	453
18.	RINO Maria Pedro	05	CNPV	1:13.70	25m	16-11-19	Angra do Heroísmo	450
19.	ENGELEN Zoe	05	LDC	1:13.78	25m	12-01-20	Quarteira	449
20.	LOPES Rosa Branca	05	PIMP	1:14.28	25m	17-10-20	Caldas da Rainha	440
21.	SILVA Ana Carolina	05	CNPV	1:14.45	25m	16-11-19	Angra do Heroísmo	437
22.	BALL Marianna Thais	05	CNLGOS	1:14.73	25m	12-01-20	Quarteira	432
23.	SEQUEIRA Leonor Ferreira	05	CGA	1:14.79	25m	25-04-21	Gafanha da Nazaré	431
24.	DIAS Iara Filipa	05	CNPE	1:15.21	25m	24-11-19	Caldas da Rainha	424
25.	ALMEIDA Ana Rita	05	CDCA	1:15.56	25m	25-10-20	Mealhada	418
26.	MACHADO Beatriz Alexandra	05	CNBE	1:16.37	25m	18-10-20	Lagos	405
27.	SANTOS Catarina Bentes	05	CAP	1:16.47	25m	22-11-19	Felgueiras	403
28.	CARDOSO Ana Luisa	05	CDE	1:16.76	25m	13-06-21	Viseu	398
29.	JARDIM Teresa Vieira	05	CNF	1:17.26	25m	12-10-19	Funchal	391
30.	COSTA Joana Ferreira	05	CDF	1:17.62	25m	25-04-21	Gafanha da Nazaré	385
31.	PASSOS Margarida Jesus	05	PORTIN	1:17.90	25m	08-11-20	Lagos	381
32.	SILVA Camila Cavaleiro	05	SCC	1:18.11	25m	23-12-20	Coimbra	378
33.	NEVES Daniela Lourenco	05	CCDSERTA	1:18.23	25m	08-05-21	Guarda	376
34.	LOURENCO Beatriz Vale	05	PORTIN	1:18.47	25m	12-01-20	Quarteira	373
35.	RODRIGUES Filipa Guerreiro	05	CNFA	1:18.60	25m	23-11-19	Lagos	371
36.	CARVALHO Laura Torrao	05	CNAC	1:18.63	25m	23-12-20	Coimbra	371
37.	JUNQUEIRA Manuela Paccola	05	CNPE	1:18.67	25m	24-11-19	Caldas da Rainha	370
38.	ALVES Maria Ines	05	AAC	1:18.75	25m	02-02-20	Coimbra	369
39.	FONSECA Ines Carvalho	05	LAGAC	1:18.86	25m	23-11-19	Lagos	367
40.	DZYAKANAVA Kateryna	05	ALN	1:18.89	25m	25-10-20	Coimbra	367
41.	PIRES Rita Lima	05	CNAC	1:18.96	25m	23-12-20	Coimbra	366
42.	FERNANDES Maria Teresa	05	SAD	1:19.01	25m	17-11-19	Cova da Piedade	365
43.	SILVA Leonor Neto	05	CNLGOS	1:19.47	25m	12-01-20	Quarteira	359
44.	MOTA Barbara Gomes	05	CDF	1:19.55	25m	25-10-20	Mealhada	358

100 Estilos (desde 45)

45.	PIRES Maria Raquel	05	LDC	1:19.58	25m	03-11-19	Lagoa	358
46.	BARBOSA Leonor Sousa	05	ATG	1:19.68	25m	22-11-19	Felgueiras	356
47.	MELO Beatriz Coelho	05	CDF	1:19.70	25m	25-04-21	Gafanha da Nazaré	356
48.	BARBOSA Joana Filipa	05	LSXXI	1:19.74	25m	22-11-19	Felgueiras	355
49.	COLACO Catarina Neves	05	GCNF	1:19.76	25m	08-11-20	Lagos	355
50.	PONCEANO Ines Encarnacao	05	PORTIN	1:20.10	25m	12-01-20	Quarteira	351
51.	COTOVIO Ines Filipa	05	CNSM	1:20.26	25m	20-10-19	Torres Novas	349
52.	MALHEIRO Maria Vieira	05	CDCA	1:20.28	25m	13-06-21	Viseu	348
53.	MARQUES Beatriz Pereira	05	SCC	1:20.29	25m	23-12-20	Coimbra	348
54.	GUIA Carolina Manuela	05	VS	1:20.38	25m	23-11-19	Tomar	347
55.	CARVALHO Maria Silva	05	PIMP	1:20.57	25m	20-10-19	Óbidos	345
56.	CAETANO Ines Martins	05	CCDSERTA	1:20.71	25m	24-10-20	Sertã	343
57.	ESTEVEES Beatriz Carmo	05	ACMN	1:20.90	25m	19-01-20	Montemor-o-Novo	340
58.	SILVA Mariana Azevedo	05	ADS	1:21.00	25m	13-06-21	Viseu	339
59.	MARQUES Marta Hermenegildo	05	CNLA	1:21.36	25m	17-11-19	Odemira	335
60.	MENDES Soraia Ferreira	05	CNTN	1:21.51	25m	20-10-19	Torres Novas	333
61.	DINIS Helena Carolina	05	AAC	1:21.58	25m	20-06-21	Coimbra	332
62.	PALMA Ines Pinto	05	CRIRA	1:21.64	25m	19-01-20	Montemor-o-Novo	331
63.	COELHO Margarida Martins	05	ACRZA	1:21.91	25m	17-11-19	Odemira	328
64.	LAGE Rita Alexandra	05	CNLGOS	1:21.97	25m	20-10-19	Quarteira	327
65.	OLIVEIRA Ana Rita	05	PORTIN	1:22.08	25m	15-12-19	Portimão	326
66.	LOBO Maria Fernandes	05	CNAC	1:22.13	25m	23-12-20	Coimbra	325
67.	NOVO Marta Luisa	05	VNC	1:22.75	25m	16-11-19	Vila Praia de Âncora	318
68.	PATRACOLO Mariana Passareiro	05	CEN	1:22.87	25m	02-02-20	Montemor-o-Novo	317
69.	PACHECO Mariana Fatima	05	CDBRG	1:22.91	25m	15-05-21	Ponta Delgada	316
70.	INACIO Joana Matilde	05	DRCN	1:23.43	25m	17-11-19	Cova da Piedade	310
71.	PAIVA Ana Beatriz	05	APUVE	1:23.49	25m	22-11-19	Felgueiras	310
72.	MELO Soraia Conceicao	05	VSC	1:23.66	25m	22-02-20	Guimaraes	308
73.	VIEIRA Rafaela Afonso	05	LDC	1:24.10	25m	03-11-19	Lagoa	303
74.	COSTA Mariana Pinto	05	AEJ	1:25.18	25m	25-04-21	Gafanha da Nazaré	291
75.	SERRAO Sara Andreia	05	CNPE	1:25.43	25m	24-11-19	Caldas da Rainha	289
76.	CRUZ Leonor Barreto	05	CNAB	1:25.73	25m	24-10-20	Tomar	286
77.	MERUJE Ana Agra	05	CEN	1:26.03	25m	17-11-19	Castelo Branco	283
78.	LUZ Mariana Silva	05	CNLGOS	1:26.04	25m	08-11-20	Lagos	283
79.	RAMOS Jennifer Ribeiro	05	LAGAC	1:26.90	25m	23-11-19	Lagos	274
80.	GALVAO Matilde Fernandes	05	ANAR	1:27.13	25m	24-10-20	Sertã	272
81.	MATOS Ines Ferreira	05	CAPGE	1:27.48	25m	16-11-19	Viseu	269
82.	OLIVEIRA Sofia Cardoso	05	AEJ	1:27.57	25m	25-04-21	Gafanha da Nazaré	268
83.	CALDEIRINHA Beatriz Canhoto	05	CEN	1:27.63	25m	17-11-19	Castelo Branco	268
84.	PALMINHA Mariana Catarina	05	CNLA	1:28.62	25m	19-01-20	Montemor-o-Novo	259
85.	DUARTE Beatriz Reis	05	ACS	1:28.70	25m	18-10-20	Lagos	258
86.	GARCIA Joana Pires	05	CFE	1:29.78	25m	19-01-20	Montemor-o-Novo	249
87.	VOJINOVIC Elena	05	PORTIN	1:29.90	25m	23-11-19	Lagos	248
88.	CONCEICAO Beatriz Silva	05	URDJ	1:30.03	25m	20-10-19	Óbidos	247
89.	SILVA Maria Fabiana	05	CDN	1:30.33	25m	12-10-19	Funchal	244
90.	FONTES Maria Luis	05	VSC	1:30.99	25m	22-02-20	Guimaraes	239
91.	BARROS Ana Carolina	05	JACL	1:31.30	25m	12-10-19	Funchal	237
92.	VELHO Joana Costa	05	AMAMB	1:31.39	25m	24-10-20	Braga	236
93.	GALVAO Maria Fernandes	05	ANAR	1:32.29	25m	26-01-20	Campo Maior	229
94.	MACHADO Ines Sofia	05	CDBRG	1:35.28	25m	16-11-19	Ribeira Grande	208
95.	RODRIGUES Beatriz Alexandra	05	CNG	1:35.79	25m	08-05-21	Guarda	205
96.	CARDOSO Isabel Maria	05	CSM	1:36.74	25m	21-12-19	Funchal	199
97.	MOTA Beatriz Neves	05	CNG	1:37.02	25m	08-05-21	Guarda	197

100 Estilos (desde 98)

98.	NOBREGA Maria Trindade	05	CDN	1:38.32	25m	21-12-19	Funchal	189
99.	PACHECO Vanessa Amaral	05	CDEAP	1:39.66	25m	15-05-21	Ponta Delgada	182
100.	FERNANDES Maria Madalena	05	JACL	1:41.30	25m	12-10-19	Funchal	173

200 Estilos

1.	FERNANDES Carolina Miranda	05	CGA	2:20.73	25m	07-12-19	Mealhada	649
2.	DELGADO Soraia Alexandra	05	SCP	2:23.38	25m	07-12-19	Sines	613
3.	ESTEVENS Laura Fabiana	05	GCNF	2:23.86	25m	16-05-21	Lagos	607
4.	LOPES Daniela Magalhaes	05	GDNFAMA	2:24.58	25m	14-11-20	Mealhada	598
5.	LOURO Ariana Espirito	05	SFGP	2:25.07	25m	09-05-21	Alcobaça	592
6.	REIS Erica Cristina	05	SCP	2:25.76	25m	07-12-19	Sines	584
7.	PEREIRA Carolina Rei	05	CNVA	2:26.91	25m	24-10-20	Mealhada	570
8.	ROSA Mariana Carmo	05	ALN	2:27.54	25m	22-12-20	Coimbra	563
9.	LAGOA Carlota Macedo	05	ADBA	2:27.93	25m	07-12-19	Sines	559
10.	ALMEIDA Maria Carolina	05	CGA	2:28.04	25m	24-04-21	Gafanha da Nazaré	557
11.	NOBRE Marisa Isabel	05	SCC	2:28.14	25m	22-12-20	Coimbra	556
12.	NICOLAU Margarida Claudino	05	CNTN	2:28.58	25m	24-10-20	Tomar	551
13.	VASCONCELOS Lara Rodrigue	05	CGA	2:29.11	25m	24-04-21	Gafanha da Nazaré	545
14.	MELO Sara Carreira	05	GESL	2:30.34	25m	07-12-19	Sines	532
15.	NUNES Margarida Domingues	05	EULX	2:31.46	25m	26-10-19	Lagos	520
16.	GONCALVES Rita Abibe	05	GESL	2:31.73	25m	09-05-21	Sto António Cavaleiros	518
17.	NEVES Natalia Passeira	05	CNV	2:31.79	25m	07-12-19	Mealhada	517
18.	FERREIRA Joana Rocha	05	SLB	2:31.95	25m	15-05-21	Alcabideche	515
19.	RINO Maria Pedro	05	CNPV	2:31.96	25m	13-03-21	Praia da Vitória	515
20.	RICARDO Maria Correia	05	CNS	2:32.81	25m	07-12-19	Sines	507
21.	LOPES Francisca Macedo	05	CFV	2:33.44	25m	14-11-20	Mealhada	500
22.	REIS Beatriz Grave	05	CNRM	2:33.86	25m	22-02-20	Abrantes	496
23.	BENTO Maria Madalena	05	BUZIOS	2:34.25	25m	29-02-20	Coruche	493
24.	CARLOTA Catarina Isabel	05	BUZIOS	2:34.66	25m	08-03-20	Santarém	489
25.	SEBASTIAO Sofia Antunes	05	CNA	2:34.78	25m	24-11-19	Algés	488
26.	COSTA Mariana Martins	05	GDNFAMA	2:34.99	25m	09-05-21	Pacos de Ferreira	486
27.	CANINHAS Maria Pinto	05	CNFU	2:35.26	25m	07-12-19	Sines	483
28.	FERREIRA Joana Rosa	05	CNPE	2:35.60	25m	23-11-19	Caldas da Rainha	480
29.	SILVA Mariana Azevedo	05	ADS	2:36.53	25m	07-12-19	Mealhada	471
30.	EIRA Maria Carolina	05	GCVR	2:36.58	25m	07-12-19	Mealhada	471
31.	SILVA Joana Ferreira	05	LSC	2:36.64	25m	23-11-19	Felgueiras	470
32.	GOMES Carolina Fonseca	05	CDOM	2:36.83	25m	24-11-19	Algés	469
33.	SILVA Mariana Andreia	05	SCP	2:36.96	25m	24-11-19	Algés	467
34.	GAMA Joana Fernandes	05	SCP	2:36.97	25m	24-11-19	Algés	467
35.	MARQUES Maria Ines	05	CNAL	2:37.20	25m	30-11-19	Sines	465
36.	SALGADO Soraia Maria	05	AEFDTV	2:37.49	25m	01-11-19	Setúbal	463
37.	PIRES Laura Joao	05	CNFU	2:37.55	25m	18-01-20	Castelo Branco	462
38.	SILVA Ana Carolina	05	CNPV	2:37.67	25m	07-12-19	Sines	461
39.	PIMENTEL Sara Calisto	05	CGA	2:38.15	25m	24-04-21	Gafanha da Nazaré	457
40.	HUTYY Adriana Carolina	05	SCB	2:38.25	25m	09-05-21	Ponte da Barca	456
41.	PEREIRA Isabel dos Santos	05	CNCE	2:38.26	25m	07-12-19	Mealhada	456
42.	REIS Juliana Branco	05	CNAL	2:38.42	25m	15-05-21	Condeixa-a-Nova	455
43.	FERNANDES Maria Teresa	05	SAD	2:38.75	25m	18-01-20	Pinhal Novo	452
44.	RODRIGUES Bruna Ferreira	05	CCLAMAS	2:38.84	25m	24-04-21	Gafanha da Nazaré	451
45.	VENTURA Barbara Cunha	05	SLB	2:38.96	25m	24-11-19	Algés	450
45.	NOVO Marta Luisa	05	VNC	2:38.96	25m	18-01-20	Barcelos	450
47.	REGO Ines Faria	05	GDNFAMA	2:39.02	25m	07-12-19	Mealhada	450

200 Estilos (desde 48)

48.	MACHADO Beatriz Alexandra	05	CNBE	2:39.74	25m	22-02-20	Lagos	443
49.	BALL Marianna Thais	05	CNLGOS	2:39.96	25m	02-11-19	Lagoa	442
50.	VARGAS Maria Carolina	05	SLB	2:40.18	25m	18-01-20	Pinhal Novo	440
51.	ALMEIDA Ana Rita	05	CDCA	2:40.36	25m	24-04-21	Gafanha da Nazaré	438
52.	OLIVEIRA Vanessa Sofia	05	CAPGE	2:40.40	25m	24-04-21	Gafanha da Nazaré	438
53.	COSTA Joana Ferreira	05	CDF	2:40.72	25m	13-10-19	Mealhada	435
54.	CARRAO Iris Pereira	05	CIRL	2:40.74	25m	24-11-19	Algés	435
55.	FRANCA Nicole Patriarca	05	SCP	2:41.21	25m	18-01-20	Pinhal Novo	431
56.	RIBEIRO Maria Joao	05	CCLAMAS	2:41.40	25m	24-04-21	Gafanha da Nazaré	430
57.	FILIPE Ana Sofia	05	ACS	2:41.64	25m	24-10-20	Olhão	428
58.	ROSA Sara Henriques	05	NSIT	2:41.91	25m	16-11-19	Angra do Heroísmo	426
59.	ENGELEN Zoe	05	LDC	2:42.05	25m	20-10-19	Quarteira	425
59.	CARDOSO Ana Luisa	05	CDE	2:42.05	25m	24-10-20	Mealhada	425
61.	MONTEIRO Simone Filipe	05	GESL	2:42.58	25m	03-11-19	Lisboa	421
62.	SILVEIRA Sofia Pereira	05	CAFBDP	2:43.14	25m	12-12-20	Praia da Vitória	416
63.	COSTA Mafalda Santos	05	ADRCIMM	2:43.38	25m	01-11-19	Setúbal	414
64.	MATOS Mafalda Pereira	05	SCP	2:43.53	25m	03-11-19	Lisboa	413
65.	FERRAZ Leonor Ines	05	ATG	2:43.98	25m	23-11-19	Felgueiras	410
66.	MARTINS Rafaela Diogo	05	CNS	2:44.06	25m	24-11-19	Algés	409
67.	CONCEICAO Sara Nunes	05	SFUAP	2:44.16	25m	01-11-19	Setúbal	409
68.	MELO Beatriz Coelho	05	CDF	2:44.24	25m	26-10-19	Lagos	408
69.	SEQUEIRA Leonor Ferreira	05	CGA	2:44.60	25m	24-04-21	Gafanha da Nazaré	405
70.	JARDIM Teresa Vieira	05	CNF	2:44.86	25m	26-10-19	Funchal	403
71.	ROCHA Gabriela Santos	05	CNV	2:44.91	25m	09-05-21	Pacos de Ferreira	403
72.	CAXARIA Maria Sousa	05	CNMJ	2:45.04	25m	18-01-20	Pinhal Novo	402
73.	SILVA Camila Cavaleiro	05	SCC	2:45.48	25m	22-12-20	Coimbra	399
74.	MALHEIRO Maria Vieira	05	CDCA	2:45.80	25m	26-10-19	Lagos	397
75.	DIAS Iara Filipa	05	CNPE	2:46.08	25m	11-01-20	Nazaré	395
76.	LOURENCO Beatriz Vale	05	PORTIN	2:46.13	25m	24-10-20	Olhão	394
77.	GOMES Rita Ferreira	05	SAD	2:46.17	25m	02-11-19	Lagoa	394
78.	LOPO Lara Moreira	05	EULX	2:46.23	25m	24-11-19	Algés	393
79.	SANTOS Catarina Bentes	05	CAP	2:46.30	25m	23-11-19	Felgueiras	393
79.	FERREIRA Mariana Reis	05	AONDA	2:46.30	25m	24-11-19	Algés	393
81.	RODRIGUES Filipa Guerreiro	05	GCMF	2:46.83	25m	24-10-20	Olhão	389
82.	TRIBUNA Francisca Otao	05	SLB	2:46.84	25m	01-11-19	Setúbal	389
83.	BERNAT Maria Del Rio	05	SAD	2:47.12	25m	18-01-20	Pinhal Novo	387
84.	PASSOS Margarida Jesus	05	PORTIN	2:47.81	25m	22-02-20	Lagos	382
85.	PINHEIRO Francisca Sena	05	SCMI	2:48.19	25m	22-02-20	Mirandela	380
86.	SILVA Ana Margarida	05	CNFU	2:48.34	25m	12-10-19	Portalegre	379
87.	PONCEANO Ines Encarnacao	05	PORTIN	2:48.82	25m	22-02-20	Lagos	376
88.	CARVALHO Maria Silva	05	PIMP	2:48.96	25m	11-01-20	Nazaré	375
89.	ALVES Maria Ines	05	AAC	2:49.51	25m	15-02-20	Torres Novas	371
90.	VELHO Ana Luisa	05	CMNPR	2:49.70	25m	22-02-20	Mirandela	370
91.	SANTOS Maria Lucas	05	CAQC	2:49.88	25m	01-11-19	Condeixa	369
92.	BRAGA Ana Belo	05	AONDA	2:49.94	25m	24-11-19	Algés	368
93.	BARBOSA Leonor Sousa	05	ATG	2:49.97	25m	23-11-19	Felgueiras	368
93.	CAETANO Ines Martins	05	CCDSERTA	2:49.97	25m	22-02-20	Abrantes	368
95.	ALEXANDRINO Madalena Carrasco	05	SAD	2:50.13	25m	15-02-20	Torres Novas	367
96.	PIRES Maria Raquel	05	LDC	2:50.53	25m	02-11-19	Lagoa	364
97.	DZYAKANAVA Kateryna	05	ALN	2:50.54	25m	18-10-20	Coimbra	364
98.	RESTIVO Maria Tavares	05	CFP	2:50.76	25m	23-11-19	Felgueiras	363
98.	CARVALHO Neuza Cardoso	05	CMNPR	2:50.76	25m	18-01-20	Barcelos	363
100.	CRUZ Mariana Isabel	05	ATG	2:51.09	25m	23-11-19	Felgueiras	361

400 Estilos

1.	DELGADO Soraia Alexandra	05	SCP	4:57.57	25m	06-12-19	Sines	658
2.	LOPES Daniela Magalhaes	05	GDNFAMA	4:59.88	25m	11-04-21	Felgueiras	643
3.	PIRES Marta Joao	05	SAD	5:00.06	25m	06-12-19	Sines	642
4.	LOURO Ariana Espirito	05	SFGP	5:01.38	25m	15-05-21	Abrantes	634
5.	FERNANDES Carolina Miranda	05	CGA	5:03.18	25m	23-11-19	Gafanha da Nazaré	623
6.	ESTEVENS Laura Fabiana	05	GCNF	5:07.07	25m	14-11-20	Leiria	599
7.	ROSA Mariana Carmo	05	ALN	5:07.18	25m	21-12-19	Cantanhede	598
8.	REIS Erica Cristina	05	SCP	5:07.98	25m	23-11-19	Algés	594
9.	SIMOES Ana Beatriz	05	SCP	5:14.45	25m	06-12-19	Sines	558
10.	NOBRE Marisa Isabel	05	SCC	5:15.10	25m	23-11-19	Coimbra	554
11.	ALMEIDA Maria Carolina	05	CGA	5:15.39	25m	23-11-19	Gafanha da Nazaré	553
12.	PEREIRA Carolina Rei	05	CNVA	5:16.83	25m	23-11-19	Gafanha da Nazaré	545
13.	LOPES Francisca Macedo	05	CFV	5:17.79	25m	06-12-19	Mealhada	540
14.	RINO Maria Pedro	05	CNPV	5:19.16	25m	06-12-19	Sines	534
15.	COSTA Mariana Martins	05	GDNFAMA	5:19.44	25m	21-12-19	Porto	532
16.	FERREIRA Joana Rocha	05	SLB	5:20.49	25m	06-12-19	Sines	527
17.	CARLOTA Catarina Isabel	05	BUZIOS	5:22.26	25m	24-11-19	Tomar	518
17.	FERREIRA Joana Rosa	05	CNPE	5:22.26	25m	14-11-20	Leiria	518
19.	GAMA Joana Fernandes	05	SCP	5:22.51	25m	06-12-19	Sines	517
20.	COSTA Mafalda Santos	05	ADRCIMM	5:23.00	25m	06-12-19	Sines	515
21.	SEBASTIAO Sofia Antunes	05	CNA	5:23.77	25m	23-11-19	Algés	511
22.	REGO Ines Faria	05	GDNFAMA	5:24.17	25m	06-12-19	Mealhada	509
23.	SILVA Mariana Azevedo	05	ADS	5:24.44	25m	23-11-19	Gafanha da Nazaré	508
24.	HUTYY Adriana Carolina	05	SCB	5:25.06	25m	06-12-19	Mealhada	505
25.	SILVA Mariana Andreia	05	SCP	5:25.18	25m	23-11-19	Algés	504
26.	VASCONCELOS Lara Rodrigue	05	CGA	5:25.80	25m	25-04-21	Gafanha da Nazaré	502
27.	BENTO Maria Madalena	05	BUZIOS	5:26.23	25m	17-11-19	Coruche	500
28.	PIMENTEL Sara Calisto	05	CGA	5:26.72	25m	25-04-21	Gafanha da Nazaré	497
29.	FERNANDES Maria Teresa	05	SAD	5:27.02	25m	06-12-19	Sines	496
30.	NUNES Margarida Domingues	05	EULX	5:27.41	25m	06-12-19	Sines	494
31.	SILVA Joana Ferreira	05	LSC	5:27.51	25m	23-11-19	Felgueiras	494
32.	CAPITAO Ana Rita	05	CFV	5:27.72	25m	21-12-19	Porto	493
33.	CANINHAS Maria Pinto	05	CNFU	5:28.35	25m	22-12-19	Guarda	490
34.	CABRAL Ana Matos	05	CAQC	5:28.58	25m	21-12-19	Cantanhede	489
35.	RIBEIRO Maria Joao	05	CCLAMAS	5:29.29	25m	06-12-19	Mealhada	486
36.	GOMES Carolina Fonseca	05	CDOM	5:29.37	25m	23-11-19	Algés	485
37.	NEVES Natalia Passeira	05	CNV	5:30.29	25m	15-12-19	Leiria	481
38.	NICOLAU Margarida Claudino	05	CNTN	5:31.34	25m	17-11-19	Coruche	477
39.	PEREIRA Isabel dos Santos	05	CNCE	5:31.71	25m	21-12-19	Porto	475
40.	REIS Juliana Branco	05	CNAL	5:32.61	25m	21-12-19	Pombal	471
41.	MARQUES Maria Ines	05	CNAL	5:33.29	25m	06-12-19	Sines	468
42.	MARTINS Margarida Carvalho	05	GDNFAMA	5:33.65	25m	06-12-19	Mealhada	467
43.	FRANCA Nicole Patriarca	05	SCP	5:33.72	25m	23-11-19	Algés	467
44.	RICARDO Maria Correia	05	CNS	5:35.19	25m	23-11-19	Algés	461
45.	NOVO Marta Luisa	05	VNC	5:36.00	25m	21-12-19	Ponte da Barca	457
46.	VENTURA Barbara Cunha	05	SLB	5:36.40	25m	23-11-19	Algés	456
47.	NUNES Rita Sofia	05	CNCE	5:37.05	25m	15-05-21	Condeixa-a-Nova	453
48.	SILVA Ana Carolina	05	CNPV	5:38.48	25m	12-12-20	Praia da Vitória	447
49.	PIRES Laura Joao	05	CNFU	5:39.14	25m	22-12-19	Guarda	445
50.	NOGUEIRA Nara Soraia	05	CNV	5:39.35	25m	21-12-19	Porto	444
51.	SILVA Maria Ines	05	FCP	5:39.68	25m	21-12-19	Porto	442
52.	CARDOSO Ana Luisa	05	CDE	5:39.91	25m	23-11-19	Gafanha da Nazaré	442
53.	BALL Marianna Thais	05	CNLGOS	5:40.34	25m	16-11-19	Silves	440

400 Estilos (desde 54)

54.	SILVEIRA Sofia Pereira	05	CAFBDP	5:41.35	25m	12-12-20	Praia da Vitória	436
55.	ROCHA Gabriela Santos	05	CNV	5:41.59	25m	21-12-19	Porto	435
56.	RODRIGUES Bruna Ferreira	05	CCLAMAS	5:42.58	25m	23-11-19	Felgueiras	431
57.	SANTOS Maria Lucas	05	CAQC	5:43.44	25m	21-12-19	Cantanhede	428
58.	CARRAO Iris Pereira	05	CIRL	5:44.05	25m	06-12-19	Sines	426
59.	DIAS Iara Filipa	05	CNPE	5:44.21	25m	21-12-19	Pombal	425
60.	OLIVEIRA Vanessa Sofia	05	CAPGE	5:44.27	25m	23-11-19	Gafanha da Nazaré	425
61.	VARGAS Maria Carolina	05	SLB	5:44.51	25m	23-11-19	Algés	424
62.	CRUZ Mariana Isabel	05	ATG	5:46.52	25m	21-12-19	Porto	417
63.	JUNQUEIRA Joana Areal	05	GDNFAMA	5:47.47	25m	21-12-19	Porto	413
64.	MARQUES Beatriz Pereira	05	SCC	5:48.03	25m	21-12-19	Cantanhede	411
65.	SALGADO Soraia Maria	05	AEFDTV	5:48.09	25m	23-11-19	Algés	411
66.	SILVA Camila Cavaleiro	05	SCC	5:50.09	25m	21-12-19	Cantanhede	404
67.	STELMASHCHUK Catarina Cru	05	CNVA	5:50.34	25m	23-11-19	Gafanha da Nazaré	403
68.	JUNQUEIRA Manuela Paccola	05	CNPE	5:50.55	25m	21-12-19	Pombal	403
69.	MARTINS Rafaela Diogo	05	CNS	5:51.73	25m	23-11-19	Algés	398
70.	ENGELEN Zoe	05	LDC	5:52.02	25m	16-11-19	Silves	398
71.	NEVES Daniela Lourenco	05	CCDSERTA	5:52.40	25m	22-12-19	Guarda	396
72.	FERRAZ Leonor Ines	05	ATG	5:52.62	25m	23-11-19	Felgueiras	395
73.	VIEIRA Mariana Ferreira	05	CNV	5:54.61	25m	21-12-19	Porto	389
74.	SEQUEIRA Leonor Ferreira	05	CGA	5:54.68	25m	23-11-19	Gafanha da Nazaré	389
75.	CARVALHO Maria Silva	05	PIMP	5:55.54	25m	21-12-19	Pombal	386
76.	CARVALHO Neuza Cardoso	05	CMNPR	5:56.18	25m	23-11-19	Bragança	384
77.	ROCHA Ana Sofia	05	CCLAMAS	5:56.94	25m	21-12-19	Porto	381
78.	PIRES Rita Lima	05	CNAC	5:58.94	25m	21-12-19	Cantanhede	375
79.	PIRES Maria Raquel	05	LDC	5:59.71	25m	16-11-19	Silves	373
80.	RESTIVO Maria Tavares	05	CFP	6:00.85	25m	21-12-19	Porto	369
81.	COTOVIO Ines Filipa	05	CNSM	6:01.03	25m	17-11-19	Coruche	368
82.	PASSOS Margarida Jesus	05	PORTIN	6:01.53	25m	16-11-19	Silves	367
83.	FERREIRA Filipa Pereira	05	ATG	6:01.66	25m	21-12-19	Porto	367
84.	LOBO Maria Fernandes	05	CNAC	6:05.29	25m	01-11-19	Condeixa	356
85.	SILVA Nicole Pais	05	CCLAMAS	6:05.87	25m	21-12-19	Porto	354
86.	DIAS Ines Silva	05	CDE	6:06.38	25m	23-11-19	Gafanha da Nazaré	353
87.	MELO Soraia Conceicao	05	VSC	6:06.57	25m	21-12-19	Porto	352
88.	BARBOSA Leonor Sousa	05	ATG	6:07.16	25m	21-12-19	Porto	350
89.	DZYAKANAVA Kateryna	05	ALN	6:11.60	25m	21-12-19	Cantanhede	338
90.	SILVA Leonor Neto	05	CNLGOS	6:11.84	25m	16-11-19	Silves	337
91.	REIS Mariana Tavares	05	CDEAP	6:12.39	25m	15-05-21	Ponta Delgada	336
92.	LOPES Joana Pena	05	CFV	6:12.81	25m	21-12-19	Porto	335
93.	MALHEIRO Maria Vieira	05	CDCA	6:14.06	25m	25-10-20	Mealhada	331
94.	PONCEANO Ines Encarnacao	05	PORTIN	6:14.39	25m	16-11-19	Silves	330
95.	VELHO Ana Luisa	05	CMNPR	6:14.80	25m	22-12-19	Guarda	329
96.	LOURENCO Beatriz Vale	05	PORTIN	6:16.41	25m	16-11-19	Silves	325
97.	COUTINHO Ines Esteves	05	ATG	6:16.89	25m	21-12-19	Porto	324
98.	DIAS Maria Beatriz	05	SCA	6:17.31	25m	23-11-19	Gafanha da Nazaré	323
99.	MATOS Ines Ferreira	05	CAPGE	6:18.23	25m	25-04-21	Gafanha da Nazaré	320
100.	DUARTE Beatriz Boal	05	CNCA	6:22.63	25m	17-11-19	Coruche	309

50 Livres

1.	BRITES Marta Lopes	06	CNPDL	27.32	25m	14-05-21	Ponta Delgada	591
2.	GRILO Maria Vitoria	06	FBSC	28.25	25m	20-06-21	Coimbra	534
3.	FROIS Maria Francisca	06	ADBA	28.70	25m	23-11-19	Caldas da Rainha	509
4.	DIAS Madalena Graca	06	CNLX	28.71	25m	15-05-21	Condeixa-a-Nova	509
5.	TEIXEIRA Ines Correia	06	CNA	28.81	25m	15-02-20	Torres Novas	504
6.	BARBEITO Laura Espinola	06	NSIT	28.85	25m	13-03-21	Praia da Vitória	502
7.	COSTA Maria Jardim	06	CDN	28.93	25m	21-12-19	Funchal	497
8.	DINIS Filipa Paiva	06	ADBA	29.12	25m	06-03-21	Leiria	488
9.	FERREIRA Maria Neto	06	FBSC	29.26	25m	15-12-19	Leiria	481
10.	PIRES Catarina Gaspar	06	FCP	29.27	25m	08-05-21	Pacos de Ferreira	480
11.	MARTINS Ana Rita	06	FOCA	29.30	25m	10-04-21	Felgueiras	479
12.	MORAGAS Marta Infante	06	LDC	29.36	25m	25-10-20	Olhão	476
13.	SANCHEZ FERNANDEZ Irene	06	CNGUA	29.39	25m	11-01-20	Quarteira	474
14.	PINTO Leonor Filipa	06	FCP	29.40	25m	09-01-21	Guarda	474
15.	TINOCO Diana Silva	06	SCC	29.42	25m	02-05-21	Gafanha da Nazaré	473
16.	MONTEIRO Maria Pinto	06	SFUAP	29.45	25m	15-05-21	Condeixa-a-Nova	472
17.	COSTA Daniela Alexandra	06	LSC	29.47	25m	22-11-19	Felgueiras	471
17.	FERNANDES Ines Goncalves	06	CNAB	29.47	25m	16-05-21	Abrantes	471
19.	GOUVEIA Ana Luisa	06	LSC	29.56	25m	22-11-19	Felgueiras	466
20.	NEVES Diana Patricia	06	CNH	29.62	25m	08-05-21	Horta	463
21.	PARRA Joana Santos	06	CNOL	29.65	25m	11-01-20	Quarteira	462
22.	ALMEIDA Isabel Pires	06	NSIT	29.72	25m	10-04-21	Praia da Vitória	459
23.	GOMES Lia Beatriz	06	VSC	29.82	25m	22-11-19	Felgueiras	454
23.	BELO Catarina Machado	06	BSCN	29.82	25m	23-05-21	Alcobaça	454
25.	NOGUEIRA Ines Aires	06	CFP	29.86	25m	10-04-21	Felgueiras	452
26.	PINO Ines Mira	06	PIMP	29.87	25m	30-11-19	Sines	452
27.	FLORINDO Helena Neto	06	SANIC	29.88	25m	09-01-21	Guarda	451
28.	COSTA Anita Gouveia	06	CAQC	29.89	25m	15-12-19	Leiria	451
29.	LOURA Raquel Maria	06	CNFA	29.90	25m	11-01-20	Quarteira	451
30.	VIEIRA Raquel Martins	06	ANAR	29.92	25m	07-03-20	Ponte de Sor	450
31.	SILVA Ana Francisca	06	CNAL	29.94	25m	24-11-19	Caldas da Rainha	449
32.	SA Maria Luis	06	CFP	29.96	25m	08-05-21	Pacos de Ferreira	448
33.	FERREIRA Matilde Batista	06	FBSC	30.03	25m	01-02-20	Coimbra	445
34.	GOMES Maria Isabel	06	CNPDL	30.10	25m	10-04-21	Praia da Vitória	442
35.	SILVA Francisca Gomes	06	SCE	30.13	25m	18-01-20	Mealhada	440
36.	DOMINGUES Vitoria Cruz	06	CNVA	30.17	25m	08-11-20	Gafanha da Encarnação	439
37.	ALVES Catarina Isabel	06	AMINATA	30.19	25m	07-11-20	Guarda	438
38.	MEDEIROS Madalena Barra	06	GRVM	30.24	25m	01-02-20	Coimbra	435
39.	ALVES Maria Madalena	06	ADBA	30.39	25m	24-11-19	Caldas da Rainha	429
40.	BERNARDINO Dalila Leal	06	NDAP	30.40	25m	08-11-20	Leiria	429
41.	MENDES Ines Gomes	06	CAP	30.41	25m	22-11-19	Felgueiras	428
41.	ALMEIDA Beatriz Matias	06	LAGAC	30.41	25m	11-01-20	Quarteira	428
43.	RIBAS Ema Monteiro	06	CFP	30.47	25m	22-11-19	Felgueiras	426
44.	DUARTE Laura Leocadio	06	SFGP	30.48	25m	16-05-21	Abrantes	425
45.	ROMAO Ana Teresa	06	LDC	30.54	25m	15-05-21	Lagos	423
46.	OLIVEIRA Marina Alexandra	06	CNS	30.55	25m	26-01-20	Campo Maior	422
47.	REBELO Mariana Cunha	06	CNVA	30.57	25m	02-05-21	Gafanha da Nazaré	422
48.	BELO Catarina Cunha	06	FBSC	30.70	25m	01-02-20	Coimbra	416
49.	ASCENSO Maria Joao	06	DNMG	30.76	25m	08-11-20	Leiria	414
50.	JARDIM Lara Filipa	06	CNF	30.78	25m	21-12-19	Funchal	413
51.	MADEIRA Margarida Correia	06	DNMG	30.80	25m	23-05-21	Alcobaça	412
52.	MESQUITA Carolina Mestre	06	CNGUA	30.81	25m	11-01-20	Quarteira	412

50 Livres (desde 53)

53.	SA Madalena Correa	06	GESL	30.92	25m	25-01-20	Alcobaça	407
54.	FREITAS Margarida Ramos	06	CDN	30.99	25m	18-07-20	Funchal	405
55.	DIAS Salome Silva	06	CCDSERTA	31.00	25m	24-10-20	Sertã	404
56.	CUNHA Ines Santos	06	CAPGE	31.05	25m	13-03-21	Aveiro	402
57.	MARTINS Ines Cravo	06	LDC	31.06	25m	25-10-20	Olhão	402
57.	CARICHAS Joana Medeiros	06	JACL	31.06	25m	08-05-21	Funchal	402
59.	GUERREIRO Carolina Simoes	06	ABR	31.07	25m	15-05-21	Lagos	401
60.	CABRAL Nuria Costa	06	CDEAP	31.08	25m	07-03-20	Ponta Delgada	401
61.	LOURENCO Mafalda Silva	06	CCDSERTA	31.11	25m	24-10-20	Sertã	400
62.	FREITAS Beatriz Rodrigues	06	CNF	31.12	25m	08-05-21	Funchal	400
63.	MARQUES Margarida Barbara	06	SAD	31.13	25m	15-02-20	Torres Novas	399
64.	OLIVEIRA Matilde Fonseca	06	CNMC	31.16	25m	01-02-20	Coimbra	398
65.	SILVA Rita Prado	06	NDCO	31.24	25m	29-02-20	Coruche	395
66.	IVENS Luciana Amorim	06	CNPDL	31.28	25m	10-04-21	Praia da Vitória	393
67.	ANTUNES Joana Patricia	06	CNTEJO	31.32	25m	07-11-20	Guarda	392
68.	AVILA Leonor Espinola	06	CNPV	31.33	25m	08-05-21	Praia da Vitória	392
69.	ROCHA Liliana Lima	06	VNC	31.38	25m	08-05-21	Ponte da Barca	390
70.	ALMEIDA Ines Rodrigues	06	CRASTO	31.41	25m	13-06-21	Viseu	389
71.	AMARAL Maria Teresa	06	CDCA	31.46	25m	08-11-20	Gafanha da Encarnação	387
72.	ALMEIDA Maria Susana	06	VSC	31.49	25m	10-04-21	Felgueiras	386
73.	VALENTE Maria Miguel	06	CDE	31.55	25m	02-05-21	Gafanha da Nazaré	383
74.	LUIZ Maria Teresa	06	LAGAC	31.61	25m	15-05-21	Lagos	381
75.	LEAL Ines Francisca	06	CAP	31.64	25m	10-04-21	Felgueiras	380
76.	BOROZAN Cristina	06	LDC	31.65	25m	11-01-20	Quarteira	380
76.	BUCHA Marta Filipa	06	VS	31.65	25m	06-03-20	Santarém	380
78.	BARQUINHA Matilde Fernandes	06	DNMG	31.67	25m	24-11-19	Caldas da Rainha	379
79.	PEREIRA Filipa Maria	06	AMINATA	31.70	25m	15-02-20	Torres Novas	378
80.	TEMBE Ines Afonso	06	CDN	31.78	25m	08-05-21	Funchal	375
81.	CASINHAS Leonor Nobre	06	SANALEN	31.82	25m	09-01-21	Guarda	374
82.	CRUZ Joana Santos	06	LDC	31.83	25m	11-01-20	Quarteira	373
83.	FERRO Maria Leonor	06	CNF	31.84	25m	08-05-21	Funchal	373
84.	SANTOS Jessica Mendes	06	DNMG	32.02	25m	23-05-21	Alcobaça	367
85.	COUTO Matilde Rodrigues	06	CDEAP	32.04	25m	10-04-21	Praia da Vitória	366
86.	CUNHA Sofia Simao	06	PIMP	32.08	25m	20-10-19	Óbidos	365
87.	BOLOTINHA Violeta Faria	06	LDC	32.10	25m	11-01-20	Quarteira	364
88.	FREITAS Barbara Maia	06	CLAC	32.16	25m	19-01-20	Entroncamento	362
88.	CASTRO Gabriela Oliveira	06	CJSA	32.16	25m	13-06-21	Viseu	362
90.	DIAS Julia Alves	06	CDN	32.21	25m	18-07-20	Funchal	360
91.	MOREIRA Leonor Caetano	06	IDV	32.28	25m	24-11-19	Caldas da Rainha	358
92.	MAGALHAES Maria Joao	06	VSC	32.34	25m	08-05-21	Pacos de Ferreira	356
93.	CAMPOS Iris Castro	06	CNA	32.38	25m	15-02-20	Torres Novas	355
94.	NEVES Beatriz Silva	06	FBSC	32.39	25m	20-10-19	Condeixa	354
95.	VIEGAS Maria Beatriz	06	LDC	32.40	25m	23-11-19	Lagos	354
96.	AMARAL Joana Franco	06	CLIPTEAM	32.42	25m	08-05-21	Pacos de Ferreira	353
97.	FARIA Laura Pereira	06	JACL	32.57	25m	31-10-20	Funchal	348
98.	DIAS Monica Fernandes	06	CDSR	32.70	25m	08-08-20	Funchal	344
99.	GOMES Maria Beatriz	06	LSC	32.72	25m	08-05-21	Pacos de Ferreira	344
100.	TEIXEIRA Maria Beatriz	06	VS	32.73	25m	24-11-19	Tomar	343

100 Livres

1.	BRITES Marta Lopes	06	CNPDL	59.39	25m	10-04-21	Praia da Vitória	605
2.	CARAPINHA Ariana Bento	06	DNMG	59.41	25m	23-05-21	Alcobaça	605
3.	CATALAO Leonor Tavares	06	SCP	59.86	25m	16-05-21	Alvalade	591
4.	FERREIRA Francisca Santos	06	SAD	1:00.50	25m	07-12-19	Sines	572
5.	COELHO Maria Leonor	06	SLB	1:00.60	25m	11-04-21	Felgueiras	570
6.	MARTINS Ana Rita	06	FOCA	1:01.29	25m	06-03-21	Felgueiras	551
7.	COSTA Maria Jardim	06	CDN	1:01.31	25m	08-08-20	Funchal	550
8.	TEIXEIRA Ines Correia	06	CNA	1:01.48	25m	12-12-20	Leiria	546
9.	FROIS Maria Francisca	06	ADBA	1:01.81	25m	30-04-21	Leiria	537
10.	BARBEITO Laura Espinola	06	NSIT	1:01.84	25m	21-11-20	Angra do Heroísmo	536
11.	PIRES Catarina Gaspar	06	FCP	1:02.11	25m	11-04-21	Felgueiras	529
12.	VALENTE Maria Esteves	06	SLB	1:02.28	25m	15-05-21	Alcabideche	525
13.	BARREIRA Andreia Monteiro	06	CMNPR	1:02.36	25m	10-06-21	Vila Real	523
14.	SOARES Miriam Mortagua	06	CGA	1:02.40	25m	13-03-21	Aveiro	522
15.	ALVES Maria Madalena	06	ADBA	1:02.53	25m	12-12-20	Leiria	518
16.	GRILO Maria Vitoria	06	FBSC	1:02.61	25m	23-02-20	Pombal	516
17.	AMORIM Ines Santos	06	EDV	1:02.71	25m	09-05-21	Ponte da Barca	514
18.	DIAS Madalena Graca	06	CNLX	1:02.75	25m	15-05-21	Condeixa-a-Nova	513
19.	BRIZIDA Filipa Roma	06	ADBA	1:02.78	25m	23-02-20	Pombal	512
20.	SA Madalena Correa	06	GESL	1:02.84	25m	01-05-21	Lisboa	511
21.	DINIS Filipa Paiva	06	ADBA	1:02.86	25m	12-12-20	Leiria	510
22.	PARREIRA Carolina	06	SCP	1:03.00	25m	15-05-21	Condeixa-a-Nova	507
23.	NOGUEIRA Ines Aires	06	CFP	1:03.01	25m	12-12-20	Mealhada	507
24.	COSTA Daniela Alexandra	06	LSC	1:03.04	25m	07-12-19	Mealhada	506
25.	TINOCO Diana Silva	06	SCC	1:03.14	25m	01-05-21	Gafanha da Nazaré	504
26.	FLORINDO Helena Neto	06	EFC	1:03.15	25m	23-11-19	Guarda	503
27.	OLIVEIRA Matilde Fonseca	06	CNMC	1:03.31	25m	12-12-20	Mealhada	500
28.	ANTUNES Rebeca Leonor	06	CNCVG	1:03.34	25m	01-11-19	Setúbal	499
29.	PARRA Joana Santos	06	CNOL	1:03.35	25m	24-11-19	Lagos	499
30.	SILVA Ana Francisca	06	CNAL	1:03.36	25m	30-11-19	Sines	498
30.	LOPES Matilde Nunes	06	SLB	1:03.36	25m	07-12-19	Sines	498
32.	FERREIRA Maria Neto	06	FBSC	1:03.37	25m	02-02-20	Coimbra	498
33.	NEVES Diana Patricia	06	CNH	1:03.51	25m	10-04-21	Praia da Vitória	495
34.	GOUVEIA Ana Luisa	06	LSC	1:03.62	25m	07-12-19	Mealhada	492
35.	SILVA Beatriz Machado	06	SCB	1:03.63	25m	12-12-20	Mealhada	492
36.	GOMES Lia Beatriz	06	VSC	1:03.73	25m	08-12-19	Mealhada	490
37.	SANCHEZ FERNANDEZ Irene	06	CNGUA	1:03.77	25m	24-11-19	Lagos	489
38.	JESUS Mariana Teixeira	06	CDE	1:03.92	25m	07-12-19	Mealhada	485
39.	SERRA Rita Joao	06	VKGS	1:03.93	25m	12-12-20	Leiria	485
40.	FERNANDES Ines Goncalves	06	CNAB	1:03.96	25m	22-02-20	Abrantes	484
41.	DOMINGUES Vitoria Cruz	06	CNVA	1:03.97	25m	07-12-19	Mealhada	484
42.	ALMEIDA Isabel Pires	06	NSIT	1:04.02	25m	10-04-21	Praia da Vitória	483
43.	COSTA Maria Beatriz	06	SCP	1:04.30	25m	08-12-19	Sines	477
44.	LOURA Raquel Maria	06	CNFA	1:04.31	25m	01-02-20	Albufeira	477
45.	SILVA Maria Seixeira	06	VNC	1:04.33	25m	08-03-20	Braga	476
46.	MONTEIRO Maria Pinto	06	SFUAP	1:04.41	25m	02-05-21	Lisboa	474
47.	MARQUES Margarida Barbara	06	SAD	1:04.46	25m	01-05-21	Lisboa	473
48.	COSTA Catarina Gomes	06	EULX	1:04.48	25m	23-11-19	Algés	473
49.	RIGOR Maria Miguel	06	VNC	1:04.50	25m	12-12-20	Mealhada	472
50.	PINTO Leonor Filipa	06	FCP	1:04.52	25m	07-12-19	Mealhada	472
51.	MARTINS Ines Cravo	06	LDC	1:04.59	25m	07-12-19	Sines	470
52.	NEVES Beatriz Silva	06	FBSC	1:04.60	25m	20-06-21	Coimbra	470
53.	SILVA Francisca Gomes	06	SCE	1:04.64	25m	18-01-20	Mealhada	469

