

13 anos, Femin.

01-07-2019-14-05-2021

Apenas grupos: ANCNP, ARNN, ANMIN, ANNP, ANC

100 Livres

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|------|
| 1. | NEVES Maria Gomes | 08 | SCB | 1:02.19 | 25m | 08-05-21 | Ponte da Barca | 13,4 |
| 2. | PEREIRA Maria Silva | 08 | GCVR | 1:05.20 | 25m | 08-05-21 | Peso da Régua | 10,0 |
| 3. | BARROS Adriana Ribeiro | 08 | SCB | 1:06.21 | 25m | 08-05-21 | Ponte da Barca | 8,8 |
| 4. | FERREIRA Carolina Amadeu | 08 | LSC | 1:06.70 | 25m | 01-05-21 | Felgueiras | 8,2 |
| 5. | LIGEIRO Sara Silva | 08 | VNC | 1:07.63 | 25m | 21-12-19 | Ponte da Barca | 7,2 |
| 6. | MARTINS Maria Joao | 08 | ADF | 1:08.46 | 25m | 21-12-19 | Porto | 6,2 |
| 7. | COSTA Maria Joao | 08 | CFV | 1:08.70 | 25m | 08-05-21 | Ponte da Barca | 6,0 |
| 8. | CASTRO Laura Doellinger | 08 | ADF | 1:08.87 | 25m | 01-05-21 | Felgueiras | 5,8 |
| 9. | LOURENCO Bruna Filipa | 08 | CRASTO | 1:08.88 | 25m | 09-05-21 | Castro D'Aire | 5,8 |
| 10. | BARBOSA Sofia Teixeira | 08 | FCP | 1:08.96 | 25m | 01-05-21 | Felgueiras | 5,7 |
| 11. | NEVES Ana Carolina | 08 | ATG | 1:09.80 | 25m | 08-02-20 | Vila Mea | 4,7 |
| 12. | ANTUNES Maria Rocha | 08 | CGA | 1:10.14 | 25m | 21-11-20 | Vagos | 4,3 |
| 13. | MENDES Matilde Marques | 08 | CGA | 1:10.28 | 25m | 09-05-21 | Castro D'Aire | 4,1 |
| 14. | GOMES Rita Silva | 08 | LSC | 1:10.31 | 25m | 01-05-21 | Felgueiras | 4,1 |
| 15. | NEVES Beatriz Maria | 08 | LSC | 1:10.62 | 25m | 08-05-21 | Ponte da Barca | 3,8 |
| 16. | MARQUES Matilde Rodrigues | 08 | VNC | 1:10.99 | 25m | 08-05-21 | Ponte da Barca | 3,3 |
| 17. | SILVA Francisca Lamas | 08 | LSC | 1:11.15 | 25m | 01-05-21 | Felgueiras | 3,2 |
| 18. | CAMPOS Ana Beatriz | 08 | SANC | 1:11.69 | 25m | 15-02-20 | Leiria | 2,5 |
| 19. | SOUSA Laura Cristina | 08 | CMNPR | 1:11.72 | 25m | 07-03-20 | Mirandela | 2,5 |
| 20. | LAMEIRO Matilde Pinheiro | 08 | CGA | 1:11.89 | 25m | 21-11-20 | Vagos | 2,3 |
| 21. | SILVA Ana Castro | 08 | GDNFAMA | 1:12.04 | 25m | 01-03-20 | Penafiel | 2,1 |
| 22. | CRUZ Ana Carolina | 08 | GDNFAMA | 1:12.11 | 25m | 24-04-21 | Famalicao | 2,1 |
| 23. | PINTO Lara Filipa | 08 | FCP | 1:12.17 | 25m | 29-02-20 | Penafiel | 2,0 |
| 24. | HENRIQUES Carolina Cunha | 08 | FOCA | 1:12.38 | 25m | 01-03-20 | Penafiel | 1,7 |
| 25. | SOARES Julia Maria | 08 | CNMC | 1:12.61 | 25m | 20-12-20 | Coimbra | 1,5 |
| 26. | FERNANDES Francisca Santc | 08 | CNMC | 1:12.83 | 25m | 20-12-20 | Coimbra | 1,2 |
| 27. | CAIXEIRO Mafalda Rego | 08 | LSC | 1:12.85 | 25m | 01-05-21 | Felgueiras | 1,2 |
| 28. | MIRANDA Matilde Pinguicha | 08 | CGA | 1:12.96 | 25m | 21-11-20 | Vagos | 1,1 |
| 29. | BELEZA Lara Marisa | 08 | ATG | 1:13.40 | 25m | 21-12-19 | Porto | |
| 30. | SOARES Leonor Carvalho | 08 | FCP | 1:13.43 | 25m | 08-02-20 | Vila Mea | |
| 31. | PINTO Luciana Filipa | 08 | FCP | 1:13.51 | 25m | 01-05-21 | Felgueiras | |
| 32. | FERREIRA Lara Mota | 08 | ADF | 1:13.54 | 25m | 01-03-20 | Penafiel | |
| 33. | JORGE Sofia Pereira | 08 | CGA | 1:13.58 | 25m | 01-03-20 | Leiria | |
| 34. | MONTEIRO Maria Silva | 08 | GDNFAMA | 1:13.63 | 25m | 08-02-20 | Vila Mea | |
| 34. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 1:13.63 | 25m | 24-04-21 | Famalicao | |
| 36. | TEIXEIRA Leonor Oliveira | 08 | CDE | 1:13.79 | 25m | 01-03-20 | Leiria | |
| 37. | SOUSA Mafalda Pinto | 08 | ATG | 1:14.03 | 25m | 08-02-20 | Vila Mea | |
| 38. | FONTE Beatriz Gerales | 08 | FCP | 1:14.37 | 25m | 21-12-19 | Porto | |
| 39. | SANTOS Margarida Ascenso | 08 | CPN | 1:14.40 | 25m | 29-02-20 | Penafiel | |
| 40. | GONCALVES Maria Meleiro | 08 | CGA | 1:14.44 | 25m | 21-11-20 | Vagos | |

200 Livres

| | | | | | | | | |
|-----|--------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | LIGEIRO Sara Silva | 08 | VNC | 2:22.92 | 25m | 09-05-21 | Ponte da Barca | 9,1 |
| 2. | LEITE Maria Alexandra | 08 | SCB | 2:25.03 