100 Livres (desde 54)

54.	PINO Ines Mira	06	PIMP	1:04.72	25m	07-12-19	Sines	468
55.	REBELO Mariana Cunha	06	CNVA	1:04.86	25m	13-06-21	Viseu	465
56.	BELO Catarina Cunha	06	FBSC	1:04.89	25m	23-02-20	Pombal	464
57.	SILVA Rita Borges	06	GESL	1:04.96	25m	09-05-21	Sto António Cavaleiros	462
58.	GOMES Maria Isabel	06	CNPDL	1:04.97	25m	13-03-21	Ponta Delgada	462
59.	SIMOES Filipa Mendes	06	ADBA	1:05.04	25m	15-05-21	Condeixa-a-Nova	461
60.	TOME Rita Bernardo	06	CNSM	1:05.10	25m	15-05-21	Abrantes	459
61.	CUNHA Sofia Simao	06	PIMP	1:05.12	25m	07-12-19	Sines	459
62.	ROMAO Ana Teresa	06	LDC	1:05.15	25m	10-11-19	Albufeira	458
63.	MARTINS Ana Miguel	06	VNC	1:05.18	25m	06-03-20	Braga	458
64.	MENDES Ines Gomes	06	CAP	1:05.21	25m	08-12-19	Mealhada	457
65.	FARIA Leonor Verissimo	06	NDAP	1:05.23	25m	23-02-20	Pombal	457
66.	FERREIRA Ana Martim	06	LSC	1:05.31	25m	07-12-19	Mealhada	455
67.	SOUTO Carolina Soares	06	FCP	1:05.37	25m	07-12-19	Mealhada	454
68.	CARDOSO Eduarda Oliveira	06	AEJ	1:05.38	25m	09-05-21	Castro D'Aire	454
69.	CRAVEIRO Matilde Neves	06	AAC	1:05.51	25m	07-12-19	Mealhada	451
70.	FERREIRA Matilde Batista	06	FBSC	1:05.58	25m	02-02-20	Coimbra	449
71.	BOROZAN Cristina	06	LDC	1:05.70	25m	15-05-21	Lagos	447
72.	MENDES Erica Candeias	06	CNA	1:05.77	25m	15-02-20	Torres Novas	445
73.	MEDEIROS Madalena Barra	06	GRVM	1:05.79	25m	07-12-19	Mealhada	445
74.	COSTA Anita Gouveia	06	CAQC	1:05.95	25m	23-11-19	Coimbra	442
75.	ASCENSO Maria Joao	06	DNMG	1:06.00	25m	23-11-19	Caldas da Rainha	441
76.	SA Maria Luis	06	CFP	1:06.01	25m	09-05-21	Pacos de Ferreira	441
77.	RIBAS Ema Monteiro	06	CFP	1:06.05	25m	23-11-19	Felgueiras	440
77.	DEUS Ines Portugal	06	CNF	1:06.05	25m	08-03-20	Funchal	440
79.	PINHO Laura Silva	06	ADS	1:06.06	25m	30-11-19	Sines	440
79.	KOZIY Xenia Angelica	06	CAQC	1:06.06	25m	15-05-21	Condeixa-a-Nova	440
81.	JARDIM Lara Filipa	06	CNF	1:06.12	25m	21-12-19	Funchal	438
81.	ALVES Catarina Isabel	06	AMINATA	1:06.12	25m	29-02-20	Coruche	438
83.	ALMEIDA Beatriz Matias	06	LAGAC	1:06.14	25m	15-05-21	Lagos	438
84.	BERNARDINO Dalila Leal	06	NDAP	1:06.16	25m	23-02-20	Pombal	438
85.	CUNHA Ines Santos	06	CAPGE	1:06.20	25m	07-12-19	Mealhada	437
86.	DIAS Salome Silva	06	CCDSERTA	1:06.22	25m	17-11-19	Castelo Branco	436
87.	PINTO Joana Filipa	06	CFP	1:06.29	25m	07-12-19	Mealhada	435
88.	RAMOS Joana Barbas	06	CAPGE	1:06.31	25m	07-12-19	Mealhada	435
88.	SANTOS Marta Silva	06	CNS	1:06.31	25m	15-05-21	Alcabideche	435
90.	OLIVEIRA Marina Alexandra	06	CNS	1:06.32	25m	07-12-19	Sines	434
91.	FREITAS Margarida Ramos	06	CDN	1:06.39	25m	18-07-20	Funchal	433
92.	NIZA Beatriz Mocego	06	CNA	1:06.40	25m	07-12-19	Sines	433
93.	CALDES Ana Sofia	06	CEN	1:06.42	25m	24-10-20	Sertã	433
94.	FREITAS Beatriz Rodrigues	06	CNF	1:06.52	25m	09-05-21	Funchal	431
95.	BROCHADO Mariana Goncalves	06	VNC	1:06.53	25m	18-01-20	Barcelos	430
96.	MADEIRA Margarida Correia	06	DNMG	1:06.65	25m	11-01-20	Nazaré	428
97.	GUTERRES Madalena Frago	06	SLB	1:06.75	25m	15-05-21	Alcabideche	426
98.	FERRO Maria Leonor	06	CNF	1:06.76	25m	09-05-21	Funchal	426
99.	DOMINGOS Filipa Ferraz	06	SCP	1:06.90	25m	16-02-20	Sto Antonio dos Cavaleiros	423
100.	VIEIRA Raquel Martins	06	ANAR	1:06.92	25m	07-11-20	Guarda	423

200 Livres

1.	CARAPINHA Ariana Bento	06	DNMG	2:09.95	25m	09-05-21	Alcobaça	613
2.	COELHO Maria Leonor	06	SLB	2:10.87	25m	08-12-19	Sines	600
3.	CATALAO Leonor Tavares	06	SCP	2:12.15	25m	13-12-20	Leiria	583
4.	FLORINDO Helena Neto	06	EFC	2:12.43	25m	07-03-20	Ponte de Sor	579
5.	COSTA Maria Jardim	06	CDN	2:12.48	25m	13-05-21	Funchal	579
6.	PIRES Catarina Gaspar	06	FCP	2:12.63	25m	08-05-21	Pacos de Ferreira	577
7.	TEIXEIRA Ines Correia	06	CNA	2:13.06	25m	08-12-19	Sines	571
8.	SOARES Miriam Mortagua	06	CGA	2:13.18	25m	08-11-20	Gafanha da Encarnação	570
9.	LOPES Matilde Nunes	06	SLB	2:13.83	25m	10-04-21	Felgueiras	561
10.	FARIA Leonor Verissimo	06	NDAP	2:14.01	25m	13-12-20	Leiria	559
11.	BRITES Marta Lopes	06	CNPDL	2:14.02	25m	06-03-20	Ponta Delgada	559
12.	PINTO Leonor Filipa	06	FCP	2:14.06	25m	08-12-19	Mealhada	558
13.	BARBEITO Laura Espinola	06	NSIT	2:14.10	25m	06-03-20	Ponta Delgada	558
14.	FROIS Maria Francisca	06	ADBA	2:14.62	25m	10-04-21	Felgueiras	551
15.	COSTA Anita Gouveia	06	CAQC	2:15.08	25m	13-12-20	Mealhada	546
16.	MARTINS Ana Rita	06	FOCA	2:15.12	25m	10-04-21	Felgueiras	545
17.	VALENTE Maria Esteves	06	SLB	2:15.50	25m	10-04-21	Felgueiras	541
18.	PEIXOTO Carolina Esteves	06	SCB	2:15.63	25m	10-04-21	Felgueiras	539
19.	AMORIM Ines Santos	06	EDV	2:15.70	25m	08-05-21	Ponte da Barca	538
20.	OLIVEIRA Matilde Fonseca	06	CNMC	2:16.04	25m	13-12-20	Mealhada	534
20.	BARREIRA Andreia Monteiro	06	CMNPR	2:16.04	25m	08-05-21	Peso da Régua	534
22.	BRIZIDA Filipa Roma	06	ADBA	2:16.11	25m	10-04-21	Felgueiras	534
23.	FERREIRA Francisca Santos	06	SAD	2:16.15	25m	09-05-21	Alcobaça	533
24.	ALVES Maria Madalena	06	ADBA	2:16.17	25m	08-11-20	Leiria	533
25.	NOGUEIRA Ines Aires	06	CFP	2:16.29	25m	23-11-19	Felgueiras	531
26.	DOMINGUES Vitoria Cruz	06	CNVA	2:16.58	25m	08-12-19	Mealhada	528
27.	SILVA Ana Francisca	06	CNAL	2:16.78	25m	24-11-19	Caldas da Rainha	526
28.	JESUS Mariana Teixeira	06	CDE	2:16.82	25m	02-05-21	Gafanha da Nazaré	525
29.	GOMES Lia Beatriz	06	VSC	2:17.01	25m	08-12-19	Mealhada	523
30.	PARREIRA Carolina	06	SCP	2:17.02	25m	13-12-20	Leiria	523
31.	TINOCO Diana Silva	06	SCC	2:17.04	25m	13-12-20	Mealhada	523
32.	GRILO Maria Vitoria	06	FBSC	2:17.13	25m	15-05-21	Condeixa-a-Nova	522
33.	NEVES Diana Patricia	06	CNH	2:17.22	25m	23-01-21	Horta	521
34.	PARRA Joana Santos	06	CNOL	2:17.31	25m	16-05-21	Lagos	520
35.	COSTA Daniela Alexandra	06	LSC	2:17.38	25m	08-12-19	Mealhada	519
36.	DIAS Madalena Graca	06	CNLX	2:17.60	25m	15-05-21	Condeixa-a-Nova	516
37.	RAMOS Joana Barbas	06	CAPGE	2:17.61	25m	08-11-20	Gafanha da Encarnação	516
38.	FERREIRA Maria Neto	06	FBSC	2:18.00	25m	08-12-19	Mealhada	512
39.	COSTA Maria Beatriz	06	SCP	2:18.33	25m	13-12-20	Leiria	508
40.	GOUVEIA Ana Luisa	06	LSC	2:18.82	25m	08-12-19	Mealhada	503
41.	BELO Catarina Cunha	06	FBSC	2:18.83	25m	08-12-19	Mealhada	503
42.	MARQUES Margarida Barbara	06	SAD	2:18.96	25m	01-05-21	Lisboa	501
43.	FERREIRA Maria Joao	06	FOCA	2:19.01	25m	08-12-19	Mealhada	501
44.	SIMOES Filipa Mendes	06	ADBA	2:19.10	25m	24-11-19	Caldas da Rainha	500
45.	SILVA Beatriz Machado	06	SCB	2:19.13	25m	10-04-21	Felgueiras	500
46.	DINIS Filipa Paiva	06	ADBA	2:19.18	25m	17-10-20	Caldas da Rainha	499
47.	NOVAIS Regina Correia	06	FOCA	2:19.21	25m	13-12-20	Mealhada	499
48.	COSTA Catarina Gomes	06	EULX	2:19.34	25m	24-11-19	Algés	497
49.	LOURA Raquel Maria	06	CNFA	2:19.44	25m	08-03-20	Quarteira	496
50.	FERREIRA Ana Martim	06	LSC	2:19.55	25m	08-12-19	Mealhada	495
51.	FREITAS Margarida Ramos	06	CDN	2:19.69	25m	13-05-21	Funchal	494
52.	NIZA Beatriz Mocego	06	CNA	2:19.79	25m	13-12-20	Leiria	492
53.	FERREIRA Matilde Batista	06	FBSC	2:19.91	25m	06-12-19	Mealhada	491

200 Livres (desde 54)

54.	MENDES Ines Gomes	06	CAP	2:20.22	25m	22-02-20	Mirandela	488
55.	CAMACHO Carolina Martins	06	SFUAP	2:20.28	25m	08-12-19	Sines	487
56.	MONTEIRO Maria Pinto	06	SFUAP	2:20.40	25m	15-05-21	Condeixa-a-Nova	486
57.	CUNHA Sofia Simao	06	PIMP	2:20.45	25m	08-12-19	Sines	486
58.	FERNANDES Ines Goncalves	06	CNAB	2:20.61	25m	08-12-19	Sines	484
59.	MENDES Erica Candeias	06	GESL	2:20.67	25m	01-05-21	Lisboa	483
60.	ALMEIDA Isabel Pires	06	NSIT	2:20.80	25m	06-03-20	Ponta Delgada	482
61.	MADEIRA Margarida Correia	06	DNMG	2:21.04	25m	09-05-21	Alcobaça	479
62.	ASCENSO Maria Joao	06	DNMG	2:21.26	25m	24-11-19	Caldas da Rainha	477
63.	GOMES Maria Isabel	06	CNPDL	2:21.41	25m	08-12-19	Sines	476
64.	SILVA Maria Seixeira	06	VNC	2:21.46	25m	07-03-20	Braga	475
65.	DEUS Ines Portugal	06	CNF	2:21.61	25m	07-03-20	Funchal	474
66.	TASHKULOVA Diana	06	CGA	2:21.62	25m	08-11-20	Gafanha da Encarnação	474
67.	CUNHA Ines Santos	06	CAPGE	2:21.79	25m	16-11-19	Viseu	472
68.	RIBAS Ema Monteiro	06	CFP	2:22.00	25m	24-11-19	Felgueiras	470
69.	BERNARDINO Dalila Leal	06	NDAP	2:22.03	25m	08-11-20	Leiria	470
70.	ROMAO Ana Teresa	06	LDC	2:22.37	25m	23-11-19	Lagos	466
71.	CALDES Ana Sofia	06	CEN	2:22.62	25m	24-10-20	Sertã	464
72.	SERRA Rita Joao	06	VKGS	2:22.69	25m	15-05-21	Condeixa-a-Nova	463
73.	FERRO Maria Leonor	06	CNF	2:22.90	25m	08-05-21	Funchal	461
74.	TRINDADE Constanca Arinto	06	CNAL	2:23.43	25m	15-05-21	Condeixa-a-Nova	456
75.	PINO Ines Mira	06	PIMP	2:23.52	25m	09-05-21	Alcobaça	455
76.	BOROZAN Cristina	06	LDC	2:23.55	25m	06-12-19	Sines	455
77.	SILVA Francisca Gomes	06	SCE	2:23.72	25m	02-02-20	Viseu	453
78.	FREITAS Beatriz Rodrigues	06	CNF	2:23.77	25m	17-10-20	Funchal	453
79.	TOME Rita Bernardo	06	CNSM	2:23.87	25m	08-03-20	Santarém	452
80.	KOZIY Xenia Angelica	06	CAQC	2:23.92	25m	15-05-21	Condeixa-a-Nova	451
81.	MEDEIROS Madalena Barra	06	GRVM	2:24.01	25m	08-12-19	Mealhada	450
82.	ALMEIDA Beatriz Matias	06	LAGAC	2:24.11	25m	13-12-20	Leiria	449
83.	GAMA Beatriz Fernandes	06	SCP	2:24.27	25m	06-12-19	Sines	448
84.	MARQUES Barbara Nunes	06	CDE	2:24.29	25m	02-05-21	Gafanha da Nazaré	448
85.	RIGOR Maria Miguel	06	VNC	2:24.36	25m	22-02-20	Mirandela	447
86.	SILVA Rita Borges	06	GESL	2:24.46	25m	01-05-21	Lisboa	446
87.	SA Madalena Correa	06	GESL	2:24.56	25m	16-02-20	Sto Antonio dos Cavaleiros	445
88.	HERMOSA Beatriz Carvalho	06	FCP	2:24.65	25m	24-11-19	Felgueiras	444
89.	SILVA Ines Gaspar	06	GESL	2:24.76	25m	16-02-20	Sto Antonio dos Cavaleiros	443
90.	MAGALHAES Luana Cardoso	06	AHBE	2:24.91	25m	24-11-19	Algés	442
91.	DIAS Julia Alves	06	CDN	2:24.99	25m	08-05-21	Funchal	441
92.	NEVES Beatriz Silva	06	FBSC	2:25.16	25m	24-11-19	Coimbra	440
93.	MARTINS Ana Miguel	06	VNC	2:25.35	25m	08-12-19	Mealhada	438
94.	HERMINIO Clara Sofia	06	CDCP	2:25.37	25m	16-05-21	Abrantes	438
95.	JARDIM Lara Filipa	06	CNF	2:25.50	25m	25-07-20	Funchal	437
96.	REBELO Mariana Cunha	06	CNVA	2:25.51	25m	13-06-21	Viseu	437
97.	PINHO Laura Silva	06	ADS	2:25.56	25m	16-11-19	Viseu	436
98.	LOURENCO Marta Beatriz	06	AVFC	2:25.57	25m	08-12-19	Mealhada	436
99.	BUCHA Marta Filipa	06	VS	2:25.85	25m	16-05-21	Abrantes	434
100.	MARQUES Leonor Viola	06	CNCVG	2:25.87	25m	24-11-19	Algés	433

400 Livres

1.	CATALAO Leonor Tavares	06	SCP	4:33.50	25m	16-05-21	Alvalade	625
2.	CARAPINHA Ariana Bento	06	DNMG	4:35.96	25m	17-10-20	Caldas da Rainha	609
3.	FARIA Leonor Verissimo	06	NDAP	4:37.26	25m	12-12-20	Leiria	600
4.	COELHO Maria Leonor	06	SLB	4:37.30	25m	08-12-19	Sines	600
5.	COSTA Anita Gouveia	06	CAQC	4:38.74	25m	20-12-20	Coimbra	591
6.	PEIXOTO Carolina Esteves	06	SCB	4:38.96	25m	12-12-20	Mealhada	589
7.	DINIS Filipa Paiva	06	ADBA	4:39.80	25m	12-12-20	Leiria	584
8.	FERREIRA Maria Joao	06	FOCA	4:40.19	25m	09-05-21	Pacos de Ferreira	581
9.	FLORINDO Helena Neto	06	EFC	4:40.29	25m	07-03-20	Ponte de Sor	581
10.	FROIS Maria Francisca	06	ADBA	4:40.58	25m	08-12-19	Sines	579
11.	SOARES Miriam Mortagua	06	CGA	4:41.42	25m	12-12-20	Mealhada	574
12.	ANTUNES Rebeca Leonor	06	SAD	4:41.56	25m	09-05-21	Alcobaça	573
13.	LOPES Matilde Nunes	06	SLB	4:41.82	25m	08-12-19	Sines	571
13.	COSTA Maria Jardim	06	CDN	4:41.82	25m	07-05-21	Funchal	571
15.	TEIXEIRA Ines Correia	06	CNA	4:43.53	25m	22-11-19	Algés	561
16.	MARTINS Ana Rita	06	FOCA	4:43.57	25m	12-12-20	Mealhada	561
17.	RAMOS Joana Barbas	06	CAPGE	4:43.69	25m	12-12-20	Mealhada	560
18.	PINTO Leonor Filipa	06	FCP	4:43.97	25m	08-12-19	Mealhada	558
19.	SILVA Ana Francisca	06	CNAL	4:44.03	25m	30-11-19	Sines	558
20.	NEVES Gabriela Ferreira	06	FOCA	4:45.04	25m	09-05-21	Pacos de Ferreira	552
21.	OLIVEIRA Matilde Fonseca	06	CNMC	4:45.78	25m	12-12-20	Mealhada	548
22.	NIZA Beatriz Mocego	06	CNA	4:46.04	25m	08-12-19	Sines	546
23.	AMORIM Ines Santos	06	EDV	4:46.08	25m	18-01-20	Barcelos	546
24.	FERREIRA Maria Neto	06	FBSC	4:46.34	25m	08-12-19	Mealhada	545
25.	FERREIRA Francisca Santos	06	SAD	4:46.35	25m	19-01-20	Pinhal Novo	545
26.	GOMES Lia Beatriz	06	VSC	4:46.38	25m	08-12-19	Mealhada	544
27.	COSTA Daniela Alexandra	06	LSC	4:46.75	25m	11-04-21	Felgueiras	542
28.	SILVA Beatriz Machado	06	SCB	4:47.11	25m	11-04-21	Felgueiras	540
29.	PIRES Catarina Gaspar	06	FCP	4:47.26	25m	08-12-19	Mealhada	539
30.	VALENTE Maria Esteves	06	SLB	4:47.34	25m	12-12-20	Leiria	539
31.	BRIZIDA Filipa Roma	06	ADBA	4:47.84	25m	12-12-20	Leiria	536
32.	GASPAR Beatriz Andre	06	FBSC	4:47.93	25m	19-06-21	Coimbra	536
33.	ALVES Maria Madalena	06	ADBA	4:48.09	25m	10-11-19	Albufeira	535
34.	BARREIRA Andreia Monteiro	06	CMNPR	4:49.02	25m	12-12-20	Mealhada	530
35.	SA Madalena Correa	06	GESL	4:49.05	25m	09-05-21	Sto António Cavaleiros	530
36.	NEVES Beatriz Silva	06	FBSC	4:49.16	25m	19-06-21	Coimbra	529
37.	BERNARDINO Dalila Leal	06	NDAP	4:49.30	25m	12-12-20	Leiria	528
38.	TINOCO Diana Silva	06	SCC	4:49.35	25m	23-11-19	Coimbra	528
39.	SIMOES Filipa Mendes	06	ADBA	4:49.51	25m	15-02-20	Torres Novas	527
40.	PARRA Joana Santos	06	CNOL	4:49.65	25m	24-11-19	Lagos	526
41.	DOMINGUES Vitoria Cruz	06	CNVA	4:49.82	25m	08-12-19	Mealhada	525
42.	MADEIRA Margarida Correia	06	DNMG	4:50.19	25m	13-06-21	Nazaré	523
43.	GRILO Maria Vitoria	06	FBSC	4:50.78	25m	18-10-20	Coimbra	520
44.	NOGUEIRA Ines Aires	06	CFP	4:52.17	25m	11-04-21	Felgueiras	513
45.	SILVA Maria Seixeira	06	VNC	4:52.18	25m	07-03-20	Braga	513
46.	COSTA Catarina Gomes	06	EULX	4:52.20	25m	22-11-19	Algés	513
47.	MARQUES Margarida Barbara	06	SAD	4:52.44	25m	09-05-21	Alcobaça	511
48.	NEVES Diana Patricia	06	CNH	4:52.51	25m	16-02-20	Horta	511
49.	FERRO Maria Leonor	06	CNF	4:53.96	25m	14-05-21	Funchal	503
50.	PAIS Joana Ventura	06	FBSC	4:55.11	25m	01-02-20	Coimbra	498
51.	DOMINGOS Filipa Ferraz	06	SCP	4:55.34	25m	08-12-19	Sines	496
52.	ROMAO Ana Teresa	06	LDC	4:55.47	25m	20-10-19	Quarteira	496
53.	TRINDADE Constanca Arinto	06	CNAL	4:55.78	25m	12-12-20	Leiria	494

400 Livres (desde 54)

54.	CUNHA Ines Santos	06	CAPGE	4:55.79	25m	02-05-21	Gafanha da Nazaré	494
55.	MENDES Erica Candeias	06	GESL	4:55.90	25m	09-05-21	Sto António Cavaleiros	494
56.	DIAS Madalena Graca	06	CNLX	4:56.11	25m	16-05-21	Alvalade	492
57.	SERRA Rita Joao	06	VKGS	4:56.65	25m	15-05-21	Condeixa-a-Nova	490
58.	NOVAIS Regina Correia	06	FOCA	4:56.90	25m	08-12-19	Mealhada	489
59.	BRITES Marta Lopes	06	CNPDL	4:57.38	25m	16-02-20	Ponta Delgada	486
60.	FREITAS Margarida Ramos	06	CDN	4:57.42	25m	08-08-20	Funchal	486
61.	CALDES Ana Sofia	06	CEN	4:57.96	25m	07-03-20	Ponte de Sor	483
62.	BELO Catarina Cunha	06	FBSC	4:58.61	25m	08-12-19	Mealhada	480
63.	CUNHA Sofia Simao	06	PIMP	4:58.89	25m	08-12-19	Sines	479
64.	SOUTO Carolina Soares	06	FCP	4:59.06	25m	11-04-21	Felgueiras	478
65.	BELO Catarina Machado	06	BSCN	5:00.00	25m	13-06-21	Nazaré	474
66.	LIMA Catarina Coutinho	06	SLB	5:00.03	25m	08-12-19	Sines	473
67.	RIBAS Ema Monteiro	06	CFP	5:00.11	25m	08-12-19	Mealhada	473
68.	FERNANDES Ines Goncalves	06	CNAB	5:00.31	25m	30-11-19	Sines	472
69.	BARBEITO Laura Espinola	06	NSIT	5:00.68	25m	23-01-21	Angra do Heroísmo	470
70.	COSTA Maria Beatriz	06	SCP	5:00.70	25m	08-12-19	Sines	470
71.	SILVA Ines Gaspar	06	GESL	5:00.90	25m	08-12-19	Sines	469
72.	CAMACHO Carolina Martins	06	SFUAP	5:01.24	25m	19-01-20	Pinhal Novo	468
73.	HERMINIO Clara Sofia	06	CDCP	5:01.64	25m	15-05-21	Abrantes	466
74.	FERREIRA Matilde Batista	06	FBSC	5:01.86	25m	23-11-19	Coimbra	465
75.	FREITAS Beatriz Rodrigues	06	CNF	5:01.96	25m	07-03-20	Funchal	464
76.	ASCENSO Maria Joao	06	DNMG	5:02.21	25m	23-11-19	Caldas da Rainha	463
77.	VARELA Joana Filipa	06	FBSC	5:02.26	25m	19-06-21	Coimbra	463
78.	LOURA Raquel Maria	06	GCNF	5:03.05	25m	07-11-20	Lagos	459
79.	SILVA Maria Santos	06	CNPO	5:03.06	25m	07-03-20	Braga	459
80.	MONTEIRO Maria Pinto	06	SFUAP	5:03.21	25m	02-05-21	Lisboa	459
81.	BUCHA Marta Filipa	06	VS	5:03.26	25m	08-12-19	Sines	458
82.	SILVA Silvana Suamade	06	CDSR	5:03.94	25m	18-10-20	Funchal	455
83.	DEUS Ines Portugal	06	CNF	5:04.26	25m	08-12-19	Sines	454
84.	TOME Rita Bernardo	06	CNSM	5:04.50	25m	23-11-19	Tomar	453
85.	MENDES Ines Gomes	06	CAP	5:04.67	25m	08-12-19	Mealhada	452
86.	ZACARIAS Mariana Ramos	06	CNS	5:04.80	25m	19-01-20	Pinhal Novo	452
87.	MARTINS Ana Miguel	06	VNC	5:05.91	25m	07-03-20	Braga	447
88.	MARQUES Ines Machado	06	CNCVG	5:06.30	25m	22-11-19	Algés	445
89.	BROCHADO Mariana Goncalves	06	VNC	5:06.55	25m	18-01-20	Barcelos	444
90.	GOMES Maria Isabel	06	CNPDL	5:06.63	25m	30-11-19	Sines	443
91.	ALMEIDA Isabel Pires	06	NSIT	5:06.69	25m	07-03-20	Ponta Delgada	443
92.	LOURENCO Marta Beatriz	06	AVFC	5:07.54	25m	17-11-19	Viseu	440
93.	RIGOR Maria Miguel	06	VNC	5:07.74	25m	12-12-20	Mealhada	439
94.	CAMPOS Iris Castro	06	CNA	5:08.05	25m	15-05-21	Alcabideche	437
95.	SEQUEIRA Beatriz Meneses	06	CNF	5:08.06	25m	07-03-20	Funchal	437
96.	CRAVEIRO Matilde Neves	06	AAC	5:08.11	25m	08-12-19	Mealhada	437
97.	RENDEIRO Ana Luisa	06	NDAP	5:08.28	25m	07-11-20	Leiria	436
98.	SILVA Francisca Gomes	06	SCE	5:08.64	25m	26-10-19	Lagos	435
99.	DURO Leonor Santos	06	CNS	5:08.72	25m	19-01-20	Pinhal Novo	435
99.	DINIZ Carolina Costa	06	SCP	5:08.72	25m	19-01-20	Pinhal Novo	435

800 Livres

1.	SILVA Ana Francisca	06	CNAL	9:24.09	25m	13-12-20	Leiria	613
2.	PIRES Catarina Gaspar	06	FCP	9:24.91	25m	10-04-21	Felgueiras	610
3.	PEIXOTO Carolina Esteves	06	SCB	9:25.22	25m	10-04-21	Felgueiras	609
4.	FARIA Leonor Verissimo	06	NDAP	9:25.47	25m	13-12-20	Leiria	609
5.	RAMOS Joana Barbas	06	CAPGE	9:26.87	25m	01-05-21	Gafanha da Nazaré	604
6.	CARAPINHA Ariana Bento	06	DNMG	9:30.42	25m	15-12-19	Leiria	593
7.	PINTO Leonor Filipa	06	FCP	9:31.35	25m	13-12-20	Mealhada	590
8.	SOARES Miriam Mortagua	06	CGA	9:31.37	25m	13-03-21	Aveiro	590
9.	COSTA Anita Gouveia	06	CAQC	9:32.14	25m	13-12-20	Mealhada	588
10.	FROIS Maria Francisca	06	ADBA	9:34.20	25m	01-05-21	Gafanha da Nazaré	581
11.	FERREIRA Maria Joao	06	FOCA	9:40.34	25m	08-05-21	Pacos de Ferreira	563
12.	COELHO Maria Leonor	06	SLB	9:42.02	25m	13-12-20	Leiria	558
13.	AMORIM Ines Santos	06	EDV	9:44.89	25m	06-03-20	Braga	550
14.	FERREIRA Maria Neto	06	FBSC	9:45.14	25m	22-12-19	Cantanhede	549
15.	GASPAR Beatriz Andre	06	FBSC	9:46.93	25m	20-06-21	Coimbra	544
16.	COSTA Maria Jardim	06	CDN	9:47.35	25m	16-10-20	Funchal	543
17.	TINOCO Diana Silva	06	SCC	9:48.61	25m	13-12-20	Mealhada	540
18.	GOMES Lia Beatriz	06	VSC	9:48.71	25m	22-12-19	Porto	539
19.	NIZA Beatriz Mocego	06	CNA	9:48.98	25m	30-11-19	Sines	539
20.	PARREIRA Carolina	06	SCP	9:49.98	25m	13-12-20	Leiria	536
21.	FLORINDO Helena Neto	06	EFC	9:50.01	25m	13-12-20	Leiria	536
22.	TEIXEIRA Ines Correia	06	CNA	9:50.57	25m	13-12-20	Leiria	534
23.	VALENTE Maria Esteves	06	SLB	9:54.03	25m	07-12-19	Sines	525
24.	CATALAO Leonor Tavares	06	SCP	9:54.15	25m	24-11-19	Algés	525
25.	PARRA Joana Santos	06	CNOL	9:55.42	25m	30-11-19	Sines	521
26.	SIMOES Filipa Mendes	06	ADBA	9:56.67	25m	22-12-19	Pombal	518
27.	DINIS Filipa Paiva	06	ADBA	9:56.91	25m	08-11-20	Leiria	517
28.	NOGUEIRA Ines Aires	06	CFP	9:57.23	25m	13-12-20	Mealhada	517
29.	ANTUNES Rebeca Leonor	06	CNCVG	9:59.15	25m	24-11-19	Algés	512
30.	DOMINGUES Vitoria Cruz	06	CNVA	10:00.11	25m	24-11-19	Gafanha da Nazaré	509
31.	ROMAO Ana Teresa	06	LDC	10:00.59	25m	17-11-19	Silves	508
32.	OLIVEIRA Matilde Fonseca	06	CNMC	10:01.23	25m	13-12-20	Mealhada	506
33.	COSTA Daniela Alexandra	06	LSC	10:01.72	25m	10-04-21	Felgueiras	505
34.	ALVES Maria Madalena	06	ADBA	10:01.74	25m	07-12-19	Sines	505
35.	NEVES Diana Patricia	06	CNH	10:03.22	25m	31-10-20	Ponta Delgada	501
36.	SILVA Silvana Suamade	06	CDSR	10:04.43	25m	08-03-20	Funchal	498
37.	MARTINS Ana Rita	06	FOCA	10:05.02	25m	22-12-19	Porto	497
38.	DOMINGOS Filipa Ferraz	06	SCP	10:05.19	25m	07-12-19	Sines	496
39.	FERREIRA Francisca Santos	06	SAD	10:05.73	25m	24-11-19	Algés	495
40.	NEVES Gabriela Ferreira	06	FOCA	10:05.93	25m	22-12-19	Porto	495
41.	SILVA Ines Gaspar	06	GESL	10:06.61	25m	13-12-20	Leiria	493
42.	JESUS Mariana Teixeira	06	CDE	10:06.76	25m	24-11-19	Gafanha da Nazaré	493
43.	RIBAS Ema Monteiro	06	CFP	10:08.61	25m	07-12-19	Mealhada	488
44.	SILVA Maria Seixeira	06	VNC	10:09.74	25m	06-03-20	Braga	485
45.	FREITAS Margarida Ramos	06	CDN	10:10.00	25m	16-10-20	Funchal	485
46.	BRIZIDA Filipa Roma	06	ADBA	10:10.14	25m	22-12-19	Pombal	484
47.	MADEIRA Margarida Correia	06	DNMG	10:10.48	25m	22-12-19	Pombal	484
48.	CUNHA Ines Santos	06	CAPGE	10:10.66	25m	24-11-19	Gafanha da Nazaré	483
49.	NOVAIS Regina Correia	06	FOCA	10:11.01	25m	22-12-19	Porto	482
50.	MENDES Erica Candeias	06	GESL	10:12.38	25m	13-12-20	Leiria	479
51.	BUCHA Marta Filipa	06	VS	10:13.04	25m	16-05-21	Abrantes	478
52.	LOPES Matilde Nunes	06	SLB	10:13.15	25m	24-11-19	Algés	477
53.	LIMA Catarina Coutinho	06	SLB	10:13.26	25m	07-12-19	Sines	477

800 Livres (desde 54)

54.	SOUTO Carolina Soares	06	FCP	10:14.36	25m	22-12-19	Porto	474
55.	SILVA Maria Santos	06	CNPO	10:14.56	25m	06-03-20	Braga	474
56.	PAIS Joana Ventura	06	FBSC	10:14.85	25m	22-12-19	Cantanhede	473
57.	GRILO Maria Vitoria	06	CNAC	10:16.19	25m	02-02-20	Coimbra	470
58.	MENDES Ines Gomes	06	CAP	10:17.39	25m	07-03-20	Mirandela	468
59.	NEVES Beatriz Silva	06	FBSC	10:17.45	25m	01-11-19	Condeixa	467
60.	ASCENSO Maria Joao	06	DNMG	10:17.61	25m	22-12-19	Pombal	467
61.	CALDES Ana Sofia	06	CEN	10:18.02	25m	07-03-20	Ponte de Sor	466
62.	CUNHA Sofia Simao	06	PIMP	10:19.15	25m	22-12-19	Pombal	464
63.	DIAS Julia Alves	06	CDN	10:19.72	25m	17-11-19	Funchal	462
64.	TRINDADE Constanca Arinto	06	CNAL	10:19.92	25m	15-05-21	Condeixa-a-Nova	462
65.	BELO Catarina Cunha	06	FBSC	10:20.52	25m	01-11-19	Condeixa	460
66.	SILVA Beatriz Machado	06	AMAMB	10:20.84	25m	22-12-19	Ponte da Barca	460
67.	FREITAS Beatriz Rodrigues	06	CNF	10:20.89	25m	17-11-19	Funchal	460
68.	BRITES Marta Lopes	06	CNPDL	10:20.90	25m	14-12-19	Ponta Delgada	460
69.	MAGALHAES Maria Joao	06	VSC	10:21.02	25m	22-12-19	Porto	459
70.	TOME Rita Bernardo	06	CNSM	10:21.08	25m	16-11-19	Coruche	459
71.	MARQUES Barbara Nunes	06	CDE	10:21.44	25m	07-12-19	Mealhada	458
72.	FERREIRA Matilde Batista	06	FBSC	10:22.11	25m	24-11-19	Coimbra	457
73.	CAMPOS Iris Castro	06	CNA	10:23.40	25m	13-12-20	Leiria	454
74.	BELO Catarina Machado	06	BSCN	10:23.84	25m	22-12-19	Pombal	453
75.	HERMINIO Clara Sofia	06	CDCP	10:24.99	25m	13-12-20	Leiria	451
76.	BROCHADO Mariana Goncalves	06	VNC	10:26.53	25m	22-12-19	Ponte da Barca	447
77.	CRAVEIRO Matilde Neves	06	AAC	10:27.21	25m	22-12-19	Cantanhede	446
78.	MARQUES Margarida Barbara	06	SAD	10:28.00	25m	24-11-19	Algés	444
79.	FERNANDES Ines Goncalves	06	CNAB	10:28.88	25m	07-12-19	Sines	442
80.	BARBEITO Laura Espinola	06	NSIT	10:29.54	25m	14-12-19	Praia da Vitória	441
81.	LOURA Raquel Maria	06	CNFA	10:30.64	25m	30-11-19	Sines	439
82.	BARREIRA Andreia Monteiro	06	CMNPR	10:30.77	25m	21-12-19	Guarda	438
83.	COSTA Beatriz Portugal	06	SLB	10:31.28	25m	24-11-19	Algés	437
84.	BERNARDINO Dalila Leal	06	NDAP	10:31.39	25m	22-12-19	Pombal	437
85.	SILVA Rita Borges	06	GESL	10:31.43	25m	13-12-20	Leiria	437
86.	VARELA Joana Filipa	06	FBSC	10:33.13	25m	20-06-21	Coimbra	433
87.	GAMA Beatriz Fernandes	06	SCP	10:33.27	25m	24-11-19	Algés	433
88.	MARTINS Ana Miguel	06	VNC	10:33.62	25m	22-12-19	Ponte da Barca	432
89.	RIGOR Maria Miguel	06	VNC	10:35.14	25m	22-12-19	Ponte da Barca	429
90.	MARQUES Ines Machado	06	CNCVG	10:36.44	25m	24-11-19	Algés	427
91.	GOMES Maria Isabel	06	CNPDL	10:36.83	25m	14-12-19	Ponta Delgada	426
92.	FERRO Maria Leonor	06	CNF	10:37.19	25m	08-03-20	Funchal	425
93.	GUTERRES Madalena Frago	06	SLB	10:37.63	25m	24-11-19	Algés	424
94.	SEQUEIRA Beatriz Meneses	06	CNF	10:37.75	25m	17-11-19	Funchal	424
95.	DEUS Ines Portugal	06	CNF	10:38.54	25m	17-11-19	Funchal	423
96.	ROMAO Mariana Santos	06	CFV	10:39.53	25m	22-12-19	Porto	421
97.	SOUSA Matilde Teixeira	06	CNV	10:40.69	25m	22-11-19	Felgueiras	418
98.	ALMEIDA Beatriz Matias	06	LAGAC	10:41.34	25m	08-11-20	Lagos	417
99.	ANTUNES Catarina Lima	06	SCP	10:41.37	25m	24-11-19	Algés	417
100.	TASHKULOVA Diana	06	CGA	10:42.21	25m	24-11-19	Gafanha da Nazaré	415

1500 Livres

1.	PEIXOTO Carolina Esteves	06	SCB	17:53.31	25m	09-05-21	Ponte da Barca	625
2.	FARIA Leonor Verissimo	06	NDAP	18:47.06	25m	07-11-20	Leiria	540
3.	COSTA Maria Jardim	06	CDN	18:48.70	25m	13-05-21	Funchal	538
4.	FLORINDO Helena Neto	06	EFC	18:49.14	25m	08-03-20	Ponte de Sor	537
5.	GOMES Lia Beatriz	06	VSC	18:56.10	25m	23-11-19	Felgueiras	527
6.	PIRES Catarina Gaspar	06	FCP	18:58.94	25m	09-05-21	Pacos de Ferreira	523
7.	SILVA Maria Seixeira	06	VNC	19:25.76	25m	08-03-20	Braga	488
8.	ROMAO Ana Teresa	06	LDC	19:28.81	25m	24-10-20	Olhão	484
9.	NEVES Diana Patricia	06	CNH	19:39.47	25m	16-11-19	Horta	471
10.	PARRA Joana Santos	06	CNOL	19:45.07	25m	24-10-20	Olhão	464
11.	SILVA Maria Santos	06	CNPO	19:50.67	25m	23-11-19	Felgueiras	458
12.	BUCHA Marta Filipa	06	VS	20:01.64	25m	08-03-20	Santarém	445
13.	MAGALHAES Maria Joao	06	VSC	20:17.79	25m	23-11-19	Felgueiras	428
14.	MARTINS Ana Miguel	06	VNC	20:18.89	25m	08-03-20	Braga	427
15.	HERMINIO Clara Sofia	06	CDCP	20:32.08	25m	15-05-21	Abrantes	413
16.	BOLOTINHA Violeta Faria	06	LDC	20:35.83	25m	24-10-20	Olhão	409
17.	SOUSA Matilde Teixeira	06	CNV	21:03.01	25m	12-10-19	Pacos de Ferreira	383
18.	JANUARIO Joana Silva	06	CNAB	21:22.06	25m	08-03-20	Santarém	367
19.	ANTUNES Joana Patricia	06	CLAC	21:49.99	25m	19-01-20	Entroncamento	344
20.	FREITAS Barbara Maia	06	CLAC	21:58.11	25m	19-01-20	Entroncamento	337

50 Costas

1.	CARAPINHA Ariana Bento	06	DNMG	29.98	25m	23-05-21	Alcobaça	627
2.	DINIS Filipa Paiva	06	ADBA	31.20	25m	06-03-21	Leiria	556
3.	COSTA Maria Jardim	06	CDN	31.87	25m	06-03-20	Funchal	522
4.	ROMAO Ana Teresa	06	LDC	31.92	25m	07-11-20	Lagos	520
5.	BRITES Marta Lopes	06	CNPDL	32.23	25m	09-04-21	Praia da Vitória	505
6.	COSTA Daniela Alexandra	06	LSC	32.27	25m	08-05-21	Pacos de Ferreira	503
7.	SOUTO Carolina Soares	06	FCP	32.75	25m	10-04-21	Felgueiras	481
8.	NEVES Diana Patricia	06	CNH	32.81	25m	09-04-21	Praia da Vitória	478
9.	BARBEITO Laura Espinola	06	NSIT	33.78	25m	13-03-21	Praia da Vitória	438
10.	LOURA Raquel Maria	06	GCNF	33.84	25m	16-05-21	Lagos	436
11.	NETO Lara Gomes	06	CAP	34.01	25m	08-05-21	Pacos de Ferreira	429
12.	MENDES Ines Gomes	06	CAP	34.02	25m	08-05-21	Pacos de Ferreira	429
13.	DUARTE Laura Leocadio	06	SFGP	34.08	25m	15-05-21	Abrantes	427
14.	PARRA Joana Santos	06	CNOL	34.11	25m	12-01-20	Quarteira	426
15.	SILVA Ana Francisca	06	CNAL	34.15	25m	23-05-21	Alcobaça	424
16.	PINTO Joana Filipa	06	CFP	34.23	25m	10-04-21	Felgueiras	421
17.	SANCHEZ FERNANDEZ Irene	06	CNGUA	34.26	25m	10-11-19	Albufeira	420
18.	FERREIRA Maria Neto	06	FBSC	34.43	25m	19-06-21	Coimbra	414
19.	BELO Catarina Machado	06	BSCN	34.44	25m	23-05-21	Alcobaça	414
20.	VALENTE Maria Miguel	06	CDE	34.45	25m	02-05-21	Gafanha da Nazaré	413
21.	FERNANDES Ines Goncalves	06	CNAB	34.55	25m	15-05-21	Abrantes	410
22.	SANTOS Jessica Mendes	06	DNMG	34.60	25m	23-05-21	Alcobaça	408
23.	LOURENCO Mafalda Silva	06	CCDSERTA	34.62	25m	07-03-20	Ponte de Sor	407
24.	GOMES Maria Isabel	06	CNPDL	34.64	25m	10-04-21	Praia da Vitória	406
24.	LUIZ Maria Teresa	06	LAGAC	34.64	25m	16-05-21	Lagos	406
26.	SOUSA Constanca Grincho	06	VS	34.73	25m	23-11-19	Tomar	403
27.	CANADA Maria Elvira	06	CDN	35.15	25m	06-03-20	Funchal	389
28.	FREITAS Barbara Maia	06	CLAC	35.18	25m	23-11-19	Tomar	388
29.	VARELA Joana Filipa	06	CNAC	35.20	25m	15-12-19	Leiria	387
30.	COELHO Nicole Nezhurko	06	ACS	35.22	25m	16-05-21	Lagos	387

50 Costas (desde 31)

31.	PINHO Laura Silva	06	ADS	35.29	25m	18-01-20	Mealhada	384
31.	BARQUINHA Matilde Fernandes	06	DNMG	35.29	25m	23-05-21	Alcobaça	384
33.	DIAS Salome Silva	06	CCDSERTA	35.61	25m	07-03-20	Ponte de Sor	374
34.	CARICHAS Joana Medeiros	06	JACL	35.64	25m	08-05-21	Funchal	373
35.	BARBOSA Bebiana Filipa	06	CAP	35.68	25m	08-05-21	Pacos de Ferreira	372
36.	ARROJA Margarida Marques	06	PIMP	35.90	25m	17-10-20	Caldas da Rainha	365
37.	OLIVEIRA Matilde Fonseca	06	CNMC	35.91	25m	19-10-19	Condeixa	365
38.	ALMEIDA Beatriz Matias	06	LAGAC	35.94	25m	17-10-20	Lagos	364
39.	MENDES Margarida Miguel	06	VS	36.03	25m	24-10-20	Tomar	361
40.	AMARAL Joana Franco	06	CLIP	36.18	25m	24-11-19	Felgueiras	357
41.	VIEGAS Maria Beatriz	06	LDC	36.27	25m	23-11-19	Lagos	354
42.	FREITAS Margarida Ramos	06	CDN	36.36	25m	18-07-20	Funchal	351
43.	MARQUES Margarida Barbara	06	SAD	36.37	25m	15-02-20	Torres Novas	351
44.	LEAL Ines Francisca	06	CAP	36.67	25m	07-03-20	Mirandela	343
45.	GUERREIRO Carolina Simoes	06	ABR	36.89	25m	07-11-20	Lagos	336
46.	OLIVEIRA Marta Alexandra	06	SCE	36.98	25m	18-01-20	Mealhada	334
47.	JOAQUIM Mariana Silva	06	NDCO	37.09	25m	17-11-19	Odemira	331
48.	ESTEVES Maria Ines	06	CNNZ	37.19	25m	23-05-21	Alcobaça	328
49.	SILVA Julia Atamas	06	CNPDL	37.24	25m	15-02-20	Ponta Delgada	327
50.	BELO Catarina Cunha	06	FBSC	37.27	25m	19-10-19	Condeixa	326
51.	BOROZAN Cristina	06	LDC	37.30	25m	12-01-20	Quarteira	325
51.	FREITAS Beatriz Rodrigues	06	CNF	37.30	25m	18-07-20	Funchal	325
53.	SILVA Rita Prado	06	NDCO	37.31	25m	19-01-20	Montemor-o-Novo	325
54.	ALVES Catarina Isabel	06	AMINATA	37.33	25m	19-01-20	Montemor-o-Novo	325
55.	BOLOTINHA Violeta Faria	06	LDC	37.42	25m	12-01-20	Quarteira	322
56.	TRINDADE Constanca Arinto	06	CNAL	37.43	25m	23-05-21	Alcobaça	322
57.	MOITA Ana Carolina	06	GDRTCMM	37.44	25m	19-01-20	Montemor-o-Novo	322
58.	SEQUEIRA Beatriz Meneses	06	CNF	37.66	25m	21-12-19	Funchal	316
59.	CUNHA Margarida Pinto	06	ADS	37.70	25m	13-06-21	Viseu	315
60.	CUNHA Victoria Elisabete	06	CNPV	37.89	25m	27-10-19	Ponta Delgada	310
61.	CHYZH Carina	06	VSC	37.94	25m	08-05-21	Pacos de Ferreira	309
62.	PINTO Carolina Soares	06	CNMAIA	38.14	25m	08-05-21	Pacos de Ferreira	304
63.	ALVES Eleonor Dias	06	CNAB	38.39	25m	23-11-19	Tomar	298
64.	SOUSA Maria Beatriz	06	CNF	38.54	25m	18-07-20	Funchal	295
65.	BATISTA Carolina Mata	06	CEN	38.58	25m	26-01-20	Campo Maior	294
66.	FARIA Laura Pereira	06	JACL	38.79	25m	21-12-19	Funchal	289
67.	NEVES Rita Alves	06	AMINATA	38.85	25m	17-11-19	Odemira	288
68.	AVILA Leonor Espinola	06	CNPV	38.87	25m	01-11-20	Ponta Delgada	288
69.	DOURADO Maria Leonor	06	CNG	38.92	25m	08-05-21	Guarda	286
70.	CRUZ Joana Santos	06	LDC	38.95	25m	02-11-19	Lagoa	286
71.	PAIVA Maria Joao	06	CDF	39.01	25m	02-05-21	Gafanha da Nazaré	284
72.	CALDAS Sara Lagorsse	06	FS	39.11	25m	26-01-20	Campo Maior	282
73.	REIS Erica Filipa	06	NDCO	39.16	25m	19-01-20	Montemor-o-Novo	281
74.	FRANCA Maria Carolina	06	ACS	39.25	25m	17-10-20	Lagos	279
75.	MEDROA Margarida Viegas	06	CNAB	39.26	25m	24-10-20	Tomar	279
76.	MONRAIA Matilde Nabeiro	06	CLAC	39.38	25m	07-03-20	Santarém	276
77.	JANUARIO Joana Silva	06	CNAB	39.64	25m	23-11-19	Tomar	271
78.	SOUSA Matilde Fatima	06	CDEAP	39.78	25m	15-02-20	Ponta Delgada	268
79.	TEMBE Ines Afonso	06	CDN	39.88	25m	18-07-20	Funchal	266
80.	ALMEIDA Isabel Pires	06	NSIT	40.05	25m	16-11-19	Angra do Heroísmo	263
81.	COUTO Matilde Rodrigues	06	CDEAP	40.07	25m	13-03-21	Ponta Delgada	262
82.	CABRAL Nuria Costa	06	CDEAP	40.15	25m	15-02-20	Ponta Delgada	261
83.	LIMA Mariana Correia	06	LAGAC	40.19	25m	15-12-19	Portimão	260

50 Costas (desde 84)

84.	CORREIA Maria Leonor	06	GCVR	40.31	25m	08-05-21	Peso da Régua	258
85.	GOMES Maria Beatriz	06	LSC	40.47	25m	08-05-21	Pacos de Ferreira	255
86.	ROCHA Catarina Pinheiro	06	ACMN	40.48	25m	19-01-20	Montemor-o-Novo	255
87.	OLIVEIRA Matilde Goncalves	06	NDCO	40.57	25m	19-01-20	Montemor-o-Novo	253
88.	CALISTO Katia Sofia	06	SCB	40.65	25m	24-11-19	Braga	251
89.	DIAS Monica Fernandes	06	CDSR	40.73	25m	18-07-20	Funchal	250
90.	CHAINHO Mariana Sequeira	06	GSC	41.02	25m	19-01-20	Montemor-o-Novo	245
91.	MACHADO Natacha Furtado	06	CDEAP	41.04	25m	21-11-20	Ribeira Grande	244
92.	MARQUES Rita Martins	06	TNC	41.18	25m	12-01-20	Quarteira	242
93.	SILVA Rita Borges	06	CNA	41.25	25m	15-02-20	Torres Novas	240
94.	BARBOSA Ines Almeida	06	UDO	41.29	25m	02-05-21	Gafanha da Nazaré	240
95.	BOTELHO Sofia Maria	06	CDBRG	41.31	25m	15-02-20	Ponta Delgada	239
96.	DUARTE Carolina Alexandra	06	NDCO	41.40	25m	17-11-19	Odemira	238
97.	MARTINS Matilde Ramos	06	CNGUA	41.43	25m	12-01-20	Quarteira	237
98.	GONCALVES Madalena Gamei	06	CSAAXXI	41.93	25m	08-11-20	Gafanha da Encarnação	229
99.	LANDEIRO Beatriz Lourenco	06	CNPV	42.22	25m	08-05-21	Praia da Vitória	224
100.	DIAS Magda Fernandes	06	CDSR	42.36	25m	18-07-20	Funchal	222

100 Costas

1.	CARAPINHA Ariana Bento	06	DNMG	1:04.55	25m	23-05-21	Alcobaça	614
2.	DINIS Filipa Paiva	06	ADBA	1:07.40	25m	11-04-21	Felgueiras	540
3.	CAMACHO Carolina Martins	06	SFUAP	1:07.73	25m	13-12-20	Leiria	532
4.	SOUTO Carolina Soares	06	FCP	1:07.78	25m	13-12-20	Mealhada	531
5.	COSTA Daniela Alexandra	06	LSC	1:08.15	25m	09-05-21	Pacos de Ferreira	522
6.	MAGALHAES Luana Cardoso	06	AHBE	1:08.29	25m	13-12-20	Leiria	519
7.	PINTO Leonor Filipa	06	FCP	1:08.42	25m	11-04-21	Felgueiras	516
8.	COSTA Maria Jardim	06	CDN	1:08.48	25m	08-08-20	Funchal	514
9.	BARBEITO Laura Espinola	06	NSIT	1:08.54	25m	13-12-20	Praia da Vitória	513
10.	CATALAO Leonor Tavares	06	SCP	1:08.64	25m	13-12-20	Leiria	511
11.	ROMAO Ana Teresa	06	LDC	1:08.67	25m	13-12-20	Leiria	510
12.	FERREIRA Maria Joao	06	FOCA	1:08.80	25m	11-04-21	Felgueiras	507
13.	BRITES Marta Lopes	06	CNPDL	1:08.88	25m	13-03-21	Ponta Delgada	506
14.	SOARES Miriam Mortagua	06	CGA	1:09.53	25m	02-05-21	Gafanha da Nazaré	491
15.	AMORIM Ines Santos	06	EDV	1:10.06	25m	07-03-20	Braga	480
16.	RIGOR Maria Miguel	06	VNC	1:10.22	25m	07-03-20	Braga	477
17.	NEVES Diana Patricia	06	CNH	1:10.26	25m	26-10-19	Ponta Delgada	476
18.	SILVA Maria Seixeira	06	VNC	1:10.67	25m	19-01-20	Barcelos	468
19.	JESUS Mariana Teixeira	06	CDE	1:10.69	25m	02-05-21	Gafanha da Nazaré	468
20.	DIAS Julia Alves	06	CDN	1:10.71	25m	14-05-21	Funchal	467
21.	SILVA Beatriz Machado	06	SCB	1:10.78	25m	09-05-21	Ponte da Barca	466
22.	FERREIRA Maria Neto	06	FBSC	1:10.93	25m	06-12-19	Mealhada	463
23.	SIMOES Filipa Mendes	06	ADBA	1:11.04	25m	06-12-19	Sines	461
24.	JARDIM Lara Filipa	06	CNF	1:11.25	25m	14-05-21	Funchal	457
25.	SANCHEZ FERNANDEZ Irene	06	CNGUA	1:11.56	25m	10-11-19	Albufeira	451
26.	FROIS Maria Francisca	06	ADBA	1:11.59	25m	30-04-21	Leiria	450
27.	PINTO Joana Filipa	06	CFP	1:11.61	25m	11-04-21	Felgueiras	450
28.	SA Madalena Correa	06	GESL	1:11.65	25m	01-05-21	Lisboa	449
29.	SILVA Ana Francisca	06	CNAL	1:12.00	25m	15-02-20	Torres Novas	443
30.	ASCENSO Maria Joao	06	DNMG	1:12.06	25m	06-12-19	Sines	441
31.	SANTOS Marta Bailarote	06	CNS	1:12.08	25m	13-12-20	Leiria	441
32.	BRIZIDA Filipa Roma	06	ADBA	1:12.13	25m	06-12-19	Sines	440
33.	PAIS Joana Ventura	06	FBSC	1:12.25	25m	06-12-19	Mealhada	438

100 Costas (desde 34)

34.	CARDOSO Eduarda Oliveira	06	AEJ	1:12.38	25m	06-12-19	Mealhada	436
35.	TEIXEIRA Ines Correia	06	CNA	1:12.48	25m	15-02-20	Torres Novas	434
36.	ALVES Maria Madalena	06	ADBA	1:12.53	25m	30-04-21	Leiria	433
37.	VALENTE Maria Miguel	06	CDE	1:12.65	25m	22-11-20	Vagos	431
38.	FERREIRA Matilde Batista	06	FBSC	1:12.67	25m	06-12-19	Mealhada	430
39.	PIRES Catarina Gaspar	06	FCP	1:12.75	25m	06-12-19	Mealhada	429
40.	GAMA Beatriz Fernandes	06	SCP	1:12.79	25m	06-12-19	Sines	428
41.	DUARTE Laura Leocadio	06	SFGP	1:12.86	25m	06-03-20	Santarém	427
42.	LOURENCO Mafalda Silva	06	CCDSERTA	1:12.87	25m	06-12-19	Sines	427
43.	MARTINS Ana Miguel	06	VNC	1:12.88	25m	09-05-21	Ponte da Barca	427
44.	COSTA Maria Beatriz	06	SCP	1:12.90	25m	06-12-19	Sines	426
45.	PARRA Joana Santos	06	POR	1:12.96	25m	09-11-19	Albufeira	425
46.	MESQUITA Carolina Mestre	06	CNGUA	1:13.09	25m	26-10-19	Lagos	423
47.	DIAS Salome Silva	06	CCDSERTA	1:13.34	25m	06-12-19	Sines	419
48.	LOURA Raquel Maria	06	CNFA	1:13.35	25m	09-11-19	Albufeira	419
48.	NETO Lara Gomes	06	CAP	1:13.35	25m	09-05-21	Pacos de Ferreira	419
50.	MARQUES Margarida Barbara	06	SAD	1:13.37	25m	02-05-21	Lisboa	418
51.	PINHO Laura Silva	06	ADS	1:13.56	25m	07-03-20	Braga	415
52.	DEUS Ines Portugal	06	CNF	1:13.73	25m	07-12-19	Sines	412
52.	TOME Rita Bernardo	06	CNSM	1:13.73	25m	06-03-20	Santarém	412
54.	BARREIRA Andreia Monteiro	06	CMNPR	1:13.74	25m	07-03-20	Mirandela	412
55.	TINOCO Diana Silva	06	SCC	1:13.93	25m	20-10-19	Condeixa	409
56.	VARELA Joana Filipa	06	FBSC	1:13.95	25m	19-06-21	Coimbra	408
57.	FLORINDO Helena Neto	06	EFC	1:14.12	25m	06-03-20	Ponte de Sor	406
58.	OLIVEIRA Matilde Fonseca	06	CNMC	1:14.15	25m	20-12-20	Coimbra	405
58.	CANADA Maria Elvira	06	CDN	1:14.15	25m	14-05-21	Funchal	405
60.	SANTOS Jessica Mendes	06	DNMG	1:14.30	25m	07-12-19	Sines	403
61.	SILVA Ines Gaspar	06	GESL	1:14.48	25m	01-02-20	Ponte de Sor	400
62.	CARVALHO Mariana Coelho	06	CNS	1:14.65	25m	07-12-19	Sines	397
63.	SOUSA Constanca Grincho	06	VS	1:14.71	25m	06-03-20	Santarém	396
64.	BOROZAN Cristina	06	LDC	1:14.75	25m	06-12-19	Sines	395
65.	BELO Catarina Cunha	06	FBSC	1:14.78	25m	06-12-19	Mealhada	395
65.	PINO Ines Mira	06	PIMP	1:14.78	25m	08-11-20	Leiria	395
67.	MONTEIRO Maria Pinto	06	SFUAP	1:14.84	25m	17-11-19	Cova da Piedade	394
68.	CUNHA Ines Santos	06	CAPGE	1:14.89	25m	06-12-19	Mealhada	393
69.	COELHO Nicole Nezhurko	06	ACS	1:14.91	25m	16-05-21	Lagos	393
70.	MYEDVYEDYEVA Anastacia	06	CGA	1:15.00	25m	13-03-21	Aveiro	392
71.	MENDES Ines Gomes	06	CAP	1:15.06	25m	09-05-21	Pacos de Ferreira	391
72.	MEDEIROS Madalena Barra	06	GRVM	1:15.15	25m	01-02-20	Coimbra	389
73.	BARBOSA Bebiana Filipa	06	CAP	1:15.68	25m	11-04-21	Felgueiras	381
74.	RAMOS Joana Barbas	06	CAPGE	1:15.70	25m	16-11-19	Viseu	381
75.	BARQUINHA Matilde Fernandes	06	DNMG	1:15.77	25m	08-11-20	Leiria	380
76.	GOMES Maria Isabel	06	CNPDL	1:15.84	25m	07-12-19	Sines	379
77.	PEREIRA Filipa Maria	06	AMINATA	1:15.85	25m	06-03-20	Ponte de Sor	378
78.	CARICHAS Joana Medeiros	06	JACL	1:16.15	25m	26-10-19	Lagos	374
79.	BROCHADO Mariana Goncalves	06	VNC	1:16.17	25m	19-01-20	Barcelos	374
80.	FREITAS Margarida Ramos	06	CDN	1:16.50	25m	18-07-20	Funchal	369
81.	SANTOS Marta Silva	06	CNS	1:16.59	25m	22-11-19	Algés	368
82.	MARQUES Leonor Viola	06	CNCVG	1:16.67	25m	22-11-19	Algés	366
83.	SEQUEIRA Beatriz Meneses	06	CNF	1:16.68	25m	08-05-21	Funchal	366
84.	FREITAS Barbara Maia	06	CLAC	1:16.78	25m	06-03-20	Santarém	365
85.	MARQUES Barbara Nunes	06	CDE	1:16.82	25m	01-02-20	Viseu	364
86.	LOPES Rita Martins	06	AHBE	1:16.95	25m	01-11-19	Setúbal	362

100 Costas (desde 87)

87.	MENDES Leonor Roque	06	ADRCIMM	1:17.09	25m	22-11-19	Algés	360
88.	MENDES Erica Candeias	06	CNA	1:17.21	25m	07-12-19	Sines	359
89.	LOURENCO Mafalda Caetano	06	IDV	1:17.29	25m	23-05-21	Alcobaça	358
90.	VIEGAS Maria Beatriz	06	LDC	1:17.32	25m	24-11-19	Lagos	357
91.	BOLOTINHA Violeta Faria	06	LDC	1:17.48	25m	25-10-20	Olhão	355
92.	SILVA Julia Atamas	06	CNPDL	1:17.53	25m	06-03-20	Ponta Delgada	354
93.	COSTA Beatriz Portugal	06	SLB	1:17.73	25m	07-12-19	Sines	352
94.	DURO Leonor Santos	06	CNS	1:17.79	25m	01-11-19	Setúbal	351
95.	FERREIRA Ana Martim	06	LSC	1:17.87	25m	06-12-19	Mealhada	350
96.	MORAIS Ana Sofia	06	ADS	1:17.90	25m	12-10-19	Mealhada	349
97.	NEVES Beatriz Silva	06	FBSC	1:17.91	25m	01-02-20	Coimbra	349
98.	OLIVEIRA Marina Alexandra	06	CNS	1:17.98	25m	01-11-19	Setúbal	348
99.	FARIA Leonor Verissimo	06	NDAP	1:18.23	25m	18-10-20	Caldas da Rainha	345
100.	CALDES Ana Sofia	06	CEN	1:18.31	25m	06-03-20	Ponte de Sor	344

200 Costas

1.	SILVA Ana Francisca	06	CNAL	2:23.00	25m	13-12-20	Leiria	579
2.	CAMACHO Carolina Martins	06	SFUAP	2:24.28	25m	13-12-20	Leiria	564
3.	COSTA Daniela Alexandra	06	LSC	2:25.03	25m	08-05-21	Pacos de Ferreira	555
4.	CARAPINHA Ariana Bento	06	DNMG	2:25.35	25m	08-11-20	Leiria	551
5.	FERREIRA Maria Joao	06	FOCA	2:25.77	25m	10-04-21	Felgueiras	547
6.	COSTA Maria Jardim	06	CDN	2:26.17	25m	07-03-20	Funchal	542
7.	DINIS Filipa Paiva	06	ADBA	2:26.55	25m	01-05-21	Gafanha da Nazaré	538
8.	MAGALHAES Luana Cardoso	06	AHBE	2:27.37	25m	13-12-20	Leiria	529
9.	SOUTO Carolina Soares	06	FCP	2:28.78	25m	13-12-20	Mealhada	514
10.	BRITES Marta Lopes	06	CNPDL	2:29.09	25m	13-12-20	Praia da Vitória	511
11.	RIGOR Maria Miguel	06	VNC	2:29.99	25m	13-12-20	Mealhada	502
12.	COSTA Anita Gouveia	06	CAQC	2:30.37	25m	19-12-20	Coimbra	498
13.	PINTO Leonor Filipa	06	FCP	2:30.48	25m	10-04-21	Felgueiras	497
14.	FARIA Leonor Verissimo	06	NDAP	2:30.51	25m	12-06-21	Nazaré	497
15.	RAMOS Joana Barbas	06	CAPGE	2:30.53	25m	13-12-20	Mealhada	496
16.	SILVA Beatriz Machado	06	SCB	2:30.56	25m	08-05-21	Ponte da Barca	496
17.	PINTO Joana Filipa	06	CFP	2:30.86	25m	08-12-19	Mealhada	493
18.	SILVA Maria Seixeira	06	VNC	2:31.38	25m	08-05-21	Ponte da Barca	488
19.	DIAS Julia Alves	06	CDN	2:31.90	25m	13-05-21	Funchal	483
20.	SIMOES Filipa Mendes	06	ADBA	2:32.08	25m	23-11-19	Caldas da Rainha	481
21.	PAIS Joana Ventura	06	FBSC	2:32.38	25m	08-12-19	Mealhada	479
22.	SANCHEZ FERNANDEZ Irene	06	CNGUA	2:32.55	25m	26-10-19	Lagos	477
23.	FROIS Maria Francisca	06	POR	2:32.83	25m	10-11-19	Albufeira	474
24.	ROMAO Ana Teresa	06	LDC	2:32.90	25m	08-12-19	Sines	474
25.	FERREIRA Francisca Santos	06	SAD	2:33.39	25m	18-01-20	Pinhal Novo	469
26.	BARBEITO Laura Espinola	06	NSIT	2:33.41	25m	08-03-20	Ponta Delgada	469
27.	GAMA Beatriz Fernandes	06	SCP	2:33.51	25m	08-12-19	Sines	468
28.	AMORIM Ines Santos	06	EDV	2:33.91	25m	15-12-19	Leiria	464
29.	ASCENSO Maria Joao	06	DNMG	2:34.17	25m	13-12-20	Leiria	462
30.	FREITAS Margarida Ramos	06	CDN	2:34.37	25m	13-05-21	Funchal	460
31.	SOARES Miriam Mortagua	06	CGA	2:34.64	25m	13-10-19	Mealhada	458
32.	NEVES Diana Patricia	06	CNH	2:34.67	25m	08-03-20	Ponta Delgada	458
33.	COELHO Maria Leonor	06	SLB	2:34.89	25m	18-01-20	Pinhal Novo	456
34.	DEUS Ines Portugal	06	CNF	2:35.05	25m	07-03-20	Funchal	454
35.	FERREIRA Maria Neto	06	FBSC	2:35.35	25m	20-06-21	Coimbra	452
36.	MARQUES Margarida Barbara	06	SAD	2:35.45	25m	13-12-20	Leiria	451

200 Costas (desde 37)

37.	TINOCO Diana Silva	06	SCC	2:35.77	25m	24-11-19	Coimbra	448
38.	JARDIM Lara Filipa	06	CNF	2:35.78	25m	09-05-21	Funchal	448
39.	PARRA Joana Santos	06	CNOL	2:36.13	25m	23-11-19	Lagos	445
40.	MYEDVYEDYEVA Anastacia	06	CGA	2:36.28	25m	13-06-21	Viseu	444
41.	ALMEIDA Maria Soares	06	SAD	2:36.52	25m	18-01-20	Pinhal Novo	442
42.	FERREIRA Matilde Batista	06	FBSC	2:36.66	25m	01-11-19	Condeixa	440
43.	TEIXEIRA Ines Correia	06	CNA	2:36.69	25m	18-01-20	Pinhal Novo	440
44.	VARELA Joana Filipa	06	FBSC	2:36.98	25m	15-05-21	Condeixa-a-Nova	438
45.	BROCHADO Mariana Goncalves	06	VNC	2:37.06	25m	08-05-21	Ponte da Barca	437
46.	COSTA Maria Beatriz	06	SCP	2:37.65	25m	16-05-21	Alvalade	432
47.	MARTINS Ana Miguel	06	VNC	2:37.74	25m	08-05-21	Ponte da Barca	431
48.	BELO Catarina Cunha	06	FBSC	2:37.89	25m	02-02-20	Coimbra	430
48.	NETO Lara Gomes	06	CAP	2:37.89	25m	08-05-21	Pacos de Ferreira	430
50.	SILVA Ines Gaspar	06	GESL	2:38.03	25m	08-12-19	Sines	429
51.	MARQUES Barbara Nunes	06	CDE	2:38.31	25m	13-12-20	Mealhada	427
52.	DUARTE Laura Leocadio	06	SFGP	2:38.53	25m	16-05-21	Abrantes	425
53.	BRIZIDA Filipa Roma	06	ADBA	2:38.55	25m	23-02-20	Pombal	425
54.	OLIVEIRA Matilde Fonseca	06	CNMC	2:38.66	25m	19-12-20	Coimbra	424
55.	CUNHA Ines Santos	06	CAPGE	2:38.92	25m	08-12-19	Mealhada	422
56.	LOURA Raquel Maria	06	CNFA	2:38.95	25m	01-02-20	Albufeira	422
57.	HERMOSA Beatriz Carvalho	06	FCP	2:39.09	25m	22-11-19	Felgueiras	420
58.	SANTOS Jessica Mendes	06	DNMG	2:39.13	25m	08-12-19	Sines	420
59.	VALENTE Maria Miguel	06	CDE	2:39.23	25m	13-12-20	Mealhada	419
60.	BELO Catarina Machado	06	BSCN	2:39.57	25m	12-06-21	Nazaré	417
61.	TOME Rita Bernardo	06	CNSM	2:39.69	25m	08-03-20	Santarém	416
62.	CANADA Maria Elvira	06	CDN	2:39.71	25m	13-05-21	Funchal	416
63.	SA Madalena Correa	06	GESL	2:39.83	25m	08-12-19	Sines	415
64.	SOUSA Constanca Grincho	06	VS	2:39.88	25m	16-05-21	Abrantes	414
65.	CARICHAS Joana Medeiros	06	JACL	2:40.02	25m	07-03-20	Funchal	413
66.	MENDES Ines Gomes	06	CAP	2:40.39	25m	15-12-19	Leiria	410
67.	ANTUNES Rebeca Leonor	06	CNCVG	2:40.52	25m	25-01-20	Alcobaça	409
68.	LOPES Matilde Nunes	06	SLB	2:41.28	25m	18-01-20	Pinhal Novo	404
69.	COSTA Beatriz Portugal	06	SLB	2:41.39	25m	08-12-19	Sines	403
70.	DIAS Salome Silva	06	CCDSERTA	2:41.40	25m	10-11-19	Albufeira	403
71.	SANTOS Marta Silva	06	CNS	2:41.50	25m	08-12-19	Sines	402
72.	CARVALHO Mariana Coelho	06	CNS	2:41.83	25m	08-12-19	Sines	399
73.	MADEIRA Margarida Correia	06	DNMG	2:42.01	25m	12-06-21	Nazaré	398
74.	DINIZ Carolina Costa	06	SCP	2:42.23	25m	18-01-20	Pinhal Novo	396
75.	DOMINGUES Vitoria Cruz	06	CNVA	2:42.37	25m	13-10-19	Mealhada	395
76.	PINO Ines Mira	06	PIMP	2:42.38	25m	12-06-21	Nazaré	395
77.	PEREIRA Filipa Maria	06	AMINATA	2:42.65	25m	05-06-21	Sines	393
78.	BOLOTINHA Violeta Faria	06	LDC	2:42.97	25m	23-11-19	Lagos	391
79.	SANTOS Marta Bailarote	06	CNS	2:43.03	25m	13-12-20	Leiria	391
80.	PINHO Laura Silva	06	ADS	2:43.06	25m	06-03-20	Braga	390
81.	DURO Leonor Santos	06	CNS	2:43.16	25m	08-12-19	Sines	390
82.	MEDEIROS Madalena Barra	06	GRVM	2:43.37	25m	02-02-20	Coimbra	388
83.	SILVA Julia Atamas	06	CNPDL	2:43.43	25m	31-10-20	Ponta Delgada	388
84.	OLIVEIRA Marina Alexandra	06	CNS	2:43.74	25m	18-01-20	Pinhal Novo	386
85.	LOPES Rita Martins	06	AHBE	2:43.93	25m	22-11-19	Algés	384
86.	BARBOSA Bebiana Filipa	06	CAP	2:43.94	25m	10-04-21	Felgueiras	384
87.	MARQUES Leonor Viola	06	CNCVG	2:44.03	25m	22-11-19	Algés	384
88.	NEVES Beatriz Silva	06	FBSC	2:44.05	25m	23-02-20	Pombal	383
89.	MONTEIRO Maria Pinto	06	SFUAP	2:44.17	25m	22-11-19	Algés	383

200 Costas (desde 90)

90.	BARQUINHA Matilde Fernandes	06	DNMG	2:44.32	25m	23-11-19	Caldas da Rainha	382
91.	SEQUEIRA Beatriz Meneses	06	CNF	2:44.46	25m	24-11-19	Funchal	381
92.	SERRA Rita Joao	06	VKGS	2:44.50	25m	07-03-20	Ponte de Sor	380
93.	GUTERRES Madalena Fragoso	06	SLB	2:44.81	25m	22-11-19	Algés	378
94.	VIEGAS Maria Beatriz	06	LDC	2:44.84	25m	23-11-19	Lagos	378
95.	LIMA Catarina Coutinho	06	SLB	2:44.91	25m	18-01-20	Pinhal Novo	377
96.	MOREIRA Leonor Caetano	06	IDV	2:45.12	25m	12-06-21	Nazaré	376
97.	ARROJA Margarida Marques	06	PIMP	2:45.26	25m	12-06-21	Nazaré	375
98.	SILVA Silvana Suamade	06	CDSR	2:45.39	25m	24-11-19	Funchal	374
99.	LOURENCO Mafalda Caetano	06	IDV	2:45.40	25m	12-06-21	Nazaré	374
100.	LOURENCO Mafalda Silva	06	CCDSERTA	2:45.89	25m	07-03-20	Ponte de Sor	371

50 Bruços

1.	BARREIRA Andreia Monteiro	06	CMNPR	35.17	25m	08-05-21	Peso da Régua	535
2.	JESUS Mariana Teixeira	06	CDE	35.20	25m	02-05-21	Gafanha da Nazaré	534
3.	BRIZIDA Filipa Roma	06	ADBA	35.60	25m	15-02-20	Torres Novas	516
4.	ANTUNES Rebeca Leonor	06	CNCVG	35.93	25m	11-01-20	Quarteira	502
5.	BELO Catarina Machado	06	BSCN	35.95	25m	09-11-19	Albufeira	501
6.	PINTO Leonor Filipa	06	FCP	36.33	25m	08-05-21	Pacos de Ferreira	485
7.	CARAPINHA Ariana Bento	06	DNMG	36.61	25m	24-11-19	Caldas da Rainha	474
8.	ALMEIDA Beatriz Matias	06	CNLGOS	36.62	25m	09-11-19	Albufeira	474
9.	FROIS Maria Francisca	06	ADBA	36.73	25m	15-02-20	Torres Novas	470
10.	MADEIRA Margarida Correia	06	DNMG	36.95	25m	18-10-20	Caldas da Rainha	461
11.	CARDOSO Eduarda Oliveira	06	AEJ	36.97	25m	08-11-20	Gafanha da Encarnação	461
12.	CABRAL Nuria Costa	06	CDEAP	37.07	25m	10-04-21	Praia da Vitória	457
13.	SANCHEZ FERNANDEZ Irene	06	CNGUA	37.21	25m	11-01-20	Quarteira	452
14.	ALVES Catarina Isabel	06	AMINATA	37.28	25m	15-02-20	Torres Novas	449
15.	NETO Lara Gomes	06	CAP	37.66	25m	15-12-19	Leiria	436
16.	FERREIRA Matilde Batista	06	FBSC	37.75	25m	15-12-19	Leiria	433
17.	NOVAIS Regina Correia	06	FOCA	37.94	25m	10-04-21	Felgueiras	426
18.	DIAS Salome Silva	06	CCDSERTA	38.26	25m	08-05-21	Guarda	415
19.	FERREIRA Ana Martim	06	LSC	38.27	25m	24-11-19	Felgueiras	415
20.	BARBEITO Laura Espinola	06	NSIT	38.37	25m	21-11-20	Angra do Heroísmo	412
21.	CUNHA Margarida Pinto	06	ADS	39.10	25m	02-05-21	Gafanha da Nazaré	389
22.	TASHKULOVA Diana	06	CGA	39.15	25m	18-01-20	Mealhada	388
23.	PEREIRA Matilde Aparicio	06	CNA	39.44	25m	15-02-20	Torres Novas	379
23.	SEBASTIAO Mafalda Valente	06	FCP	39.44	25m	10-04-21	Felgueiras	379
25.	SERRA Rita Joao	06	VKGS	39.46	25m	08-03-20	Ponte de Sor	379
26.	SA Maria Luis	06	CFP	39.61	25m	08-05-21	Pacos de Ferreira	374
27.	LOURENCO Marta Beatriz	06	AVFC	39.66	25m	02-05-21	Gafanha da Nazaré	373
28.	MARTINS Ines Cravo	06	LDC	39.69	25m	24-10-20	Olhão	372
29.	REBELO Mariana Cunha	06	CNVA	39.70	25m	18-01-20	Mealhada	372
30.	ANTUNES Joana Patricia	06	CLAC	39.88	25m	23-11-19	Tomar	367
31.	BRITES Marta Lopes	06	CNPDL	39.97	25m	16-11-19	Ribeira Grande	364
32.	ROCHA Liliana Lima	06	VNC	40.07	25m	09-05-21	Ponte da Barca	362
33.	LOURA Raquel Maria	06	GCNF	40.12	25m	24-10-20	Olhão	360
34.	NEVES Diana Patricia	06	CNH	40.53	25m	15-02-20	Horta	349
35.	MEDEIROS Beatriz Mascagna	06	AVFC	40.57	25m	13-06-21	Viseu	348
36.	CRUZ Joana Santos	06	LDC	40.68	25m	07-11-20	Lagos	346
37.	LOURENCO Mafalda Caetano	06	IDV	40.69	25m	07-11-20	Leiria	345
38.	SILVA Silvana Suamade	06	CDSR	40.96	25m	08-05-21	Funchal	338
39.	PARRA Joana Santos	06	CNOL	41.04	25m	11-01-20	Quarteira	337

50 Bruços (desde 40)

40.	OLIVEIRA Marta Alexandra	06	SCE	41.19	25m	17-11-19	Viseu	333
41.	SILVA Julia Atamas	06	CNPDL	41.23	25m	15-02-20	Ponta Delgada	332
42.	SANTOS Marta Silva	06	CNS	41.32	25m	26-01-20	Campo Maior	330
43.	PEREIRA Joana Marques	06	JACL	41.36	25m	18-07-20	Funchal	329
44.	BOROZAN Cristina	06	LDC	41.46	25m	11-01-20	Quarteira	326
45.	BARQUINHA Matilde Fernandes	06	DNMG	41.54	25m	07-11-20	Leiria	324
46.	CAMPOS Maria Luis	06	VSC	41.60	25m	24-11-19	Felgueiras	323
46.	BOLOTINHA Violeta Faria	06	LDC	41.60	25m	11-01-20	Quarteira	323
48.	ROMAO Ana Teresa	06	LDC	41.61	25m	11-01-20	Quarteira	323
49.	GUERREIRO Carolina Simoes	06	ABR	41.67	25m	16-05-21	Lagos	321
50.	MARTINS Beatriz Luz	06	PIMP	41.85	25m	18-10-20	Caldas da Rainha	317
51.	ARROJA Margarida Marques	06	PIMP	41.87	25m	18-10-20	Caldas da Rainha	317
52.	FERNANDES Ines Goncalves	06	CNAB	42.16	25m	15-05-21	Abrantes	310
53.	AVILA Leonor Espinola	06	CNPV	42.72	25m	13-03-21	Praia da Vitória	298
54.	GUEDES Catarina Beatriz	06	ACS	42.87	25m	16-05-21	Lagos	295
55.	COUTO Matilde Rodrigues	06	CDEAP	43.20	25m	16-11-19	Ribeira Grande	288
56.	ESTRELA Laura Lourenco	06	LDC	43.41	25m	23-11-19	Lagos	284
57.	CUNHA Sofia Simao	06	PIMP	43.43	25m	20-10-19	Óbidos	284
58.	ALMEIDA Ines Rodrigues	06	CRASTO	43.61	25m	18-01-20	Mealhada	280
59.	CASTRO Gabriela Oliveira	06	CJSA	44.01	25m	17-11-19	Viseu	273
60.	ESPIRIDIAO Carlota Jacinto	06	PORTIN	44.11	25m	11-01-20	Quarteira	271
61.	BATISTA Carolina Mata	06	CEN	44.13	25m	26-01-20	Campo Maior	271
62.	MACHADO Sofia Pereira	06	CNH	44.22	25m	15-02-20	Horta	269
63.	MONRAIA Matilde Nabeiro	06	CLAC	44.26	25m	07-03-20	Santarém	268
64.	SILVA Maria Eduarda	06	AMAMB	44.32	25m	06-03-20	Braga	267
65.	VIEGAS Maria Beatriz	06	LDC	44.42	25m	24-10-20	Olhão	265
66.	FREITAS Barbara Maia	06	CLAC	45.24	25m	19-01-20	Entroncamento	251
67.	REMA Matilde Ramos	06	NDCO	45.26	25m	17-11-19	Odemira	251
68.	IVENS Luciana Amorim	06	CNPDL	45.27	25m	15-02-20	Ponta Delgada	251
69.	TEIXEIRA Cristina Martins	06	ADC	45.63	25m	07-03-20	Funchal	245
70.	COELHO Nicole Nezhurko	06	LAGAC	46.12	25m	11-01-20	Quarteira	237
71.	ALVES Eleonor Dias	06	CNAB	46.37	25m	24-10-20	Tomar	233
72.	ESTEVES Joana Fernandes	06	SCMI	47.02	25m	24-11-19	Bragança	224
73.	TEIXEIRA Maria Beatriz	06	VS	47.11	25m	23-11-19	Tomar	222
74.	MARTINS Matilde Ramos	06	CNGUA	47.23	25m	11-01-20	Quarteira	221
75.	PAULINO Mariana Jacinto	06	NDCO	47.62	25m	17-11-19	Odemira	215
76.	GONCALVES Madalena Gameiro	06	CSAAXXI	47.68	25m	08-11-20	Gafanha da Encarnação	214
77.	CALDEIRA Joana Carvalho	06	ACMN	47.77	25m	19-01-20	Montemor-o-Novo	213
78.	MATIAS Anna Margarita	06	ABR	47.84	25m	16-05-21	Lagos	212
79.	ROCHA Catarina Pinheiro	06	ACMN	47.95	25m	19-01-20	Montemor-o-Novo	211
80.	JOAQUIM Mariana Silva	06	NDCO	47.98	25m	17-11-19	Odemira	210
81.	LUIZ Maria Teresa	06	LAGAC	48.00	25m	03-11-19	Lagoa	210
82.	BRITO Clara Isabel	06	CNSBA	48.67	25m	14-12-19	Portimão	202
83.	MENDES Leonor Jesus	06	FS	49.57	25m	26-01-20	Campo Maior	191
84.	BARBOSA Vania Filipa	06	LSXXI	49.78	25m	24-11-19	Felgueiras	188
85.	TRINDADE Maria Eduarda	06	CNP	50.33	25m	26-01-20	Campo Maior	182
86.	BARBOSA Ines Almeida	06	UDO	50.72	25m	08-11-20	Gafanha da Encarnação	178
87.	ALMEIDA Bruna Filipa	06	CNFU	51.02	25m	17-11-19	Castelo Branco	175
88.	ALMEIDA Adriana Gomes	06	CNG	52.47	25m	08-05-21	Guarda	161
89.	POLYANKO Sofia	06	CNG	52.82	25m	08-05-21	Guarda	158
90.	MORAIS Mara Luciana	06	VSC	52.85	25m	24-11-19	Felgueiras	157
91.	CORREIA Maria Leonor	06	ENB	52.98	25m	24-11-19	Bragança	156
92.	LOPES Ana Filipa	06	FNC	53.36	25m	08-03-20	Mirandela	153

50 Bruços (desde 93)

93.	MOREIRA Megan Van	06	LAGAC	54.01	25m	16-05-21	Lagos	147
94.	TAVARES Julia Matos	06	CDBRG	55.51	25m	15-02-20	Ponta Delgada	136
95.	CORTES Leonor Lerias	06	CEN	57.05	25m	17-11-19	Castelo Branco	125
96.	GASPAR Matilde Lucia	06	APCC	58.80	25m	29-05-21	Lousada	114

100 Bruços

1.	ANTUNES Rebeca Leonor	06	SAD	1:14.67	25m	13-12-20	Leiria	582
2.	JESUS Mariana Teixeira	06	CDE	1:15.58	25m	01-05-21	Gafanha da Nazaré	561
3.	BARREIRA Andreia Monteiro	06	CMNPR	1:15.67	25m	09-05-21	Peso da Régua	559
4.	FERREIRA Francisca Santos	06	SAD	1:17.47	25m	13-12-20	Leiria	521
5.	COSTA Maria Jardim	06	CDN	1:17.68	25m	09-05-21	Funchal	517
6.	ALVES Maria Madalena	06	ADBA	1:17.82	25m	01-05-21	Gafanha da Nazaré	514
7.	SA Madalena Correa	06	GESL	1:17.87	25m	09-05-21	Sto António Cavaleiros	513
8.	SILVA Maria Seixeira	06	VNC	1:17.99	25m	08-05-21	Ponte da Barca	511
9.	BELO Catarina Machado	06	BSCN	1:18.01	25m	08-12-19	Sines	510
10.	BRIZIDA Filipa Roma	06	ADBA	1:18.12	25m	15-02-20	Torres Novas	508
11.	LOPES Matilde Nunes	06	SLB	1:18.27	25m	11-04-21	Felgueiras	505
12.	MADEIRA Margarida Correia	06	DNMG	1:18.59	25m	08-12-19	Sines	499
13.	FROIS Maria Francisca	06	ADBA	1:18.61	25m	11-04-21	Felgueiras	499
14.	CARAPINHA Ariana Bento	06	DNMG	1:18.86	25m	08-11-20	Leiria	494
15.	CATALAO Leonor Tavares	06	SCP	1:19.00	25m	16-02-20	Sto Antonio dos Cavaleiros	491
16.	CARDOSO Eduarda Oliveira	06	AEJ	1:19.22	25m	13-06-21	Viseu	487
17.	PINTO Leonor Filipa	06	FCP	1:19.50	25m	09-01-21	Guarda	482
18.	COSTA Francisca Vila	06	VNC	1:19.56	25m	24-10-20	Braga	481
19.	DEUS Ines Portugal	06	CNF	1:19.75	25m	13-05-21	Funchal	478
20.	ALMEIDA Beatriz Matias	06	CNLGOS	1:20.20	25m	26-10-19	Lagos	470
21.	SERRA Rita Joao	06	VKGS	1:20.36	25m	13-12-20	Leiria	467
22.	REBELO Mariana Cunha	06	CNVA	1:20.54	25m	01-05-21	Gafanha da Nazaré	464
23.	SOARES Miriam Mortagua	06	CGA	1:20.90	25m	01-05-21	Gafanha da Nazaré	458
24.	GAMA Beatriz Fernandes	06	SCP	1:20.92	25m	16-02-20	Sto Antonio dos Cavaleiros	457
25.	PEIXOTO Carolina Esteves	06	SCB	1:21.20	25m	08-05-21	Ponte da Barca	452
26.	DIAS Salome Silva	06	CCDSERTA	1:21.31	25m	08-12-19	Sines	451
26.	DOMINGUES Vitoria Cruz	06	CNVA	1:21.31	25m	08-12-19	Mealhada	451
28.	CALDES Ana Sofia	06	CEN	1:21.69	25m	11-01-20	Elvas	444
29.	NETO Lara Gomes	06	CAP	1:21.82	25m	13-12-20	Mealhada	442
30.	ALVES Catarina Isabel	06	AMINATA	1:21.83	25m	07-03-20	Ponte de Sor	442
31.	FERREIRA Matilde Batista	06	FBSC	1:22.14	25m	08-12-19	Mealhada	437
32.	ALMEIDA Maria Soares	06	SAD	1:22.15	25m	15-02-20	Torres Novas	437
33.	CABRAL Nuria Costa	06	CDEAP	1:22.17	25m	09-04-21	Praia da Vitória	437
34.	CUNHA Margarida Pinto	06	ADS	1:22.27	25m	01-05-21	Gafanha da Nazaré	435
35.	SEQUEIRA Beatriz Meneses	06	CNF	1:22.53	25m	09-05-21	Funchal	431
36.	NOVAIS Regina Correia	06	FOCA	1:22.58	25m	06-03-21	Felgueiras	430
37.	GASPAR Beatriz Andre	06	FBSC	1:22.69	25m	19-06-21	Coimbra	428
38.	RAMOS Joana Barbas	06	CAPGE	1:22.71	25m	08-12-19	Mealhada	428
39.	MARTINS Ines Cravo	06	LDC	1:23.06	25m	08-12-19	Sines	423
39.	COSTA Beatriz Portugal	06	SLB	1:23.06	25m	08-12-19	Sines	423
39.	PAIS Joana Ventura	06	FBSC	1:23.06	25m	08-12-19	Mealhada	423
42.	SANCHEZ FERNANDEZ Irene	06	CNGUA	1:23.13	25m	24-11-19	Lagos	422
43.	TOME Rita Bernardo	06	CNSM	1:23.50	25m	06-03-20	Santarém	416
44.	LOURENCO Marta Beatriz	06	AVFC	1:23.56	25m	01-05-21	Gafanha da Nazaré	415
45.	DUARTE Catarina Danae	06	AHBE	1:23.58	25m	08-12-19	Sines	415
46.	BARBEITO Laura Espinola	06	NSIT	1:23.59	25m	12-06-21	Praia da Vitória	415

100 Bruços (desde 47)

47.	VIEIRA Francisca Meireles	06	EDL	1:23.60	25m	18-01-20	Barcelos	415
48.	TEIXEIRA Ines Correia	06	CNA	1:23.99	25m	22-11-19	Algés	409
49.	TASHKULOVA Diana	06	CGA	1:24.00	25m	08-12-19	Mealhada	409
50.	VALENTE Maria Esteves	06	SLB	1:24.32	25m	22-11-19	Algés	404
51.	CRAVEIRO Matilde Neves	06	AAC	1:24.64	25m	01-02-20	Coimbra	399
52.	FERREIRA Ana Martim	06	LSC	1:24.76	25m	23-11-19	Felgueiras	398
53.	BOROZAN Cristina	06	LDC	1:24.79	25m	08-12-19	Sines	397
54.	PEREIRA Matilde Aparicio	06	CNA	1:24.82	25m	09-05-21	Sto António Cavaleiros	397
55.	NEVES Beatriz Silva	06	FBSC	1:24.86	25m	15-05-21	Condeixa-a-Nova	396
56.	TINOCO Diana Silva	06	SCC	1:24.98	25m	18-10-20	Coimbra	395
57.	MENDES Ines Gomes	06	CAP	1:25.14	25m	23-11-19	Felgueiras	392
58.	ZACARIAS Mariana Ramos	06	CNS	1:25.34	25m	15-05-21	Alcabideche	390
59.	COELHO Maria Leonor	06	SLB	1:25.36	25m	01-11-19	Setúbal	389
60.	DIAS Julia Alves	06	CDN	1:25.46	25m	09-05-21	Funchal	388
61.	PEREIRA Joana Marques	06	CDN	1:25.77	25m	26-10-19	Funchal	384
62.	MENDES Erica Candeias	06	GESL	1:25.84	25m	09-05-21	Sto António Cavaleiros	383
63.	ANTUNES Joana Patricia	06	CNTEJO	1:26.02	25m	25-10-20	Tomar	380
64.	SEBASTIAO Mafalda Valente	06	FCP	1:26.07	25m	23-11-19	Felgueiras	380
65.	HERMOSA Beatriz Carvalho	06	FCP	1:26.28	25m	08-12-19	Mealhada	377
66.	SILVA Ines Gaspar	06	GESL	1:26.45	25m	16-02-20	Sto Antonio dos Cavaleiros	375
67.	NEVES Diana Patricia	06	CNH	1:26.49	25m	16-11-19	Horta	374
68.	COSTA Maria Beatriz	06	SCP	1:26.53	25m	22-11-19	Algés	374
69.	LOURA Raquel Maria	06	CNFA	1:26.75	25m	02-02-20	Albufeira	371
70.	SOUSA Constanca Grincho	06	VS	1:26.76	25m	20-10-19	Torres Novas	371
71.	BRITES Marta Lopes	06	CNPDL	1:26.78	25m	18-01-20	Ponta Delgada	371
72.	SANTOS Clara Daniela	06	CCLAMAS	1:27.00	25m	23-11-19	Felgueiras	368
73.	AMORIM Ines Santos	06	EDV	1:27.03	25m	18-01-20	Barcelos	367
74.	MEDEIROS Beatriz Mascagna	06	AVFC	1:27.05	25m	01-05-21	Gafanha da Nazaré	367
75.	MATTA Ema Faria	06	CNCVG	1:27.26	25m	22-11-19	Algés	364
76.	CUNHA Ines Santos	06	CAPGE	1:27.29	25m	16-11-19	Viseu	364
76.	OLIVEIRA Matilde Fonseca	06	CNMC	1:27.29	25m	19-12-20	Coimbra	364
78.	OLIVEIRA Marta Alexandra	06	SCE	1:27.34	25m	18-01-20	Mealhada	363
79.	PINHO Laura Silva	06	ADS	1:27.64	25m	16-11-19	Viseu	360
80.	ROCHA Liliana Lima	06	VNC	1:27.76	25m	23-11-19	Braga	358
81.	MYEDVYEDYEVA Anastacia	06	CGA	1:28.00	25m	07-11-20	Gafanha da Encarnação	355
82.	SILVA Silvana Suamade	06	CDSR	1:28.14	25m	09-05-21	Funchal	354
83.	CRUZ Joana Santos	06	LDC	1:28.38	25m	08-11-20	Lagos	351
84.	ROMAO Ana Teresa	06	LDC	1:28.41	25m	08-05-21	Quarteira	350
85.	BELO Catarina Cunha	06	FBSC	1:28.47	25m	19-10-19	Condeixa	350
86.	BOLOTINHA Violeta Faria	06	LDC	1:28.48	25m	24-11-19	Lagos	350
87.	SILVA Rita Borges	06	GESL	1:28.59	25m	09-05-21	Sto António Cavaleiros	348
88.	SANTOS Jessica Mendes	06	DNMG	1:28.82	25m	23-11-19	Caldas da Rainha	346
89.	CAMACHO Carolina Martins	06	SFUAP	1:28.83	25m	01-11-19	Setúbal	345
90.	NIZA Beatriz Mocego	06	CNA	1:28.87	25m	01-11-19	Setúbal	345
91.	DINIS Filipa Paiva	06	ADBA	1:29.11	25m	23-11-19	Caldas da Rainha	342
92.	ALVES Mariana Vaz	06	AAC	1:29.16	25m	19-06-21	Coimbra	342
93.	PINTO Barbara Marinho	06	CDF	1:29.17	25m	13-10-19	Mealhada	342
94.	ABREU Ana Rodrigues	06	CNF	1:29.21	25m	08-03-20	Funchal	341
95.	MANATA Sofia Ferreira	06	SCA	1:29.30	25m	18-01-20	Mealhada	340
96.	CASINHAS Leonor Nobre	06	CNLA	1:29.41	25m	07-03-20	Ponte de Sor	339
97.	CORREIA Carolina Filipa	06	GDSE	1:29.45	25m	01-11-19	Setúbal	338
98.	LOURENCO Mafalda Caetano	06	IDV	1:29.51	25m	08-11-20	Leiria	338
99.	FERNANDES Ines Goncalves	06	CNAB	1:29.80	25m	22-02-20	Abrantes	334

100 Bruços (desde 100)

100.	SILVA Julia Atamas	06	CNPDL	1:29.85	25m	09-04-21	Praia da Vitória	334
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200 Bruços

1.	CUNHA Margarida Pinto	06	ADS	2:38.93	25m	13-03-21	Aveiro	607
2.	JESUS Mariana Teixeira	06	CDE	2:40.11	25m	02-05-21	Gafanha da Nazaré	593
3.	CARAPINHA Ariana Bento	06	DNMG	2:41.78	25m	09-05-21	Alcobaça	575
4.	SILVA Maria Seixeira	06	VNC	2:42.67	25m	13-12-20	Mealhada	566
5.	BARREIRA Andreia Monteiro	06	CMNPR	2:43.82	25m	09-05-21	Peso da Régua	554
6.	ANTUNES Rebeca Leonor	06	SAD	2:44.14	25m	13-12-20	Leiria	551
7.	FERREIRA Francisca Santos	06	SAD	2:47.71	25m	07-12-19	Sines	516
8.	BELO Catarina Machado	06	BSCN	2:47.81	25m	12-06-21	Nazaré	515
9.	LOPES Matilde Nunes	06	SLB	2:48.09	25m	10-04-21	Felgueiras	513
10.	MADEIRA Margarida Correia	06	DNMG	2:48.17	25m	25-01-20	Alcobaça	512
11.	BRIZIDA Filipa Roma	06	ADBA	2:48.30	25m	07-12-19	Sines	511
12.	FROIS Maria Francisca	06	ADBA	2:49.18	25m	07-12-19	Sines	503
13.	GASPAR Beatriz Andre	06	FBSC	2:50.27	25m	15-05-21	Condeixa-a-Nova	493
14.	MORAGAS Marta Infante	06	LDC	2:50.75	25m	25-10-20	Olhão	489
15.	PINTO Leonor Filipa	06	FCP	2:50.82	25m	13-12-20	Mealhada	488
16.	COSTA Francisca Vila	06	VNC	2:51.41	25m	25-10-20	Braga	483
17.	REBELO Mariana Cunha	06	CNVA	2:51.50	25m	02-05-21	Gafanha da Nazaré	483
18.	CARDOSO Eduarda Oliveira	06	AEJ	2:51.95	25m	13-06-21	Viseu	479
19.	COELHO Maria Leonor	06	SLB	2:52.46	25m	19-01-20	Pinhal Novo	475
20.	RAMOS Joana Barbas	06	CAPGE	2:52.75	25m	02-05-21	Gafanha da Nazaré	472
21.	DOMINGUES Vitoria Cruz	06	CNVA	2:53.14	25m	17-11-19	Viseu	469
22.	SERRA Rita Joao	06	VKGS	2:53.75	25m	15-05-21	Condeixa-a-Nova	464
23.	SOARES Miriam Mortagua	06	CGA	2:54.33	25m	02-05-21	Gafanha da Nazaré	459
24.	FERREIRA Matilde Batista	06	FBSC	2:54.86	25m	07-12-19	Mealhada	455
25.	TEIXEIRA Ines Correia	06	CNA	2:55.03	25m	30-11-19	Sines	454
26.	ALMEIDA Beatriz Matias	06	CNLGOS	2:55.11	25m	26-10-19	Lagos	453
27.	DEUS Ines Portugal	06	CNF	2:55.17	25m	14-05-21	Funchal	453
28.	SA Madalena Correa	06	GESL	2:55.26	25m	13-12-20	Leiria	452
29.	GAMA Beatriz Fernandes	06	SCP	2:55.28	25m	19-01-20	Pinhal Novo	452
30.	NETO Lara Gomes	06	CAP	2:55.29	25m	10-04-21	Felgueiras	452
31.	COSTA Maria Jardim	06	CDN	2:55.49	25m	26-10-19	Funchal	450
32.	PEIXOTO Carolina Esteves	06	SCB	2:55.85	25m	08-03-20	Braga	448
33.	MARTINS Ines Cravo	06	LDC	2:56.27	25m	23-11-19	Lagos	444
34.	SEQUEIRA Beatriz Meneses	06	CNF	2:56.29	25m	22-11-19	Funchal	444
35.	PAIS Joana Ventura	06	FBSC	2:56.32	25m	07-12-19	Mealhada	444
36.	LOURENCO Marta Beatriz	06	AVFC	2:56.33	25m	01-02-20	Viseu	444
37.	CALDES Ana Sofia	06	CEN	2:56.99	25m	07-03-20	Ponte de Sor	439
38.	ALMEIDA Maria Soares	06	SAD	2:57.32	25m	19-01-20	Pinhal Novo	437
39.	COSTA Beatriz Portugal	06	SLB	2:57.81	25m	07-12-19	Sines	433
40.	DIAS Salome Silva	06	CCDSERTA	2:57.94	25m	07-12-19	Sines	432
41.	HERMOSA Beatriz Carvalho	06	FCP	2:58.02	25m	22-11-19	Felgueiras	431
42.	ALVES Maria Madalena	06	ADBA	2:58.61	25m	17-10-20	Caldas da Rainha	427
43.	FERREIRA Ana Martim	06	LSC	2:59.05	25m	22-11-19	Felgueiras	424
44.	NOVAIS Regina Correia	06	FOCA	2:59.38	25m	11-01-20	Aguas Santas	422
45.	TASHKULOVA Diana	06	CGA	2:59.42	25m	07-12-19	Mealhada	421
45.	BOROZAN Cristina	06	LDC	2:59.42	25m	07-12-19	Sines	421
47.	CABRAL Nuria Costa	06	CDEAP	3:00.09	25m	08-03-20	Ponta Delgada	417
48.	DOMINGOS Filipa Ferraz	06	SCP	3:00.70	25m	19-01-20	Pinhal Novo	413
49.	TOME Rita Bernardo	06	CNSM	3:00.87	25m	07-03-20	Santarém	411

200 Bruços (desde 50)

50.	SILVA Ana Francisca	06	CNAL	3:01.25	25m	23-11-19	Caldas da Rainha	409
51.	VALENTE Maria Esteves	06	SLB	3:01.43	25m	19-01-20	Pinhal Novo	408
52.	SILVA Ines Gaspar	06	GESL	3:01.70	25m	16-02-20	Sto Antonio dos Cavaleiros	406
53.	ZACARIAS Mariana Ramos	06	CNS	3:01.78	25m	07-12-19	Sines	405
54.	NEVES Beatriz Silva	06	FBSC	3:02.17	25m	23-02-20	Pombal	403
55.	SEBASTIAO Mafalda Valente	06	FCP	3:03.02	25m	08-05-21	Pacos de Ferreira	397
56.	PEREIRA Joana Marques	06	CDN	3:03.81	25m	26-10-19	Funchal	392
57.	PEREIRA Matilde Aparicio	06	CNA	3:03.90	25m	07-12-19	Sines	391
58.	ROMAO Mariana Santos	06	CFV	3:04.05	25m	22-11-19	Felgueiras	390
59.	CAMACHO Carolina Martins	06	SFUAP	3:04.11	25m	19-01-20	Pinhal Novo	390
60.	BOLOTINHA Violeta Faria	06	LDC	3:04.53	25m	20-10-19	Quarteira	387
61.	MEDEIROS Beatriz Mascagna	06	AVFC	3:04.56	25m	02-05-21	Gafanha da Nazaré	387
62.	COSTA Maria Beatriz	06	SCP	3:04.72	25m	24-11-19	Algés	386
63.	OLIVEIRA Matilde Fonseca	06	CNMC	3:04.82	25m	20-12-20	Coimbra	386
64.	SOUSA Constanca Grincho	06	VS	3:04.86	25m	07-03-20	Santarém	385
65.	ABREU Ana Rodrigues	06	CNF	3:04.95	25m	06-03-20	Funchal	385
66.	ALVES Catarina Isabel	06	AMINATA	3:05.00	25m	07-03-20	Ponte de Sor	384
67.	MARQUES Barbara Nunes	06	CDE	3:05.05	25m	17-11-19	Viseu	384
68.	SILVA Silvana Suamade	06	CDSR	3:05.08	25m	26-10-19	Funchal	384
68.	OLIVEIRA Marta Alexandra	06	SCE	3:05.08	25m	01-02-20	Viseu	384
70.	DIAS Julia Alves	06	CDN	3:05.65	25m	26-10-19	Funchal	380
71.	BRITES Marta Lopes	06	CNPDL	3:05.76	25m	15-02-20	Ponta Delgada	380
72.	ANTUNES Joana Patricia	06	CNTEJO	3:06.07	25m	24-10-20	Tomar	378
73.	CRUZ Joana Santos	06	LDC	3:07.44	25m	22-02-20	Lagos	370
74.	DUARTE Catarina Danae	06	AHBE	3:07.62	25m	24-11-19	Algés	368
75.	MATTA Ema Faria	06	CNCVG	3:07.96	25m	24-11-19	Algés	366
76.	CRAVEIRO Matilde Neves	06	AAC	3:08.05	25m	01-11-19	Condeixa	366
77.	VIEIRA Francisca Meireles	06	EDL	3:09.13	25m	07-12-19	Mealhada	360
78.	TRINDADE Constanca Arinto	06	CNAL	3:09.57	25m	25-01-20	Alcobaça	357
79.	LOURENCO Mafalda Caetano	06	IDV	3:10.70	25m	08-11-20	Leiria	351
80.	SANTOS Clara Daniela	06	CCLAMAS	3:11.01	25m	22-11-19	Felgueiras	349
81.	FREITAS Beatriz Rodrigues	06	CNF	3:11.02	25m	21-12-19	Funchal	349
82.	SILVA Julia Atamas	06	CNPDL	3:11.04	25m	11-04-21	Praia da Vitória	349
83.	RIGOR Maria Miguel	06	VNC	3:11.62	25m	18-01-20	Barcelos	346
84.	OLIVEIRA Marina Alexandra	06	CNS	3:11.79	25m	19-01-20	Pinhal Novo	345
85.	REMA Matilde Ramos	06	NDCO	3:11.89	25m	07-03-20	Ponte de Sor	344
86.	MYEDVYEDYEVA Anastacia	06	CGA	3:12.15	25m	01-02-20	Viseu	343
87.	GUERREIRO Carolina Simoes	06	ABR	3:12.49	25m	15-12-19	Portimão	341
88.	PINHO Laura Silva	06	ADS	3:12.81	25m	12-10-19	Mealhada	339
89.	FERREIRA Maria Neto	06	FBSC	3:13.20	25m	01-11-19	Condeixa	337
90.	ESTRELA Laura Lourenco	06	LDC	3:13.26	25m	20-10-19	Quarteira	337
91.	PINTO Barbara Marinho	06	CDF	3:13.46	25m	12-10-19	Mealhada	336
92.	FREITAS Margarida Ramos	06	CDN	3:13.67	25m	12-10-19	Funchal	335
93.	RENDEIRO Ana Luisa	06	NDAP	3:14.12	25m	12-06-21	Nazaré	333
94.	DIAS Ines Alves	06	FBSC	3:14.51	25m	23-11-19	Coimbra	331
95.	CUNHA Sofia Simao	06	PIMP	3:14.76	25m	17-10-20	Caldas da Rainha	329
96.	FARIA Leonor Verissimo	06	NDAP	3:14.77	25m	12-06-21	Nazaré	329
97.	LOURA Raquel Maria	06	CNFA	3:14.90	25m	20-10-19	Quarteira	329
98.	CASINHAS Leonor Nobre	06	CNLA	3:15.38	25m	07-03-20	Ponte de Sor	326
99.	ROCHA Liliana Lima	06	VNC	3:15.49	25m	24-11-19	Braga	326
100.	LIMA Catarina Coutinho	06	SLB	3:16.04	25m	25-01-20	Alcobaça	323

50 Mariposa

1.	COELHO Maria Leonor	06	SLB	30.56	25m	11-04-21	Felgueiras	507
2.	PINTO Leonor Filipa	06	FCP	31.29	25m	09-05-21	Pacos de Ferreira	473
3.	PIRES Catarina Gaspar	06	FCP	31.43	25m	09-05-21	Pacos de Ferreira	466
4.	ROMAO Ana Teresa	06	LDC	31.48	25m	08-11-20	Lagos	464
5.	BARBEITO Laura Espinola	06	NSIT	31.78	25m	21-11-20	Angra do Heroísmo	451
6.	ALVES Catarina Isabel	06	AMINATA	31.92	25m	06-03-20	Ponte de Sor	445
7.	TINOCO Diana Silva	06	POR	32.10	25m	10-11-19	Albufeira	438
8.	ASCENSO Maria Joao	06	DNMG	32.22	25m	17-10-20	Caldas da Rainha	433
9.	BRITES Marta Lopes	06	CNPDL	32.26	25m	16-11-19	Ribeira Grande	431
10.	BELO Catarina Machado	06	BSCN	32.45	25m	17-10-20	Caldas da Rainha	424
11.	SANCHEZ FERNANDEZ Irene	06	CNGUA	32.48	25m	12-01-20	Quarteira	422
12.	NEVES Diana Patricia	06	CNH	32.50	25m	11-04-21	Praia da Vitória	422
13.	MENDES Margarida Miguel	06	VS	32.62	25m	16-05-21	Abrantes	417
14.	NOVAIS Regina Correia	06	FOCA	32.67	25m	09-05-21	Pacos de Ferreira	415
15.	SILVA Ana Francisca	06	CNAL	32.73	25m	20-10-19	Óbidos	413
16.	CARDOSO Eduarda Oliveira	06	AEJ	32.75	25m	01-05-21	Gafanha da Nazaré	412
17.	MESQUITA Carolina Mestre	06	CNGUA	32.83	25m	12-01-20	Quarteira	409
18.	PINO Ines Mira	06	PIMP	32.84	25m	17-10-20	Caldas da Rainha	409
19.	CASINHAS Leonor Nobre	06	CNLA	32.94	25m	19-12-20	Sines	405
20.	NIZA Beatriz Mocego	06	CNA	32.95	25m	15-02-20	Torres Novas	405
21.	ALMEIDA Isabel Pires	06	NSIT	33.03	25m	11-04-21	Praia da Vitória	402
22.	TEMBE Ines Afonso	06	CDN	33.12	25m	09-05-21	Funchal	398
23.	ALMEIDA Beatriz Matias	06	LAGAC	33.15	25m	08-11-20	Lagos	397
24.	MOREIRA Leonor Caetano	06	IDV	33.16	25m	23-05-21	Alcobaça	397
25.	MARTINS Ines Cravo	06	LDC	33.71	25m	02-11-19	Lagoa	378
26.	CUNHA Margarida Pinto	06	ADS	33.73	25m	01-05-21	Gafanha da Nazaré	377
27.	AMARAL Maria Teresa	06	CDCA	33.90	25m	18-01-20	Mealhada	371
28.	BOROZAN Cristina	06	LDC	33.97	25m	18-10-20	Lagos	369
29.	BERNARDINO Dalila Leal	06	NDAP	34.00	25m	23-05-21	Alcobaça	368
30.	CALDES Ana Sofia	06	CEN	34.18	25m	24-10-20	Sertã	362
31.	SILVA Francisca Gomes	06	SCE	34.32	25m	01-05-21	Gafanha da Nazaré	358
32.	CARICHAS Joana Medeiros	06	JACL	34.51	25m	09-05-21	Funchal	352
33.	FARIA Laura Pereira	06	JACL	34.55	25m	18-07-20	Funchal	351
34.	MARTINS Beatriz Luz	06	PIMP	34.61	25m	17-10-20	Caldas da Rainha	349
35.	DURO Leonor Santos	06	CNS	34.67	25m	26-01-20	Campo Maior	347
36.	FREITAS Barbara Maia	06	CLAC	34.82	25m	19-01-20	Entroncamento	343
36.	BARQUINHA Matilde Fernandes	06	DNMG	34.82	25m	17-10-20	Caldas da Rainha	343
38.	BAPTISTA Constanca Ornelas	06	CNF	34.89	25m	18-07-20	Funchal	341
39.	MEDROA Margarida Viegas	06	CNAB	34.93	25m	19-01-20	Entroncamento	340
40.	SOUSA Ivana Valentina	06	CDN	34.95	25m	08-03-20	Funchal	339
41.	MADEIRA Margarida Correia	06	DNMG	34.97	25m	17-10-20	Caldas da Rainha	338
42.	MORAIS Ana Sofia	06	ADS	34.98	25m	18-01-20	Mealhada	338
43.	MOITA Ana Carolina	06	GDRTCMM	35.02	25m	19-01-20	Montemor-o-Novo	337
44.	ALMEIDA Maria Susana	06	VSC	35.11	25m	09-05-21	Pacos de Ferreira	334
45.	MENDES Leonor Roque	06	ADRCIMM	35.19	25m	14-12-19	Leiria	332
46.	CABRAL Nuria Costa	06	CDEAP	35.20	25m	13-03-21	Ponta Delgada	332
47.	LOURA Raquel Maria	06	CNFA	35.31	25m	12-01-20	Quarteira	329
48.	LOURENCO Mafalda Caetano	06	IDV	35.33	25m	23-05-21	Alcobaça	328
49.	CANADA Maria Elvira	06	CDN	35.45	25m	09-05-21	Funchal	325
50.	BOLOTINHA Violeta Faria	06	LDC	35.47	25m	12-01-20	Quarteira	324
51.	GOMES Maria Isabel	06	CNPDL	35.54	25m	16-11-19	Ribeira Grande	322
52.	AMARAL Joana Franco	06	CLIPTEAM	35.65	25m	01-05-21	Gafanha da Nazaré	319
53.	PEREIRA Filipa Maria	06	AMINATA	35.66	25m	19-01-20	Montemor-o-Novo	319

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54.	CRUZ Joana Santos	06	LDC	35.67	25m	24-11-19	Lagos	319
55.	SILVA Julia Atamas	06	CNPDL	35.82	25m	21-11-20	Ribeira Grande	315
56.	REBELO Mariana Cunha	06	CNVA	35.96	25m	01-05-21	Gafanha da Nazaré	311
57.	VIEIRA Raquel Martins	06	ANAR	36.28	25m	24-10-20	Sertã	303
58.	ALVES Eleonor Dias	06	CNAB	36.44	25m	24-11-19	Tomar	299
59.	BARBOSA Bebiana Filipa	06	CAP	36.48	25m	09-05-21	Pacos de Ferreira	298
60.	VIEGAS Maria Beatriz	06	LDC	36.53	25m	18-10-20	Lagos	297
61.	SILVA Rita Prado	06	NDCO	36.60	25m	19-01-20	Montemor-o-Novo	295
61.	LEANDRO Ines Carvalho	06	INDNOR	36.60	25m	08-03-20	Mirandela	295
63.	ESTEVEES Maria Ines	06	CNNZ	36.66	25m	08-11-20	Leiria	294
64.	TRINDADE Constanca Arinto	06	CNAL	36.72	25m	20-10-19	Óbidos	292
64.	ESPIRIDIAO Carlota Jacinto	06	PORTIN	36.72	25m	24-11-19	Lagos	292
66.	LUIZ Maria Teresa	06	LAGAC	36.84	25m	15-05-21	Lagos	289
67.	AVILA Leonor Espinola	06	CNPV	36.93	25m	13-03-21	Praia da Vitória	287
68.	PEREIRA Joana Marques	06	JACL	37.09	25m	18-07-20	Funchal	284
69.	CHAINHO Mariana Sequeira	06	GSC	37.11	25m	19-01-20	Montemor-o-Novo	283
70.	DIAS Monica Fernandes	06	CDSR	37.29	25m	18-07-20	Funchal	279
71.	ANTUNES Joana Patricia	06	CLAC	37.64	25m	24-11-19	Tomar	271
72.	CALISTO Katia Sofia	06	SCB	37.85	25m	22-11-19	Braga	267
73.	IVENS Luciana Amorim	06	CNPDL	38.08	25m	13-03-21	Ponta Delgada	262
74.	ESTEVEES Joana Fernandes	06	SCMI	38.23	25m	08-03-20	Mirandela	259
75.	TEIXEIRA Maria Beatriz	06	VS	38.54	25m	19-01-20	Entroncamento	253
76.	GUERREIRO Carolina Simoes	06	ABR	38.61	25m	14-12-19	Portimão	251
77.	MARTINS Matilde Ramos	06	CNGUA	38.65	25m	12-01-20	Quarteira	250
78.	FERNANDES Ines Goncalves	06	CNAB	38.76	25m	19-01-20	Entroncamento	248
79.	JOAQUIM Mariana Silva	06	NDCO	39.38	25m	16-11-19	Odemira	237
80.	LANDEIRO Beatriz Lourenco	06	CNPV	39.53	25m	15-02-20	Praia da Vitória	234
81.	COUTO Matilde Rodrigues	06	CDEAP	39.73	25m	15-05-21	Ponta Delgada	231
82.	OLIVEIRA Matilde Goncalves	06	NDCO	40.16	25m	19-01-20	Montemor-o-Novo	223
83.	NEVES Rita Alves	06	AMINATA	40.37	25m	19-01-20	Montemor-o-Novo	220
84.	LOPES Ines Rocha	06	VNC	40.45	25m	09-05-21	Ponte da Barca	218
85.	CORREIA Maria Leonor	06	GCVR	40.64	25m	09-05-21	Peso da Régua	215
86.	CORREA Sofia Diniz	06	CNCA	40.74	25m	08-03-20	Santarém	214
87.	CARVALHOSA Mariana Araujo	06	ADPB	41.41	25m	09-05-21	Ponte da Barca	204
88.	MARQUES Rita Martins	06	TNC	41.59	25m	12-01-20	Quarteira	201
89.	ESTRELA Laura Lourenco	06	LDC	41.71	25m	02-11-19	Lagoa	199
90.	MACHADO Sofia Pereira	06	CNH	41.90	25m	16-11-19	Horta	196
91.	GUEDES Catarina Beatriz	06	ACS	42.12	25m	12-01-20	Quarteira	193
92.	REIS Erica Filipa	06	NDCO	42.38	25m	19-01-20	Montemor-o-Novo	190
93.	BORGES Ana Beatriz	06	INDNOR	42.39	25m	08-03-20	Mirandela	190
94.	REMA Matilde Ramos	06	NDCO	43.37	25m	19-01-20	Montemor-o-Novo	177
95.	CALDEIRA Joana Carvalho	06	ACMN	43.49	25m	19-01-20	Montemor-o-Novo	176
96.	LEITE Beatriz Ferreira	06	AEJ	43.76	25m	18-01-20	Mealhada	172
97.	RIBEIRO Sara Alexandra	06	JO	45.04	25m	24-11-19	Tomar	158
98.	FRANCA Maria Carolina	06	ACS	45.06	25m	12-01-20	Quarteira	158
99.	PAULINO Mariana Jacinto	06	NDCO	45.08	25m	19-01-20	Montemor-o-Novo	158
100.	MACHADO Natacha Furtado	06	CDEAP	46.06	25m	15-05-21	Ponta Delgada	148

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1.	CATALAO Leonor Tavares	06	SCP	1:04.70	25m	12-12-20	Leiria	601
2.	FERREIRA Francisca Santos	06	SAD	1:05.87	25m	12-12-20	Leiria	569
3.	SILVA Ana Francisca	06	CNAL	1:06.24	25m	12-12-20	Leiria	560
4.	CARAPINHA Ariana Bento	06	DNMG	1:06.37	25m	23-05-21	Alcobaça	557
5.	PIRES Catarina Gaspar	06	FCP	1:07.10	25m	10-04-21	Felgueiras	539
6.	COELHO Maria Leonor	06	SLB	1:07.16	25m	15-05-21	Alcabideche	537
7.	TINOCO Diana Silva	06	SCC	1:07.18	25m	08-12-19	Mealhada	537
8.	NEVES Gabriela Ferreira	06	FOCA	1:07.73	25m	10-04-21	Felgueiras	524
9.	BROCHADO Mariana Goncalves	06	VNC	1:07.96	25m	08-05-21	Ponte da Barca	518
10.	LOPES Matilde Nunes	06	SLB	1:08.12	25m	15-05-21	Alcabideche	515
11.	FROIS Maria Francisca	06	ADBA	1:08.59	25m	10-04-21	Felgueiras	504
12.	SA Madalena Correa	06	GESL	1:09.31	25m	01-05-21	Lisboa	489
13.	PINTO Leonor Filipa	06	FCP	1:09.38	25m	08-05-21	Pacos de Ferreira	487
14.	SIMOES Filipa Mendes	06	ADBA	1:09.54	25m	09-11-19	Albufeira	484
15.	BARBEITO Laura Espinola	06	NSIT	1:09.58	25m	10-04-21	Praia da Vitória	483
16.	JARDIM Lara Filipa	06	CNF	1:09.75	25m	13-05-21	Funchal	479
17.	SOARES Miriam Mortagua	06	CGA	1:09.95	25m	02-05-21	Gafanha da Nazaré	475
18.	PARREIRA Carolina	06	SCP	1:10.14	25m	12-12-20	Leiria	471
19.	COSTA Anita Gouveia	06	CAQC	1:10.15	25m	20-12-20	Coimbra	471
20.	DOMINGOS Filipa Ferraz	06	SCP	1:10.47	25m	22-11-19	Algés	465
21.	ANTUNES Rebeca Leonor	06	CNCVG	1:10.51	25m	08-12-19	Sines	464
22.	ASCENSO Maria Joao	06	DNMG	1:10.58	25m	12-12-20	Leiria	463
23.	NEVES Beatriz Silva	06	FBSC	1:10.73	25m	18-10-20	Coimbra	460
24.	COSTA Catarina Gomes	06	EULX	1:10.78	25m	22-11-19	Algés	459
25.	BUCHA Marta Filipa	06	VS	1:11.07	25m	15-05-21	Abrantes	453
26.	ALVES Catarina Isabel	06	AMINATA	1:11.21	25m	01-02-20	Ponte de Sor	451
26.	ALVES Maria Madalena	06	ADBA	1:11.21	25m	10-04-21	Felgueiras	451
28.	DINIS Filipa Paiva	06	ADBA	1:11.75	25m	07-11-20	Leiria	440
29.	MENDES Margarida Miguel	06	VS	1:11.83	25m	15-05-21	Abrantes	439
30.	COSTA Maria Jardim	06	CDN	1:12.03	25m	21-12-19	Funchal	435
31.	TEIXEIRA Ines Correia	06	CNA	1:12.04	25m	01-02-20	Ponte de Sor	435
32.	NIZA Beatriz Mocego	06	CNA	1:12.17	25m	12-12-20	Leiria	433
33.	FERREIRA Maria Neto	06	FBSC	1:12.36	25m	19-06-21	Coimbra	429
34.	DOMINGUES Vitoria Cruz	06	CNVA	1:12.51	25m	13-06-21	Viseu	427
35.	BELO Catarina Machado	06	BSCN	1:12.61	25m	08-12-19	Sines	425
36.	BERNARDINO Dalila Leal	06	NDAP	1:12.82	25m	07-11-20	Leiria	421
37.	FLORINDO Helena Neto	06	EFC	1:13.01	25m	01-02-20	Ponte de Sor	418
38.	SOUSA Matilde Teixeira	06	CNV	1:13.02	25m	12-12-20	Mealhada	418
39.	DIAS Julia Alves	06	CDN	1:13.03	25m	08-05-21	Funchal	418
40.	MARTINS Ines Cravo	06	LDC	1:13.21	25m	24-10-20	Olhão	415
41.	ROMAO Ana Teresa	06	00563	1:13.42	25m	08-05-21	ALCALA (ESP)	411
42.	TEMBE Ines Afonso	06	CDN	1:13.50	25m	08-05-21	Funchal	410
43.	SILVA Silvana Suamade	06	CDSR	1:13.51	25m	26-10-19	Lagos	409
44.	CRAVEIRO Matilde Neves	06	AAC	1:13.57	25m	08-12-19	Mealhada	408
45.	CALDES Ana Sofia	06	CEN	1:13.66	25m	11-01-20	Elvas	407
46.	GRILO Maria Vitoria	06	FBSC	1:13.67	25m	19-06-21	Coimbra	407
47.	BELO Catarina Cunha	06	FBSC	1:13.79	25m	23-02-20	Pombal	405
48.	TRINDADE Constanca Arinto	06	CNAL	1:14.00	25m	23-05-21	Alcobaça	401
49.	PAIS Joana Ventura	06	FBSC	1:14.01	25m	01-02-20	Coimbra	401
50.	MARQUES Barbara Nunes	06	CDE	1:14.09	25m	02-05-21	Gafanha da Nazaré	400
51.	ALMEIDA Isabel Pires	06	NSIT	1:14.15	25m	23-01-21	Angra do Heroísmo	399
52.	AMORIM Ines Santos	06	EDV	1:14.36	25m	23-11-19	Braga	396
53.	CARDOSO Eduarda Oliveira	06	AEJ	1:14.57	25m	30-11-19	Sines	392

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54.	OLIVEIRA Matilde Fonseca	06	CNMC	1:14.81	25m	20-12-20	Coimbra	388
55.	PINO Ines Mira	06	PIMP	1:14.86	25m	23-11-19	Caldas da Rainha	388
56.	ALMEIDA Beatriz Matias	06	LAGAC	1:15.02	25m	15-05-21	Lagos	385
57.	GOUVEIA Ana Luisa	06	LSC	1:15.53	25m	24-11-19	Felgueiras	377
58.	BRITES Marta Lopes	06	CNPDL	1:15.86	25m	12-10-19	Ponta Delgada	373
58.	JESUS Mariana Teixeira	06	CDE	1:15.86	25m	22-11-20	Vagos	373
60.	CUNHA Margarida Pinto	06	ADS	1:15.97	25m	12-12-20	Mealhada	371
61.	MOREIRA Leonor Caetano	06	IDV	1:16.03	25m	17-10-20	Caldas da Rainha	370
62.	ANTUNES Catarina Lima	06	SCP	1:16.27	25m	22-11-19	Algés	367
63.	CASINHAS Leonor Nobre	06	CNLA	1:16.38	25m	19-12-20	Sines	365
64.	PINTO Ana Marques	06	CFP	1:16.57	25m	10-04-21	Felgueiras	362
65.	SILVA Francisca Gomes	06	SCE	1:16.62	25m	02-05-21	Gafanha da Nazaré	362
66.	SOUSA Ivana Valentina	06	CDN	1:16.64	25m	24-11-19	Funchal	361
67.	NEVES Diana Patricia	06	CNH	1:16.75	25m	14-03-21	Horta	360
68.	LOPES Mafalda Mourao	06	CPCD	1:16.85	25m	16-05-21	Alvalade	358
69.	GAMA Beatriz Fernandes	06	SCP	1:17.07	25m	22-11-19	Algés	355
70.	GASPAR Beatriz Andre	06	CNAC	1:17.10	25m	01-02-20	Coimbra	355
71.	FERRO Maria Leonor	06	CNF	1:17.11	25m	17-10-20	Funchal	355
72.	DURO Leonor Santos	06	CNS	1:17.23	25m	22-11-19	Algés	353
73.	CARICHAS Joana Medeiros	06	JACL	1:17.31	25m	13-05-21	Funchal	352
74.	MENDES Leonor Roque	06	ADRCIMM	1:17.36	25m	22-11-19	Algés	351
75.	SANTOS Jessica Mendes	06	DNMG	1:17.37	25m	07-11-20	Leiria	351
76.	BAPTISTA Constanca Ornelas	06	CNF	1:17.40	25m	08-05-21	Funchal	351
77.	MESQUITA Carolina Mestre	06	CNGUA	1:17.45	25m	26-10-19	Lagos	350
78.	AMARAL Maria Teresa	06	CDCA	1:17.86	25m	18-01-20	Mealhada	345
79.	MOITA Ana Carolina	06	GDRTCMM	1:17.93	25m	29-02-20	Coruche	344
80.	FREITAS Barbara Maia	06	CLAC	1:18.23	25m	29-02-20	Coruche	340
81.	VALENTE Maria Miguel	06	CDE	1:18.54	25m	02-05-21	Gafanha da Nazaré	336
82.	MARQUES Ines Machado	06	CNCVG	1:18.79	25m	22-11-19	Algés	332
83.	PARRA Joana Santos	06	CNOL	1:18.87	25m	07-11-20	Lagos	331
84.	BOROZAN Cristina	06	LDC	1:18.91	25m	15-05-21	Lagos	331
85.	COSTA Beatriz Portugal	06	SLB	1:18.94	25m	22-11-19	Algés	331
86.	BOLOTINHA Violeta Faria	06	LDC	1:19.01	25m	01-02-20	Albufeira	330
87.	CAMACHO Carolina Martins	06	SFUAP	1:19.59	25m	01-11-19	Setúbal	323
88.	SILVA Julia Atamas	06	CNPDL	1:19.80	25m	12-12-20	Praia da Vitória	320
89.	ZACARIAS Mariana Ramos	06	CNS	1:19.84	25m	01-11-19	Setúbal	320
90.	FARIA Laura Pereira	06	JACL	1:19.94	25m	06-03-20	Funchal	318
91.	CUNHA Sofia Simao	06	PIMP	1:20.12	25m	17-10-20	Caldas da Rainha	316
92.	ESPIRIDIAO Carlota Jacinto	06	PORTIN	1:20.15	25m	23-02-20	Lagos	316
93.	SEQUEIRA Beatriz Meneses	06	CNF	1:20.17	25m	12-10-19	Funchal	316
94.	BARQUINHA Matilde Fernandes	06	DNMG	1:20.30	25m	23-11-19	Caldas da Rainha	314
95.	ARROJA Margarida Marques	06	PIMP	1:20.42	25m	23-11-19	Caldas da Rainha	313
96.	SILVA Maria Seixeira	06	VNC	1:20.61	25m	19-01-20	Barcelos	310
97.	FERNANDES Mariana Fontes	06	CCLAMAS	1:20.63	25m	24-11-19	Felgueiras	310
98.	RAMOS Joana Barbas	06	CAPGE	1:20.71	25m	16-11-19	Viseu	309
99.	DIAS Madalena Graca	06	CNLX	1:21.04	25m	16-05-21	Alvalade	305
100.	DIAS Ines Alves	06	FBSC	1:21.15	25m	01-02-20	Coimbra	304

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1.	TINOCO Diana Silva	06	SCC	2:24.33	25m	07-12-19	Mealhada	569
2.	CATALAO Leonor Tavares	06	SCP	2:26.15	25m	15-05-21	Condeixa-a-Nova	548
3.	SILVA Ana Francisca	06	CNAL	2:26.81	25m	12-12-20	Leiria	540
4.	NEVES Gabriela Ferreira	06	FOCA	2:27.23	25m	12-12-20	Mealhada	536
5.	NEVES Beatriz Silva	06	FBSC	2:29.46	25m	20-06-21	Coimbra	512
6.	CARAPINHA Ariana Bento	06	DNMG	2:30.40	25m	07-11-20	Leiria	502
7.	PIRES Catarina Gaspar	06	FCP	2:31.97	25m	11-04-21	Felgueiras	487
8.	PINTO Leonor Filipa	06	FCP	2:32.90	25m	09-05-21	Pacos de Ferreira	478
9.	COSTA Anita Gouveia	06	CAQC	2:33.31	25m	15-05-21	Condeixa-a-Nova	474
10.	ANTUNES Rebeca Leonor	06	SAD	2:33.45	25m	12-12-20	Leiria	473
11.	BROCHADO Mariana Goncalves	06	VNC	2:34.70	25m	09-05-21	Ponte da Barca	462
12.	BUCHA Marta Filipa	06	VS	2:35.10	25m	25-10-20	Tomar	458
13.	DOMINGOS Filipa Ferraz	06	SCP	2:35.29	25m	07-12-19	Sines	456
14.	NIZA Beatriz Mocego	06	CNA	2:35.34	25m	12-12-20	Leiria	456
15.	PARREIRA Carolina	06	SCP	2:37.12	25m	16-05-21	Alvalade	441
16.	SIMOES Filipa Mendes	06	ADBA	2:37.27	25m	07-12-19	Sines	439
17.	BELO Catarina Machado	06	BSCN	2:37.42	25m	13-06-21	Nazaré	438
18.	FROIS Maria Francisca	06	ADBA	2:37.77	25m	07-11-20	Leiria	435
19.	FERREIRA Maria Neto	06	FBSC	2:38.09	25m	23-11-19	Coimbra	433
20.	BERNARDINO Dalila Leal	06	NDAP	2:38.59	25m	13-06-21	Nazaré	429
21.	ASCENSO Maria Joao	06	DNMG	2:38.99	25m	07-12-19	Sines	425
22.	BELO Catarina Cunha	06	FBSC	2:39.32	25m	02-02-20	Coimbra	423
23.	DIAS Julia Alves	06	CDN	2:40.72	25m	07-12-19	Sines	412
24.	TRINDADE Constanca Arinto	06	CNAL	2:41.42	25m	12-12-20	Leiria	406
25.	DINIS Filipa Paiva	06	ADBA	2:41.59	25m	24-11-19	Caldas da Rainha	405
26.	ROMAO Mariana Santos	06	CFV	2:42.80	25m	11-01-20	Aguas Santas	396
27.	BARBEITO Laura Espinola	06	NSIT	2:42.94	25m	06-03-20	Ponta Delgada	395
28.	HERMOSA Beatriz Carvalho	06	FCP	2:43.67	25m	07-12-19	Mealhada	390
29.	GOMES Lia Beatriz	06	VSC	2:44.18	25m	11-01-20	Aguas Santas	386
30.	PAIS Joana Ventura	06	FBSC	2:44.40	25m	02-02-20	Coimbra	385
31.	CRAVEIRO Matilde Neves	06	AAC	2:44.77	25m	02-02-20	Coimbra	382
32.	CUNHA Margarida Pinto	06	ADS	2:45.02	25m	16-11-19	Viseu	380
33.	DOMINGUES Vitoria Cruz	06	CNVA	2:45.29	25m	13-06-21	Viseu	378
34.	MENDES Margarida Miguel	06	VS	2:46.41	25m	15-05-21	Abrantes	371
35.	ANTUNES Catarina Lima	06	SCP	2:47.47	25m	22-11-19	Algés	364
36.	ZACARIAS Mariana Ramos	06	CNS	2:47.59	25m	12-12-20	Leiria	363
37.	DURO Leonor Santos	06	CNS	2:47.96	25m	22-11-19	Algés	361
38.	CALDES Ana Sofia	06	CEN	2:48.42	25m	29-02-20	Coruche	358
38.	SOUSA Matilde Teixeira	06	CNV	2:48.42	25m	12-12-20	Mealhada	358
40.	RAMOS Joana Barbas	06	CAPGE	2:48.96	25m	02-05-21	Gafanha da Nazaré	354
41.	ALVES Catarina Isabel	06	AMINATA	2:49.11	25m	29-02-20	Coruche	353
42.	SOUSA Ivana Valentina	06	CDN	2:49.29	25m	07-03-20	Funchal	352
43.	SILVA Silvana Suamade	06	CDSR	2:49.34	25m	12-10-19	Funchal	352
44.	FARIA Leonor Verissimo	06	NDAP	2:49.52	25m	13-06-21	Nazaré	351
45.	TEMBE Ines Afonso	06	CDN	2:49.63	25m	31-10-20	Funchal	350
46.	GOUVEIA Ana Luisa	06	LSC	2:49.77	25m	11-01-20	Aguas Santas	349
47.	MOREIRA Leonor Caetano	06	IDV	2:50.16	25m	09-05-21	Alcobaça	347
48.	GUTERRES Madalena Fragoso	06	SLB	2:50.36	25m	19-01-20	Pinhal Novo	346
49.	MARQUES Barbara Nunes	06	CDE	2:50.49	25m	12-12-20	Mealhada	345
50.	PINTO Ana Marques	06	CFP	2:51.14	25m	23-11-19	Felgueiras	341
51.	ARROJA Margarida Marques	06	PIMP	2:51.48	25m	13-06-21	Nazaré	339
52.	COSTA Beatriz Portugal	06	SLB	2:51.94	25m	22-11-19	Algés	336
53.	BRITES Marta Lopes	06	CNPDL	2:52.30	25m	17-10-20	Ponta Delgada	334

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54.	SANTOS Jessica Mendes	06	DNMG	2:52.50	25m	24-11-19	Caldas da Rainha	333
55.	BARREIRA Andreia Monteiro	06	CMNPR	2:52.57	25m	07-11-20	Guarda	332
56.	CARDOSO Eduarda Oliveira	06	AEJ	2:53.75	25m	30-11-19	Sines	326
57.	JARDIM Lara Filipa	06	CNF	2:54.21	25m	22-11-19	Funchal	323
58.	SA Madalena Correa	06	GESL	2:55.19	25m	19-01-20	Pinhal Novo	318
59.	GASPAR Beatriz Andre	06	CNAC	2:55.34	25m	02-02-20	Coimbra	317
60.	NEVES Diana Patricia	06	CNH	2:55.50	25m	16-11-19	Horta	316
61.	NOGUEIRA Ines Aires	06	CFP	2:55.87	25m	13-10-19	Pacos de Ferreira	314
62.	SILVA Francisca Gomes	06	SCE	2:55.96	25m	01-02-20	Viseu	314
63.	CUNHA Sofia Simao	06	PIMP	2:56.65	25m	24-11-19	Caldas da Rainha	310
64.	PEREIRA Joana Marques	06	JACL	2:57.08	25m	07-03-20	Funchal	308
65.	RIGOR Maria Miguel	06	VNC	2:58.36	25m	08-03-20	Braga	301
66.	AMARAL Maria Teresa	06	CDCA	2:58.55	25m	23-02-20	Pombal	300
67.	MENDES Ines Gomes	06	CAP	2:58.60	25m	13-10-19	Pacos de Ferreira	300
68.	PINO Ines Mira	06	PIMP	2:59.31	25m	18-10-20	Caldas da Rainha	296
69.	BOLOTINHA Violeta Faria	06	LDC	2:59.48	25m	22-02-20	Lagos	295
70.	OLIVEIRA Matilde Fonseca	06	CNMC	2:59.92	25m	02-02-20	Coimbra	293
71.	FERRO Maria Leonor	06	CNF	3:00.23	25m	22-11-19	Funchal	292
72.	SILVA Julia Atamas	06	CNPDL	3:00.92	25m	17-10-20	Ponta Delgada	288
73.	FREITAS Barbara Maia	06	CLAC	3:01.48	25m	29-02-20	Coruche	286
74.	ESPIRIDIAO Carlota Jacinto	06	PORTIN	3:02.09	25m	22-02-20	Lagos	283
75.	MOITA Ana Carolina	06	GDRTCMM	3:02.24	25m	07-03-20	Ponte de Sor	282
76.	BOROZAN Cristina	06	LDC	3:03.16	25m	03-11-19	Lagoa	278
77.	FARIA Laura Pereira	06	JACL	3:04.75	25m	07-03-20	Funchal	271
78.	LANDEIRO Beatriz Lourenco	06	CNPV	3:05.61	25m	09-04-21	Praia da Vitória	267
79.	GOMES Maria Isabel	06	CNPDL	3:05.71	25m	16-11-19	Ribeira Grande	267
80.	CARICHAS Joana Medeiros	06	JACL	3:06.10	25m	12-10-19	Funchal	265
81.	IVENS Luciana Amorim	06	CNPDL	3:06.53	25m	16-11-19	Ribeira Grande	263
82.	FERNANDES Mariana Fontes	06	CCLAMAS	3:06.71	25m	13-10-19	Pacos de Ferreira	262
83.	DIAS Ines Alves	06	FBSC	3:07.95	25m	01-11-19	Condeixa	257
84.	SANTOS Marta Silva	06	CNS	3:08.51	25m	19-01-20	Pinhal Novo	255
85.	MARTINS Beatriz Luz	06	PIMP	3:09.96	25m	24-11-19	Caldas da Rainha	249
86.	ALVES Eleonor Dias	06	CNAB	3:10.14	25m	30-11-19	Sines	248
87.	CABRAL Nuria Costa	06	CDEAP	3:11.16	25m	15-05-21	Ponta Delgada	244
88.	LOPES Mafalda Mourao	06	ADST	3:13.21	25m	19-01-20	Pinhal Novo	237
89.	SILVA Ines Gaspar	06	GESL	3:13.83	25m	19-01-20	Pinhal Novo	234
90.	COELHO Patricia Sofia	06	GESL	3:19.54	25m	19-01-20	Pinhal Novo	215
91.	ANTUNES Joana Patricia	06	CLAC	3:20.26	25m	24-11-19	Tomar	213
92.	LEANDRO Ines Carvalho	06	INDNOR	3:23.76	25m	07-03-20	Mirandela	202
93.	BAPTISTA Constanca Ornelas	06	CNF	3:30.67	25m	25-01-20	Alcobaça	183
94.	REIS Erica Filipa	06	NDCO	3:34.45	25m	29-02-20	Coruche	173

100 Estilos

1.	CARAPINHA Ariana Bento	06	DNMG	1:07.56	25m	17-10-20	Caldas da Rainha	585
2.	SANCHEZ FERNANDEZ Irene	06	CNGUA	1:11.16	25m	12-01-20	Quarteira	500
3.	SOARES Miriam Mortagua	06	CGA	1:11.48	25m	18-01-20	Mealhada	494
4.	FROIS Maria Francisca	06	ADBA	1:11.65	25m	17-10-20	Caldas da Rainha	490
5.	Brites Marta Lopes	06	CNPDL	1:12.24	25m	16-11-19	Ribeira Grande	478
6.	ALVES Maria Madalena	06	ADBA	1:12.26	25m	15-02-20	Torres Novas	478
7.	COSTA Anita Gouveia	06	CAQC	1:12.39	25m	20-06-21	Coimbra	475
8.	ANTUNES Rebeca Leonor	06	CNCVG	1:12.45	25m	12-01-20	Quarteira	474
9.	DOMINGUES Vitoria Cruz	06	CNVA	1:13.09	25m	18-01-20	Mealhada	462
10.	NEVES Diana Patricia	06	CNH	1:13.33	25m	08-05-21	Horta	457
11.	TEIXEIRA Ines Correia	06	CNA	1:13.68	25m	15-02-20	Torres Novas	451
12.	RAMOS Joana Barbas	06	CAPGE	1:13.89	25m	02-05-21	Gafanha da Nazaré	447
13.	TINOCO Diana Silva	06	SCC	1:14.20	25m	20-10-19	Condeixa	441
14.	PAIS Joana Ventura	06	FBSC	1:14.44	25m	02-02-20	Coimbra	437
15.	DIAS Salome Silva	06	CCDSERTA	1:14.92	25m	08-05-21	Guarda	429
16.	ALMEIDA Beatriz Matias	06	LAGAC	1:15.01	25m	12-01-20	Quarteira	427
17.	FERREIRA Maria Neto	06	FBSC	1:15.05	25m	20-06-21	Coimbra	426
18.	PARRA Joana Santos	06	CNOL	1:15.70	25m	12-01-20	Quarteira	415
19.	ASCENSO Maria Joao	06	DNMG	1:16.43	25m	08-11-20	Leiria	404
20.	SILVA Ana Francisca	06	CNAL	1:16.48	25m	15-02-20	Torres Novas	403
21.	DEUS Ines Portugal	06	CNF	1:16.87	25m	12-10-19	Funchal	397
22.	SOUSA Constanca Grincho	06	VS	1:17.02	25m	23-11-19	Tomar	394
23.	BROCHADO Mariana Goncalves	06	VNC	1:17.05	25m	16-11-19	Vila Praia de Âncora	394
24.	ROMAO Ana Teresa	06	LDC	1:17.14	25m	03-11-19	Lagoa	393
25.	REBELO Mariana Cunha	06	CNVA	1:17.21	25m	02-05-21	Gafanha da Nazaré	392
26.	LOURENCO Marta Beatriz	06	AVFC	1:17.42	25m	13-06-21	Viseu	388
27.	MESQUITA Carolina Mestre	06	CNGUA	1:17.64	25m	12-01-20	Quarteira	385
28.	JARDIM Lara Filipa	06	CNF	1:17.72	25m	12-10-19	Funchal	384
29.	CUNHA Margarida Pinto	06	ADS	1:17.73	25m	18-01-20	Mealhada	384
30.	OLIVEIRA Matilde Fonseca	06	CNMC	1:17.88	25m	02-02-20	Coimbra	382
31.	BELO Catarina Cunha	06	FBSC	1:18.15	25m	20-10-19	Condeixa	378
31.	SILVA Maria Seixeira	06	VNC	1:18.15	25m	16-11-19	Vila Praia de Âncora	378
33.	CALDES Ana Sofia	06	CEN	1:18.17	25m	02-02-20	Montemor-o-Novo	377
34.	GOMES Lia Beatriz	06	VSC	1:18.24	25m	22-02-20	Guimaraes	376
35.	CUNHA Ines Santos	06	CAPGE	1:18.28	25m	02-05-21	Gafanha da Nazaré	376
36.	FLORINDO Helena Neto	06	EFC	1:18.35	25m	24-10-20	Sertã	375
37.	NEVES Beatriz Silva	06	FBSC	1:18.47	25m	20-10-19	Condeixa	373
38.	SILVA Beatriz Machado	06	AMAMB	1:18.57	25m	03-11-19	Barcelos	372
39.	MARTINS Ines Cravo	06	LDC	1:18.63	25m	03-11-19	Lagoa	371
40.	FERNANDES Ines Goncalves	06	CNAB	1:18.82	25m	20-10-19	Torres Novas	368
41.	FREITAS Beatriz Rodrigues	06	CNF	1:18.98	25m	21-12-19	Funchal	366
42.	GUERREIRO Carolina Simoes	06	ABR	1:19.04	25m	12-01-20	Quarteira	365
42.	GOMES Maria Isabel	06	CNPDL	1:19.04	25m	17-10-20	Ponta Delgada	365
44.	DURO Leonor Santos	06	CNS	1:19.15	25m	26-01-20	Campo Maior	363
45.	KOZIY Xenia Angelica	06	CAQC	1:19.56	25m	20-06-21	Coimbra	358
46.	MEDEIROS Madalena Barra	06	GRVM	1:19.62	25m	02-02-20	Coimbra	357
47.	DIAS Ines Alves	06	FBSC	1:19.73	25m	02-02-20	Coimbra	356
48.	BUCHA Marta Filipa	06	VS	1:19.89	25m	20-10-19	Torres Novas	353
49.	COSTA Francisca Vila	06	VNC	1:20.03	25m	03-11-19	Barcelos	352
50.	SEQUEIRA Beatriz Meneses	06	CNF	1:20.12	25m	12-10-19	Funchal	350
51.	SILVA Julia Atamas	06	CNPDL	1:20.15	25m	21-11-20	Ribeira Grande	350
52.	PEREIRA Filipa Maria	06	AMINATA	1:20.24	25m	19-01-20	Montemor-o-Novo	349
53.	AVILA Leonor Espinola	06	CNPV	1:20.26	25m	08-05-21	Praia da Vitória	349

100 Estilos (desde 54)

54.	CRUZ Joana Santos	06	LDC	1:20.38	25m	12-01-20	Quarteira	347
55.	PINTO Ana Marques	06	CFP	1:20.45	25m	22-11-19	Felgueiras	346
56.	LOURENCO Mafalda Silva	06	CCDSERTA	1:20.48	25m	24-10-20	Sertã	346
57.	OLIVEIRA Marta Alexandra	06	SCE	1:20.58	25m	02-05-21	Gafanha da Nazaré	344
58.	GRILO Maria Vitoria	06	CNAC	1:20.76	25m	20-10-19	Condeixa	342
59.	COUTO Matilde Rodrigues	06	CDEAP	1:20.86	25m	05-06-21	Sines	341
60.	PEREIRA Matilde Aparicio	06	CNA	1:21.07	25m	15-02-20	Torres Novas	338
61.	VARELA Joana Filipa	06	CNAC	1:21.10	25m	20-10-19	Condeixa	338
62.	BERNARDINO Dalila Leal	06	NDAP	1:21.23	25m	24-11-19	Caldas da Rainha	336
63.	MARTINS Ana Miguel	06	VNC	1:21.31	25m	24-10-20	Braga	335
64.	ROCHA Liliana Lima	06	VNC	1:21.43	25m	22-11-19	Braga	334
65.	VIEGAS Maria Beatriz	06	LDC	1:21.44	25m	03-11-19	Lagoa	334
66.	ABREU Ana Rodrigues	06	CNF	1:21.52	25m	12-10-19	Funchal	333
67.	JORGE Leonor Moreira	06	ACRZA	1:21.70	25m	05-06-21	Sines	330
68.	ESPIRIDIAO Carlota Jacinto	06	PORTIN	1:21.78	25m	03-11-19	Lagoa	329
69.	SILVA Rita Prado	06	NDCO	1:21.82	25m	02-02-20	Montemor-o-Novo	329
70.	ARROJA Margarida Marques	06	PIMP	1:21.93	25m	20-10-19	Óbidos	328
71.	CUNHA Sofia Simao	06	PIMP	1:21.99	25m	20-10-19	Óbidos	327
72.	RIGOR Maria Miguel	06	VNC	1:22.25	25m	16-11-19	Vila Praia de Âncora	324
73.	BOROZAN Cristina	06	LDC	1:22.32	25m	08-11-20	Lagos	323
74.	MENDES Margarida Miguel	06	VS	1:22.39	25m	20-10-19	Torres Novas	322
75.	FREITAS Barbara Maia	06	CLAC	1:22.41	25m	20-10-19	Torres Novas	322
75.	COELHO Nicole Nezhurko	06	LAGAC	1:22.41	25m	23-11-19	Lagos	322
77.	FERRO Maria Leonor	06	CNF	1:22.54	25m	12-10-19	Funchal	320
78.	MOITA Ana Carolina	06	GDRTCMM	1:23.06	25m	19-01-20	Montemor-o-Novo	314
79.	DIAS Monica Fernandes	06	CDSR	1:23.82	25m	08-08-20	Funchal	306
80.	HERMINIO Clara Sofia	06	CDCP	1:23.86	25m	15-02-20	Torres Novas	305
81.	VIEIRA Raquel Martins	06	ANAR	1:23.94	25m	24-10-20	Sertã	305
82.	DIEGUES Carolina Fonseca	06	CNFU	1:23.96	25m	06-03-20	Ponte de Sor	304
83.	SA Maria Luis	06	CFP	1:24.08	25m	22-11-19	Felgueiras	303
84.	PEREIRA Sofia Medeiros	06	CNMJ	1:24.22	25m	02-02-20	Montemor-o-Novo	302
85.	LUIZ Maria Teresa	06	LAGAC	1:24.42	25m	12-01-20	Quarteira	299
86.	JOAQUIM Mariana Silva	06	NDCO	1:24.51	25m	17-11-19	Odemira	298
87.	OLIVEIRA Matilde Goncalves	06	NDCO	1:25.09	25m	02-02-20	Montemor-o-Novo	292
88.	CORREIA Beatriz Goncalves	06	BSCN	1:25.13	25m	24-11-19	Caldas da Rainha	292
89.	GASPAR Beatriz Andre	06	CNAC	1:25.17	25m	20-10-19	Condeixa	292
90.	LIMA Mariana Correia	06	LAGAC	1:25.23	25m	15-12-19	Portimão	291
91.	MARTINS Beatriz Luz	06	PIMP	1:25.71	25m	20-10-19	Óbidos	286
92.	SILVA Maria Eduarda	06	AMAMB	1:25.77	25m	24-10-20	Braga	286
93.	CASINHAS Leonor Nobre	06	CNLA	1:25.85	25m	17-11-19	Odemira	285
94.	CAMPOS Maria Luis	06	VSC	1:26.27	25m	22-02-20	Guimaraes	281
95.	MAGALHAES Maria Joao	06	VSC	1:26.45	25m	22-02-20	Guimaraes	279
96.	CHYZH Carina	06	VSC	1:26.76	25m	22-02-20	Guimaraes	276
97.	ESTRELA Laura Lourenco	06	LDC	1:26.79	25m	23-11-19	Lagos	276
98.	ALVES Eleonor Dias	06	CNAB	1:27.39	25m	24-10-20	Tomar	270
99.	PAIVA Maria Joao	06	CDF	1:27.42	25m	16-11-19	Viseu	270
100.	AMARAL Joana Franco	06	CLIPTEAM	1:27.88	25m	02-05-21	Gafanha da Nazaré	265

200 Estilos

1.	CARAPINHA Ariana Bento	06	DNMG	2:23.26	25m	12-12-20	Leiria	615
2.	SOARES Miriam Mortagua	06	CGA	2:27.42	25m	01-05-21	Gafanha da Nazaré	564
3.	PINTO Leonor Filipa	06	FCP	2:28.41	25m	10-04-21	Felgueiras	553
4.	CATALAO Leonor Tavares	06	SCP	2:28.73	25m	12-12-20	Leiria	550
5.	FERREIRA Francisca Santos	06	SAD	2:28.88	25m	09-05-21	Alcobaça	548
6.	JESUS Mariana Teixeira	06	CDE	2:29.38	25m	18-01-20	Mealhada	542
7.	FROIS Maria Francisca	06	ADBA	2:29.50	25m	07-12-19	Sines	541
8.	COELHO Maria Leonor	06	SLB	2:29.71	25m	10-04-21	Felgueiras	539
9.	COSTA Maria Jardim	06	CDN	2:30.06	25m	08-03-20	Funchal	535
10.	SILVA Maria Seixeira	06	VNC	2:30.49	25m	12-12-20	Mealhada	530
11.	FERREIRA Maria Joao	06	FOCA	2:30.76	25m	09-05-21	Pacos de Ferreira	528
12.	BRITES Marta Lopes	06	CNPDL	2:31.40	25m	13-03-21	Ponta Delgada	521
13.	BARREIRA Andreia Monteiro	06	CMNPR	2:32.66	25m	12-12-20	Mealhada	508
14.	TINOCO Diana Silva	06	SCC	2:32.80	25m	07-12-19	Mealhada	507
15.	LOPES Matilde Nunes	06	SLB	2:32.89	25m	12-12-20	Leiria	506
16.	SILVA Ana Francisca	06	CNAL	2:32.91	25m	09-05-21	Alcobaça	506
17.	ANTUNES Rebeca Leonor	06	CNCVG	2:33.10	25m	01-11-19	Setúbal	504
18.	COSTA Anita Gouveia	06	CAQC	2:33.11	25m	12-12-20	Mealhada	504
19.	BRIZIDA Filipa Roma	06	ADBA	2:33.35	25m	01-05-21	Gafanha da Nazaré	501
20.	BARBEITO Laura Espinola	06	NSIT	2:33.69	25m	31-10-20	Ponta Delgada	498
21.	SIMOES Filipa Mendes	06	ADBA	2:33.92	25m	07-12-19	Sines	496
22.	RAMOS Joana Barbas	06	CAPGE	2:33.93	25m	12-12-20	Mealhada	496
23.	NOVAIS Regina Correia	06	FOCA	2:33.95	25m	10-04-21	Felgueiras	495
24.	NEVES Gabriela Ferreira	06	FOCA	2:33.99	25m	10-04-21	Felgueiras	495
25.	GAMA Beatriz Fernandes	06	SCP	2:34.06	25m	07-12-19	Sines	494
26.	NEVES Beatriz Silva	06	FBSC	2:34.26	25m	15-05-21	Condeixa-a-Nova	492
27.	ALVES Maria Madalena	06	ADBA	2:34.34	25m	01-05-21	Gafanha da Nazaré	492
28.	DOMINGUES Vitoria Cruz	06	CNVA	2:34.57	25m	14-12-19	Leiria	490
29.	TEIXEIRA Ines Correia	06	CNA	2:34.99	25m	07-12-19	Sines	486
30.	CAMACHO Carolina Martins	06	SFUAP	2:35.12	25m	07-12-19	Sines	484
31.	BELO Catarina Machado	06	BSCN	2:35.14	25m	07-11-20	Leiria	484
32.	COSTA Daniela Alexandra	06	LSC	2:35.42	25m	23-11-19	Felgueiras	482
33.	PEIXOTO Carolina Esteves	06	SCB	2:35.45	25m	12-12-20	Mealhada	481
34.	SANCHEZ FERNANDEZ Irene	06	CNGUA	2:35.46	25m	24-11-19	Lagos	481
35.	DINIS Filipa Paiva	06	ADBA	2:35.50	25m	01-05-21	Gafanha da Nazaré	481
36.	BROCHADO Mariana Goncalves	06	VNC	2:35.99	25m	09-05-21	Ponte da Barca	476
37.	SA Madalena Correa	06	GESL	2:36.02	25m	12-12-20	Leiria	476
38.	AMORIM Ines Santos	06	EDV	2:36.10	25m	07-03-20	Braga	475
39.	OLIVEIRA Matilde Fonseca	06	CNMC	2:36.17	25m	20-12-20	Coimbra	475
40.	NEVES Diana Patricia	06	CNH	2:36.25	25m	23-01-21	Horta	474
41.	MENDES Ines Gomes	06	CAP	2:36.54	25m	22-02-20	Mirandela	471
42.	COSTA Francisca Vila	06	VNC	2:36.63	25m	09-05-21	Ponte da Barca	470
43.	VALENTE Maria Esteves	06	SLB	2:36.84	25m	18-01-20	Pinhal Novo	469
44.	MAGALHAES Luana Cardoso	06	SAD	2:37.43	25m	01-05-21	Lisboa	463
45.	MARTINS Ines Cravo	06	LDC	2:37.51	25m	07-12-19	Sines	463
46.	TASHKULOVA Diana	06	CGA	2:37.86	25m	13-03-21	Aveiro	460
47.	GASPAR Beatriz Andre	06	FBSC	2:37.90	25m	18-10-20	Coimbra	459
48.	GOUVEIA Ana Luisa	06	LSC	2:38.10	25m	07-12-19	Mealhada	457
49.	DEUS Ines Portugal	06	CNF	2:38.17	25m	08-03-20	Funchal	457
50.	SEQUEIRA Beatriz Meneses	06	CNF	2:38.30	25m	31-10-20	Funchal	456
51.	PAIS Joana Ventura	06	FBSC	2:38.36	25m	23-02-20	Pombal	455
52.	RIGOR Maria Miguel	06	VNC	2:38.38	25m	07-03-20	Braga	455
53.	NETO Lara Gomes	06	CAP	2:38.42	25m	09-05-21	Pacos de Ferreira	455

200 Estilos (desde 54)

54.	MADEIRA Margarida Correia	06	DNMG	2:38.50	25m	07-11-20	Leiria	454
55.	CALDES Ana Sofia	06	CEN	2:38.67	25m	11-01-20	Elvas	453
56.	DIAS Julia Alves	06	CDN	2:38.71	25m	30-11-19	Sines	452
57.	FERREIRA Maria Neto	06	FBSC	2:38.76	25m	18-10-20	Coimbra	452
58.	MARTINS Ana Rita	06	FOCA	2:38.78	25m	23-11-19	Felgueiras	452
59.	HERMOSA Beatriz Carvalho	06	FCP	2:39.01	25m	23-11-19	Felgueiras	450
60.	SOUTO Carolina Soares	06	FCP	2:39.49	25m	23-11-19	Felgueiras	446
61.	ALMEIDA Maria Soares	06	SAD	2:39.53	25m	15-02-20	Torres Novas	445
62.	DOMINGOS Filipa Ferraz	06	SCP	2:39.55	25m	24-11-19	Algés	445
63.	COSTA Catarina Gomes	06	EULX	2:39.78	25m	24-11-19	Algés	443
64.	BELO Catarina Cunha	06	FBSC	2:39.84	25m	07-12-19	Mealhada	443
65.	FERREIRA Matilde Batista	06	FBSC	2:39.98	25m	23-11-19	Coimbra	441
66.	FARIA Leonor Verissimo	06	NDAP	2:40.01	25m	13-06-21	Nazaré	441
67.	NOGUEIRA Ines Aires	06	CFP	2:40.03	25m	09-05-21	Pacos de Ferreira	441
68.	ROMAO Ana Teresa	06	LDC	2:40.09	25m	07-11-20	Lagos	441
69.	NIZA Beatriz Mocego	06	CNA	2:40.19	25m	24-11-19	Algés	440
70.	ALMEIDA Beatriz Matias	06	LAGAC	2:40.34	25m	22-02-20	Lagos	438
71.	MENDES Erica Candeias	06	GESL	2:40.65	25m	01-05-21	Lisboa	436
72.	LOURA Raquel Maria	06	CNFA	2:40.88	25m	22-02-20	Lagos	434
73.	FREITAS Margarida Ramos	06	CDN	2:41.21	25m	08-05-21	Funchal	431
74.	FERREIRA Ana Martim	06	LSC	2:41.46	25m	23-11-19	Felgueiras	429
75.	COSTA Beatriz Portugal	06	SLB	2:41.49	25m	18-01-20	Pinhal Novo	429
76.	GUTERRES Madalena Fragoso	06	SLB	2:41.65	25m	15-05-21	Alcabideche	428
77.	ASCENSO Maria Joao	06	DNMG	2:41.72	25m	20-10-19	Óbidos	427
77.	MATTA Ema Faria	06	CNCVG	2:41.72	25m	24-11-19	Algés	427
79.	ROMAO Mariana Santos	06	CFV	2:41.77	25m	23-11-19	Felgueiras	427
80.	TOME Rita Bernardo	06	CNSM	2:42.08	25m	08-03-20	Santarém	425
81.	SOUSA Constanca Grincho	06	VS	2:42.09	25m	08-03-20	Santarém	424
82.	CUNHA Margarida Pinto	06	ADS	2:42.80	25m	17-11-19	Viseu	419
83.	SANTOS Jessica Mendes	06	DNMG	2:42.97	25m	07-11-20	Leiria	418
84.	DURO Leonor Santos	06	CNS	2:43.06	25m	18-01-20	Pinhal Novo	417
85.	LOURENCO Marta Beatriz	06	AVFC	2:43.17	25m	02-02-20	Viseu	416
86.	DIAS Salome Silva	06	CCDSERTA	2:43.27	25m	01-02-20	Ponte de Sor	415
87.	BOROZAN Cristina	06	LDC	2:43.44	25m	07-12-19	Sines	414
88.	CARDOSO Eduarda Oliveira	06	AEJ	2:43.54	25m	07-12-19	Mealhada	413
89.	FLORINDO Helena Neto	06	EFC	2:43.62	25m	01-02-20	Ponte de Sor	413
90.	SANTOS Marta Silva	06	CNS	2:43.76	25m	18-01-20	Pinhal Novo	412
91.	BUCHA Marta Filipa	06	VS	2:43.89	25m	08-03-20	Santarém	411
92.	JARDIM Lara Filipa	06	CNF	2:44.34	25m	26-10-19	Funchal	407
93.	CUNHA Ines Santos	06	CAPGE	2:44.46	25m	01-05-21	Gafanha da Nazaré	406
94.	ALVES Catarina Isabel	06	AMINATA	2:44.48	25m	05-06-21	Sines	406
95.	SILVA Rita Borges	06	GESL	2:44.50	25m	09-05-21	Sto António Cavaleiros	406
96.	ZACARIAS Mariana Ramos	06	CNS	2:44.75	25m	26-01-20	Campo Maior	404
97.	PINHO Laura Silva	06	ADS	2:44.80	25m	02-02-20	Viseu	404
98.	SILVA Silvana Suamade	06	CDSR	2:44.89	25m	21-12-19	Funchal	403
99.	SILVA Beatriz Machado	06	AMAMB	2:45.06	25m	24-11-19	Braga	402
100.	MARQUES Leonor Viola	06	CNCVG	2:45.08	25m	24-11-19	Algés	402

400 Estilos

1.	CATALAO Leonor Tavares	06	SCP	5:05.71	25m	15-05-21	Condeixa-a-Nova	607
2.	CARAPINHA Ariana Bento	06	DNMG	5:06.69	25m	12-12-20	Leiria	601
3.	PINTO Leonor Filipa	06	FCP	5:12.77	25m	11-04-21	Felgueiras	567
4.	COELHO Maria Leonor	06	SLB	5:15.48	25m	06-12-19	Sines	552
5.	SILVA Ana Francisca	06	CNAL	5:16.37	25m	06-12-19	Sines	548
6.	FROIS Maria Francisca	06	ADBA	5:17.56	25m	06-12-19	Sines	542
7.	FERREIRA Francisca Santos	06	SAD	5:17.69	25m	06-12-19	Sines	541
8.	ANTUNES Rebeca Leonor	06	SAD	5:17.70	25m	12-12-20	Leiria	541
9.	ALVES Maria Madalena	06	ADBA	5:17.76	25m	15-05-21	Condeixa-a-Nova	541
10.	SOARES Miriam Mortagua	06	CGA	5:18.04	25m	02-05-21	Gafanha da Nazaré	539
11.	COSTA Anita Gouveia	06	CAQC	5:19.42	25m	12-12-20	Mealhada	532
12.	TINOCO Diana Silva	06	SCC	5:19.44	25m	06-12-19	Mealhada	532
13.	LOPES Matilde Nunes	06	SLB	5:20.13	25m	11-04-21	Felgueiras	529
14.	COSTA Maria Jardim	06	CDN	5:20.50	25m	06-03-20	Funchal	527
15.	JESUS Mariana Teixeira	06	CDE	5:21.75	25m	12-12-20	Mealhada	521
16.	PIRES Catarina Gaspar	06	FCP	5:22.71	25m	21-12-19	Porto	516
17.	NEVES Gabriela Ferreira	06	FOCA	5:22.91	25m	08-05-21	Pacos de Ferreira	515
18.	FERREIRA Maria Joao	06	FOCA	5:23.21	25m	21-12-19	Porto	514
19.	RAMOS Joana Barbas	06	CAPGE	5:23.25	25m	02-05-21	Gafanha da Nazaré	514
20.	SIMOES Filipa Mendes	06	ADBA	5:23.78	25m	21-12-19	Pombal	511
21.	NOVAIS Regina Correia	06	FOCA	5:23.79	25m	06-12-19	Mealhada	511
22.	DOMINGOS Filipa Ferraz	06	SCP	5:24.63	25m	06-12-19	Sines	507
23.	GAMA Beatriz Fernandes	06	SCP	5:25.04	25m	12-12-20	Leiria	505
24.	GASPAR Beatriz Andre	06	FBSC	5:25.18	25m	15-05-21	Condeixa-a-Nova	504
25.	COSTA Daniela Alexandra	06	LSC	5:25.95	25m	21-12-19	Porto	501
26.	DOMINGUES Vitoria Cruz	06	CNVA	5:26.21	25m	23-11-19	Gafanha da Nazaré	500
27.	NEVES Diana Patricia	06	CNH	5:28.15	25m	07-03-20	Ponta Delgada	491
28.	SOUTO Carolina Soares	06	FCP	5:28.24	25m	21-12-19	Porto	490
29.	PEIXOTO Carolina Esteves	06	SCB	5:29.42	25m	11-04-21	Felgueiras	485
30.	DIAS Julia Alves	06	CDN	5:30.09	25m	06-03-20	Funchal	482
31.	BRIZIDA Filipa Roma	06	ADBA	5:30.52	25m	21-12-19	Pombal	480
32.	ROMAO Ana Teresa	06	LDC	5:30.54	25m	07-11-20	Lagos	480
33.	BELO Catarina Machado	06	BSCN	5:30.64	25m	21-12-19	Pombal	480
34.	FERREIRA Maria Neto	06	FBSC	5:31.03	25m	21-12-19	Cantanhede	478
35.	CALDES Ana Sofia	06	CEN	5:31.41	25m	12-12-20	Leiria	476
36.	VALENTE Maria Esteves	06	SLB	5:32.26	25m	06-12-19	Sines	473
37.	SILVA Maria Seixeira	06	VNC	5:32.56	25m	21-12-19	Ponte da Barca	472
38.	PAIS Joana Ventura	06	FBSC	5:32.83	25m	21-12-19	Cantanhede	470
39.	MARTINS Ines Cravo	06	LDC	5:32.85	25m	06-12-19	Sines	470
40.	NIZA Beatriz Mocego	06	CNA	5:33.00	25m	06-12-19	Sines	470
41.	NOGUEIRA Ines Aires	06	CFP	5:33.04	25m	08-05-21	Pacos de Ferreira	470
42.	GOMES Lia Beatriz	06	VSC	5:33.20	25m	21-12-19	Porto	469
43.	MARQUES Barbara Nunes	06	CDE	5:33.69	25m	06-12-19	Mealhada	467
44.	NEVES Beatriz Silva	06	FBSC	5:33.80	25m	06-12-19	Mealhada	466
45.	SILVA Silvana Suamade	06	CDSR	5:34.52	25m	06-03-20	Funchal	463
46.	BARBEITO Laura Espinola	06	NSIT	5:34.97	25m	14-12-19	Praia da Vitória	461
47.	TEIXEIRA Ines Correia	06	CNA	5:35.24	25m	23-11-19	Algés	460
48.	MARTINS Ana Rita	06	FOCA	5:35.43	25m	21-12-19	Porto	460
49.	TASHKULOVA Diana	06	CGA	5:35.85	25m	22-11-20	Vagos	458
50.	SA Madalena Correa	06	GESL	5:36.00	25m	12-12-20	Leiria	457
51.	AMORIM Ines Santos	06	EDV	5:36.14	25m	21-12-19	Ponte da Barca	457
52.	BROCHADO Mariana Goncalve	06	VNC	5:36.15	25m	06-12-19	Mealhada	457
53.	CAMACHO Carolina Martins	06	SFUAP	5:36.63	25m	23-11-19	Algés	455

400 Estilos (desde 54)

54.	FARIA Leonor Verissimo	06	NDAP	5:36.66	25m	09-05-21	Alcobaça	455
55.	COSTA Francisca Vila	06	VNC	5:37.50	25m	12-12-20	Mealhada	451
56.	COSTA Beatriz Portugal	06	SLB	5:38.05	25m	06-12-19	Sines	449
57.	MENDES Ines Gomes	06	CAP	5:38.32	25m	06-12-19	Mealhada	448
58.	PARRA Joana Santos	06	CNOL	5:38.86	25m	16-11-19	Silves	446
59.	ROMAO Mariana Santos	06	CFV	5:38.93	25m	21-12-19	Porto	445
60.	FLORINDO Helena Neto	06	EFC	5:39.05	25m	22-12-19	Guarda	445
61.	SILVA Ines Gaspar	06	GESL	5:39.49	25m	23-11-19	Algés	443
62.	MADEIRA Margarida Correia	06	DNMG	5:39.66	25m	21-12-19	Pombal	443
63.	SOUSA Constanca Grincho	06	VS	5:39.69	25m	06-12-19	Sines	442
64.	BELO Catarina Cunha	06	FBSC	5:39.95	25m	21-12-19	Cantanhede	441
65.	BUCHA Marta Filipa	06	VS	5:40.72	25m	06-12-19	Sines	438
66.	BRITES Marta Lopes	06	CNPDL	5:40.88	25m	14-12-19	Ponta Delgada	438
67.	CUNHA Ines Santos	06	CAPGE	5:41.14	25m	23-11-19	Gafanha da Nazaré	437
68.	CUNHA Margarida Pinto	06	ADS	5:41.36	25m	23-11-19	Gafanha da Nazaré	436
69.	DEUS Ines Portugal	06	CNF	5:41.48	25m	16-11-19	Funchal	436
70.	PINTO Joana Filipa	06	CFP	5:41.68	25m	21-12-19	Porto	435
71.	DINIS Filipa Paiva	06	ADBA	5:41.99	25m	21-12-19	Pombal	434
72.	ASCENSO Maria Joao	06	DNMG	5:42.20	25m	21-12-19	Pombal	433
73.	HERMOSA Beatriz Carvalho	06	FCP	5:42.25	25m	23-11-19	Felgueiras	433
74.	BARREIRA Andreia Monteiro	06	CMNPR	5:42.73	25m	22-12-19	Guarda	431
75.	RIGOR Maria Miguel	06	VNC	5:43.98	25m	23-11-19	Braga	426
76.	CRAVEIRO Matilde Neves	06	AAC	5:45.02	25m	21-12-19	Cantanhede	422
77.	COSTA Maria Beatriz	06	SCP	5:45.48	25m	23-11-19	Algés	421
78.	FERREIRA Matilde Batista	06	FBSC	5:45.59	25m	23-11-19	Coimbra	420
79.	DURO Leonor Santos	06	CNS	5:45.98	25m	06-12-19	Sines	419
80.	ALVES Catarina Isabel	06	AMINATA	5:46.22	25m	06-03-20	Ponte de Sor	418
81.	SEQUEIRA Beatriz Meneses	06	CNF	5:46.80	25m	06-03-20	Funchal	416
82.	TRINDADE Constanca Arinto	06	CNAL	5:46.82	25m	21-12-19	Pombal	416
83.	NETO Lara Gomes	06	CAP	5:46.87	25m	21-12-19	Porto	416
84.	SILVA Beatriz Machado	06	AMAMB	5:47.11	25m	21-12-19	Ponte da Barca	415
85.	OLIVEIRA Matilde Fonseca	06	CNMC	5:47.56	25m	01-11-19	Condeixa	413
86.	SANTOS Jessica Mendes	06	DNMG	5:48.49	25m	21-12-19	Pombal	410
87.	MENDES Leonor Roque	06	ADRCIMM	5:48.98	25m	12-12-20	Leiria	408
88.	LOURENCO Marta Beatriz	06	AVFC	5:49.36	25m	13-10-19	Mealhada	407
89.	FREITAS Margarida Ramos	06	CDN	5:49.77	25m	16-11-19	Funchal	405
90.	CARDOSO Eduarda Oliveira	06	AEJ	5:49.95	25m	23-11-19	Gafanha da Nazaré	405
91.	ZACARIAS Mariana Ramos	06	CNS	5:50.79	25m	23-11-19	Algés	402
92.	PINHO Laura Silva	06	ADS	5:50.85	25m	23-11-19	Gafanha da Nazaré	402
93.	SILVA Julia Atamas	06	CNPDL	5:51.11	25m	10-04-21	Praia da Vitória	401
94.	PINTO Ana Marques	06	CFP	5:51.37	25m	21-12-19	Porto	400
95.	CUNHA Sofia Simao	06	PIMP	5:51.69	25m	21-12-19	Pombal	399
96.	FREITAS Beatriz Rodrigues	06	CNF	5:52.91	25m	16-11-19	Funchal	395
97.	LIMA Catarina Coutinho	06	SLB	5:53.26	25m	23-11-19	Algés	393
98.	ARROJA Margarida Marques	06	PIMP	5:53.46	25m	21-12-19	Pombal	393
99.	BOROZAN Cristina	06	LDC	5:53.73	25m	16-11-19	Silves	392
100.	JARDIM Lara Filipa	06	CNF	5:53.87	25m	16-11-19	Funchal	391

50 Livres

1.	MANO Leonor Mil	07	FBSC	27.99	25m	19-06-21	Coimbra	549
2.	VIEIRA Ana Beatriz	07	FOCA	28.28	25m	06-03-21	Felgueiras	533
3.	LOURO Beatriz Silva	07	LDC	28.49	25m	15-05-21	Lagos	521
4.	GOMES Barbara Sofia	07	LSC	28.57	25m	08-05-21	Pacos de Ferreira	516
5.	RODEIA Mariana Figueira	07	GCNF	29.50	25m	08-11-20	Lagos	469
6.	MARQUES Gabriela Silva	07	SCB	29.91	25m	10-04-21	Felgueiras	450
7.	SOUSA Matilde Filipe	07	NSIT	30.05	25m	13-03-21	Praia da Vitória	444
8.	SILVA Nuria Resende	07	UDO	30.07	25m	02-05-21	Gafanha da Nazaré	443
9.	CARVALHO Sofia Alexandra	07	CFP	30.19	25m	08-05-21	Pacos de Ferreira	438
10.	ANTONIO Rafaela Mariano	07	PORTIN	30.30	25m	15-05-21	Lagos	433
11.	SILVA Lara Pinho	07	CDF	30.58	25m	13-06-21	Viseu	421
12.	MELO Catarina Baptista	07	CDBRG	30.65	25m	15-05-21	Ponta Delgada	418
13.	AMADOR Erica Domitila	07	CDE	30.76	25m	02-05-21	Gafanha da Nazaré	414
14.	MACEDO Laura Pinheiro	07	ANAR	30.78	25m	08-05-21	Guarda	413
15.	REBELO Angela Rodrigues	07	ALN	30.83	25m	10-04-21	Felgueiras	411
16.	ALMEIDA Ines Filipa	07	ADS	30.93	25m	18-01-20	Mealhada	407
17.	CONCEICAO Sara Oliveira	07	CDF	30.95	25m	02-05-21	Gafanha da Nazaré	406
18.	SIMAO Laura Roque	07	DNMG	30.96	25m	23-05-21	Alcobaça	406
19.	JORGE Luisa Ponte	07	SFUAP	30.99	25m	15-05-21	Condeixa-a-Nova	405
20.	ALMEIDA Bianca Filipa	07	CSAAXXI	31.01	25m	18-01-20	Mealhada	404
21.	GARRIDO Daniela Cruz	07	AVFC	31.12	25m	02-05-21	Gafanha da Nazaré	400
22.	PINA Laura Almeida	07	CRASTO	31.17	25m	02-05-21	Gafanha da Nazaré	398
23.	REBELO Mafalda Guimaraes	07	CFP	31.31	25m	08-05-21	Pacos de Ferreira	392
24.	SILVA Patricia Alexandra	07	CFP	31.40	25m	08-05-21	Pacos de Ferreira	389
25.	MIDOES Madalena Maria	07	AVQA	31.44	25m	16-05-21	Abrantes	387
26.	PEREIRA Maria Fagundes	07	CNPV	31.61	25m	10-04-21	Praia da Vitória	381
27.	CUSTODIO Daniela Ferreira	07	PORTIN	31.67	25m	15-05-21	Lagos	379
28.	OLIVEIRA Raquel Grilo	07	LAGAC	31.70	25m	15-05-21	Lagos	378
29.	NUNES Noa Pinho	07	SCA	31.71	25m	02-05-21	Gafanha da Nazaré	378
30.	FRANCA Ines Matos	07	JACL	31.76	25m	08-05-21	Funchal	376
31.	COELHO Lara Raquel	07	NSIT	31.81	25m	08-05-21	Praia da Vitória	374
32.	MOREIRA Maria Leonor	07	CFP	31.87	25m	10-04-21	Felgueiras	372
33.	ROCHA Bruna Fantasia	07	NSIT	31.91	25m	13-03-21	Praia da Vitória	371
34.	CORREIA Rita Martins	07	AVFC	31.95	25m	13-06-21	Viseu	369
35.	VIEIRA Beatriz Carlos	07	GCNF	32.06	25m	25-10-20	Olhão	365
36.	SILVA Eva Oliveira	07	ADP	32.09	25m	10-04-21	Felgueiras	364
37.	FONSECA Carolina Sofia	07	CFE	32.30	25m	02-02-20	Montemor-o-Novo	357
38.	RODRIGUES Nancy Almeida	07	CRASTO	32.35	25m	02-05-21	Gafanha da Nazaré	356
39.	VIROTE Joana Lopes	07	LDC	32.41	25m	11-01-20	Quarteira	354
39.	CERQUEIRA Ana Margarida	07	LDC	32.41	25m	08-05-21	Quarteira	354
41.	SIMOES Beatriz Maria	07	CNTN	32.50	25m	15-02-20	Torres Novas	351
42.	BILETSKA Carolina Diana	07	FCF	32.58	25m	08-11-20	Lagos	348
43.	BERNARDO Maria Francisca	07	CFV	32.61	25m	08-05-21	Pacos de Ferreira	347
44.	SOUSA Ines Tonel	07	CNPV	32.66	25m	13-03-21	Praia da Vitória	346
44.	ESTEVEES Maria Leonor	07	DNMG	32.66	25m	23-05-21	Alcobaça	346
46.	SILVA Isis Filipa	07	ACS	32.77	25m	25-10-20	Olhão	342
47.	FRISCHKNECHT Matilde Anjos	07	CNS	32.82	25m	26-01-20	Campo Maior	341
48.	SILVA Adriana Filipa	07	CDE	32.89	25m	13-06-21	Viseu	338
49.	PEREIRA Ariana Lara	07	GCNF	33.09	25m	15-05-21	Lagos	332
50.	JOMIR Patricia	07	ABR	33.17	25m	15-05-21	Lagos	330
51.	BOTAS Beatriz Alexandra	07	AVQA	33.18	25m	16-05-21	Abrantes	330
52.	BRAZ Sofia Pereira	07	CLIPTEAM	33.30	25m	02-05-21	Gafanha da Nazaré	326

50 Livres (desde 53)

53.	WERUM Mia Alena	07	LAGAC	33.34	25m	15-05-21	Lagos	325
54.	GONCALVES Bianca Santos	07	ENB	33.38	25m	20-10-19	Vila Real	324
55.	BARREIRA Maria Leonor	07	FNC	33.40	25m	23-11-19	Bragança	323
56.	MENDES Laura Jesus	07	CFP	33.78	25m	08-05-21	Pacos de Ferreira	312
57.	OLIVEIRA Margarida Gomes	07	CRASTO	33.79	25m	02-05-21	Gafanha da Nazaré	312
58.	JIN Leticia Zhao	07	PORTIN	33.81	25m	11-01-20	Quarteira	311
59.	AMADO Mafalda Pereira	07	AEFDTV	33.86	25m	15-02-20	Torres Novas	310
60.	MOREIRA Diana Brito	07	CJSA	34.00	25m	13-06-21	Viseu	306
61.	RODRIGUES Mafalda Maria	07	ACS	34.12	25m	15-05-21	Lagos	303
62.	ANTUNES Ines Filipe	07	TNC	34.27	25m	11-01-20	Quarteira	299
63.	LIMA Maria Joao	07	CDF	34.32	25m	13-06-21	Viseu	298
64.	FRAGOSO Catarina Maria	07	AVQA	34.56	25m	16-05-21	Abrantes	292
65.	LOBOVA Sofia	07	PORTIN	34.62	25m	11-01-20	Quarteira	290
66.	MARTINS Rebeca Sousa	07	LDC	34.73	25m	11-01-20	Quarteira	287
67.	COUTINHO Matilde Santos	07	CNNZ	34.87	25m	23-05-21	Alcobaça	284
68.	SILVA Gabriela Oliveira	07	ADP	34.96	25m	08-05-21	Pacos de Ferreira	282
69.	FERNANDES Maria Ines	07	FBSC	35.10	25m	07-12-19	Coimbra	278
70.	PEREIRA Beatriz Vilas	07	UDO	35.15	25m	08-11-20	Gafanha da Encarnação	277
71.	SILVA Bruna Tomas	07	SFGP	35.18	25m	16-05-21	Abrantes	276
72.	MELO Benedita Cardoso	07	CNPV	35.35	25m	13-03-21	Praia da Vitória	272
73.	RESENDES Ana Maria	07	CNPDL	35.37	25m	13-03-21	Ponta Delgada	272
74.	AFONSO Leonor Lima	07	NSIT	35.39	25m	13-03-21	Praia da Vitória	272
75.	MOREIRA Laura Figueiredo	07	ACS	35.40	25m	14-12-19	Portimão	271
76.	LOPES Ana Rita	07	TAC	35.43	25m	15-02-20	Praia da Vitória	271
77.	SILVA Matilde Vale	07	CNPO	35.45	25m	11-01-20	Aguas Santas	270
78.	TEMTEM Sara Maria	07	CDN	35.54	25m	18-07-20	Funchal	268
79.	LOBO Maria Joao	07	SCA	35.60	25m	02-05-21	Gafanha da Nazaré	267
80.	COSTA Ana Miguel	07	CDBRG	35.65	25m	13-03-21	Ponta Delgada	266
81.	SOUSA Iara Clarisse	07	CNV	35.70	25m	08-05-21	Pacos de Ferreira	264
82.	TAVARES Maria Beatriz	07	CDF	35.79	25m	13-06-21	Viseu	262
83.	VINAGRE Iara Vidal	07	CAPGE	35.96	25m	18-01-20	Mealhada	259
84.	TARECO Mariana Martins	07	CNGUA	35.98	25m	11-01-20	Quarteira	258
85.	SOUSA Ines Teixeira	07	CDBRG	36.00	25m	15-02-20	Ponta Delgada	258
86.	MAIA Clara Rosinha	07	SFGP	36.02	25m	16-05-21	Abrantes	257
87.	SOUSA Carolina Domingos	07	FCF	36.03	25m	15-05-21	Lagos	257
88.	MONTEIRO Ines Filipa	07	CSAAXXI	36.30	25m	12-10-19	Mealhada	252
89.	SILVA Sofia Miguel	07	SFGP	36.32	25m	16-05-21	Abrantes	251
90.	RIBEIRO Lara Almeida	07	CCDSERTA	36.62	25m	26-01-20	Campo Maior	245
90.	COUTINHO Mariana Sofia	07	UDO	36.62	25m	13-06-21	Viseu	245
92.	PIMENTA Ines Sofia	07	CNAL	36.78	25m	15-02-20	Torres Novas	242
93.	SANTOS Beatriz Isabel	07	CNOL	36.85	25m	15-05-21	Lagos	240
94.	CASIMIRO Beatriz Valente	07	NCC	36.92	25m	20-10-19	Vila Real	239
95.	LOUREIRO Barbara Ribeiro	07	PORTIN	37.01	25m	11-01-20	Quarteira	237
96.	VIEIRA Jessica Filipa	07	FOCA	37.29	25m	06-03-21	Felgueiras	232
97.	LIMA Manuela Saretta	07	CLIP	37.30	25m	03-11-19	Bolzano (ITA)	232
97.	COSTA Leticia Azevedo	07	NSIT	37.30	25m	15-02-20	Praia da Vitória	232
99.	SOARES Ariana Figueiredo	07	CFV	37.40	25m	08-05-21	Pacos de Ferreira	230
100.	AUGUSTO Raquel Rodrigues	07	FCF	37.45	25m	11-01-20	Quarteira	229

100 Livres

1.	FRANCO Catarina Andrade	07	GESL	58.28	25m	09-05-21	Sto António Cavaleiros	640
2.	VIEIRA Ana Beatriz	07	FOCA	1:00.44	25m	09-05-21	Pacos de Ferreira	574
3.	LOURO Beatriz Silva	07	LDC	1:01.70	25m	15-05-21	Lagos	540
4.	GOMES Barbara Sofia	07	LSC	1:01.86	25m	09-05-21	Pacos de Ferreira	536
5.	RODEIA Mariana Figueira	07	GCNF	1:01.99	25m	12-12-20	Leiria	532
6.	MESQUITA Mafalda Martins	07	GDNFAMA	1:02.12	25m	03-04-21	Famalicao	529
7.	ALMEIDA Bianca Filipa	07	CSAAXXI	1:02.21	25m	12-12-20	Mealhada	527
8.	ALMEIDA Maria Emilia	07	CGA	1:03.76	25m	01-05-21	Gafanha da Nazaré	489
9.	FERRARI Maria Carlotta	07	GESL	1:03.96	25m	16-02-20	Sto Antonio dos Cavaleiros	484
10.	CAMARA Ines Cruz	07	CDN	1:04.09	25m	09-05-21	Funchal	481
11.	RODRIGUES Leonor Carreiro	07	SLB	1:04.15	25m	11-04-21	Felgueiras	480
12.	MANO Leonor Mil	07	SANC	1:04.17	25m	15-02-20	Leiria	480
13.	SILVA Carolina Martins	07	CDE	1:04.34	25m	12-12-20	Mealhada	476
14.	FIGUEIRA Madalena Almeida	07	AVFC	1:04.37	25m	12-12-20	Mealhada	475
14.	MARQUES Gabriela Silva	07	SCB	1:04.37	25m	11-04-21	Felgueiras	475
16.	ALVES Sara Sofia	07	CNS	1:04.71	25m	07-03-20	Setúbal	468
17.	GONCALVES Valentina Jose	07	CDN	1:04.77	25m	09-05-21	Funchal	466
18.	SIMOES Dania Rodrigues	07	ALN	1:04.91	25m	20-12-20	Coimbra	463
19.	BERGAMO Emma Aguiar	07	SAD	1:04.95	25m	02-05-21	Lisboa	463
20.	ALMEIDA Vanessa Liliana	07	ADBA	1:04.96	25m	11-04-21	Felgueiras	462
21.	AGUILAR Marta Andre	07	SANC	1:05.04	25m	15-02-20	Leiria	461
22.	REBELO Angela Rodrigues	07	ALN	1:05.07	25m	20-12-20	Coimbra	460
23.	ALMEIDA Ines Filipa	07	ADS	1:05.10	25m	07-11-20	Gafanha da Encarnação	459
24.	RODRIGUES Maria Leonor	07	AHBE	1:05.18	25m	07-03-20	Setúbal	458
25.	SIMOES Ana Madalena	07	GESL	1:05.21	25m	12-01-20	Estoril	457
26.	MACEDO Laura Pinheiro	07	ANAR	1:05.40	25m	08-05-21	Guarda	453
27.	PEREIRA Beatriz Azevedo	07	CCLAMAS	1:05.50	25m	12-12-20	Mealhada	451
28.	LEAL Matilde Barros	07	CAP	1:05.61	25m	11-04-21	Felgueiras	449
29.	NUNES Marta Filipa	07	SANDS	1:05.73	25m	15-02-20	Leiria	446
30.	PINTO Mariana Alexandra	07	SCB	1:05.76	25m	09-05-21	Ponte da Barca	446
31.	JORGE Luisa Ponte	07	SFUAP	1:05.99	25m	12-12-20	Leiria	441
32.	CACHACO Beatriz Heitor	07	MODV	1:06.11	25m	23-02-20	Loures	439
33.	TSHESNOVSKA Anastacia	07	SCP	1:06.18	25m	15-05-21	Condeixa-a-Nova	437
34.	RODRIGUES Laura Sofia	07	JACL	1:06.29	25m	18-10-20	Funchal	435
35.	ANTONIO Rafaela Mariano	07	PORTIN	1:06.34	25m	12-12-20	Leiria	434
36.	REBELO Mafalda Guimaraes	07	CFP	1:06.44	25m	11-04-21	Felgueiras	432
37.	COELHO Lara Raquel	07	NSIT	1:06.46	25m	10-04-21	Praia da Vitória	432
38.	SILVA Lara Pinho	07	CDF	1:06.51	25m	13-06-21	Viseu	431
39.	FRAZAO Laura Calheiros	07	CNRM	1:06.55	25m	15-05-21	Abrantes	430
40.	SIMAO Laura Roque	07	DNMG	1:06.57	25m	23-05-21	Alcobaça	430
41.	CRUZ Marta Filipa	07	CIRL	1:06.58	25m	16-05-21	Alvalade	429
42.	MIDOES Madalena Maria	07	AVQA	1:06.69	25m	15-05-21	Abrantes	427
43.	SANTOS Leonor Costa	07	CGA	1:06.77	25m	12-12-20	Mealhada	426
44.	SANTOS Rita Machita	07	CNS	1:06.81	25m	08-03-20	Setúbal	425
45.	PARENTE Leonor Peso	07	PDEM	1:06.98	25m	07-03-20	Setúbal	422
46.	MELO Catarina Baptista	07	CDBRG	1:06.99	25m	10-04-21	Praia da Vitória	422
47.	CUNHA Beatriz Teixeira	07	LSC	1:07.00	25m	12-12-20	Mealhada	421
48.	PINTO Margarida Vieira	07	SCB	1:07.02	25m	06-03-20	Braga	421
49.	SOUSA Matilde Filipe	07	NSIT	1:07.05	25m	23-01-21	Angra do Heroísmo	420
50.	CABRAL Carolina Vizinho	07	CNVA	1:07.08	25m	01-03-20	Leiria	420
51.	SILVA Patricia Alexandra	07	CFP	1:07.19	25m	09-05-21	Pacos de Ferreira	418
52.	RIBEIRO Marta Nascimento	07	CNATRIL	1:07.25	25m	15-05-21	Alcabideche	417
53.	BERNAT Elena Del Rio	07	SAD	1:07.57	25m	23-02-20	Loures	411

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54.	ALMEIDA Mariana Marques	07	AAC	1:07.61	25m	20-06-21	Coimbra	410
55.	PINA Laura Almeida	07	CRASTO	1:07.64	25m	01-05-21	Gafanha da Nazaré	410
56.	NETO Leonor Rodrigues	07	CNF	1:07.86	25m	18-10-20	Funchal	406
57.	SILVA Nuria Resende	07	UDO	1:07.87	25m	13-06-21	Viseu	405
58.	MONIZ Ana Rita	07	NSIT	1:08.06	25m	13-03-21	Praia da Vitória	402
58.	BASTOS Mafalda Costa	07	ADS	1:08.06	25m	01-05-21	Gafanha da Nazaré	402
60.	GUERREIRO Leonor Faisca	07	LDC	1:08.07	25m	08-05-21	Quarteira	402
61.	BARAONA Ines Azevedo	07	CNMJ	1:08.25	25m	15-05-21	Abrantes	399
62.	COSTA Ana Medeiros	07	GCST	1:08.26	25m	09-05-21	Pacos de Ferreira	398
63.	BOTELHO Margarida Santos	07	CNS	1:08.32	25m	15-05-21	Alcabideche	397
64.	MAGALHAES Leticia Rodrigues	07	PDEM	1:08.35	25m	08-03-20	Setúbal	397
65.	SILVA Nuria Soares	07	CCLAMAS	1:08.37	25m	09-02-20	Vila Mea	397
66.	AMADOR Erica Domitila	07	CDE	1:08.46	25m	01-05-21	Gafanha da Nazaré	395
67.	GARRIDO Daniela Cruz	07	AVFC	1:08.54	25m	01-05-21	Gafanha da Nazaré	394
68.	VIANA Matilde Violante	07	ADBA	1:08.57	25m	30-04-21	Leiria	393
69.	TEIXEIRA Mafalda Gomes	07	FCP	1:08.78	25m	09-05-21	Pacos de Ferreira	389
70.	CORREIA Rita Martins	07	AVFC	1:08.82	25m	01-05-21	Gafanha da Nazaré	389
71.	COSTA Maria Leonor	07	GESL	1:08.84	25m	07-03-20	Setúbal	388
72.	CARVALHO Sofia Alexandra	07	ATG	1:08.89	25m	01-03-20	Penafiel	388
73.	BILETSKA Carolina Diana	07	FCF	1:08.92	25m	15-05-21	Lagos	387
74.	MALFEITO Maria Francisca	07	SCP	1:09.07	25m	07-03-20	Setúbal	385
75.	CERQUEIRA Ana Margarida	07	LDC	1:09.12	25m	15-05-21	Lagos	384
76.	PIRES Teresa Joao	07	SAD	1:09.14	25m	21-12-19	Alapraia	383
76.	ALMEIDA Rita Sacadura	07	SAD	1:09.14	25m	08-03-20	Setúbal	383
78.	SANTOS Juliana Soromenho	07	SLB	1:09.22	25m	12-01-20	Estoril	382
79.	MOREIRA Maria Leonor	07	CFP	1:09.28	25m	21-12-19	Porto	381
80.	SILVA Eva Oliveira	07	ADP	1:09.32	25m	29-02-20	Penafiel	380
81.	RODRIGUEZ Daniela Dias	07	EDV	1:09.37	25m	08-03-20	Braga	380
82.	VICENCIO Sara Viana	07	SCP	1:09.42	25m	08-03-20	Setúbal	379
83.	OLIVEIRA Margarida Gomes	07	CRASTO	1:09.43	25m	23-11-19	Gafanha da Nazaré	379
84.	ROCHA Bruna Fantasia	07	NSIT	1:09.45	25m	10-04-21	Praia da Vitória	378
85.	MARQUES Beatriz Martins	07	CDE	1:09.48	25m	01-05-21	Gafanha da Nazaré	378
86.	SILVA Maria Teresa	07	AMINATA	1:09.51	25m	05-06-21	Sines	377
87.	ALVES Catarina Alexandra	07	GESL	1:09.56	25m	02-05-21	Lisboa	376
88.	ESCADA Cristiana Sofia	07	AAC	1:09.67	25m	02-02-20	Coimbra	375
89.	VIEIRA Matilde Lebre	07	CGA	1:09.81	25m	01-03-20	Leiria	372
89.	ABABII Luana	07	CNA	1:09.81	25m	07-03-20	Setúbal	372
91.	SIMOES Beatriz Maria	07	CNTN	1:09.88	25m	22-02-20	Abrantes	371
92.	CUNHA Margarida Ribeiro	07	SCB	1:09.90	25m	09-05-21	Ponte da Barca	371
93.	ESTEVES Maria Leonor	07	DNMG	1:09.96	25m	21-12-19	Pombal	370
94.	MATELA Maria Rosario	07	CNCVG	1:09.97	25m	23-02-20	Loures	370
95.	TEIXEIRA Joana Navega	07	CFP	1:09.98	25m	09-05-21	Pacos de Ferreira	370
96.	BATISTA Rita Lima	07	CNS	1:10.14	25m	07-03-20	Setúbal	367
97.	TOJO Clara Vieira	07	CNN	1:10.15	25m	02-05-21	Lisboa	367
98.	LOPES Ana Rita	07	TAC	1:10.40	25m	12-06-21	Praia da Vitória	363
99.	RIBEIRO Matilde Nunes	07	DRCN	1:10.50	25m	21-12-19	Alapraia	362
100.	FIGUEIRA Madalena Leonor	07	CNF	1:10.55	25m	31-10-20	Funchal	361

200 Livres

1.	VIEIRA Ana Beatriz	07	FOCA	2:12.11	25m	08-05-21	Pacos de Ferreira	584
2.	MANO Leonor Mil	07	FBSC	2:12.38	25m	15-05-21	Condeixa-a-Nova	580
3.	FRANCO Catarina Andrade	07	GESL	2:12.83	25m	13-12-20	Leiria	574
4.	LOURO Beatriz Silva	07	LDC	2:13.13	25m	16-05-21	Lagos	570
5.	MESQUITA Mafalda Martins	07	GDNFAMA	2:13.25	25m	08-05-21	Pacos de Ferreira	569
6.	ALMEIDA Maria Emilia	07	CGA	2:14.36	25m	02-05-21	Gafanha da Nazaré	555
7.	ALMEIDA Bianca Filipa	07	CSAAXXI	2:15.28	25m	13-12-20	Mealhada	543
8.	FERRARI Maria Carlotta	07	GESL	2:17.61	25m	08-03-20	Setúbal	516
9.	PARENTE Leonor Peso	07	PDEM	2:17.96	25m	09-05-21	Alcobaça	512
10.	SILVA Carolina Martins	07	CDE	2:18.02	25m	02-05-21	Gafanha da Nazaré	512
11.	RODEIA Mariana Figueira	07	GCNF	2:18.31	25m	13-12-20	Leiria	508
12.	PINTO Margarida Vieira	07	SCB	2:18.91	25m	08-05-21	Ponte da Barca	502
13.	CAMARA Ines Cruz	07	CDN	2:19.31	25m	08-05-21	Funchal	498
14.	GONCALVES Valentina Jose	07	CDN	2:19.40	25m	08-05-21	Funchal	497
15.	AGUILAR Marta Andre	07	FBSC	2:19.44	25m	29-02-20	Leiria	496
16.	ALVES Sara Sofia	07	CNS	2:19.68	25m	08-03-20	Setúbal	494
17.	RODRIGUES Leonor Carreiro	07	SLB	2:19.81	25m	10-04-21	Felgueiras	492
18.	SIMÕES Dania Rodrigues	07	ALN	2:20.14	25m	15-05-21	Condeixa-a-Nova	489
19.	MARQUES Gabriela Silva	07	SCB	2:21.68	25m	08-05-21	Ponte da Barca	473
20.	GOMES Rita Cunha	07	VNC	2:21.75	25m	08-05-21	Ponte da Barca	472
21.	REBELO Angela Rodrigues	07	ALN	2:21.84	25m	29-02-20	Leiria	471
22.	GOMES Barbara Sofia	07	LSC	2:22.07	25m	01-03-20	Penafiel	469
23.	SANTOS Leonor Costa	07	CGA	2:22.49	25m	02-05-21	Gafanha da Nazaré	465
24.	SIMÕES Ana Madalena	07	GESL	2:22.68	25m	08-03-20	Setúbal	463
25.	TSHESNOVSKA Anastacia	07	SCP	2:22.73	25m	16-02-20	Sto Antonio dos Cavaleiros	463
26.	MALFEITO Maria Francisca	07	CNLX	2:23.00	25m	02-05-21	Gafanha da Nazaré	460
27.	MACEDO Laura Pinheiro	07	ANAR	2:23.05	25m	18-01-20	Castelo Branco	460
28.	SIMAO Laura Roque	07	DNMG	2:23.09	25m	09-05-21	Alcobaça	459
29.	SOUSA Maria Rita	07	EDV	2:23.12	25m	08-05-21	Ponte da Barca	459
30.	JORGE Luisa Ponte	07	SFUAP	2:23.36	25m	15-05-21	Condeixa-a-Nova	457
31.	RODRIGUES Maria Leonor	07	AHBE	2:23.41	25m	08-03-20	Setúbal	456
32.	PIRES Teresa Joao	07	SAD	2:23.51	25m	08-03-20	Setúbal	455
33.	MAGALHAES Leticia Rodrigues	07	PDEM	2:23.84	25m	09-05-21	Alcobaça	452
34.	NUNES Marta Filipa	07	CNCA	2:24.19	25m	08-03-20	Santarém	449
35.	SOUSA Matilde Filipe	07	NSIT	2:24.26	25m	14-03-21	Praia da Vitória	448
36.	LEAL Matilde Barros	07	CAP	2:24.32	25m	01-03-20	Penafiel	448
37.	ALMEIDA Vanessa Liliana	07	ADBA	2:24.39	25m	17-10-20	Caldas da Rainha	447
38.	MIDÕES Madalena Maria	07	AVQA	2:24.57	25m	16-05-21	Abrantes	445
39.	PINA Laura Almeida	07	CRASTO	2:24.69	25m	02-02-20	Viseu	444
40.	ALMEIDA Ines Filipa	07	ADS	2:24.82	25m	08-11-20	Gafanha da Encarnação	443
41.	ESTEVES Maria Leonor	07	DNMG	2:25.29	25m	09-05-21	Alcobaça	439
42.	SANTOS Juliana Soromenho	07	SLB	2:25.43	25m	08-03-20	Setúbal	437
43.	BERNAT Elena Del Rio	07	SAD	2:25.65	25m	08-03-20	Setúbal	435
44.	TEIXEIRA Mafalda Gomes	07	FCP	2:25.76	25m	08-05-21	Pacos de Ferreira	434
45.	RIBEIRO Marta Nascimento	07	CNATRIL	2:26.25	25m	15-05-21	Alcabideche	430
46.	VIANA Matilde Violante	07	ADBA	2:26.28	25m	10-04-21	Felgueiras	430
47.	RODRIGUES Laura Sofia	07	JACL	2:26.36	25m	06-03-20	Funchal	429
48.	PINTO Mariana Alexandra	07	SCB	2:26.55	25m	08-05-21	Ponte da Barca	427
49.	RODRIGUES Catarina Ferreira	07	GESL	2:26.65	25m	09-05-21	Sto António Cavaleiros	426
50.	FERNANDES Leonor Garcia	07	CRASTO	2:26.83	25m	02-05-21	Gafanha da Nazaré	425
51.	GOMES Francisca Martins	07	FCP	2:27.40	25m	10-04-21	Felgueiras	420
52.	CABRAL Carolina Vizinho	07	CNVA	2:27.42	25m	02-02-20	Viseu	420
52.	CORREIA Rita Martins	07	AVFC	2:27.42	25m	02-05-21	Gafanha da Nazaré	420

200 Livres (desde 54)

54.	OLIVEIRA Margarida Gomes	07	CRASTO	2:27.76	25m	13-10-19	Mealhada	417
55.	MATOS Maria Bandarra	07	SCP	2:27.81	25m	08-03-20	Setúbal	417
55.	BATISTA Rita Lima	07	CNS	2:27.81	25m	08-03-20	Setúbal	417
57.	REBELO Mafalda Guimaraes	07	CFP	2:27.92	25m	20-10-19	Felgueiras	416
58.	FERREIRA Beatriz Anjo	07	DNMG	2:28.01	25m	12-06-21	Nazaré	415
59.	VALE Teresa Pinto	07	SCB	2:28.07	25m	08-05-21	Ponte da Barca	414
60.	ALMEIDA Mariana Marques	07	AAC	2:28.34	25m	07-12-19	Coimbra	412
61.	COELHO Lara Raquel	07	NSIT	2:28.64	25m	06-03-20	Ponta Delgada	410
62.	VICENCIO Sara Viana	07	SCP	2:28.86	25m	16-02-20	Sto Antonio dos Cavaleiros	408
63.	VIEIRA Matilde Lebre	07	CGA	2:28.99	25m	29-02-20	Leiria	407
64.	MARQUES Beatriz Martins	07	CDE	2:29.03	25m	11-01-20	Aguas Santas	406
65.	CUNHA Margarida Ribeiro	07	SCB	2:29.21	25m	08-05-21	Ponte da Barca	405
66.	CACHACO Beatriz Heitor	07	MODV	2:29.22	25m	08-03-20	Setúbal	405
67.	GUERREIRO Leonor Faisca	07	LDC	2:29.25	25m	16-05-21	Lagos	405
68.	COSTA Maria Leonor	07	GESL	2:29.41	25m	06-03-20	Setúbal	403
69.	AMADOR Erica Domitila	07	CDE	2:29.46	25m	13-06-21	Viseu	403
70.	CARRILHO Luana Alexandra	07	AVFC	2:29.53	25m	02-05-21	Gafanha da Nazaré	402
71.	ALMEIDA Rita Sacadura	07	SAD	2:29.64	25m	08-03-20	Setúbal	401
72.	GARRIDO Daniela Cruz	07	AVFC	2:29.72	25m	02-05-21	Gafanha da Nazaré	401
73.	GARCELL Maria Teresa	07	AEFDTV	2:30.00	25m	26-10-19	Estoril	399
74.	CARVALHO Sofia Alexandra	07	ATG	2:30.05	25m	28-02-20	Penafiel	398
75.	SANTOS Sara Margarida	07	CDE	2:30.15	25m	02-05-21	Gafanha da Nazaré	397
76.	BERGAMO Emma Aguiar	07	SAD	2:30.16	25m	06-03-20	Setúbal	397
77.	SANTOS Daniela Alexandra	07	SCP	2:30.59	25m	06-03-20	Setúbal	394
78.	LOPES Ana Rita	07	TAC	2:30.84	25m	08-05-21	Praia da Vitória	392
79.	TEIXEIRA Joana Navega	07	CFP	2:30.91	25m	08-05-21	Pacos de Ferreira	391
80.	RODRIGUES Nancy Almeida	07	CRASTO	2:31.20	25m	22-02-20	Mirandela	389
81.	FIGUEIRA Madalena Almeida	07	AVFC	2:31.22	25m	29-02-20	Leiria	389
82.	TOJO Clara Vieira	07	CNN	2:31.25	25m	01-05-21	Lisboa	389
83.	RODRIGUEZ Daniela Dias	07	EDV	2:31.30	25m	24-10-20	Braga	388
84.	COSTA Ana Medeiros	07	GCST	2:31.62	25m	08-05-21	Pacos de Ferreira	386
85.	ROCHA Bruna Fantasia	07	NSIT	2:31.74	25m	06-03-20	Ponta Delgada	385
86.	BRAZ Sofia Pereira	07	CLIPTEAM	2:31.81	25m	08-05-21	Pacos de Ferreira	384
87.	CONCEICAO Sara Oliveira	07	CDF	2:32.00	25m	02-05-21	Gafanha da Nazaré	383
88.	BARAONA Ines Azevedo	07	CNMJ	2:32.12	25m	09-05-21	Sto António Cavaleiros	382
89.	BILETSKA Carolina Diana	07	FCF	2:32.15	25m	25-10-20	Olhão	382
90.	CUNHA Beatriz Teixeira	07	LSC	2:32.52	25m	01-03-20	Penafiel	379
91.	BOTELHO Margarida Santos	07	CNS	2:32.85	25m	13-12-20	Leiria	377
92.	MELO Catarina Baptista	07	CDBRG	2:32.88	25m	14-03-21	Ponta Delgada	376
93.	COELHO Mariana Mauricio	07	BUZIOS	2:33.29	25m	16-05-21	Abrantes	373
94.	VIDAL Bianca Antunes	07	IDV	2:33.37	25m	24-11-19	Caldas da Rainha	373
95.	VIEIRA Beatriz Carlos	07	GCNF	2:33.76	25m	08-11-20	Lagos	370
96.	SILVA Maria Teresa	07	AMINATA	2:33.77	25m	19-12-20	Sines	370
97.	RODRIGUES Luna Almeida	07	SCC	2:33.87	25m	13-12-20	Mealhada	369
98.	MENDES Laura Jesus	07	CFP	2:34.20	25m	01-03-20	Penafiel	367
99.	SANTOS Rita Machita	07	CNS	2:34.57	25m	26-10-19	Estoril	364
100.	SILVA Nuria Resende	07	UDO	2:34.59	25m	13-06-21	Viseu	364

400 Livres

1.	VIEIRA Ana Beatriz	07	FOCA	4:39.47	25m	11-04-21	Felgueiras	586
2.	MANO Leonor Mil	07	FBSC	4:41.71	25m	19-06-21	Coimbra	572
3.	ALMEIDA Maria Emilia	07	CGA	4:44.50	25m	12-12-20	Mealhada	555
4.	GOMES Barbara Sofia	07	LSC	4:47.59	25m	09-05-21	Pacos de Ferreira	538
5.	ALMEIDA Bianca Filipa	07	CSAAXXI	4:47.65	25m	02-05-21	Gafanha da Nazaré	537
6.	AGUILAR Marta Andre	07	FBSC	4:48.30	25m	15-05-21	Condeixa-a-Nova	534
7.	RODRIGUES Leonor Carreiro	07	SLB	4:52.00	25m	15-05-21	Alcabideche	514
8.	MAGALHAES Leticia Rodrigues	07	PDEM	4:53.14	25m	09-05-21	Alcobaça	508
9.	SIMOES Dania Rodrigues	07	ALN	4:53.67	25m	20-12-20	Coimbra	505
10.	CAMARA Ines Cruz	07	CDN	4:54.00	25m	14-05-21	Funchal	503
11.	LOURO Beatriz Silva	07	LDC	4:54.15	25m	18-10-20	Lagos	502
12.	FERRARI Maria Carlotta	07	GESL	4:54.52	25m	08-03-20	Setúbal	501
13.	RODEIA Mariana Figueira	07	CNFA	4:54.60	25m	30-11-19	Sines	500
14.	MALFEITO Maria Francisca	07	CNLX	4:54.74	25m	02-05-21	Gafanha da Nazaré	499
15.	PINA Laura Almeida	07	CRASTO	4:54.81	25m	01-03-20	Leiria	499
16.	PINTO Margarida Vieira	07	SCB	4:54.93	25m	11-04-21	Felgueiras	498
17.	MESQUITA Mafalda Martins	07	GDNFAMA	4:55.16	25m	12-12-20	Mealhada	497
18.	FRANCO Catarina Andrade	07	GESL	4:57.07	25m	22-02-20	Loures	488
19.	MIDOES Madalena Maria	07	AVQA	4:57.31	25m	12-12-20	Leiria	487
20.	ALMEIDA Vanessa Liliana	07	ADBA	4:58.30	25m	06-03-21	Leiria	482
21.	SILVA Carolina Martins	07	CDE	4:58.35	25m	02-05-21	Gafanha da Nazaré	481
22.	GONCALVES Valentina Jose	07	CDN	4:59.65	25m	07-05-21	Funchal	475
23.	BERNAT Elena Del Rio	07	SAD	5:00.16	25m	12-12-20	Leiria	473
24.	SIMAO Laura Roque	07	DNMG	5:00.18	25m	12-12-20	Leiria	473
25.	ALVES Sara Sofia	07	CNS	5:00.70	25m	12-12-20	Leiria	470
26.	SOUSA Matilde Filipe	07	NSIT	5:00.79	25m	12-12-20	Praia da Vitória	470
27.	VIANA Matilde Violante	07	ADBA	5:01.16	25m	11-04-21	Felgueiras	468
28.	MACEDO Laura Pinheiro	07	ANAR	5:01.19	25m	11-01-20	Elvas	468
29.	CABRAL Carolina Vizinho	07	CNVA	5:01.27	25m	02-05-21	Gafanha da Nazaré	468
30.	SANTOS Juliana Soromenho	07	SLB	5:01.46	25m	22-02-20	Loures	467
31.	SANTOS Rita Machita	07	CNS	5:01.81	25m	15-05-21	Alcabideche	465
32.	SIMOES Ana Madalena	07	GESL	5:02.94	25m	08-03-20	Setúbal	460
33.	ESTEVEES Maria Leonor	07	DNMG	5:03.21	25m	01-03-20	Leiria	459
34.	RODRIGUES Maria Leonor	07	AHBE	5:03.59	25m	08-03-20	Setúbal	457
35.	RODRIGUES Catarina Ferreira	07	GESL	5:04.65	25m	08-03-20	Setúbal	452
36.	PIRES Teresa Joao	07	SAD	5:04.90	25m	22-02-20	Loures	451
37.	MARQUES Gabriela Silva	07	SCB	5:05.55	25m	09-05-21	Ponte da Barca	448
38.	SANTOS Leonor Costa	07	CGA	5:05.80	25m	02-05-21	Gafanha da Nazaré	447
39.	JORGE Luisa Ponte	07	SFUAP	5:05.95	25m	02-05-21	Lisboa	446
40.	REBELO Angela Rodrigues	07	ALN	5:05.97	25m	01-03-20	Leiria	446
41.	SOUSA Maria Rita	07	EDV	5:07.91	25m	25-10-20	Braga	438
42.	NUNES Marta Filipa	07	CNCA	5:08.09	25m	07-03-20	Santarém	437
43.	OLIVEIRA Margarida Gomes	07	CRASTO	5:08.22	25m	07-12-19	Coimbra	437
44.	COSTA Maria Leonor	07	GESL	5:08.35	25m	08-03-20	Setúbal	436
45.	ALMEIDA Ines Filipa	07	ADS	5:08.57	25m	01-03-20	Leiria	435
46.	SILVA Nuria Soares	07	CCLAMAS	5:08.87	25m	02-05-21	Gafanha da Nazaré	434
47.	CARVALHO Sofia Alexandra	07	ATG	5:09.18	25m	01-03-20	Penafiel	433
48.	FERREIRA Beatriz Anjo	07	DNMG	5:09.22	25m	13-06-21	Nazaré	432
49.	GOMES Rita Cunha	07	VNC	5:10.09	25m	07-03-20	Braga	429
50.	SANTOS Leonor Castanho	07	SCP	5:10.56	25m	16-05-21	Alvalade	427
51.	MARQUES Beatriz Martins	07	CDE	5:10.90	25m	01-03-20	Leiria	425
52.	CACHACO Beatriz Heitor	07	MODV	5:11.12	25m	08-03-20	Setúbal	425
53.	MATOS Maria Bandarra	07	SCP	5:11.75	25m	16-05-21	Alvalade	422

400 Livres (desde 54)

54.	PARENTE Leonor Peso	07	PDEM	5:13.01	25m	22-02-20	Loures	417
55.	VICENCIO Sara Viana	07	SCP	5:13.18	25m	22-02-20	Loures	416
55.	VALE Teresa Pinto	07	SCB	5:13.18	25m	07-03-20	Braga	416
57.	FERNANDES Leonor Garcia	07	CRASTO	5:13.29	25m	02-05-21	Gafanha da Nazaré	416
58.	PEREIRA Beatriz Azevedo	07	CCLAMAS	5:13.37	25m	01-03-20	Penafiel	415
59.	CORREIA Rita Martins	07	AVFC	5:13.43	25m	02-05-21	Gafanha da Nazaré	415
60.	CUNHA Beatriz Teixeira	07	LSC	5:13.60	25m	01-03-20	Penafiel	415
61.	TEIXEIRA Mafalda Gomes	07	FCP	5:13.84	25m	09-05-21	Pacos de Ferreira	414
62.	CUNHA Margarida Ribeiro	07	SCB	5:14.12	25m	09-05-21	Ponte da Barca	412
63.	TEIXEIRA Joana Navega	07	ATG	5:14.20	25m	01-03-20	Penafiel	412
64.	RODRIGUEZ Daniela Dias	07	EDV	5:14.72	25m	18-01-20	Barcelos	410
65.	PINTO Mariana Alexandra	07	SCB	5:14.81	25m	18-01-20	Barcelos	410
66.	RODRIGUES Luna Almeida	07	SCC	5:15.11	25m	12-12-20	Mealhada	409
67.	LEAL Matilde Barros	07	CAP	5:15.12	25m	09-02-20	Vila Mea	409
68.	CARRILHO Luana Alexandra	07	AVFC	5:17.19	25m	02-05-21	Gafanha da Nazaré	401
69.	FRAZAO Laura Calheiros	07	CNRM	5:17.30	25m	15-05-21	Abrantes	400
70.	FERNANDES Maria Ines	07	FBSC	5:17.36	25m	19-06-21	Coimbra	400
71.	SOUSA Ines Rebelo	07	FCP	5:17.85	25m	09-05-21	Pacos de Ferreira	398
72.	RIBEIRO Marta Nascimento	07	CNATRIL	5:18.16	25m	08-03-20	Setúbal	397
73.	REBELO Mafalda Guimaraes	07	CFP	5:18.87	25m	01-03-20	Penafiel	394
74.	COELHO Mariana Mauricio	07	BUZIOS	5:19.78	25m	15-05-21	Abrantes	391
75.	MOREIRA Maria Leonor	07	CFP	5:19.93	25m	09-05-21	Pacos de Ferreira	390
75.	TSHESNOVSKA Anastacia	07	SCP	5:19.93	25m	16-05-21	Alvalade	390
77.	BOTELHO Margarida Santos	07	CNS	5:20.16	25m	08-03-20	Setúbal	390
78.	RODRIGUES Nancy Almeida	07	CRASTO	5:20.74	25m	07-12-19	Coimbra	387
79.	VIEIRA Beatriz Carlos	07	GCNF	5:21.07	25m	07-11-20	Lagos	386
80.	RIBEIRO Matilde Nunes	07	DRCN	5:21.12	25m	08-12-19	Sto António Cavaleiros	386
81.	FIGUEIRA Madalena Almeida	07	AVFC	5:21.41	25m	13-10-19	Mealhada	385
82.	ESCADA Cristiana Sofia	07	AAC	5:21.86	25m	01-02-20	Coimbra	383
83.	BARAONA Ines Azevedo	07	CNMJ	5:22.50	25m	08-03-20	Setúbal	381
84.	BERGAMO Emma Aguiar	07	SAD	5:22.51	25m	08-03-20	Setúbal	381
85.	GUERREIRO Leonor Faisca	07	LDC	5:22.97	25m	18-10-20	Lagos	379
86.	VIEIRA Matilde Lebre	07	CGA	5:23.23	25m	01-03-20	Leiria	379
87.	ROCHA Bruna Fantasia	07	NSIT	5:23.72	25m	14-03-21	Praia da Vitória	377
88.	ASCENSO Eva Sofia	07	GESL	5:24.63	25m	08-03-20	Setúbal	374
89.	ALMEIDA Rita Sacadura	07	SAD	5:25.20	25m	08-12-19	Sto António Cavaleiros	372
90.	OLIVEIRA Diana Goncalves	07	AVQA	5:25.44	25m	07-03-20	Santarém	371
91.	COELHO Lara Raquel	07	NSIT	5:25.82	25m	08-05-21	Praia da Vitória	370
92.	MENDES Laura Jesus	07	CFP	5:26.40	25m	01-03-20	Penafiel	368
93.	FRISCHKNECHT Matilde Anjos	07	CNS	5:26.78	25m	08-12-19	Sto António Cavaleiros	366
94.	BATISTA Rita Lima	07	CNS	5:27.11	25m	12-01-20	Estoril	365
95.	MONIZ Ana Rita	07	NSIT	5:27.21	25m	08-05-21	Praia da Vitória	365
96.	SIMOES Beatriz Maria	07	CNTN	5:27.42	25m	15-02-20	Torres Novas	364
97.	DRENTJE Julia Norte	07	LDC	5:27.64	25m	23-02-20	Lagos	363
98.	COSTA Ana Medeiros	07	GCST	5:27.80	25m	01-03-20	Penafiel	363
99.	SOARES Rita Marques	07	GDNFAMA	5:28.83	25m	09-02-20	Vila Mea	359
100.	CANHAO Leonor Gino	07	SFUAP	5:29.31	25m	08-12-19	Sto António Cavaleiros	358

800 Livres

1.	MANO Leonor Mil	07	FBSC	9:38.35	25m	20-06-21	Coimbra	569
2.	ALMEIDA Maria Emilia	07	CGA	9:39.22	25m	13-12-20	Mealhada	566
3.	VIEIRA Ana Beatriz	07	FOCA	9:49.79	25m	08-05-21	Pacos de Ferreira	536
4.	ALMEIDA Bianca Filipa	07	CSAAXXI	9:53.22	25m	01-05-21	Gafanha da Nazaré	527
5.	PINTO Margarida Vieira	07	SCB	9:55.68	25m	13-12-20	Mealhada	521
6.	AGUILAR Marta Andre	07	FBSC	9:58.71	25m	02-02-20	Coimbra	513
7.	FERRARI Maria Carlotta	07	GESL	10:01.44	25m	07-03-20	Setúbal	506
8.	FRANCO Catarina Andrade	07	GESL	10:02.01	25m	13-12-20	Leiria	504
9.	CABRAL Carolina Vizinho	07	CNVA	10:03.07	25m	01-05-21	Gafanha da Nazaré	502
10.	RODRIGUES Laura Sofia	07	JACL	10:03.82	25m	16-10-20	Funchal	500
11.	SIMOES Dania Rodrigues	07	ALN	10:05.65	25m	10-04-21	Felgueiras	495
12.	VIANA Matilde Violante	07	ADBA	10:07.61	25m	01-05-21	Gafanha da Nazaré	490
13.	GOMES Rita Cunha	07	VNC	10:10.21	25m	13-12-20	Mealhada	484
14.	ALVES Sara Sofia	07	CNS	10:11.10	25m	07-03-20	Setúbal	482
15.	MESQUITA Mafalda Martins	07	GDNFAMA	10:17.01	25m	29-02-20	Penafiel	468
16.	RODEIA Mariana Figueira	07	CNFA	10:17.45	25m	07-03-20	Quarteira	467
17.	MACEDO Laura Pinheiro	07	ANAR	10:19.93	25m	16-11-19	Castelo Branco	462
18.	SIMAO Laura Roque	07	DNMG	10:21.64	25m	13-12-20	Leiria	458
19.	SANTOS Leonor Costa	07	CGA	10:24.89	25m	01-05-21	Gafanha da Nazaré	451
20.	REBELO Angela Rodrigues	07	ALN	10:25.65	25m	29-02-20	Leiria	449
21.	OLIVEIRA Margarida Gomes	07	CRASTO	10:26.32	25m	26-10-19	Lagos	448
22.	SANTOS Juliana Soromenho	07	SLB	10:27.21	25m	18-01-20	Pinhal Novo	446
23.	SOUSA Matilde Filipe	07	NSIT	10:28.41	25m	06-02-21	Praia da Vitória	443
24.	ALMEIDA Vanessa Liliana	07	ADBA	10:29.87	25m	08-11-20	Leiria	440
25.	SOUSA Maria Rita	07	EDV	10:31.32	25m	22-11-19	Braga	437
26.	VALE Teresa Pinto	07	SCB	10:31.94	25m	06-03-20	Braga	436
27.	RODRIGUES Catarina Ferreira	07	GESL	10:31.95	25m	07-03-20	Setúbal	436
28.	MAGALHAES Leticia Rodrigues	07	PDEM	10:33.02	25m	18-01-20	Pinhal Novo	434
29.	JORGE Luisa Ponte	07	SFUAP	10:33.28	25m	18-01-20	Pinhal Novo	433
30.	GOMES Barbara Sofia	07	LSC	10:33.42	25m	29-02-20	Penafiel	433
31.	MIDOES Madalena Maria	07	AVQA	10:34.83	25m	06-03-20	Santarém	430
32.	TEIXEIRA Mafalda Gomes	07	FCP	10:39.62	25m	08-05-21	Pacos de Ferreira	420
33.	MALFEITO Maria Francisca	07	SCP	10:39.83	25m	18-01-20	Pinhal Novo	420
34.	MATOS Maria Bandarra	07	SCP	10:39.94	25m	18-01-20	Pinhal Novo	420
35.	RODRIGUES Leonor Carreiro	07	SLB	10:40.38	25m	07-03-20	Setúbal	419
36.	SOUSA Ines Rebelo	07	FCP	10:42.17	25m	08-05-21	Pacos de Ferreira	415
37.	FRANCA Ines Matos	07	JACL	10:43.26	25m	31-10-20	Funchal	413
38.	CAMARA Ines Cruz	07	CDN	10:43.62	25m	23-11-19	Funchal	413
39.	ALMEIDA Ines Filipa	07	ADS	10:46.86	25m	29-02-20	Leiria	406
40.	RODRIGUEZ Daniela Dias	07	EDV	10:47.94	25m	06-03-20	Braga	404
41.	RODRIGUES Nancy Almeida	07	CRASTO	10:48.13	25m	01-02-20	Viseu	404
42.	PARENTE Leonor Peso	07	PDEM	10:48.18	25m	18-01-20	Pinhal Novo	404
43.	RIBEIRO Marta Nascimento	07	CNATRIL	10:50.33	25m	18-01-20	Pinhal Novo	400
44.	GONCALVES Valentina Jose	07	CDN	10:50.34	25m	16-10-20	Funchal	400
45.	GOMES Francisca Martins	07	FCP	10:52.10	25m	08-11-20	Leiria	397
46.	ROCHA Bruna Fantasia	07	NSIT	10:52.96	25m	08-03-20	Ponta Delgada	395
47.	PINTO Mariana Alexandra	07	SCB	10:54.73	25m	22-11-19	Braga	392
48.	RODRIGUES Luna Almeida	07	SCC	10:55.46	25m	15-05-21	Condeixa-a-Nova	391
49.	SANTOS Leonor Castanho	07	SCP	10:55.92	25m	18-01-20	Pinhal Novo	390
50.	ESCADA Cristiana Sofia	07	AAC	10:56.57	25m	02-02-20	Coimbra	389
51.	COELHO Lara Raquel	07	NSIT	10:57.89	25m	06-02-21	Praia da Vitória	386
52.	VIEIRA Matilde Lebre	07	CGA	10:58.93	25m	29-02-20	Leiria	384
53.	CUNHA Beatriz Teixeira	07	LSC	10:59.75	25m	29-02-20	Penafiel	383

800 Livres (desde 54)

54.	MARQUES Gabriela Silva	07	SCB	10:59.96	25m	22-11-19	Braga	383
55.	BILETSKA Carolina Diana	07	FCF	11:00.32	25m	17-10-20	Lagos	382
56.	COELHO Mariana Mauricio	07	BUZIOS	11:03.94	25m	16-05-21	Abrantes	376
57.	PEREIRA Beatriz Azevedo	07	CCLAMAS	11:04.05	25m	20-10-19	Felgueiras	376
58.	ASCENSO Eva Sofia	07	GESL	11:04.44	25m	07-03-20	Setúbal	375
59.	VIEIRA Beatriz Carlos	07	GCNF	11:04.68	25m	08-11-20	Lagos	375
60.	CACHACO Beatriz Heitor	07	MODV	11:04.95	25m	18-01-20	Pinhal Novo	374
61.	GARCELL Maria Teresa	07	AEFDTV	11:05.53	25m	18-01-20	Pinhal Novo	373
62.	RODRIGUES Maria Leonor	07	AHBE	11:06.22	25m	07-11-20	Guarda	372
63.	SILVA Nuria Soares	07	CCLAMAS	11:06.25	25m	20-10-19	Felgueiras	372
64.	BARAONA Ines Azevedo	07	CNMJ	11:10.34	25m	18-01-20	Pinhal Novo	365
65.	MELO Catarina Baptista	07	CDBRG	11:10.93	25m	08-03-20	Ponta Delgada	364
66.	MENDES Laura Jesus	07	CFP	11:11.64	25m	29-02-20	Penafiel	363
67.	FRISCHKNECHT Matilde Anjos	07	CNS	11:15.30	25m	18-01-20	Pinhal Novo	357
68.	MONIZ Ana Rita	07	NSIT	11:16.17	25m	06-02-21	Praia da Vitória	356
69.	ROMAO Rita Violante	07	CNAL	11:23.80	25m	29-02-20	Leiria	344
70.	LOPES Ana Rita	07	TAC	11:23.91	25m	06-02-21	Praia da Vitória	344
71.	BOTAS Beatriz Alexandra	07	AVQA	11:25.94	25m	06-03-20	Santarém	341
72.	DOMINGOS Madalena Nunes	07	VS	11:30.93	25m	24-10-20	Tomar	333
73.	SANTOS Lara Carvalho	07	CNAC	11:31.15	25m	02-02-20	Coimbra	333
74.	ESTEVEZ Maria Leonor	07	SCA	11:32.18	25m	07-11-20	Guarda	332
75.	PEREIRA Maria Fagundes	07	CNPV	11:32.78	25m	06-02-21	Praia da Vitória	331
76.	SILVA Eva Oliveira	07	ADP	11:33.37	25m	29-02-20	Penafiel	330
77.	MORGADO Ana Margarida	07	SCMI	11:35.75	25m	07-03-20	Mirandela	327
78.	CONCEICAO Beatriz Sofia	07	CNAB	11:40.19	25m	23-11-19	Tomar	320
79.	PIMENTA Francisca Soares	07	CNPO	11:40.87	25m	29-02-20	Penafiel	319
80.	OLIVEIRA Diana Goncalves	07	AVQA	11:40.92	25m	19-01-20	Entroncamento	319
81.	CONCEICAO Sara Oliveira	07	CDF	11:41.43	25m	07-11-20	Guarda	319
82.	MATEUS Clarisse Vieira	07	CDN	11:43.07	25m	23-11-19	Funchal	316
83.	NOGUEIRA Melissa Freitas	07	ADF	11:44.04	25m	29-02-20	Penafiel	315
84.	AFONSO Leonor Lima	07	NSIT	11:48.44	25m	06-02-21	Praia da Vitória	309
85.	MELO Benedita Cardoso	07	CNPV	11:48.48	25m	06-02-21	Praia da Vitória	309
86.	SIMOES Beatriz Maria	07	CNTN	11:49.77	25m	19-01-20	Entroncamento	308
87.	VINAGRE Iara Vidal	07	CAPGE	11:50.79	25m	29-02-20	Leiria	306
88.	MOREIRA Maria Leonor	07	CFP	11:52.68	25m	20-10-19	Felgueiras	304
89.	JOMIR Patricia	07	ABR	12:09.29	25m	07-03-20	Quarteira	283
90.	MARCALO Maria Duarte	07	PDEM	12:10.56	25m	30-11-19	Sines	282
91.	SOUSA Ines Tonel	07	CNPV	12:11.20	25m	06-02-21	Praia da Vitória	281
92.	DUTRA Margarida Costa	07	CAFBDP	12:14.58	25m	15-02-20	Ponta Delgada	277
93.	TEMTEM Sara Maria	07	CDN	12:15.14	25m	23-11-19	Funchal	277
94.	RESENDES Ana Maria	07	CNPDL	12:28.86	25m	20-03-21	Ponta Delgada	262
95.	FRAZAO Laura Calheiros	07	CNRM	12:47.89	25m	20-10-19	Torres Novas	243
96.	MEDEIROS Sara Pavao	07	CAFBDP	12:57.71	25m	15-02-20	Ponta Delgada	234
97.	CONESA Lucia Gonzalez	07	CNGUA	13:13.07	25m	07-03-20	Quarteira	220
98.	DIAS Beatriz Roseiro	07	CNAB	13:23.95	25m	20-10-19	Torres Novas	211
99.	COSTA Ana Miguel	07	CDBRG	13:26.28	25m	20-03-21	Ponta Delgada	210
100.	MARQUES Luna Sofia	07	CDV	14:09.95	25m	07-03-20	Mirandela	179

1500 Livres

1.	PINTO Margarida Vieira	07	SCB	18:52.47	25m	09-05-21	Ponte da Barca	532
2.	LOURO Beatriz Silva	07	LDC	19:12.31	25m	24-10-20	Olhão	505
3.	VALE Teresa Pinto	07	SCB	20:12.11	25m	09-05-21	Ponte da Barca	434
4.	MACEDO Laura Pinheiro	07	ANAR	20:15.15	25m	16-11-19	Castelo Branco	431
5.	SOUSA Matilde Filipe	07	NSIT	20:52.30	25m	21-11-20	Angra do Heroísmo	393
6.	COELHO Lara Raquel	07	NSIT	21:33.10	25m	21-11-20	Angra do Heroísmo	357
7.	NUNES Marta Filipa	07	CNCA	21:54.40	25m	24-11-19	Tomar	340
8.	FRAZAO Laura Calheiros	07	CNRM	22:55.06	25m	25-10-20	Tomar	297
9.	LOBOVA Sofia	07	PORTIN	23:19.79	25m	24-10-20	Olhão	282

50 Costas

1.	MESQUITA Mafalda Martins	07	GDNFAMA	31.99	25m	10-04-21	Felgueiras	516
2.	LOURO Beatriz Silva	07	LDC	32.90	25m	08-05-21	Quarteira	474
3.	CONCEICAO Sara Oliveira	07	CDF	33.57	25m	02-05-21	Gafanha da Nazaré	447
4.	ANTONIO Rafaela Mariano	07	PORTIN	33.70	25m	16-05-21	Lagos	441
5.	SOUSA Matilde Filipe	07	NSIT	33.90	25m	01-11-20	Ponta Delgada	434
6.	RODEIA Mariana Figueira	07	GCNF	33.96	25m	07-11-20	Lagos	431
7.	MONIZ Ana Rita	07	NSIT	34.20	25m	09-04-21	Praia da Vitória	422
8.	CABRAL Carolina Vizinho	07	CNVA	34.51	25m	02-05-21	Gafanha da Nazaré	411
9.	SOARES Rita Marques	07	GDNFAMA	34.60	25m	03-04-21	Famalicao	408
10.	SILVA Nuria Resende	07	UDO	34.89	25m	02-05-21	Gafanha da Nazaré	398
11.	BILETSKA Carolina Diana	07	FCF	35.08	25m	17-10-20	Lagos	391
12.	GARRIDO Daniela Cruz	07	AVFC	35.76	25m	13-06-21	Viseu	369
13.	MELO Catarina Baptista	07	CDBRG	35.80	25m	13-03-21	Ponta Delgada	368
14.	SILVA Lara Pinho	07	CDF	35.91	25m	02-05-21	Gafanha da Nazaré	365
15.	FERREIRA Beatriz Anjo	07	DNMG	35.97	25m	23-05-21	Alcobaça	363
16.	BASTOS Mafalda Costa	07	ADS	36.07	25m	02-05-21	Gafanha da Nazaré	360
17.	REBELO Mafalda Guimaraes	07	CFP	36.44	25m	08-05-21	Pacos de Ferreira	349
18.	FERNANDES Leonor Garcia	07	CRASTO	36.55	25m	02-05-21	Gafanha da Nazaré	346
18.	CUSTODIO Daniela Ferreira	07	PORTIN	36.55	25m	16-05-21	Lagos	346
20.	COJOCARU Madalena	07	PORTIN	36.60	25m	15-12-19	Portimão	345
21.	SIMAO Laura Roque	07	DNMG	36.80	25m	23-05-21	Alcobaça	339
22.	BATISTA Rita Lima	07	CNS	36.83	25m	26-01-20	Campo Maior	338
23.	RODRIGUES Nancy Almeida	07	CRASTO	37.00	25m	02-05-21	Gafanha da Nazaré	333
24.	OLIVEIRA Diana Goncalves	07	AVQA	37.28	25m	15-05-21	Abrantes	326
25.	DIOGO Ines Miranda	07	FBSC	37.29	25m	19-06-21	Coimbra	326
26.	JIN Leticia Zhao	07	PORTIN	37.47	25m	12-01-20	Quarteira	321
27.	OLIVEIRA Margarida Gomes	07	CRASTO	37.69	25m	02-05-21	Gafanha da Nazaré	315
28.	ROMAO Rita Violante	07	CNAL	37.91	25m	23-05-21	Alcobaça	310
29.	DRENTJE Julia Norte	07	LDC	37.97	25m	07-11-20	Lagos	308
30.	BOTAS Beatriz Alexandra	07	AVQA	38.04	25m	24-10-20	Tomar	307
31.	LOPES Maria Madalena	07	PORTIN	38.12	25m	15-12-19	Portimão	305
32.	WERUM Mia Alena	07	LAGAC	38.24	25m	17-10-20	Lagos	302
33.	SILVA Eva Oliveira	07	ADP	38.36	25m	08-05-21	Pacos de Ferreira	299
34.	MOREIRA Laura Figueiredo	07	ACS	38.41	25m	16-05-21	Lagos	298
35.	MIDOES Madalena Maria	07	AVQA	38.51	25m	24-10-20	Tomar	296
35.	CORREIA Rita Martins	07	AVFC	38.51	25m	02-05-21	Gafanha da Nazaré	296
37.	VIROTE Joana Lopes	07	LDC	38.58	25m	12-01-20	Quarteira	294
38.	PEREIRA Maria Fagundes	07	CNPV	38.67	25m	13-03-21	Praia da Vitória	292
39.	FRAZAO Laura Calheiros	07	CNRM	38.75	25m	24-10-20	Tomar	290
40.	MARTINS Joana Maria	07	CNAL	38.82	25m	23-11-19	Caldas da Rainha	289
41.	OLIVEIRA Raquel Grilo	07	LAGAC	38.88	25m	07-11-20	Lagos	287

50 Costas (desde 42)

42.	LOPES Ana Rita	07	TAC	39.02	25m	21-11-20	Angra do Heroísmo	284
43.	SILVA Maria Teresa	07	AMINATA	39.18	25m	15-02-20	Torres Novas	281
44.	ROCHA Bruna Fantasia	07	NSIT	39.19	25m	08-05-21	Praia da Vitória	281
45.	SOUSA Carolina Domingos	07	FCF	39.24	25m	16-05-21	Lagos	279
46.	CRUZ Joana Calado	07	FBSC	39.56	25m	07-12-19	Coimbra	273
46.	JOMIR Patricia	07	ABR	39.56	25m	07-11-20	Lagos	273
48.	FERNANDES Mariana Oliveira	07	CDCA	39.57	25m	13-06-21	Viseu	273
49.	COELHO Mariana Mauricio	07	BUZIOS	40.14	25m	15-05-21	Abrantes	261
50.	LIMA Maria Joao	07	CDF	40.20	25m	02-05-21	Gafanha da Nazaré	260
51.	MARTINS Ines Sofia	07	TNC	40.76	25m	12-01-20	Quarteira	249
52.	ANTUNES Ines Filipe	07	TNC	40.77	25m	12-01-20	Quarteira	249
53.	AFONSO Leonor Lima	07	NSIT	40.78	25m	13-03-21	Praia da Vitória	249
54.	SILVA Bruna Tomas	07	SFGP	41.02	25m	15-05-21	Abrantes	245
55.	TEMTEM Sara Maria	07	CDN	41.24	25m	18-07-20	Funchal	241
55.	TAVARES Maria Beatriz	07	CDF	41.24	25m	02-05-21	Gafanha da Nazaré	241
55.	FRAGOSO Catarina Maria	07	AVQA	41.24	25m	15-05-21	Abrantes	241
58.	SOUSA Ines Tonel	07	NSIT	41.29	25m	21-11-20	Angra do Heroísmo	240
59.	KOSYKHINA Daniela	07	PORTIN	41.33	25m	15-12-19	Portimão	239
60.	MARTINS Rebeca Sousa	07	LDC	41.83	25m	12-01-20	Quarteira	231
61.	MATOS Carolina Sofia	07	CEN	41.86	25m	02-02-20	Montemor-o-Novo	230
62.	COUTO Ana Lua	07	AEJ	41.90	25m	02-05-21	Gafanha da Nazaré	229
63.	COSTA Ana Miguel	07	CDBRG	41.97	25m	15-05-21	Ponta Delgada	228
64.	LOUREIRO Barbara Ribeiro	07	PORTIN	42.00	25m	12-01-20	Quarteira	228
65.	COELHO Leonor Vendima	07	URDJ	42.61	25m	23-11-19	Caldas da Rainha	218
66.	SANTOS Diana Filipa	07	NFDCA	42.81	25m	23-05-21	Alcobaça	215
67.	PEREIRA Beatriz Vilas	07	UDO	42.86	25m	02-05-21	Gafanha da Nazaré	214
68.	MAIA Clara Rosinha	07	SFGP	42.97	25m	15-05-21	Abrantes	213
69.	MELO Benedita Cardoso	07	CNPV	43.18	25m	21-11-20	Angra do Heroísmo	210
70.	TARECO Mariana Martins	07	CNGUA	44.07	25m	12-01-20	Quarteira	197
70.	SANTOS Maria Joao	07	ADS	44.07	25m	08-11-20	Gafanha da Encarnação	197
72.	RODRIGUES Luna Almeida	07	SCC	44.48	25m	07-12-19	Coimbra	192
73.	PIMENTA Ines Sofia	07	CNAL	44.91	25m	23-05-21	Alcobaça	186
74.	RINCU Alexandra	07	CNF	45.10	25m	08-05-21	Funchal	184
75.	AUGUSTO Raquel Rodrigues	07	FCF	45.22	25m	12-01-20	Quarteira	182
76.	LOBO Catarina Tagaroso	07	URDJ	45.88	25m	17-10-20	Caldas da Rainha	175
77.	CARDOSO Matilde Antonio	07	CCDSERTA	45.97	25m	08-05-21	Guarda	174
78.	COUTINHO Mariana Sofia	07	UDO	46.26	25m	02-05-21	Gafanha da Nazaré	170
79.	BARBAS Beatriz Rainho	07	CNP	47.90	25m	26-01-20	Campo Maior	153
80.	GOLIKOVA Anastacia	07	NDAP	48.16	25m	23-11-19	Caldas da Rainha	151
81.	COSTA Maria Matos	07	NFDCA	48.55	25m	23-11-19	Caldas da Rainha	147
82.	GUERREIRO Maria Leonor	07	CNLA	49.03	25m	19-12-20	Sines	143
83.	SANTOS Beatriz Isabel	07	CNOL	49.12	25m	12-01-20	Quarteira	142
84.	SIMAO Matilde Catalao	07	CNP	51.06	25m	26-01-20	Campo Maior	127
85.	SACHIM Paula Trindade	07	SCCM	54.99	25m	26-01-20	Campo Maior	101
86.	FURTADO Iara Frias	07	CDEAP	56.92	25m	21-11-20	Ribeira Grande	91

100 Costas

1.	MESQUITA Mafalda Martins	07	GDNFAMA	1:06.51	25m	11-04-21	Felgueiras	562
2.	FRANCO Catarina Andrade	07	GESL	1:09.13	25m	09-05-21	Sto António Cavaleiros	500
3.	ALMEIDA Maria Emilia	07	CGA	1:09.83	25m	02-05-21	Gafanha da Nazaré	485
4.	PARENTE Leonor Peso	07	PDEM	1:09.91	25m	13-12-20	Leiria	484
5.	LOURO Beatriz Silva	07	LDC	1:10.32	25m	08-11-20	Lagos	475
6.	RODRIGUES Laura Sofia	07	JACL	1:10.44	25m	08-05-21	Funchal	473
7.	SIMOES Dania Rodrigues	07	ALN	1:10.81	25m	13-12-20	Mealhada	465
8.	FERRARI Maria Carlotta	07	GESL	1:10.98	25m	23-02-20	Loures	462
9.	TSHESNOVSKA Anastacia	07	SCP	1:11.22	25m	13-12-20	Leiria	457
10.	ALVES Sara Sofia	07	CNS	1:11.25	25m	06-03-20	Setúbal	457
11.	RODEIA Mariana Figueira	07	CNFA	1:11.39	25m	16-02-20	Leiria	454
12.	CONCEICAO Sara Oliveira	07	CDF	1:11.57	25m	13-12-20	Mealhada	451
13.	NETO Leonor Rodrigues	07	CNF	1:11.74	25m	14-05-21	Funchal	447
14.	SOUSA Matilde Filipe	07	NSIT	1:12.11	25m	13-12-20	Praia da Vitória	441
15.	GOMES Barbara Sofia	07	LSC	1:12.36	25m	13-12-20	Mealhada	436
16.	PINTO Mariana Alexandra	07	SCB	1:12.44	25m	11-04-21	Felgueiras	435
17.	SOARES Rita Marques	07	GDNFAMA	1:12.60	25m	09-05-21	Pacos de Ferreira	432
18.	ANTONIO Rafaela Mariano	07	PORTIN	1:12.62	25m	08-11-20	Lagos	431
19.	REBELO Angela Rodrigues	07	ALN	1:12.68	25m	29-02-20	Leiria	430
19.	SILVA Nuria Soares	07	CCLAMAS	1:12.68	25m	13-12-20	Mealhada	430
21.	RODRIGUES Maria Leonor	07	AHBE	1:12.79	25m	13-12-20	Leiria	428
22.	GONCALVES Valentina Jose	07	CDN	1:12.90	25m	08-05-21	Funchal	426
23.	PIRES Teresa Joao	07	SAD	1:13.71	25m	01-05-21	Lisboa	412
24.	TEIXEIRA Mafalda Gomes	07	FCP	1:13.72	25m	13-12-20	Mealhada	412
25.	BILETSKA Carolina Diana	07	FCF	1:13.87	25m	16-05-21	Lagos	410
26.	JORGE Luisa Ponte	07	SFUAP	1:14.13	25m	01-05-21	Lisboa	405
27.	FERNANDES Leonor Garcia	07	CRASTO	1:14.55	25m	13-06-21	Viseu	399
28.	ALMEIDA Ines Filipa	07	ADS	1:14.58	25m	08-11-20	Gafanha da Encarnação	398
29.	ALMEIDA Bianca Filipa	07	CSAAXXI	1:14.65	25m	13-03-21	Aveiro	397
30.	MONIZ Ana Rita	07	NSIT	1:14.76	25m	10-04-21	Praia da Vitória	395
31.	SILVA Carolina Martins	07	CDE	1:14.78	25m	13-12-20	Mealhada	395
32.	GUERREIRO Leonor Faisca	07	00563	1:15.31	25m	08-05-21	ALCALA (ESP)	387
33.	VICENCIO Sara Viana	07	SCP	1:15.37	25m	06-03-20	Setúbal	386
34.	MAGALHAES Leticia Rodrigues	07	PDEM	1:15.46	25m	23-02-20	Loures	384
35.	VIDAL Bianca Antunes	07	IDV	1:15.48	25m	22-12-19	Pombal	384
36.	AGUILAR Marta Andre	07	FBSC	1:15.60	25m	23-02-20	Pombal	382
37.	GARRIDO Daniela Cruz	07	AVFC	1:15.72	25m	02-05-21	Gafanha da Nazaré	380
38.	ALMEIDA Rita Sacadura	07	SAD	1:15.82	25m	13-12-20	Leiria	379
39.	FERREIRA Beatriz Anjo	07	DNMG	1:15.98	25m	23-05-21	Alcobaça	377
40.	ALMEIDA Vanessa Liliana	07	ADBA	1:16.02	25m	30-04-21	Leiria	376
41.	MARQUES Gabriela Silva	07	SCB	1:16.06	25m	13-12-20	Mealhada	375
42.	MELO Catarina Baptista	07	CDBRG	1:16.15	25m	12-06-21	Ponta Delgada	374
43.	CASALINHO Catarina Castro	07	CDE	1:16.18	25m	13-06-21	Viseu	374
44.	RODRIGUES Leonor Carreiro	07	SLB	1:16.26	25m	23-02-20	Loures	372
45.	DIOGO Ines Miranda	07	FBSC	1:16.58	25m	20-06-21	Coimbra	368
46.	SILVA Nuria Resende	07	UDO	1:16.64	25m	13-12-20	Mealhada	367
47.	ALMEIDA Mariana Marques	07	AAC	1:16.82	25m	19-06-21	Coimbra	364
48.	SANTOS Daniela Alexandra	07	SCP	1:16.84	25m	23-02-20	Loures	364
49.	VIANA Matilde Violante	07	ADBA	1:16.87	25m	30-04-21	Leiria	364
50.	MANO Leonor Mil	07	FBSC	1:16.93	25m	22-12-19	Cantanhede	363
51.	MACEDO Laura Pinheiro	07	ANAR	1:17.04	25m	01-02-20	Ponte de Sor	361
52.	CARVALHO Sofia Alexandra	07	ATG	1:17.05	25m	22-12-19	Porto	361
53.	CONCEICAO Beatriz Sofia	07	CNAB	1:17.12	25m	24-10-20	Tomar	360

100 Costas (desde 54)

54.	BASTOS Mafalda Costa	07	ADS	1:17.20	25m	29-02-20	Leiria	359
55.	REBELO Mafalda Guimaraes	07	CFP	1:17.26	25m	28-02-20	Penafiel	358
56.	SILVA Ines Santos	07	ADRCIMM	1:17.46	25m	11-01-20	Estoril	355
57.	RIBEIRO Matilde Nunes	07	DRCN	1:17.54	25m	23-02-20	Loures	354
58.	CRUZ Marta Filipa	07	CIRL	1:17.55	25m	06-03-20	Setúbal	354
59.	SANTOS Sara Margarida	07	CDE	1:17.59	25m	02-05-21	Gafanha da Nazaré	354
60.	FRISCHKNECHT Matilde Anjos	07	CNS	1:17.66	25m	06-03-20	Setúbal	353
61.	CARRILHO Luana Alexandra	07	AVFC	1:17.69	25m	02-05-21	Gafanha da Nazaré	352
62.	BATISTA Rita Lima	07	CNS	1:17.94	25m	07-03-20	Setúbal	349
63.	MATOS Maria Bandarra	07	SCP	1:18.12	25m	22-12-19	Alapraia	346
63.	MIDOES Madalena Maria	07	AVQA	1:18.12	25m	16-05-21	Abrantes	346
65.	MALFEITO Maria Francisca	07	CNLX	1:18.13	25m	02-05-21	Gafanha da Nazaré	346
65.	AMADOR Erica Domitila	07	CDE	1:18.13	25m	02-05-21	Gafanha da Nazaré	346
67.	PEREIRA Magda Silva	07	GESL	1:18.16	25m	23-02-20	Loures	346
68.	SANTOS Leonor Costa	07	CGA	1:18.28	25m	02-05-21	Gafanha da Nazaré	344
69.	LEAL Matilde Barros	07	CAP	1:18.58	25m	22-12-19	Porto	340
70.	SILVA Lara Pinho	07	CDF	1:18.61	25m	02-05-21	Gafanha da Nazaré	340
71.	RODRIGUES Nancy Almeida	07	CRASTO	1:18.71	25m	29-02-20	Leiria	339
72.	PINA Laura Almeida	07	CRASTO	1:18.72	25m	24-11-19	Gafanha da Nazaré	339
73.	SIMAO Laura Roque	07	DNMG	1:18.98	25m	23-05-21	Alcobaça	335
74.	COELHO Lara Raquel	07	NSIT	1:19.03	25m	12-06-21	Praia da Vitória	335
75.	CUSTODIO Daniela Ferreira	07	PORTIN	1:19.06	25m	08-11-20	Lagos	334
76.	PINTO Beatriz Santos	07	CNS	1:19.10	25m	06-03-20	Setúbal	334
77.	OLIVEIRA Diana Goncalves	07	SANDS	1:19.21	25m	16-02-20	Leiria	332
78.	VIEIRA Ana Beatriz	07	FOCA	1:19.32	25m	22-12-19	Porto	331
79.	SIMOES Ana Madalena	07	GESL	1:19.35	25m	22-12-19	Alapraia	331
80.	CRUZ Laura Maria	07	ADRCIMM	1:19.52	25m	06-03-20	Setúbal	328
81.	MATELA Maria Rosario	07	CNCVG	1:19.54	25m	23-02-20	Loures	328
82.	FRANCA Ines Matos	07	JACL	1:19.65	25m	08-05-21	Funchal	327
83.	COSTA Ana Medeiros	07	GCST	1:19.70	25m	07-11-20	Guarda	326
84.	CACHACO Beatriz Heitor	07	MODV	1:19.72	25m	06-03-20	Setúbal	326
85.	RIBEIRO Marta Nascimento	07	CNATRIL	1:19.73	25m	06-03-20	Setúbal	326
86.	VALE Teresa Pinto	07	SCB	1:19.82	25m	11-04-21	Felgueiras	325
87.	SANTOS Rita Machita	07	CNS	1:19.85	25m	11-01-20	Estoril	324
88.	SOUSA Maria Rita	07	EDV	1:19.98	25m	21-12-19	Ponte da Barca	323
89.	CABRAL Carolina Vizinho	07	CNVA	1:20.11	25m	01-02-20	Viseu	321
89.	CANHAO Leonor Gino	07	SFUAP	1:20.11	25m	06-03-20	Setúbal	321
91.	SANTOS Juliana Soromenho	07	SLB	1:20.12	25m	22-12-19	Alapraia	321
92.	PINTO Beatriz Reis	07	SLB	1:20.18	25m	23-02-20	Loures	320
93.	CAMARA Ines Cruz	07	CDN	1:20.23	25m	08-03-20	Funchal	320
94.	BARBOSA Ines Santos	07	FS	1:20.28	25m	06-03-20	Setúbal	319
95.	LOPES Ana Rita	07	TAC	1:20.29	25m	08-05-21	Praia da Vitória	319
96.	CERQUEIRA Ana Margarida	07	LDC	1:20.32	25m	11-01-20	Estoril	319
96.	SANTOS Lara Carvalho	07	CNAC	1:20.32	25m	29-02-20	Leiria	319
98.	MARCALO Maria Duarte	07	PDEM	1:20.33	25m	06-03-20	Setúbal	319
99.	DRENTJE Julia Norte	07	LDC	1:20.36	25m	08-11-20	Lagos	318
100.	CARMO Ines Gomes	07	SLB	1:20.38	25m	06-03-20	Setúbal	318

200 Costas

1.	MESQUITA Mafalda Martins	07	GDNFAMA	2:27.46	25m	10-04-21	Felgueiras	528
2.	ALMEIDA Maria Emilia	07	CGA	2:27.57	25m	13-03-21	Aveiro	527
3.	MAGALHAES Leticia Rodrigues	07	PDEM	2:31.66	25m	13-12-20	Leiria	485
4.	FIGUEIRA Madalena Almeida	07	AVFC	2:32.17	25m	13-06-21	Viseu	481
5.	LOURO Beatriz Silva	07	LDC	2:32.92	25m	17-10-20	Lagos	473
6.	PARENTE Leonor Peso	07	PDEM	2:33.48	25m	13-12-20	Leiria	468
7.	CONCEICAO Sara Oliveira	07	CDF	2:35.09	25m	01-05-21	Gafanha da Nazaré	454
8.	ALVES Sara Sofia	07	CNS	2:35.10	25m	08-03-20	Setúbal	454
9.	SIMOES Dania Rodrigues	07	ALN	2:35.17	25m	13-12-20	Mealhada	453
10.	FERRARI Maria Carlotta	07	GESL	2:35.41	25m	12-01-20	Estoril	451
11.	SOUSA Matilde Filipe	07	NSIT	2:35.88	25m	13-12-20	Praia da Vitória	447
12.	SOARES Rita Marques	07	GDNFAMA	2:35.89	25m	08-05-21	Pacos de Ferreira	447
13.	GONCALVES Valentina Jose	07	CDN	2:36.23	25m	13-05-21	Funchal	444
14.	REBELO Angela Rodrigues	07	ALN	2:36.30	25m	02-12-20	Condeixa	443
15.	ALMEIDA Rita Sacadura	07	SAD	2:36.40	25m	09-05-21	Alcobaça	443
16.	NETO Leonor Rodrigues	07	CNF	2:37.01	25m	13-05-21	Funchal	437
17.	VIDAL Bianca Antunes	07	IDV	2:37.03	25m	01-03-20	Leiria	437
18.	TSHESNOVSKA Anastacia	07	SCP	2:37.09	25m	16-05-21	Alvalade	437
19.	FERNANDES Leonor Garcia	07	CRASTO	2:37.27	25m	13-06-21	Viseu	435
20.	GOMES Barbara Sofia	07	LSC	2:37.36	25m	13-12-20	Mealhada	434
21.	RODEIA Mariana Figueira	07	CNFA	2:37.47	25m	08-03-20	Quarteira	434
22.	RODRIGUES Maria Leonor	07	AHBE	2:38.22	25m	08-03-20	Setúbal	427
22.	VICENCIO Sara Viana	07	SCP	2:38.22	25m	08-03-20	Setúbal	427
24.	SANTOS Leonor Castanho	07	SCP	2:38.35	25m	16-05-21	Alvalade	426
25.	GUERREIRO Leonor Faisca	07	LDC	2:39.49	25m	15-05-21	Lagos	417
26.	TEIXEIRA Mafalda Gomes	07	FCP	2:39.54	25m	13-12-20	Mealhada	417
27.	JORGE Luisa Ponte	07	SFUAP	2:39.63	25m	15-05-21	Condeixa-a-Nova	416
28.	RODRIGUES Laura Sofia	07	JACL	2:39.97	25m	07-03-20	Funchal	414
29.	MALFEITO Maria Francisca	07	CNLX	2:40.19	25m	16-05-21	Alvalade	412
30.	BILETSKA Carolina Diana	07	FCF	2:40.22	25m	15-05-21	Lagos	412
31.	DIOGO Ines Miranda	07	FBSC	2:41.08	25m	15-05-21	Condeixa-a-Nova	405
32.	ALMEIDA Ines Filipa	07	ADS	2:41.26	25m	01-02-20	Viseu	404
33.	ALMEIDA Bianca Filipa	07	CSAAXXI	2:41.44	25m	01-05-21	Gafanha da Nazaré	402
34.	GARRIDO Daniela Cruz	07	AVFC	2:41.64	25m	01-05-21	Gafanha da Nazaré	401
35.	VALE Teresa Pinto	07	SCB	2:41.79	25m	08-05-21	Ponte da Barca	400
36.	MATOS Maria Bandarra	07	SCP	2:42.00	25m	08-03-20	Setúbal	398
37.	VIANA Matilde Violante	07	ADBA	2:42.08	25m	10-04-21	Felgueiras	398
38.	PINTO Mariana Alexandra	07	SCB	2:42.13	25m	10-04-21	Felgueiras	397
39.	FERREIRA Beatriz Anjo	07	DNMG	2:42.39	25m	12-06-21	Nazaré	395
40.	AGUILAR Marta Andre	07	FBSC	2:42.45	25m	20-06-21	Coimbra	395
41.	SANTOS Sara Margarida	07	CDE	2:42.54	25m	13-12-20	Mealhada	394
42.	RODRIGUES Nancy Almeida	07	CRASTO	2:42.60	25m	01-03-20	Leiria	394
43.	SANTOS Daniela Alexandra	07	SCP	2:43.33	25m	16-05-21	Alvalade	389
44.	RIBEIRO Matilde Nunes	07	DRCN	2:43.36	25m	08-03-20	Setúbal	388
45.	BASTOS Mafalda Costa	07	ADS	2:43.52	25m	07-11-20	Gafanha da Encarnação	387
46.	BATISTA Rita Lima	07	CNS	2:43.60	25m	12-01-20	Estoril	387
47.	SILVA Ines Santos	07	ADRCIMM	2:43.75	25m	12-01-20	Estoril	386
48.	CARRILHO Luana Alexandra	07	AVFC	2:43.82	25m	01-05-21	Gafanha da Nazaré	385
49.	FRISCHKNECHT Matilde Anjos	07	CNS	2:43.90	25m	08-03-20	Setúbal	384
50.	ANTONIO Rafaela Mariano	07	PORTIN	2:43.91	25m	22-02-20	Lagos	384
51.	SANTOS Juliana Soromenho	07	SLB	2:43.95	25m	08-03-20	Setúbal	384
52.	PEREIRA Magda Silva	07	GESL	2:44.45	25m	13-12-20	Leiria	381
53.	PINTO Beatriz Santos	07	CNS	2:44.48	25m	08-03-20	Setúbal	380

200 Costas (desde 54)

54.	FRANCO Catarina Andrade	07	GESL	2:44.72	25m	08-03-20	Setúbal	379
55.	PINA Laura Almeida	07	CRASTO	2:44.74	25m	01-02-20	Viseu	379
56.	MACEDO Laura Pinheiro	07	ANAR	2:45.01	25m	07-11-20	Guarda	377
57.	SIMÕES Ana Madalena	07	GESL	2:45.21	25m	09-05-21	Sto António Cavaleiros	375
58.	SANTOS Leonor Costa	07	CGA	2:45.24	25m	01-05-21	Gafanha da Nazaré	375
59.	MELO Catarina Baptista	07	CDBRG	2:45.46	25m	11-04-21	Praia da Vitória	374
60.	LOPES Ana Rita	07	TAC	2:45.66	25m	08-05-21	Praia da Vitória	372
61.	CARVALHO Sofia Alexandra	07	ATG	2:45.75	25m	20-10-19	Felgueiras	372
62.	CASALINHO Catarina Castro	07	CDE	2:45.98	25m	13-06-21	Viseu	370
63.	ALMEIDA Mariana Marques	07	AAC	2:46.22	25m	01-03-20	Leiria	369
64.	CANHAO Leonor Gino	07	SCP	2:46.81	25m	16-05-21	Alvalade	365
65.	MONIZ Ana Rita	07	NSIT	2:47.41	25m	08-03-20	Ponta Delgada	361
66.	RODRIGUES Leonor Carreiro	07	SLB	2:47.74	25m	12-01-20	Estoril	359
67.	DRENTJE Julia Norte	07	LDC	2:47.89	25m	15-05-21	Lagos	358
68.	PINTO Beatriz Reis	07	SLB	2:48.23	25m	08-03-20	Setúbal	355
69.	CRUZ Laura Maria	07	ADRCIMM	2:48.25	25m	08-03-20	Setúbal	355
70.	ROMAO Rita Violante	07	CNAL	2:48.43	25m	09-05-21	Alcobaça	354
71.	ALVES Catarina Alexandra	07	GESL	2:48.76	25m	02-05-21	Lisboa	352
72.	CONCEICAO Beatriz Sofia	07	CNAB	2:49.13	25m	08-03-20	Santarém	350
73.	SIMAO Laura Roque	07	DNMG	2:49.35	25m	09-05-21	Alcobaça	348
74.	MARCALO Maria Duarte	07	PDEM	2:49.51	25m	09-05-21	Alcobaça	347
75.	MARQUES Gabriela Silva	07	SCB	2:49.67	25m	03-11-19	Barcelos	347
76.	COSTA Maria Leonor	07	GESL	2:49.97	25m	08-12-19	Sto António Cavaleiros	345
77.	TOJO Clara Vieira	07	SLB	2:50.13	25m	08-03-20	Setúbal	344
78.	CARMO Ines Gomes	07	SLB	2:50.16	25m	08-03-20	Setúbal	344
79.	MATELA Maria Rosario	07	CNCVG	2:50.21	25m	08-03-20	Setúbal	343
80.	ESTEVES Maria Leonor	07	DNMG	2:50.30	25m	12-06-21	Nazaré	343
81.	CRUZ Marta Filipa	07	CIRL	2:50.66	25m	08-03-20	Setúbal	341
82.	SILVA Lara Pinho	07	CDF	2:51.19	25m	01-05-21	Gafanha da Nazaré	337
83.	MIDOES Madalena Maria	07	AVQA	2:51.31	25m	08-03-20	Santarém	337
84.	SANTOS Rita Machita	07	CNS	2:51.69	25m	27-10-19	Estoril	334
85.	ABABII Luana	07	CNA	2:51.93	25m	15-05-21	Alcabideche	333
86.	COSTA Ana Medeiros	07	GCST	2:52.19	25m	07-11-20	Guarda	331
87.	SILVA Ana Senhorinha	07	CNMAIA	2:52.28	25m	01-03-20	Penafiel	331
88.	GARCELL Maria Teresa	07	AEFDTV	2:52.30	25m	27-10-19	Estoril	331
89.	RIBEIRO Marta Nascimento	07	CNATRIL	2:52.34	25m	02-05-21	Lisboa	331
90.	BRAZ Sofia Pereira	07	CLIPTEAM	2:52.59	25m	08-05-21	Pacos de Ferreira	329
91.	CUSTODIO Daniela Ferreira	07	PORTIN	2:52.67	25m	17-10-20	Lagos	329
92.	OLIVEIRA Diana Goncalves	07	AVQA	2:52.75	25m	15-12-19	Abrantes	328
93.	ALMEIDA Vanessa Liliana	07	ADBA	2:53.03	25m	12-01-20	Estoril	327
94.	LEAL Matilde Barros	07	CAP	2:53.14	25m	20-10-19	Felgueiras	326
95.	OLIVEIRA Iara Herdeiro	07	CFV	2:53.40	25m	01-03-20	Penafiel	325
96.	MARQUES Beatriz Martins	07	CDE	2:53.86	25m	01-03-20	Leiria	322
97.	BOTELHO Margarida Santos	07	CNS	2:53.95	25m	26-01-20	Campo Maior	322
98.	RODRIGUES Filipa Silva	07	CNPO	2:54.37	25m	13-12-20	Mealhada	319
99.	CABRAL Carolina Vizinho	07	CNVA	2:54.54	25m	01-02-20	Viseu	318
100.	VINAGRE Iara Vidal	07	CAPGE	2:54.82	25m	01-03-20	Leiria	317

50 Bruços

1.	LOURO Beatriz Silva	07	00563	35.87	25m	08-05-21	ALCALA (ESP)	504
2.	LEAL Matilde Barros	07	CAP	35.96	25m	08-05-21	Pacos de Ferreira	500
3.	SOUSA Ines Tonel	07	CNPV	37.06	25m	10-04-21	Praia da Vitória	457
4.	GOMES Francisca Martins	07	FCP	38.24	25m	10-04-21	Felgueiras	416
5.	CUNHA Beatriz Teixeira	07	LSC	38.57	25m	08-05-21	Pacos de Ferreira	405
6.	RODEIA Mariana Figueira	07	CNFA	38.88	25m	11-01-20	Quarteira	396
7.	TAVARES Rita Lopes	07	CDF	39.12	25m	13-06-21	Viseu	389
8.	PINA Laura Almeida	07	CRASTO	39.69	25m	02-05-21	Gafanha da Nazaré	372
9.	SOUSA Matilde Filipe	07	NSIT	39.86	25m	13-03-21	Praia da Vitória	367
10.	TEIXEIRA Joana Navega	07	CFP	40.01	25m	08-05-21	Pacos de Ferreira	363
11.	CERQUEIRA Ana Margarida	07	LDC	40.03	25m	08-05-21	Quarteira	363
12.	MENDES Marta Barbosa	07	CDF	40.10	25m	13-06-21	Viseu	361
13.	BERGAMO Emma Aguiar	07	SAD	40.13	25m	15-02-20	Torres Novas	360
14.	NUNES Noa Pinho	07	SCA	40.20	25m	08-11-20	Gafanha da Encarnação	358
15.	FERREIRA Beatriz Anjo	07	DNMG	40.93	25m	23-05-21	Alcobaça	339
16.	AFONSO Leonor Lima	07	NSIT	40.98	25m	08-05-21	Praia da Vitória	338
16.	LOPES Ana Rita	07	TAC	40.98	25m	08-05-21	Praia da Vitória	338
18.	ESTEVES Maria Leonor	07	DNMG	41.02	25m	23-05-21	Alcobaça	337
19.	FREITAS Maria Raquel	07	CNF	41.12	25m	08-05-21	Funchal	335
20.	VIEIRA Beatriz Carlos	07	GCNF	41.16	25m	24-10-20	Olhão	334
21.	FONSECA Carolina Sofia	07	CFE	41.20	25m	19-12-20	Sines	333
22.	LIMA Manuela Saretta	07	CLIPTEAM	41.56	25m	08-05-21	Pacos de Ferreira	324
23.	MOREIRA Maria Leonor	07	CFP	41.75	25m	08-05-21	Pacos de Ferreira	320
24.	MARTINS Adriana	07	CAP	41.78	25m	13-03-21	Pacos de Ferreira	319
25.	MELO Benedita Cardoso	07	CNPV	41.89	25m	13-03-21	Praia da Vitória	316
26.	MELO Catarina Baptista	07	CDBRG	41.93	25m	27-10-19	Ponta Delgada	316
27.	SILVA Lara Pinho	07	CDF	41.99	25m	02-05-21	Gafanha da Nazaré	314
28.	MARTINS Rebeca Sousa	07	LDC	42.13	25m	11-01-20	Quarteira	311
29.	JIN Leticia Zhao	07	PORTIN	42.50	25m	11-01-20	Quarteira	303
30.	DIAS Beatriz Roseiro	07	CNAB	42.82	25m	15-05-21	Abrantes	296
31.	OLIVEIRA Raquel Grilo	07	LAGAC	42.83	25m	16-05-21	Lagos	296
32.	ANTONIO Rafaela Mariano	07	PORTIN	42.95	25m	11-01-20	Quarteira	294
33.	SILVA Isis Filipa	07	ACS	42.99	25m	24-10-20	Olhão	293
34.	FRAZAO Laura Calheiros	07	CNRM	43.04	25m	15-02-20	Torres Novas	292
35.	LOBO Maria Joao	07	SCA	43.09	25m	02-05-21	Gafanha da Nazaré	291
36.	CUSTODIO Daniela Ferreira	07	PORTIN	43.22	25m	16-05-21	Lagos	288
37.	WERUM Mia Alena	07	LAGAC	43.73	25m	11-01-20	Quarteira	278
38.	JOMIR Patricia	07	ABR	43.97	25m	24-10-20	Olhão	274
39.	PINTO Beatriz Santos	07	CNS	44.02	25m	26-01-20	Campo Maior	273
40.	LOBOVA Sofia	07	PORTIN	44.49	25m	16-05-21	Lagos	264
41.	LOPES Maria Madalena	07	PORTIN	44.58	25m	14-12-19	Portimão	262
42.	MENDES Laura Jesus	07	CFP	45.35	25m	08-05-21	Pacos de Ferreira	249
43.	BILETSKA Carolina Diana	07	FCF	45.37	25m	11-01-20	Quarteira	249
44.	COUTO Ana Lua	07	AEJ	45.41	25m	02-05-21	Gafanha da Nazaré	248
45.	MAIA Clara Rosinha	07	SFGP	45.45	25m	15-05-21	Abrantes	248
46.	SILVA Sofia Miguel	07	SFGP	45.64	25m	15-05-21	Abrantes	245
47.	MARTINS Ines Sofia	07	TNC	46.16	25m	11-01-20	Quarteira	236
48.	AUGUSTO Raquel Rodrigues	07	FCF	46.18	25m	11-01-20	Quarteira	236
49.	SOARES Ariana Figueiredo	07	CFV	46.24	25m	08-05-21	Pacos de Ferreira	235
50.	COELHO Leonor Vendima	07	URDJ	46.56	25m	18-10-20	Caldas da Rainha	230
51.	COJOCARU Madalena	07	PORTIN	46.58	25m	14-12-19	Portimão	230
52.	OLIVEIRA Diana Goncalves	07	AVQA	46.59	25m	24-10-20	Tomar	230
53.	KOSYKHINA Daniela	07	PORTIN	46.66	25m	14-12-19	Portimão	229

50 Bruços (desde 54)

54.	SILVA Nuria Resende	07	UDO	47.96	25m	01-02-20	Viseu	211
55.	VIROTE Joana Lopes	07	LDC	48.03	25m	11-01-20	Quarteira	210
56.	PEREIRA Beatriz Vilas	07	UDO	48.40	25m	08-11-20	Gafanha da Encarnação	205
57.	RODRIGUES Luana Goncalves	07	NFDCA	48.69	25m	20-10-19	Óbidos	201
58.	SILVA Bruna Tomas	07	SFGP	49.02	25m	15-05-21	Abrantes	197
59.	TARECO Mariana Martins	07	CNGUA	49.96	25m	11-01-20	Quarteira	186
60.	RINCU Alexandra	07	CNF	49.99	25m	08-05-21	Funchal	186
61.	FERREIRA Sofia Alves	07	PORTIN	50.69	25m	11-01-20	Quarteira	178
62.	COUTINHO Mariana Sofia	07	UDO	51.03	25m	08-11-20	Gafanha da Encarnação	175
63.	PIMENTA Ines Sofia	07	CNAL	51.23	25m	07-11-20	Leiria	173
64.	LOUREIRO Barbara Ribeiro	07	PORTIN	51.25	25m	11-01-20	Quarteira	173
65.	SANTOS Beatriz Isabel	07	CNOL	52.12	25m	11-01-20	Quarteira	164
66.	LOBO Catarina Tagaroso	07	URDJ	52.21	25m	20-10-19	Óbidos	163
67.	CONESA Lucia Gonzalez	07	CNGUA	52.26	25m	11-01-20	Quarteira	163
68.	CARDOSO Matilde Antonio	07	CCDSERTA	52.41	25m	15-02-20	Torres Novas	161
69.	SOUSA Ines Teixeira	07	CDBRG	52.99	25m	27-10-19	Ponta Delgada	156
70.	CARDOSO Joana Viamonte	07	CEN	54.04	25m	26-01-20	Campo Maior	147
71.	FERNANDES Catarina Ferro	07	CFE	55.37	25m	19-12-20	Sines	137
72.	SIMAO Matilde Catalao	07	CNP	55.70	25m	26-01-20	Campo Maior	134
73.	FURTADO Iara Frias	07	CDEAP	56.02	25m	27-10-19	Ponta Delgada	132
74.	COSTA Maria Matos	07	NFDCA	57.71	25m	20-10-19	Óbidos	121
75.	SOUSA Carolina Domingos	07	FCF	1:00.38	25m	11-01-20	Quarteira	105
76.	DIAS Rita Madeira	07	CFE	1:03.47	25m	26-01-20	Campo Maior	91

100 Bruços

1.	LEAL Matilde Barros	07	CAP	1:16.87	25m	09-05-21	Pacos de Ferreira	533
2.	RODRIGUES Laura Sofia	07	JACL	1:17.72	25m	31-10-20	Funchal	516
3.	REBELO Angela Rodrigues	07	ALN	1:17.97	25m	13-12-20	Mealhada	511
4.	GONCALVES Valentina Jose	07	CDN	1:18.66	25m	09-05-21	Funchal	498
5.	LOURO Beatriz Silva	07	LDC	1:18.87	25m	13-12-20	Leiria	494
6.	ALMEIDA Vanessa Liliana	07	ADBA	1:18.92	25m	01-05-21	Gafanha da Nazaré	493
7.	CAMARA Ines Cruz	07	CDN	1:19.42	25m	13-05-21	Funchal	484
8.	VIEIRA Ana Beatriz	07	FOCA	1:19.43	25m	13-12-20	Mealhada	483
9.	CARDOSO Mafalda Rodrigues	07	SCE	1:19.59	25m	13-06-21	Viseu	480
10.	FIGUEIRA Madalena Almeida	07	AVFC	1:20.12	25m	01-05-21	Gafanha da Nazaré	471
11.	GOMES Barbara Sofia	07	LSC	1:20.27	25m	11-04-21	Felgueiras	468
12.	PINA Laura Almeida	07	CRASTO	1:20.38	25m	13-06-21	Viseu	466
13.	MAGALHAES Leticia Rodrigues	07	PDEM	1:21.02	25m	13-12-20	Leiria	455
14.	TEIXEIRA Joana Navega	07	ATG	1:21.06	25m	01-03-20	Penafiel	455
15.	PINTO Margarida Vieira	07	SCB	1:21.12	25m	08-05-21	Ponte da Barca	454
16.	PEREIRA Beatriz Azevedo	07	CCLAMAS	1:21.18	25m	13-12-20	Mealhada	453
17.	SOUSA Ines Tonel	07	CNPV	1:21.24	25m	09-04-21	Praia da Vitória	452
18.	BERGAMO Emma Aguiar	07	SAD	1:21.42	25m	13-12-20	Leiria	449
19.	FRANCO Catarina Andrade	07	GESL	1:21.48	25m	09-05-21	Sto António Cavaleiros	448
20.	BERNAT Elena Del Rio	07	SAD	1:21.76	25m	13-12-20	Leiria	443
21.	RODRIGUES Leonor Carreiro	07	SLB	1:21.78	25m	11-04-21	Felgueiras	443
22.	SIMOES Dania Rodrigues	07	ALN	1:22.28	25m	11-04-21	Felgueiras	435
23.	SANTOS Rita Machita	07	CNS	1:22.51	25m	13-12-20	Leiria	431
24.	FIGUEIRA Madalena Leonor	07	CNF	1:23.28	25m	13-05-21	Funchal	419
24.	DURAO Alice Gomes	07	SLB	1:23.28	25m	15-05-21	Alcabideche	419
26.	TAVARES Rita Lopes	07	CDF	1:23.35	25m	18-01-20	Mealhada	418
27.	CUNHA Beatriz Teixeira	07	LSC	1:23.82	25m	13-12-20	Mealhada	411

100 Bruços (desde 28)

28.	NUNES Noa Pinho	07	SCA	1:23.84	25m	13-12-20	Mealhada	411
29.	MATEUS Clarisse Vieira	07	CDN	1:23.96	25m	13-05-21	Funchal	409
30.	CARRILHO Luana Alexandra	07	AVFC	1:23.99	25m	01-05-21	Gafanha da Nazaré	409
31.	SIMÕES Ana Madalena	07	GESL	1:24.13	25m	13-12-20	Leiria	407
32.	MANO Leonor Mil	07	FBSC	1:25.00	25m	18-10-20	Coimbra	394
33.	ESTEVES Maria Leonor	07	DNMG	1:25.10	25m	23-05-21	Alcobaça	393
34.	ALMEIDA Mariana Marques	07	AAC	1:25.74	25m	19-06-21	Coimbra	384
35.	CERQUEIRA Ana Margarida	07	LDC	1:25.82	25m	16-05-21	Lagos	383
36.	VIDAL Bianca Antunes	07	IDV	1:26.06	25m	15-02-20	Leiria	380
37.	FRISCHKNECHT Matilde Anjos	07	CNS	1:26.09	25m	13-12-20	Leiria	380
38.	FRAZAO Laura Calheiros	07	CNRM	1:26.19	25m	16-05-21	Abrantes	378
39.	SILVA Maria Teresa	07	AMINATA	1:26.33	25m	19-12-20	Sines	376
40.	FERRARI Maria Carlotta	07	GESL	1:26.35	25m	21-12-19	Alapraia	376
41.	RODEIA Mariana Figueira	07	CNFA	1:26.63	25m	23-02-20	Lagos	373
42.	SILVA Patricia Alexandra	07	CFP	1:26.71	25m	09-05-21	Pacos de Ferreira	371
43.	AGUILAR Marta Andre	07	SANC	1:26.95	25m	15-02-20	Leiria	368
44.	TSHESNOVSKA Anastacia	07	SCP	1:27.02	25m	21-12-19	Alapraia	368
45.	CARVALHO Sofia Alexandra	07	CFP	1:27.26	25m	13-12-20	Mealhada	364
46.	TOJO Clara Vieira	07	CNN	1:27.28	25m	02-05-21	Lisboa	364
47.	PINTO Mariana Alexandra	07	SCB	1:27.38	25m	08-05-21	Ponte da Barca	363
48.	MOREIRA Maria Leonor	07	CFP	1:27.42	25m	21-12-19	Porto	362
49.	AFONSO Leonor Lima	07	NSIT	1:27.55	25m	08-05-21	Praia da Vitória	361
50.	OLIVEIRA Leonor Carvalho	07	DRCN	1:27.70	25m	08-03-20	Setúbal	359
51.	LOPES Ana Rita	07	TAC	1:27.74	25m	12-06-21	Praia da Vitória	359
52.	SILVA Nuria Soares	07	CCLAMAS	1:27.79	25m	21-12-19	Porto	358
53.	FRANCA Ines Matos	07	JACL	1:27.81	25m	13-05-21	Funchal	358
54.	SIMAO Anita Soares	07	CDE	1:27.94	25m	01-05-21	Gafanha da Nazaré	356
55.	MARTINS Adriana	07	CAP	1:28.11	25m	01-03-20	Penafiel	354
56.	VICENCIO Sara Viana	07	SCP	1:28.14	25m	08-03-20	Setúbal	354
57.	MALFEITO Maria Francisca	07	SCP	1:28.31	25m	21-12-19	Alapraia	352
58.	CACHACO Beatriz Heitor	07	MODV	1:28.41	25m	21-12-19	Alapraia	350
59.	SILVA Daniela Sofia	07	DRCN	1:28.60	25m	21-12-19	Alapraia	348
60.	BARREIRA Maria Leonor	07	FNC	1:28.64	25m	07-03-20	Mirandela	348
61.	FERREIRA Beatriz Anjo	07	DNMG	1:28.82	25m	23-02-20	Pombal	346
62.	NUNES Marta Filipa	07	SANDS	1:28.84	25m	15-02-20	Leiria	345
63.	FERNANDES Maria Ines	07	FBSC	1:28.96	25m	18-10-20	Coimbra	344
63.	SOUSA Matilde Filipe	07	NSIT	1:28.96	25m	12-06-21	Praia da Vitória	344
65.	SOUSA Ines Rebelo	07	FCP	1:29.07	25m	09-05-21	Pacos de Ferreira	343
66.	FONSECA Carolina Sofia	07	CFE	1:29.15	25m	07-03-20	Ponte de Sor	342
67.	FERNANDES Leonor Garcia	07	CRASTO	1:29.17	25m	01-05-21	Gafanha da Nazaré	342
68.	MACEDO Laura Pinheiro	07	ANAR	1:29.22	25m	07-03-20	Ponte de Sor	341
69.	ALMEIDA Ines Filipa	07	ADS	1:29.35	25m	23-11-19	Gafanha da Nazaré	339
70.	LOBO Maria Joao	07	SCA	1:29.48	25m	13-06-21	Viseu	338
71.	ALVES Catarina Alexandra	07	GESL	1:29.55	25m	09-05-21	Sto António Cavaleiros	337
72.	LIMA Manuela Saretta	07	CLIPTEAM	1:29.67	25m	09-05-21	Pacos de Ferreira	336
73.	MENDES Marta Barbosa	07	CDF	1:29.68	25m	01-05-21	Gafanha da Nazaré	336
74.	MELO Catarina Baptista	07	CDBRG	1:29.79	25m	09-04-21	Praia da Vitória	334
75.	SANTOS Daniela Alexandra	07	SCP	1:29.82	25m	16-02-20	Sto Antonio dos Cavaleiros	334
76.	PARENTE Leonor Peso	07	PDEM	1:29.93	25m	21-12-19	Alapraia	333
77.	GUERREIRO Leonor Faisca	07	LDC	1:29.94	25m	17-10-20	Lagos	333
78.	ALVES Sara Sofia	07	CNS	1:30.04	25m	21-12-19	Alapraia	332
79.	MELO Benedita Cardoso	07	CNPV	1:30.12	25m	12-06-21	Praia da Vitória	331
80.	ESCADA Cristiana Sofia	07	AAC	1:30.18	25m	01-02-20	Coimbra	330

100 Bruços (desde 81)

81.	FREITAS Maria Raquel	07	CNF	1:30.21	25m	13-05-21	Funchal	330
82.	PINTO Beatriz Santos	07	CNS	1:30.34	25m	15-05-21	Alcabideche	328
83.	VIEIRA Beatriz Carlos	07	CNFA	1:30.38	25m	08-03-20	Quarteira	328
84.	COELHO Lara Raquel	07	NSIT	1:30.40	25m	23-01-21	Angra do Heroísmo	328
85.	SIMAO Laura Roque	07	DNMG	1:30.49	25m	15-02-20	Leiria	327
86.	MARQUES Gabriela Silva	07	SCB	1:30.87	25m	23-11-19	Braga	323
87.	MESQUITA Mafalda Martins	07	GDNFAMA	1:30.89	25m	21-12-19	Porto	322
88.	SILVA Isis Filipa	07	ACS	1:31.17	25m	16-05-21	Lagos	320
89.	GOMES Francisca Martins	07	FCP	1:31.26	25m	09-02-20	Vila Mea	319
90.	DIAS Margarida Figueiredo	07	CGA	1:31.27	25m	02-02-20	Viseu	318
91.	RODRIGUES Nancy Almeida	07	CRASTO	1:31.43	25m	23-11-19	Gafanha da Nazaré	317
92.	NETO Leonor Rodrigues	07	CNF	1:31.52	25m	15-11-19	Funchal	316
93.	VEIGA Leonor Duarte	07	GRVM	1:31.81	25m	29-02-20	Leiria	313
94.	MATOS Maria Bandarra	07	SCP	1:31.91	25m	21-12-19	Alapraia	312
95.	ROMAO Rita Violante	07	CNAL	1:31.95	25m	23-11-19	Caldas da Rainha	311
96.	SANTOS Sara Margarida	07	CDE	1:32.07	25m	29-02-20	Leiria	310
97.	COSTA Maria Leonor	07	GESL	1:32.14	25m	08-03-20	Setúbal	310
98.	DIONISIO Ines Trindade	07	CNN	1:32.30	25m	08-03-20	Setúbal	308
99.	CRUZ Joana Calado	07	FBSC	1:32.39	25m	01-02-20	Coimbra	307
100.	ALMEIDA Rita Sacadura	07	SAD	1:32.51	25m	21-12-19	Alapraia	306

200 Bruços

1.	RODRIGUES Laura Sofia	07	JACL	2:46.26	25m	31-10-20	Funchal	530
2.	BERGAMO Emma Aguiar	07	SAD	2:46.92	25m	09-05-21	Alcobaça	523
3.	LEAL Matilde Barros	07	CAP	2:47.10	25m	08-05-21	Pacos de Ferreira	522
4.	LOURO Beatriz Silva	07	LDC	2:47.60	25m	08-11-20	Lagos	517
5.	VIEIRA Ana Beatriz	07	FOCA	2:47.89	25m	10-04-21	Felgueiras	514
6.	REBELO Angela Rodrigues	07	ALN	2:49.59	25m	13-12-20	Mealhada	499
7.	PINA Laura Almeida	07	CRASTO	2:50.29	25m	13-06-21	Viseu	493
8.	ALMEIDA Vanessa Liliana	07	ADBA	2:50.82	25m	10-04-21	Felgueiras	488
9.	GONCALVES Valentina Jose	07	CDN	2:51.46	25m	14-05-21	Funchal	483
10.	MAGALHAES Leticia Rodrigues	07	PDEM	2:52.19	25m	09-05-21	Alcobaça	477
11.	SIMOES Dania Rodrigues	07	ALN	2:53.18	25m	20-12-20	Coimbra	469
12.	SILVA Nuria Soares	07	CCLAMAS	2:53.32	25m	13-12-20	Mealhada	468
13.	FIGUEIRA Madalena Almeida	07	AVFC	2:54.43	25m	13-12-20	Mealhada	459
14.	PARENTE Leonor Peso	07	PDEM	2:54.49	25m	09-05-21	Alcobaça	458
15.	TEIXEIRA Joana Navega	07	ATG	2:55.01	25m	29-02-20	Penafiel	454
16.	CARDOSO Mafalda Rodrigues	07	SCE	2:55.27	25m	13-06-21	Viseu	452
17.	SANTOS Rita Machita	07	CNS	2:55.38	25m	13-12-20	Leiria	451
18.	BERNAT Elena Del Rio	07	SAD	2:55.86	25m	13-12-20	Leiria	448
19.	RODRIGUES Leonor Carreiro	07	SLB	2:57.65	25m	10-04-21	Felgueiras	434
20.	MALFEITO Maria Francisca	07	CNLX	2:57.83	25m	15-05-21	Condeixa-a-Nova	433
21.	DURAO Alice Gomes	07	SLB	2:58.28	25m	15-05-21	Alcabideche	430
22.	PINTO Margarida Vieira	07	SCB	2:58.55	25m	13-12-20	Mealhada	428
23.	FERNANDES Maria Ines	07	FBSC	2:59.75	25m	15-05-21	Condeixa-a-Nova	419
24.	ESTEVEZ Maria Leonor	07	DNMG	2:59.97	25m	09-05-21	Alcobaça	418
25.	SOUSA Ines Tonel	07	CNPV	3:00.20	25m	11-04-21	Praia da Vitória	416
26.	NUNES Noa Pinho	07	SCA	3:00.31	25m	13-06-21	Viseu	415
27.	FRISCHKNECHT Matilde Anjos	07	CNS	3:00.88	25m	13-12-20	Leiria	411
28.	SIMOES Ana Madalena	07	GESL	3:01.92	25m	13-12-20	Leiria	404
29.	MATEUS Clarisse Vieira	07	CDN	3:02.16	25m	08-05-21	Funchal	403
30.	CARRILHO Luana Alexandra	07	AVFC	3:02.31	25m	02-05-21	Gafanha da Nazaré	402

200 Bruços (desde 31)

31.	PEREIRA Beatriz Azevedo	07	CCLAMAS	3:02.53	25m	13-12-20	Mealhada	400
32.	RODEIA Mariana Figueira	07	CNFA	3:03.76	25m	22-02-20	Lagos	392
33.	TAVARES Rita Lopes	07	CDF	3:03.94	25m	29-02-20	Leiria	391
34.	FIGUEIRA Madalena Leonor	07	CNF	3:04.00	25m	14-05-21	Funchal	391
35.	FRANCA Ines Matos	07	JACL	3:04.08	25m	08-05-21	Funchal	390
36.	CAMARA Ines Cruz	07	CDN	3:04.27	25m	25-07-20	Funchal	389
37.	VIDAL Bianca Antunes	07	IDV	3:04.78	25m	29-02-20	Leiria	386
38.	VICENCIO Sara Viana	07	SCP	3:05.44	25m	07-03-20	Setúbal	382
39.	SOUSA Ines Rebelo	07	FCP	3:05.46	25m	10-04-21	Felgueiras	382
40.	ALMEIDA Mariana Marques	07	AAC	3:06.31	25m	07-12-19	Coimbra	376
41.	OLIVEIRA Leonor Carvalho	07	DRCN	3:06.95	25m	07-03-20	Setúbal	372
41.	TOJO Clara Vieira	07	CNN	3:06.95	25m	01-05-21	Lisboa	372
43.	LOPES Ana Rita	07	TAC	3:07.12	25m	08-05-21	Praia da Vitória	371
44.	CUNHA Beatriz Teixeira	07	LSC	3:07.26	25m	08-05-21	Pacos de Ferreira	371
45.	AFONSO Leonor Lima	07	NSIT	3:07.63	25m	08-05-21	Praia da Vitória	368
46.	SIMAO Anita Soares	07	CDE	3:07.65	25m	02-05-21	Gafanha da Nazaré	368
47.	SILVA Patricia Alexandra	07	ATG	3:08.07	25m	29-02-20	Penafiel	366
48.	CERQUEIRA Ana Margarida	07	00563	3:08.14	25m	08-05-21	ALCALA (ESP)	365
49.	FRAZAO Laura Calheiros	07	CNRM	3:08.22	25m	16-05-21	Abrantes	365
50.	AGUILAR Marta Andre	07	FBSC	3:08.23	25m	07-12-19	Coimbra	365
51.	FERNANDES Leonor Garcia	07	CRASTO	3:08.60	25m	29-02-20	Leiria	363
52.	MOREIRA Maria Leonor	07	CFP	3:08.64	25m	29-02-20	Penafiel	363
53.	CACHACO Beatriz Heitor	07	MODV	3:08.66	25m	08-12-19	Sto António Cavaleiros	362
54.	ALVES Sara Sofia	07	CNS	3:09.10	25m	08-12-19	Sto António Cavaleiros	360
55.	GARCELL Maria Teresa	07	AEFDTV	3:09.89	25m	26-10-19	Estoril	355
56.	MACEDO Laura Pinheiro	07	ANAR	3:10.60	25m	07-03-20	Ponte de Sor	351
57.	SILVA Maria Teresa	07	AMINATA	3:10.77	25m	07-11-20	Guarda	351
58.	FRANCO Catarina Andrade	07	GESL	3:11.09	25m	08-12-19	Sto António Cavaleiros	349
59.	SILVA Daniela Sofia	07	DRCN	3:11.57	25m	07-03-20	Setúbal	346
60.	SANTOS Daniela Alexandra	07	SCP	3:11.75	25m	07-03-20	Setúbal	345
61.	ESCADA Cristiana Sofia	07	AAC	3:12.40	25m	29-02-20	Leiria	342
62.	FONSECA Carolina Sofia	07	CFE	3:12.55	25m	07-03-20	Ponte de Sor	341
63.	MARTINS Adriana	07	CAP	3:12.81	25m	19-10-19	Felgueiras	339
64.	ALMEIDA Ines Filipa	07	ADS	3:12.84	25m	12-10-19	Mealhada	339
65.	SILVA Isis Filipa	07	ACS	3:12.93	25m	15-05-21	Lagos	339
66.	SANTOS Sara Margarida	07	CDE	3:13.30	25m	01-02-20	Viseu	337
67.	DIONISIO Ines Trindade	07	CNN	3:13.57	25m	07-03-20	Setúbal	335
68.	GOMES Barbara Sofia	07	LSC	3:13.80	25m	19-10-19	Felgueiras	334
69.	FERREIRA Beatriz Anjo	07	DNMG	3:13.85	25m	11-01-20	Nazaré	334
70.	COELHO Lara Raquel	07	NSIT	3:14.12	25m	15-02-20	Praia da Vitória	333
71.	ALVES Catarina Alexandra	07	GESL	3:14.14	25m	08-12-19	Sto António Cavaleiros	333
72.	LIMA Manuela Saretta	07	CLIP	3:14.59	25m	29-02-20	Penafiel	330
73.	PINTO Mariana Alexandra	07	SCB	3:14.95	25m	24-11-19	Braga	328
74.	MARQUES Beatriz Martins	07	CDE	3:15.03	25m	29-02-20	Leiria	328
75.	NETO Leonor Rodrigues	07	CNF	3:15.59	25m	22-11-19	Funchal	325
76.	VIEIRA Beatriz Carlos	07	CNFA	3:16.04	25m	07-03-20	Quarteira	323
77.	PINTO Beatriz Santos	07	CNS	3:16.15	25m	15-05-21	Alcabideche	322
78.	DIAS Margarida Figueiredo	07	CGA	3:16.34	25m	29-02-20	Leiria	321
79.	RODRIGUES Nancy Almeida	07	CRASTO	3:16.52	25m	01-02-20	Viseu	321
80.	LOBO Maria Joao	07	SCA	3:16.67	25m	13-06-21	Viseu	320
81.	OLIVEIRA Iara Herdeiro	07	CFV	3:16.94	25m	29-02-20	Penafiel	319
82.	VEIGA Leonor Duarte	07	GRVM	3:17.33	25m	29-02-20	Leiria	317
83.	MESQUITA Mafalda Martins	07	GDNFAMA	3:17.50	25m	19-10-19	Felgueiras	316

200 Bruços (desde 84)

84.	COSTA Maria Leonor	07	GESL	3:17.52	25m	16-02-20	Sto Antonio dos Cavaleiros	316
85.	PEREIRA Ines Portela	07	GESL	3:17.75	25m	16-02-20	Sto Antonio dos Cavaleiros	315
86.	MELO Benedita Cardoso	07	CNPV	3:17.76	25m	11-04-21	Praia da Vitória	315
87.	ANTUNES Mariana Melo	07	AVFC	3:17.81	25m	29-02-20	Leiria	314
88.	GOMES Francisca Martins	07	FCP	3:18.00	25m	29-02-20	Penafiel	313
89.	ROMAO Rita Violante	07	CNAL	3:18.07	25m	25-01-20	Alcobaça	313
90.	BARREIRA Maria Leonor	07	FNC	3:18.67	25m	08-03-20	Mirandela	310
91.	MELO Catarina Baptista	07	CDBRG	3:18.76	25m	12-10-19	Ponta Delgada	310
92.	SANTOS Juliana Soromenho	07	SLB	3:18.91	25m	26-10-19	Estoril	309
93.	MARQUES Gabriela Silva	07	SCB	3:18.94	25m	24-11-19	Braga	309
94.	LOBOVA Sofia	07	PORTIN	3:19.03	25m	22-02-20	Lagos	309
95.	VALINHAS Ana Carolina	07	GDNFAMA	3:19.40	25m	29-02-20	Penafiel	307
96.	SIMOES Beatriz Maria	07	CNTN	3:21.20	25m	24-10-20	Tomar	299
97.	BOTELHO Margarida Santos	07	CNS	3:21.48	25m	08-12-19	Sto António Cavaleiros	297
98.	SIMAO Laura Roque	07	DNMG	3:21.88	25m	11-01-20	Nazaré	296
99.	NOGUEIRA Melissa Freitas	07	ADF	3:21.99	25m	08-05-21	Pacos de Ferreira	295
100.	ABABIL Luana	07	CNA	3:22.34	25m	07-03-20	Setúbal	294

50 Mariposa

1.	VIEIRA Ana Beatriz	07	FOCA	30.93	25m	09-05-21	Pacos de Ferreira	489
2.	RODEIA Mariana Figueira	07	GCNF	30.95	25m	11-04-21	Felgueiras	488
3.	MARQUES Gabriela Silva	07	SCB	31.08	25m	11-04-21	Felgueiras	482
4.	LEAL Matilde Barros	07	CAP	31.95	25m	09-05-21	Pacos de Ferreira	444
5.	MONIZ Ana Rita	07	NSIT	31.97	25m	11-04-21	Praia da Vitória	443
6.	LOURO Beatriz Silva	07	LDC	32.18	25m	08-05-21	Quarteira	434
7.	CARVALHO Sofia Alexandra	07	CFP	32.79	25m	11-04-21	Felgueiras	411
8.	SOUSA Matilde Filipe	07	NSIT	33.15	25m	21-11-20	Angra do Heroísmo	397
9.	MACEDO Laura Pinheiro	07	ANAR	33.34	25m	08-05-21	Guarda	391
10.	CABRAL Carolina Vizinho	07	CNVA	33.63	25m	01-05-21	Gafanha da Nazaré	380
11.	ALMEIDA Bianca Filipa	07	CSAAXXI	33.90	25m	07-11-20	Gafanha da Encarnação	371
12.	BASTOS Mafalda Costa	07	ADS	33.96	25m	01-05-21	Gafanha da Nazaré	369
13.	FERREIRA Beatriz Anjo	07	DNMG	34.06	25m	08-11-20	Leiria	366
14.	PEREIRA Maria Fagundes	07	CNPV	34.19	25m	13-03-21	Praia da Vitória	362
15.	BILETSKA Carolina Diana	07	FCF	34.28	25m	18-10-20	Lagos	359
16.	CONCEICAO Beatriz Sofia	07	CNAB	34.34	25m	25-10-20	Tomar	357
17.	RODRIGUES Laura Sofia	07	JACL	34.56	25m	18-07-20	Funchal	351
18.	MELO Catarina Baptista	07	CDBRG	34.72	25m	15-05-21	Ponta Delgada	346
19.	ALMEIDA Rita Sacadura	07	SAD	35.21	25m	15-02-20	Torres Novas	331
20.	OLIVEIRA Raquel Grilo	07	LAGAC	35.73	25m	15-05-21	Lagos	317
21.	BERNARDO Maria Francisca	07	CFV	35.91	25m	09-05-21	Pacos de Ferreira	312
22.	COELHO Lara Raquel	07	NSIT	36.00	25m	13-03-21	Praia da Vitória	310
23.	MIDOES Madalena Maria	07	AVQA	36.33	25m	16-05-21	Abrantes	302
24.	SOUSA Ines Tonel	07	CNPV	36.49	25m	08-05-21	Praia da Vitória	298
25.	COJOCARU Madalena	07	PORTIN	36.54	25m	14-12-19	Portimão	297
26.	DRENTJE Julia Norte	07	LDC	36.56	25m	08-11-20	Lagos	296
27.	SILVA Matilde Vale	07	CNPO	36.68	25m	09-05-21	Pacos de Ferreira	293
28.	SILVA Adriana Filipa	07	CDE	36.85	25m	01-05-21	Gafanha da Nazaré	289
29.	VIROTE Joana Lopes	07	LDC	36.96	25m	12-01-20	Quarteira	287
30.	FONSECA Carolina Ferreira	07	IDV	37.40	25m	23-05-21	Alcobaça	277
31.	WERUM Mia Alena	07	LAGAC	37.49	25m	15-05-21	Lagos	275
32.	LOBOVA Sofia	07	PORTIN	37.52	25m	12-01-20	Quarteira	274
33.	GOMES Filipa Guerreiro	07	AEFDTV	37.54	25m	15-02-20	Torres Novas	273

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34.	BOTAS Beatriz Alexandra	07	AVQA	37.70	25m	16-05-21	Abrantes	270
35.	ROCHA Bruna Fantasia	07	NSIT	37.84	25m	21-11-20	Angra do Heroísmo	267
36.	SILVA Nuria Resende	07	UDO	38.32	25m	07-11-20	Gafanha da Encarnação	257
36.	FONSECA Carolina Sofia	07	CFE	38.32	25m	19-12-20	Sines	257
38.	FRISCHKNECHT Matilde Anjos	07	CNS	38.35	25m	26-01-20	Campo Maior	256
39.	ANTUNES Ines Filipe	07	TNC	38.77	25m	12-01-20	Quarteira	248
40.	AFONSO Leonor Lima	07	NSIT	39.38	25m	21-11-20	Angra do Heroísmo	237
41.	SILVA Bruna Tomas	07	SFGP	39.75	25m	16-05-21	Abrantes	230
42.	CUSTODIO Daniela Ferreira	07	PORTIN	40.14	25m	12-01-20	Quarteira	224
43.	SOUSA Carolina Domingos	07	FCF	40.20	25m	15-05-21	Lagos	223
44.	MARTINS Ines Sofia	07	TNC	40.49	25m	12-01-20	Quarteira	218
45.	JORGE Ailin Acosta	07	OC	40.74	25m	20-10-19	Óbidos	214
45.	MAIA Clara Rosinha	07	SFGP	40.74	25m	16-05-21	Abrantes	214
47.	LOPES Maria Madalena	07	PORTIN	40.88	25m	14-12-19	Portimão	212
48.	KOSYKHINA Daniela	07	PORTIN	41.30	25m	14-12-19	Portimão	205
49.	OLIVEIRA Diana Goncalves	07	AVQA	41.33	25m	16-05-21	Abrantes	205
50.	SILVA Gabriela Oliveira	07	ADP	41.60	25m	09-05-21	Pacos de Ferreira	201
51.	JOMIR Patricia	07	ABR	42.13	25m	12-01-20	Quarteira	193
52.	COUTINHO Matilde Santos	07	CNNZ	42.28	25m	08-11-20	Leiria	191
53.	SILVA Isis Filipa	07	ACS	42.70	25m	14-12-19	Portimão	186
54.	MARTINS Rebeca Sousa	07	LDC	43.47	25m	12-01-20	Quarteira	176
55.	VIEIRA Beatriz Carlos	07	CNFA	43.52	25m	12-10-19	Vila Real St. Antonio	175
56.	PEREIRA Beatriz Vilas	07	UDO	43.82	25m	07-11-20	Gafanha da Encarnação	172
57.	SOUSA Ines Teixeira	07	CDBRG	45.01	25m	15-05-21	Ponta Delgada	158
58.	MARTINS Joana Maria	07	CNAL	45.06	25m	20-10-19	Óbidos	158
59.	PIMENTA Ines Sofia	07	CNAL	45.39	25m	20-10-19	Óbidos	154
60.	COELHO Leonor Vendima	07	URDJ	47.44	25m	23-11-19	Caldas da Rainha	135
61.	FERREIRA Sofia Alves	07	PORTIN	47.69	25m	12-01-20	Quarteira	133
62.	CONESA Lucia Gonzalez	07	CNGUA	49.71	25m	12-01-20	Quarteira	117
63.	SACHIM Paula Trindade	07	SCCM	50.29	25m	26-01-20	Campo Maior	113
64.	BARBAS Beatriz Rainho	07	CNP	51.93	25m	26-01-20	Campo Maior	103
65.	SANTOS Beatriz Isabel	07	CNOL	57.05	25m	12-01-20	Quarteira	78
66.	COUTINHO Mariana Sofia	07	UDO	1:02.33	25m	02-02-20	Viseu	59

100 Mariposa

1.	ALMEIDA Maria Emilia	07	CGA	1:07.92	25m	13-06-21	Viseu	519
2.	FRANCO Catarina Andrade	07	GESL	1:08.87	25m	12-12-20	Leiria	498
3.	CAMARA Ines Cruz	07	CDN	1:08.92	25m	13-05-21	Funchal	497
4.	REBELO Angela Rodrigues	07	ALN	1:09.38	25m	20-12-20	Coimbra	487
5.	MANO Leonor Mil	07	FBSC	1:09.61	25m	15-05-21	Condeixa-a-Nova	482
6.	MARQUES Gabriela Silva	07	SCB	1:10.13	25m	10-04-21	Felgueiras	472
7.	FERRARI Maria Carlotta	07	GESL	1:10.18	25m	09-05-21	Sto António Cavaleiros	471
8.	VIEIRA Ana Beatriz	07	FOCA	1:10.36	25m	01-03-20	Penafiel	467
9.	RODEIA Mariana Figueira	07	GCMF	1:10.46	25m	10-04-21	Felgueiras	465
10.	SOUSA Maria Rita	07	EDV	1:10.93	25m	08-05-21	Ponte da Barca	456
11.	NETO Leonor Rodrigues	07	CNF	1:11.34	25m	08-05-21	Funchal	448
12.	MACEDO Laura Pinheiro	07	ANAR	1:11.72	25m	02-05-21	Gafanha da Nazaré	441
13.	ALMEIDA Bianca Filipa	07	CSAAXXI	1:11.90	25m	02-05-21	Gafanha da Nazaré	438
14.	SILVA Nuria Soares	07	CCLAMAS	1:11.97	25m	12-12-20	Mealhada	436
15.	MONIZ Ana Rita	07	NSIT	1:12.23	25m	10-04-21	Praia da Vitória	432
16.	FIGUEIRA Madalena Almeida	07	AVFC	1:12.33	25m	02-05-21	Gafanha da Nazaré	430
17.	SILVA Carolina Martins	07	CDE	1:12.40	25m	12-12-20	Mealhada	429

100 Mariposa (desde 18)

18.	CARVALHO Sofia Alexandra	07	ATG	1:13.04	25m	01-03-20	Penafiel	417
19.	PIRES Teresa Joao	07	SAD	1:13.06	25m	12-12-20	Leiria	417
20.	GOMES Rita Cunha	07	VNC	1:13.45	25m	12-12-20	Mealhada	410
21.	SANTOS Rita Machita	07	CNS	1:13.46	25m	15-05-21	Alcabideche	410
22.	FERREIRA Beatriz Anjo	07	DNMG	1:13.59	25m	23-05-21	Alcobaça	408
23.	CACHACO Beatriz Heitor	07	MODV	1:13.95	25m	12-01-20	Estoril	402
24.	CABRAL Carolina Vizinho	07	CNVA	1:14.13	25m	02-05-21	Gafanha da Nazaré	399
25.	AGUILAR Marta Andre	07	FBSC	1:14.25	25m	19-06-21	Coimbra	397
26.	SIMOES Dania Rodrigues	07	ALN	1:14.63	25m	29-02-20	Leiria	391
27.	ALMEIDA Rita Sacadura	07	SAD	1:14.77	25m	01-05-21	Lisboa	389
28.	RODRIGUES Laura Sofia	07	JACL	1:14.92	25m	17-10-20	Funchal	387
29.	JORGE Luisa Ponte	07	SFUAP	1:14.98	25m	15-05-21	Condeixa-a-Nova	386
30.	PEREIRA Maria Fagundes	07	CNPV	1:15.64	25m	08-05-21	Praia da Vitória	376
31.	SANTOS Leonor Costa	07	CGA	1:15.88	25m	12-12-20	Mealhada	372
32.	BERGAMO Emma Aguiar	07	SAD	1:15.96	25m	01-05-21	Lisboa	371
33.	BASTOS Mafalda Costa	07	ADS	1:16.01	25m	02-05-21	Gafanha da Nazaré	370
34.	LEAL Matilde Barros	07	CAP	1:16.10	25m	21-12-19	Porto	369
35.	SOUSA Matilde Filipe	07	NSIT	1:16.41	25m	12-06-21	Praia da Vitória	365
36.	BILETSKA Carolina Diana	07	FCF	1:16.43	25m	12-12-20	Leiria	364
37.	RIBEIRO Matilde Nunes	07	DRCN	1:16.48	25m	08-03-20	Setúbal	364
38.	BARAONA Ines Azevedo	07	CNMJ	1:16.68	25m	12-01-20	Estoril	361
39.	RODRIGUES Catarina Ferreira	07	GESL	1:17.04	25m	09-05-21	Sto António Cavaleiros	356
40.	MELO Catarina Baptista	07	CDBRG	1:17.10	25m	12-06-21	Ponta Delgada	355
41.	BOTELHO Margarida Santos	07	CNS	1:17.19	25m	08-03-20	Setúbal	354
42.	MALFEITO Maria Francisca	07	CNLX	1:17.32	25m	16-05-21	Alvalade	352
43.	MAGALHAES Leticia Rodrigues	07	PDEM	1:17.47	25m	21-12-19	Alapraia	350
44.	PARENTE Leonor Peso	07	PDEM	1:17.52	25m	12-01-20	Estoril	349
45.	NUNES Marta Filipa	07	CNCA	1:17.76	25m	07-03-20	Santarém	346
46.	DIOGO Ines Miranda	07	FBSC	1:17.78	25m	29-02-20	Leiria	346
47.	ROMAO Rita Violante	07	CNAL	1:17.97	25m	12-12-20	Leiria	343
48.	SIMOES Ana Madalena	07	GESL	1:18.06	25m	16-02-20	Sto Antonio dos Cavaleiros	342
49.	CONCEICAO Beatriz Sofia	07	CNAB	1:18.60	25m	24-10-20	Tomar	335
50.	VALE Teresa Pinto	07	SCB	1:18.84	25m	10-04-21	Felgueiras	332
51.	SANTOS Juliana Soromenho	07	SLB	1:18.96	25m	21-12-19	Alapraia	330
52.	VIDAL Bianca Antunes	07	IDV	1:19.06	25m	23-02-20	Pombal	329
53.	GARCELL Maria Teresa	07	AEFDTV	1:19.33	25m	30-11-19	Sines	326
54.	RODRIGUES Leonor Carreiro	07	SLB	1:19.34	25m	22-02-20	Loures	326
55.	SANTOS Lara Carvalho	07	CNAC	1:19.37	25m	01-02-20	Coimbra	325
55.	MATOS Maria Bandarra	07	SCP	1:19.37	25m	22-02-20	Loures	325
57.	DOMINGOS Madalena Nunes	07	VS	1:19.47	25m	24-10-20	Tomar	324
58.	LOURO Beatriz Silva	07	LDC	1:19.53	25m	16-11-19	Silves	323
59.	ALMEIDA Ines Filipa	07	ADS	1:19.55	25m	23-11-19	Gafanha da Nazaré	323
60.	GUERREIRO Leonor Faisca	07	LDC	1:19.73	25m	07-11-20	Lagos	321
61.	COELHO Lara Raquel	07	NSIT	1:19.84	25m	12-06-21	Praia da Vitória	320
62.	RODRIGUES Nancy Almeida	07	CRASTO	1:20.42	25m	29-02-20	Leiria	313
63.	DRENTJE Julia Norte	07	00563	1:20.75	25m	08-05-21	ALCALA (ESP)	309
64.	REBELO Mafalda Guimaraes	07	CFP	1:20.86	25m	09-02-20	Vila Mea	308
65.	MOREIRA Maria Leonor	07	CFP	1:20.96	25m	21-12-19	Porto	306
66.	TAVARES Rita Lopes	07	CDF	1:20.98	25m	02-05-21	Gafanha da Nazaré	306
67.	BERNAT Elena Del Rio	07	SAD	1:21.04	25m	21-12-19	Alapraia	305
68.	MIDOES Madalena Maria	07	AVQA	1:21.11	25m	07-03-20	Santarém	305
69.	SILVA Matilde Vale	07	CNPO	1:21.16	25m	12-12-20	Mealhada	304
70.	PEREIRA Ines Portela	07	GESL	1:21.45	25m	08-03-20	Setúbal	301

100 Mariposa (desde 71)

71.	ESTEVES Maria Leonor	07	DNMG	1:21.48	25m	21-12-19	Pombal	301
72.	ALMEIDA Vanessa Liliana	07	ADBA	1:21.56	25m	16-02-20	Leiria	300
73.	ESCADA Cristiana Sofia	07	AAC	1:21.65	25m	29-02-20	Leiria	299
74.	VICENCIO Sara Viana	07	SCP	1:21.81	25m	21-12-19	Alapraia	297
75.	PINA Laura Almeida	07	CRASTO	1:21.82	25m	23-11-19	Gafanha da Nazaré	297
76.	BATISTA Rita Lima	07	CNS	1:21.83	25m	08-03-20	Setúbal	297
77.	SANTOS Daniela Alexandra	07	SCP	1:21.85	25m	08-03-20	Setúbal	297
78.	ALVES Sara Sofia	07	CNS	1:21.92	25m	21-12-19	Alapraia	296
79.	MESQUITA Mafalda Martins	07	GDNFAMA	1:21.98	25m	21-12-19	Porto	295
80.	VALINHAS Ana Carolina	07	GDNFAMA	1:22.05	25m	01-03-20	Penafiel	294
81.	GONCALVES Valentina Jose	07	CDN	1:22.18	25m	18-07-20	Funchal	293
82.	TSHESNOVSKA Anastacia	07	SCP	1:22.26	25m	16-02-20	Sto Antonio dos Cavaleiros	292
83.	SANTOS Silvia Teixeira	07	ATG	1:22.30	25m	21-12-19	Porto	292
84.	TEIXEIRA Mafalda Gomes	07	FCP	1:22.50	25m	21-12-19	Porto	290
85.	LOBOVA Sofia	07	PORTIN	1:22.54	25m	07-11-20	Lagos	289
86.	PEREIRA Beatriz Azevedo	07	CCLAMAS	1:22.84	25m	21-12-19	Porto	286
87.	VIROTE Joana Lopes	07	LDC	1:23.01	25m	16-11-19	Silves	284
88.	RODRIGUES Maria Leonor	07	AHBE	1:23.14	25m	21-12-19	Alapraia	283
89.	CRUZ Joana Calado	07	FBSC	1:23.20	25m	21-12-19	Cantanhede	282
90.	ALMEIDA Mariana Marques	07	AAC	1:23.30	25m	21-12-19	Cantanhede	281
90.	PINTO Margarida Vieira	07	SCB	1:23.30	25m	21-12-19	Ponte da Barca	281
92.	MELO Benedita Cardoso	07	CNPV	1:23.34	25m	12-06-21	Praia da Vitória	281
93.	CERQUEIRA Ana Margarida	07	LDC	1:23.36	25m	16-11-19	Silves	281
94.	SANTOS Sara Margarida	07	CDE	1:23.42	25m	23-11-19	Gafanha da Nazaré	280
95.	PINTO Mariana Alexandra	07	SCB	1:23.52	25m	21-12-19	Ponte da Barca	279
96.	SOARES Rita Marques	07	GDNFAMA	1:23.58	25m	01-03-20	Penafiel	278
97.	FERNANDES Maria Ines	07	FBSC	1:23.67	25m	23-02-20	Pombal	278
98.	GOMES Barbara Sofia	07	LSC	1:23.91	25m	21-12-19	Porto	275
99.	OLIVEIRA Leonor Carvalho	07	DRCN	1:24.22	25m	21-12-19	Alapraia	272
100.	BOTAS Beatriz Alexandra	07	AVQA	1:24.31	25m	16-11-19	Coruche	271

200 Mariposa

1.	ALMEIDA Maria Emilia	07	CGA	2:25.04	25m	13-06-21	Viseu	560
2.	CAMARA Ines Cruz	07	CDN	2:33.73	25m	08-05-21	Funchal	471
3.	REBELO Angela Rodrigues	07	ALN	2:34.47	25m	20-12-20	Coimbra	464
4.	SOUSA Maria Rita	07	EDV	2:37.41	25m	09-05-21	Ponte da Barca	438
5.	SIMOES Dania Rodrigues	07	ALN	2:38.00	25m	15-05-21	Condeixa-a-Nova	433
6.	FRANCO Catarina Andrade	07	GESL	2:38.93	25m	07-03-20	Setúbal	426
7.	MACEDO Laura Pinheiro	07	ANAR	2:39.09	25m	02-05-21	Gafanha da Nazaré	424
8.	MANO Leonor Mil	07	FBSC	2:41.75	25m	02-02-20	Coimbra	404
9.	FIGUEIRA Madalena Almeida	07	AVFC	2:42.36	25m	02-05-21	Gafanha da Nazaré	399
10.	FERREIRA Beatriz Anjo	07	DNMG	2:43.01	25m	07-11-20	Leiria	395
11.	MARQUES Gabriela Silva	07	SCB	2:44.48	25m	09-05-21	Ponte da Barca	384
12.	GOMES Rita Cunha	07	VNC	2:44.78	25m	09-05-21	Ponte da Barca	382
13.	PARENTE Leonor Peso	07	PDEM	2:44.82	25m	09-05-21	Alcobaça	382
14.	FERRARI Maria Carlotta	07	GESL	2:45.62	25m	16-02-20	Sto Antonio dos Cavaleiros	376
15.	AGUILAR Marta Andre	07	FBSC	2:45.82	25m	20-06-21	Coimbra	375
16.	RODRIGUES Catarina Ferreira	07	GESL	2:46.78	25m	12-12-20	Leiria	368
17.	PIRES Teresa Joao	07	SAD	2:47.51	25m	07-03-20	Setúbal	364
18.	SANTOS Rita Machita	07	CNS	2:48.01	25m	07-03-20	Setúbal	360
19.	MATOS Maria Bandarra	07	SCP	2:49.66	25m	07-03-20	Setúbal	350
20.	SANTOS Lara Carvalho	07	CNAC	2:49.90	25m	01-03-20	Leiria	348

200 Mariposa (desde 21)

21.	CARVALHO Sofia Alexandra	07	ATG	2:51.68	25m	19-10-19	Felgueiras	338
22.	PEREIRA Maria Fagundes	07	CNPV	2:52.49	25m	09-04-21	Praia da Vitória	333
23.	CACHACO Beatriz Heitor	07	MODV	2:53.11	25m	07-03-20	Setúbal	329
24.	MALFEITO Maria Francisca	07	CNLX	2:53.80	25m	15-05-21	Condeixa-a-Nova	325
25.	BARAONA Ines Azevedo	07	CNMJ	2:54.08	25m	11-01-20	Estoril	324
26.	ALMEIDA Rita Sacadura	07	SAD	2:54.34	25m	02-05-21	Lisboa	322
27.	ALMEIDA Ines Filipa	07	ADS	2:55.01	25m	01-03-20	Leiria	319
28.	ALMEIDA Bianca Filipa	07	CSAAXXI	2:56.44	25m	12-10-19	Mealhada	311
29.	RODRIGUES Nancy Almeida	07	CRASTO	2:56.70	25m	01-03-20	Leiria	310
30.	BOTELHO Margarida Santos	07	CNS	2:56.71	25m	15-05-21	Alcabideche	310
31.	SILVA Matilde Vale	07	CNPO	2:58.58	25m	12-12-20	Mealhada	300
32.	DOMINGOS Madalena Nunes	07	VS	2:59.96	25m	25-10-20	Tomar	293
33.	SILVA Nuria Soares	07	CCLAMAS	3:00.61	25m	29-02-20	Penafiel	290
34.	DIOGO Ines Miranda	07	FBSC	3:00.64	25m	15-05-21	Condeixa-a-Nova	290
35.	PINA Laura Almeida	07	CRASTO	3:01.47	25m	01-02-20	Viseu	286
36.	LOURO Beatriz Silva	07	LDC	3:01.71	25m	22-02-20	Lagos	285
37.	CONCEICAO Beatriz Sofia	07	CNAB	3:02.03	25m	07-03-20	Santarém	283
38.	MIDOES Madalena Maria	07	AVQA	3:02.27	25m	07-03-20	Santarém	282
39.	NETO Leonor Rodrigues	07	CNF	3:02.28	25m	26-10-19	Funchal	282
40.	GONCALVES Valentina Jose	07	CDN	3:03.23	25m	07-03-20	Funchal	278
41.	GARCELL Maria Teresa	07	AEFDTV	3:03.49	25m	30-11-19	Sines	276
42.	MELO Catarina Baptista	07	CDBRG	3:03.53	25m	31-10-20	Ponta Delgada	276
43.	SANTOS Silvia Teixeira	07	ATG	3:03.69	25m	29-02-20	Penafiel	276
44.	ROMAO Rita Violante	07	CNAL	3:04.08	25m	11-01-20	Nazaré	274
45.	MAGALHAES Leticia Rodrigues	07	PDEM	3:04.24	25m	30-11-19	Sines	273
46.	NUNES Marta Filipa	07	CNCA	3:04.57	25m	07-03-20	Santarém	272
47.	BATISTA Rita Lima	07	CNS	3:04.89	25m	11-01-20	Estoril	270
48.	SIMAO Laura Roque	07	DNMG	3:05.99	25m	11-01-20	Nazaré	265
49.	BOTAS Beatriz Alexandra	07	AVQA	3:07.40	25m	15-12-19	Abrantes	260
50.	RODRIGUES Laura Sofia	07	JACL	3:08.34	25m	12-10-19	Funchal	256
51.	DRENTJE Julia Norte	07	LDC	3:09.17	25m	22-02-20	Lagos	252
52.	SIMAO Anita Soares	07	CDE	3:10.11	25m	01-03-20	Leiria	249
53.	SANTOS Leonor Costa	07	CGA	3:10.13	25m	01-03-20	Leiria	248
54.	ALMEIDA Vanessa Liliana	07	ADBA	3:10.30	25m	20-10-19	Óbidos	248
55.	FRISCHKNECHT Matilde Anjos	07	CNS	3:10.83	25m	11-01-20	Estoril	246
56.	ESTEVEES Maria Leonor	07	DNMG	3:11.48	25m	11-01-20	Nazaré	243
57.	OLIVEIRA Margarida Gomes	07	CRASTO	3:12.08	25m	07-12-19	Coimbra	241
58.	LOBOVA Sofia	07	PORTIN	3:12.61	25m	14-12-19	Portimão	239
59.	ESCADA Cristiana Sofia	07	AAC	3:12.70	25m	07-12-19	Coimbra	239
60.	SILVA Patricia Alexandra	07	ATG	3:13.33	25m	29-02-20	Penafiel	236
61.	ALVES Sara Sofia	07	CNS	3:13.81	25m	26-10-19	Estoril	235
62.	ANTUNES Ines Filipe	07	TNC	3:14.34	25m	02-02-20	Albufeira	233
63.	BILETSKA Carolina Diana	07	FCF	3:14.54	25m	03-11-19	Lagoa	232
64.	CABRAL Carolina Vizinho	07	CNVA	3:15.18	25m	12-10-19	Mealhada	230
65.	GUERREIRO Leonor Faisca	07	LDC	3:15.54	25m	18-10-20	Lagos	228
66.	VIROTE Joana Lopes	07	LDC	3:16.84	25m	02-02-20	Albufeira	224
66.	TEMTEM Sara Maria	07	CDN	3:16.84	25m	07-03-20	Funchal	224
68.	PEREIRA Ines Portela	07	GESL	3:16.92	25m	26-10-19	Estoril	224
69.	CERQUEIRA Ana Margarida	07	LDC	3:18.70	25m	03-11-19	Lagoa	218
70.	VALINHAS Ana Carolina	07	GDNFAMA	3:19.32	25m	29-02-20	Penafiel	216
71.	FERREIRA Joana Martins	07	SCA	3:19.41	25m	07-11-20	Guarda	215
72.	BARBOSA Ines Santos	07	FS	3:20.14	25m	26-10-19	Estoril	213
73.	ALVES Catarina Alexandra	07	GESL	3:21.03	25m	26-10-19	Estoril	210

200 Mariposa (desde 74)

74.	COELHO Mariana Mauricio	07	BUZIOS	3:23.09	25m	07-03-20	Santarém	204
75.	RIBEIRO Marta Nascimento	07	CNATRIL	3:26.07	25m	26-10-19	Estoril	195
76.	MATEUS Clarisse Vieira	07	CDN	3:26.97	25m	07-03-20	Funchal	193
77.	DIONISIO Ines Trindade	07	CNN	3:29.13	25m	08-12-19	Sto António Cavaleiros	187
78.	FRAZAO Laura Calheiros	07	CNRM	3:29.27	25m	15-12-19	Abrantes	186
79.	SILVA Ana Senhorinha	07	CNMAIA	3:29.30	25m	11-01-20	Aguas Santas	186
80.	SIMOES Beatriz Maria	07	CNTN	3:30.12	25m	07-03-20	Santarém	184
81.	MELO Benedita Cardoso	07	CNPV	3:30.39	25m	15-02-20	Praia da Vitória	183
82.	OLIVEIRA Diana Goncalves	07	AVQA	3:33.25	25m	15-12-19	Abrantes	176
83.	VIANA Matilde Violante	07	ADBA	3:36.42	25m	20-10-19	Óbidos	168
84.	RESENDES Ana Maria	07	CNPDL	3:39.57	25m	15-02-20	Ponta Delgada	161
85.	WERUM Mia Alena	07	LAGAC	3:43.92	25m	03-11-19	Lagoa	152
86.	OLIVEIRA Laura Sousa	07	JO	3:46.94	25m	15-12-19	Abrantes	146
87.	DIAS Beatriz Roseiro	07	CNAB	3:51.54	25m	15-12-19	Abrantes	137
88.	SILVA Eduarda Costa	07	ADBA	4:02.73	25m	20-10-19	Óbidos	119
89.	ERRA Clara Patricia	07	JACL	4:03.39	25m	26-10-19	Funchal	118

100 Estilos

1.	MANO Leonor Mil	07	FBSC	1:12.20	25m	20-06-21	Coimbra	479
2.	REBELO Angela Rodrigues	07	ALN	1:13.05	25m	07-12-19	Coimbra	462
3.	RODEIA Mariana Figueira	07	GCNF	1:14.03	25m	08-11-20	Lagos	444
4.	ALMEIDA Bianca Filipa	07	CSAAXXI	1:15.62	25m	02-05-21	Gafanha da Nazaré	417
5.	SOUSA Matilde Filipe	07	NSIT	1:16.99	25m	08-05-21	Praia da Vitória	395
6.	ANTONIO Rafaela Mariano	07	PORTIN	1:17.09	25m	12-01-20	Quarteira	393
7.	SILVA Carolina Martins	07	CDE	1:17.29	25m	02-05-21	Gafanha da Nazaré	390
8.	PINA Laura Almeida	07	CRASTO	1:17.82	25m	07-12-19	Coimbra	382
9.	RODRIGUES Laura Sofia	07	JACL	1:18.33	25m	21-12-19	Funchal	375
10.	MACEDO Laura Pinheiro	07	ANAR	1:18.77	25m	24-10-20	Sertã	369
11.	SILVA Lara Pinho	07	CDF	1:18.98	25m	02-05-21	Gafanha da Nazaré	366
12.	SANTOS Leonor Costa	07	CGA	1:19.12	25m	02-05-21	Gafanha da Nazaré	364
13.	GARRIDO Daniela Cruz	07	AVFC	1:19.18	25m	02-05-21	Gafanha da Nazaré	363
14.	CAMARA Ines Cruz	07	CDN	1:19.80	25m	12-10-19	Funchal	355
15.	DIOGO Ines Miranda	07	FBSC	1:19.87	25m	02-02-20	Coimbra	354
16.	BILETSKA Carolina Diana	07	FCF	1:19.91	25m	18-10-20	Lagos	353
17.	ALMEIDA Mariana Marques	07	AAC	1:20.12	25m	07-12-19	Coimbra	350
18.	GONCALVES Valentina Jose	07	CDN	1:20.18	25m	12-10-19	Funchal	350
19.	BASTOS Mafalda Costa	07	ADS	1:20.22	25m	13-06-21	Viseu	349
20.	LOPES Ana Rita	07	TAC	1:20.33	25m	08-05-21	Praia da Vitória	348
21.	CARRILHO Luana Alexandra	07	AVFC	1:20.42	25m	18-01-20	Mealhada	346
22.	ALMEIDA Rita Sacadura	07	SAD	1:20.65	25m	15-02-20	Torres Novas	344
23.	MONIZ Ana Rita	07	NSIT	1:20.79	25m	21-11-20	Angra do Heroísmo	342
24.	CONCEICAO Beatriz Sofia	07	CNAB	1:20.80	25m	24-10-20	Tomar	342
25.	CUSTODIO Daniela Ferreira	07	PORTIN	1:21.09	25m	08-11-20	Lagos	338
26.	CERQUEIRA Ana Margarida	07	LDC	1:21.11	25m	03-11-19	Lagoa	338
27.	BERGAMO Emma Aguiar	07	SAD	1:21.12	25m	15-02-20	Torres Novas	338
28.	CONCEICAO Sara Oliveira	07	CDF	1:21.35	25m	18-01-20	Mealhada	335
29.	CARDOSO Mafalda Rodrigues	07	SCE	1:21.65	25m	18-01-20	Mealhada	331
30.	BRAZ Sofia Pereira	07	CLIPTEAM	1:21.95	25m	02-05-21	Gafanha da Nazaré	327
31.	SOUSA Ines Tonel	07	NSIT	1:22.07	25m	21-11-20	Angra do Heroísmo	326
32.	MIDOES Madalena Maria	07	AVQA	1:22.37	25m	24-10-20	Tomar	322
33.	BARAONA Ines Azevedo	07	CNMJ	1:22.64	25m	02-02-20	Montemor-o-Novo	319
34.	LOBOVA Sofia	07	PORTIN	1:22.90	25m	12-01-20	Quarteira	316

100 Estilos (desde 35)

35.	NETO Leonor Rodrigues	07	CNF	1:22.93	25m	12-10-19	Funchal	316
36.	LIMA Manuela Saretta	07	CLIPTEAM	1:23.08	25m	02-05-21	Gafanha da Nazaré	314
37.	VIEIRA Beatriz Carlos	07	GCNF	1:23.20	25m	08-11-20	Lagos	313
38.	OLIVEIRA Raquel Grilo	07	LAGAC	1:23.39	25m	08-11-20	Lagos	311
39.	WERUM Mia Alena	07	LAGAC	1:23.49	25m	12-01-20	Quarteira	310
40.	SILVA Isis Filipa	07	ACS	1:23.80	25m	18-10-20	Lagos	306
41.	SANTOS Lara Carvalho	07	CNAC	1:24.29	25m	02-02-20	Coimbra	301
42.	ANTUNES Ines Filipe	07	TNC	1:24.47	25m	12-01-20	Quarteira	299
43.	GUERREIRO Leonor Faisca	07	LDC	1:24.65	25m	03-11-19	Lagoa	297
44.	BOTAS Beatriz Alexandra	07	AVQA	1:25.00	25m	24-10-20	Tomar	293
45.	AFONSO Leonor Lima	07	NSIT	1:25.31	25m	21-11-20	Angra do Heroísmo	290
46.	MATEUS Clarisse Vieira	07	CDN	1:25.33	25m	12-10-19	Funchal	290
47.	MENDES Marta Barbosa	07	CDF	1:25.49	25m	02-05-21	Gafanha da Nazaré	288
48.	DUARTE Cristiana Sofia	07	GRVM	1:25.54	25m	20-06-21	Coimbra	288
49.	RODRIGUES Luna Almeida	07	SCC	1:25.71	25m	02-05-21	Gafanha da Nazaré	286
50.	MELO Benedita Cardoso	07	CNPV	1:25.76	25m	08-05-21	Praia da Vitória	286
51.	JIN Leticia Zhao	07	PORTIN	1:26.37	25m	12-01-20	Quarteira	280
52.	CABRAL Maria Ines	07	ACRZA	1:26.41	25m	05-06-21	Sines	279
53.	LIMA Maria Joao	07	CDF	1:27.12	25m	02-05-21	Gafanha da Nazaré	272
54.	VEIGA Leonor Duarte	07	GRVM	1:27.36	25m	02-02-20	Coimbra	270
55.	JOMIR Patricia	07	ABR	1:27.41	25m	08-11-20	Lagos	270
56.	MARTINS Ines Sofia	07	TNC	1:27.82	25m	12-01-20	Quarteira	266
57.	LOBO Maria Joao	07	SCA	1:28.21	25m	02-05-21	Gafanha da Nazaré	262
58.	COUTO Ana Lua	07	AEJ	1:28.23	25m	02-05-21	Gafanha da Nazaré	262
59.	GOMES Rita Cunha	07	VNC	1:28.37	25m	16-11-19	Vila Praia de Âncora	261
60.	FRAZAO Laura Calheiros	07	CNRM	1:28.84	25m	20-10-19	Torres Novas	257
61.	SIMOES Beatriz Maria	07	CNTN	1:29.16	25m	20-10-19	Torres Novas	254
62.	OLIVEIRA Diana Goncalves	07	AVQA	1:29.41	25m	24-10-20	Tomar	252
63.	MATOS Carolina Sofia	07	CEN	1:29.43	25m	02-02-20	Montemor-o-Novo	252
64.	TEMTEM Sara Maria	07	CDN	1:29.90	25m	12-10-19	Funchal	248
65.	RIBEIRO Lara Almeida	07	CCDSERTA	1:30.36	25m	15-02-20	Torres Novas	244
66.	KOSYKHINA Daniela	07	PORTIN	1:30.49	25m	15-12-19	Portimão	243
67.	TAVARES Maria Beatriz	07	CDF	1:31.90	25m	02-05-21	Gafanha da Nazaré	232
68.	FREITAS Maria Raquel	07	CNF	1:32.88	25m	12-10-19	Funchal	225
69.	PISCO Maria Lua	07	ACMN	1:32.89	25m	02-02-20	Montemor-o-Novo	225
70.	MOREIRA Laura Figueiredo	07	ACS	1:32.95	25m	08-11-20	Lagos	224
71.	FERREIRA Sofia Alves	07	PORTIN	1:35.16	25m	12-01-20	Quarteira	209
72.	LOUREIRO Barbara Ribeiro	07	PORTIN	1:35.35	25m	12-01-20	Quarteira	208
73.	RESENDES Ana Maria	07	CNPDL	1:35.66	25m	17-10-20	Ponta Delgada	206
74.	SANTOS Maria Joao	07	ADS	1:35.77	25m	02-05-21	Gafanha da Nazaré	205
75.	COSTA Matilde Rodrigues	07	CPSPA	1:35.78	25m	07-12-19	Coimbra	205
76.	TARECO Mariana Martins	07	CNGUA	1:36.18	25m	12-01-20	Quarteira	202
77.	AUGUSTO Raquel Rodrigues	07	FCF	1:36.28	25m	12-01-20	Quarteira	202
78.	RODRIGUES Beatriz Mendes	07	CNF	1:36.30	25m	12-10-19	Funchal	202
79.	SOUSA Ines Teixeira	07	CDBRG	1:36.94	25m	15-05-21	Ponta Delgada	198
80.	CUNHA Maria Pereira	07	EDL	1:37.13	25m	03-11-19	Barcelos	196
81.	COELHO Leonor Vendima	07	URDJ	1:38.37	25m	20-10-19	Óbidos	189
82.	QUEIROS Ana Francisca	07	VNC	1:39.15	25m	16-11-19	Vila Praia de Âncora	185
83.	CONESA Lucia Gonzalez	07	CNGUA	1:40.63	25m	12-01-20	Quarteira	177
84.	ALVES Beatriz Abreu	07	CNF	1:47.90	25m	12-10-19	Funchal	143
85.	CARDOSO Matilde Antonio	07	CCDSERTA	1:49.75	25m	26-01-20	Campo Maior	136
86.	RODRIGUES Ines Costa	07	CDN	1:54.03	25m	12-10-19	Funchal	121

200 Estilos

1.	MAGALHAES Leticia Rodrigues	07	PDEM	2:31.42	25m	12-12-20	Leiria	521
2.	PARENTE Leonor Peso	07	PDEM	2:31.58	25m	12-12-20	Leiria	519
2.	ALMEIDA Maria Emilia	07	CGA	2:31.58	25m	01-05-21	Gafanha da Nazaré	519
4.	REBELO Angela Rodrigues	07	ALN	2:32.46	25m	20-12-20	Coimbra	510
5.	LOURO Beatriz Silva	07	LDC	2:32.85	25m	07-11-20	Lagos	506
6.	GOMES Barbara Sofia	07	LSC	2:33.05	25m	10-04-21	Felgueiras	504
7.	SIMOES Dania Rodrigues	07	ALN	2:33.99	25m	15-05-21	Condeixa-a-Nova	495
8.	MESQUITA Mafalda Martins	07	GDNFAMA	2:34.43	25m	09-05-21	Pacos de Ferreira	491
9.	ALMEIDA Vanessa Liliana	07	ADBA	2:35.24	25m	10-04-21	Felgueiras	483
10.	FIGUEIRA Madalena Almeida	07	AVFC	2:35.89	25m	01-05-21	Gafanha da Nazaré	477
11.	VIEIRA Ana Beatriz	07	FOCA	2:35.92	25m	06-03-21	Felgueiras	477
12.	RODEIA Mariana Figueira	07	CNFA	2:35.94	25m	15-02-20	Leiria	477
13.	RODRIGUES Laura Sofia	07	JACL	2:36.00	25m	18-10-20	Funchal	476
13.	SILVA Nuria Soares	07	CCLAMAS	2:36.00	25m	12-12-20	Mealhada	476
15.	FERRARI Maria Carlotta	07	GESL	2:36.40	25m	23-02-20	Loures	473
16.	SOUSA Matilde Filipe	07	NSIT	2:37.56	25m	13-03-21	Praia da Vitória	462
17.	CAMARA Ines Cruz	07	CDN	2:37.65	25m	08-05-21	Funchal	461
18.	PINTO Margarida Vieira	07	SCB	2:37.86	25m	12-12-20	Mealhada	460
19.	BERGAMO Emma Aguiar	07	SAD	2:38.80	25m	09-05-21	Alcobaça	451
20.	MANO Leonor Mil	07	SANC	2:38.87	25m	15-02-20	Leiria	451
21.	GONCALVES Valentina Jose	07	CDN	2:39.12	25m	14-05-21	Funchal	449
22.	PINA Laura Almeida	07	CRASTO	2:39.50	25m	24-11-19	Gafanha da Nazaré	445
23.	PIRES Teresa Joao	07	SAD	2:39.60	25m	09-05-21	Alcobaça	445
24.	LEAL Matilde Barros	07	CAP	2:39.94	25m	08-02-20	Vila Mea	442
25.	BERNAT Elena Del Rio	07	SAD	2:40.51	25m	09-05-21	Alcobaça	437
26.	ALMEIDA Rita Sacadura	07	SAD	2:40.67	25m	09-05-21	Alcobaça	436
27.	SIMOES Ana Madalena	07	GESL	2:40.94	25m	09-05-21	Sto António Cavaleiros	434
28.	CARVALHO Sofia Alexandra	07	ATG	2:41.54	25m	29-02-20	Penafiel	429
29.	AGUILAR Marta Andre	07	FBSC	2:41.55	25m	18-10-20	Coimbra	429
30.	SANTOS Rita Machita	07	CNS	2:42.27	25m	23-02-20	Loures	423
31.	MALFEITO Maria Francisca	07	CNLX	2:42.59	25m	01-05-21	Gafanha da Nazaré	421
32.	ALMEIDA Ines Filipa	07	ADS	2:42.73	25m	29-02-20	Leiria	419
33.	FERREIRA Beatriz Anjo	07	DNMG	2:43.12	25m	13-06-21	Nazaré	416
34.	ESTEVEZ Maria Leonor	07	DNMG	2:43.34	25m	13-06-21	Nazaré	415
35.	NUNES Marta Filipa	07	CNCA	2:43.47	25m	08-03-20	Santarém	414
36.	FRANCO Catarina Andrade	07	GESL	2:43.73	25m	22-12-19	Alapraia	412
37.	MACEDO Laura Pinheiro	07	ANAR	2:43.76	25m	23-11-19	Guarda	412
38.	RODRIGUES Catarina Ferreira	07	GESL	2:43.87	25m	09-05-21	Sto António Cavaleiros	411
39.	VIDAL Bianca Antunes	07	IDV	2:44.00	25m	29-02-20	Leiria	410
40.	PINTO Mariana Alexandra	07	SCB	2:44.11	25m	09-05-21	Ponte da Barca	409
41.	GOMES Rita Cunha	07	VNC	2:44.15	25m	09-05-21	Ponte da Barca	409
42.	TSHESNOVSKA Anastacia	07	SCP	2:44.72	25m	22-12-19	Alapraia	404
43.	COELHO Lara Raquel	07	NSIT	2:44.81	25m	10-04-21	Praia da Vitória	404
44.	MATOS Maria Bandarra	07	SCP	2:44.85	25m	16-05-21	Alvalade	403
45.	SANTOS Sara Margarida	07	CDE	2:44.86	25m	12-12-20	Mealhada	403
46.	GUERREIRO Leonor Faisca	07	LDC	2:44.91	25m	16-05-21	Lagos	403
47.	SOARES Rita Marques	07	GDNFAMA	2:45.14	25m	09-05-21	Pacos de Ferreira	401
48.	ALVES Sara Sofia	07	CNS	2:45.17	25m	27-10-19	Estoril	401
49.	ALMEIDA Mariana Marques	07	AAC	2:45.47	25m	22-12-19	Cantanhede	399
50.	BATISTA Rita Lima	07	CNS	2:45.92	25m	07-03-20	Setúbal	396
51.	GARCELL Maria Teresa	07	AEFDTV	2:45.93	25m	27-10-19	Estoril	396
52.	SIMAO Laura Roque	07	DNMG	2:45.96	25m	13-06-21	Nazaré	395
53.	VIANA Matilde Violante	07	ADBA	2:46.24	25m	01-05-21	Gafanha da Nazaré	393

200 Estilos (desde 54)

54.	FRANCA Ines Matos	07	JACL	2:46.69	25m	31-10-20	Funchal	390
55.	CONCEICAO Sara Oliveira	07	CDF	2:46.98	25m	01-05-21	Gafanha da Nazaré	388
56.	SANTOS Daniela Alexandra	07	SCP	2:47.26	25m	16-05-21	Alvalade	386
57.	SILVA Carolina Martins	07	CDE	2:47.46	25m	29-02-20	Leiria	385
58.	CACHACO Beatriz Heitor	07	MODV	2:47.60	25m	11-01-20	Estoril	384
59.	REBELO Mafalda Guimaraes	07	CFP	2:47.62	25m	09-05-21	Pacos de Ferreira	384
60.	VICENCIO Sara Viana	07	SCP	2:47.77	25m	22-12-19	Alapraia	383
61.	DIOGO Ines Miranda	07	FBSC	2:47.84	25m	22-12-19	Cantanhede	382
62.	TEIXEIRA Joana Navega	07	ATG	2:48.08	25m	08-02-20	Vila Mea	381
63.	CUNHA Beatriz Teixeira	07	LSC	2:48.12	25m	23-11-19	Guarda	380
64.	MONIZ Ana Rita	07	NSIT	2:48.20	25m	12-06-21	Praia da Vitória	380
65.	ROMAO Rita Violante	07	CNAL	2:48.22	25m	09-05-21	Alcobaça	380
66.	FRISCHKNECHT Matilde Anjos	07	CNS	2:48.26	25m	12-12-20	Leiria	379
67.	SANTOS Juliana Soromenho	07	SLB	2:48.54	25m	22-12-19	Alapraia	377
68.	MOREIRA Maria Leonor	07	CFP	2:48.68	25m	22-12-19	Porto	377
69.	CABRAL Carolina Vizinho	07	CNVA	2:48.98	25m	29-02-20	Leiria	375
69.	VALE Teresa Pinto	07	SCB	2:48.98	25m	09-05-21	Ponte da Barca	375
71.	RODRIGUES Leonor Carreiro	07	SLB	2:49.02	25m	22-12-19	Alapraia	374
72.	CARDOSO Mafalda Rodrigues	07	SCE	2:49.06	25m	01-05-21	Gafanha da Nazaré	374
73.	BILETSKA Carolina Diana	07	FCF	2:49.15	25m	07-11-20	Lagos	373
74.	FERNANDES Leonor Garcia	07	CRASTO	2:49.62	25m	29-02-20	Leiria	370
75.	COSTA Maria Leonor	07	GESL	2:49.64	25m	07-03-20	Setúbal	370
76.	CRUZ Laura Maria	07	ADRCIMM	2:49.70	25m	12-12-20	Leiria	370
77.	ANTONIO Rafaela Mariano	07	PORTIN	2:49.71	25m	24-10-20	Olhão	370
78.	PEREIRA Beatriz Azevedo	07	CCLAMAS	2:49.93	25m	01-05-21	Gafanha da Nazaré	368
79.	NETO Leonor Rodrigues	07	CNF	2:50.09	25m	16-11-19	Funchal	367
79.	BOTELHO Margarida Santos	07	CNS	2:50.09	25m	07-03-20	Setúbal	367
81.	MIDOES Madalena Maria	07	AVQA	2:50.26	25m	15-05-21	Abrantes	366
82.	TEIXEIRA Mafalda Gomes	07	FCP	2:51.10	25m	08-02-20	Vila Mea	361
83.	MARQUES Gabriela Silva	07	SCB	2:51.14	25m	22-12-19	Ponte da Barca	361
84.	MELO Catarina Baptista	07	CDBRG	2:51.27	25m	12-06-21	Ponta Delgada	360
85.	RIBEIRO Matilde Nunes	07	DRCN	2:51.50	25m	07-03-20	Setúbal	358
86.	MARTINS Adriana	07	CAP	2:51.56	25m	08-02-20	Vila Mea	358
87.	ESCADA Cristiana Sofia	07	AAC	2:51.86	25m	29-02-20	Leiria	356
87.	BRAZ Sofia Pereira	07	CLIPTEAM	2:51.86	25m	01-05-21	Gafanha da Nazaré	356
89.	RODRIGUES Maria Leonor	07	FS	2:51.97	25m	15-05-21	Alcabideche	355
90.	ALMEIDA Bianca Filipa	07	CSAAXXI	2:52.01	25m	24-11-19	Gafanha da Nazaré	355
91.	FERNANDES Maria Ines	07	FBSC	2:52.27	25m	18-10-20	Coimbra	353
92.	SOUSA Ines Tonel	07	NSIT	2:52.45	25m	15-02-20	Praia da Vitória	352
93.	MARQUES Beatriz Martins	07	CDE	2:52.51	25m	02-02-20	Viseu	352
94.	CERQUEIRA Ana Margarida	07	LDC	2:52.57	25m	22-02-20	Lagos	352
95.	SOUSA Maria Rita	07	EDV	2:52.60	25m	07-03-20	Braga	351
96.	NUNES Noa Pinho	07	SCA	2:52.61	25m	13-10-19	Mealhada	351
97.	BASTOS Mafalda Costa	07	ADS	2:52.62	25m	02-02-20	Viseu	351
98.	RODRIGUES Nancy Almeida	07	CRASTO	2:52.73	25m	22-02-20	Mirandela	351
98.	DIONISIO Ines Trindade	07	CNN	2:52.73	25m	07-03-20	Setúbal	351
100.	WERUM Mia Alena	07	LAGAC	2:52.86	25m	16-05-21	Lagos	350

400 Estilos

1.	ALMEIDA Maria Emilia	07	CGA	5:12.30	25m	02-05-21	Gafanha da Nazaré	570
2.	SIMOES Dania Rodrigues	07	ALN	5:22.10	25m	19-12-20	Coimbra	519
3.	LOURO Beatriz Silva	07	LDC	5:22.39	25m	07-11-20	Lagos	518
4.	REBELO Angela Rodrigues	07	ALN	5:23.25	25m	12-12-20	Mealhada	514
5.	BERNAT Elena Del Rio	07	SAD	5:25.03	25m	09-05-21	Alcobaça	505
6.	FIGUEIRA Madalena Almeida	07	AVFC	5:25.79	25m	02-05-21	Gafanha da Nazaré	502
7.	MAGALHAES Leticia Rodrigues	07	PDEM	5:26.03	25m	12-12-20	Leiria	500
8.	PARENTE Leonor Peso	07	PDEM	5:27.65	25m	12-12-20	Leiria	493
9.	RODRIGUES Laura Sofia	07	JACL	5:27.96	25m	17-10-20	Funchal	492
10.	GOMES Barbara Sofia	07	LSC	5:28.36	25m	12-12-20	Mealhada	490
11.	PINTO Margarida Vieira	07	SCB	5:28.47	25m	12-12-20	Mealhada	489
12.	CAMARA Ines Cruz	07	CDN	5:28.70	25m	07-05-21	Funchal	488
13.	FERRARI Maria Carlotta	07	GESL	5:28.83	25m	06-03-20	Setúbal	488
14.	SOUSA Matilde Filipe	07	NSIT	5:29.79	25m	08-05-21	Praia da Vitória	484
15.	VIEIRA Ana Beatriz	07	FOCA	5:31.04	25m	28-02-20	Penafiel	478
16.	FRANCO Catarina Andrade	07	GESL	5:33.33	25m	06-03-20	Setúbal	468
17.	PINA Laura Almeida	07	CRASTO	5:35.24	25m	02-02-20	Viseu	460
18.	MANO Leonor Mil	07	FBSC	5:35.43	25m	01-03-20	Leiria	460
19.	PIRES Teresa Joao	07	SAD	5:36.87	25m	06-03-20	Setúbal	454
20.	MALFEITO Maria Francisca	07	CNLX	5:37.98	25m	15-05-21	Condeixa-a-Nova	449
21.	RODRIGUES Catarina Ferreira	07	GESL	5:39.90	25m	12-12-20	Leiria	442
22.	FERREIRA Beatriz Anjo	07	DNMG	5:40.07	25m	09-05-21	Alcobaça	441
23.	MESQUITA Mafalda Martins	07	GDNFAMA	5:40.42	25m	28-02-20	Penafiel	440
24.	MACEDO Laura Pinheiro	07	ANAR	5:41.15	25m	06-03-20	Ponte de Sor	437
25.	SIMOES Ana Madalena	07	GESL	5:43.33	25m	06-03-20	Setúbal	429
26.	VIDAL Bianca Antunes	07	IDV	5:43.58	25m	01-03-20	Leiria	428
27.	SANTOS Juliana Soromenho	07	SLB	5:46.63	25m	06-03-20	Setúbal	416
28.	SILVA Nuria Soares	07	CCLAMAS	5:47.73	25m	28-02-20	Penafiel	412
29.	VICENCIO Sara Viana	07	SCP	5:47.93	25m	19-01-20	Pinhal Novo	412
30.	FRISCHKNECHT Matilde Anjos	07	CNS	5:48.39	25m	12-12-20	Leiria	410
31.	MATOS Maria Bandarra	07	SCP	5:48.50	25m	06-03-20	Setúbal	410
32.	SANTOS Sara Margarida	07	CDE	5:49.12	25m	12-12-20	Mealhada	408
33.	ALMEIDA Vanessa Liliana	07	ADBA	5:50.81	25m	01-03-20	Leiria	402
34.	ALVES Sara Sofia	07	CNS	5:51.45	25m	19-01-20	Pinhal Novo	399
35.	ESTEVEZ Maria Leonor	07	DNMG	5:51.59	25m	01-03-20	Leiria	399
36.	SOUSA Maria Rita	07	EDV	5:52.04	25m	08-03-20	Braga	397
37.	ALMEIDA Rita Sacadura	07	SAD	5:52.18	25m	06-03-20	Setúbal	397
38.	CABRAL Carolina Vizinho	07	CNVA	5:54.45	25m	02-02-20	Viseu	389
39.	RIBEIRO Matilde Nunes	07	DRCN	5:54.79	25m	19-01-20	Pinhal Novo	388
40.	CACHACO Beatriz Heitor	07	MODV	5:54.92	25m	19-01-20	Pinhal Novo	388
41.	TEIXEIRA Joana Navega	07	ATG	5:55.50	25m	28-02-20	Penafiel	386
42.	DIOGO Ines Miranda	07	FBSC	5:56.37	25m	01-03-20	Leiria	383
43.	COSTA Maria Leonor	07	GESL	5:56.54	25m	06-03-20	Setúbal	383
44.	ESCADA Cristiana Sofia	07	AAC	5:56.92	25m	01-03-20	Leiria	381
45.	VALE Teresa Pinto	07	SCB	5:57.45	25m	08-03-20	Braga	380
46.	RODRIGUES Nancy Almeida	07	CRASTO	5:57.69	25m	02-02-20	Viseu	379
47.	SILVA Carolina Martins	07	CDE	5:58.14	25m	11-01-20	Aguas Santas	377
48.	GARCELL Maria Teresa	07	AEFDTV	5:58.44	25m	19-01-20	Pinhal Novo	377
49.	SANTOS Daniela Alexandra	07	SCP	5:59.96	25m	19-01-20	Pinhal Novo	372
50.	MOREIRA Maria Leonor	07	CFP	6:00.56	25m	28-02-20	Penafiel	370
51.	ALVES Catarina Alexandra	07	GESL	6:01.99	25m	06-03-20	Setúbal	366
52.	FERNANDES Leonor Garcia	07	CRASTO	6:02.49	25m	01-03-20	Leiria	364
53.	FERNANDES Maria Ines	07	FBSC	6:03.15	25m	01-03-20	Leiria	362

400 Estilos (desde 54)

54.	ROMAO Rita Violante	07	CNAL	6:04.00	25m	01-03-20	Leiria	359
55.	PEREIRA Beatriz Azevedo	07	CCLAMAS	6:04.32	25m	19-10-19	Felgueiras	359
56.	MELO Catarina Baptista	07	CDBRG	6:04.57	25m	15-02-20	Ponta Delgada	358
57.	SOUSA Ines Rebelo	07	FCP	6:05.02	25m	07-11-20	Leiria	356
58.	BRAZ Sofia Pereira	07	CLIPTEAM	6:06.45	25m	02-05-21	Gafanha da Nazaré	352
59.	BARAONA Ines Azevedo	07	CNMJ	6:07.29	25m	19-01-20	Pinhal Novo	350
60.	JORGE Luisa Ponte	07	SFUAP	6:08.41	25m	19-01-20	Pinhal Novo	347
61.	BASTOS Mafalda Costa	07	ADS	6:08.99	25m	01-03-20	Leiria	345
62.	LOPES Ana Rita	07	TAC	6:09.65	25m	06-02-21	Praia da Vitória	343
63.	TEIXEIRA Mafalda Gomes	07	FCP	6:09.77	25m	19-10-19	Felgueiras	343
64.	GOMES Rita Cunha	07	VNC	6:10.10	25m	23-11-19	Braga	342
65.	AFONSO Leonor Lima	07	NSIT	6:10.79	25m	10-04-21	Praia da Vitória	340
66.	MIDOES Madalena Maria	07	AVQA	6:11.77	25m	24-11-19	Tomar	337
67.	MONIZ Ana Rita	07	NSIT	6:12.03	25m	06-02-21	Praia da Vitória	337
68.	PEREIRA Ines Portela	07	GESL	6:13.07	25m	06-03-20	Setúbal	334
69.	FONSECA Carolina Sofia	07	CFE	6:13.39	25m	06-03-20	Ponte de Sor	333
70.	PEREIRA Magda Silva	07	GESL	6:13.43	25m	06-03-20	Setúbal	333
71.	SIMÕES Beatriz Maria	07	CNTN	6:13.67	25m	08-03-20	Santarém	332
72.	DRENTJE Julia Norte	07	LDC	6:14.29	25m	02-02-20	Albufeira	331
73.	OLIVEIRA Leonor Carvalho	07	DRCN	6:16.36	25m	19-01-20	Pinhal Novo	325
74.	CUNHA Beatriz Teixeira	07	LSC	6:16.56	25m	28-02-20	Penafiel	325
75.	SIMAO Laura Roque	07	DNMG	6:16.63	25m	24-11-19	Caldas da Rainha	324
76.	GOMES Francisca Martins	07	FCP	6:17.39	25m	28-02-20	Penafiel	323
77.	PEREIRA Maria Fagundes	07	CNPV	6:17.46	25m	06-02-21	Praia da Vitória	322
78.	ROCHA Bruna Fantasia	07	NSIT	6:18.19	25m	06-02-21	Praia da Vitória	320
79.	VALINHAS Ana Carolina	07	GDNFAMA	6:19.75	25m	28-02-20	Penafiel	317
80.	MELO Benedita Cardoso	07	CNPV	6:21.33	25m	06-02-21	Praia da Vitória	313
81.	SOUSA Ines Tonel	07	CNPV	6:22.97	25m	06-02-21	Praia da Vitória	309
82.	MATEUS Clarisse Vieira	07	CDN	6:23.03	25m	06-03-20	Funchal	308
83.	BOTAS Beatriz Alexandra	07	AVQA	6:23.24	25m	08-03-20	Santarém	308
84.	BOTELHO Margarida Santos	07	CNS	6:23.75	25m	26-01-20	Campo Maior	307
85.	LOBOVA Sofia	07	PORTIN	6:25.00	25m	25-10-20	Olhão	304
86.	DOMINGOS Madalena Nunes	07	VS	6:25.67	25m	08-03-20	Santarém	302
87.	RODRIGUES Filipa Silva	07	CNPO	6:26.45	25m	12-12-20	Mealhada	300
88.	SILVA Eduarda Costa	07	ADBA	6:27.73	25m	07-11-20	Leiria	297
89.	BILETSKA Carolina Diana	07	FCF	6:29.38	25m	02-02-20	Albufeira	294
90.	SILVA Maria Teresa	07	AMINATA	6:31.21	25m	06-03-20	Ponte de Sor	289
91.	OLIVEIRA Diana Goncalves	07	AVQA	6:31.51	25m	08-03-20	Santarém	289
92.	DAVO Filipa Neves	07	ANAM	6:31.75	25m	19-01-20	Pinhal Novo	288
93.	RODRIGUES Luna Almeida	07	SCC	6:32.37	25m	01-03-20	Leiria	287
94.	CUNHA Margarida Ribeiro	07	SCB	6:37.07	25m	08-03-20	Braga	277
95.	SILVA Matilde Vale	07	CNPO	6:37.16	25m	19-10-19	Felgueiras	277
96.	TELES Mariana Barroca	07	CNMAIA	6:39.47	25m	11-01-20	Aguas Santas	272
97.	FRAZAO Laura Calheiros	07	CNRM	6:39.84	25m	08-03-20	Santarém	271
98.	SILVA Ana Senhorinha	07	CNMAIA	6:41.36	25m	19-10-19	Felgueiras	268
99.	COSTA Ana Medeiros	07	GCST	6:45.51	25m	19-10-19	Felgueiras	260
99.	DIONISIO Ines Trindade	07	CNN	6:45.51	25m	19-01-20	Pinhal Novo	260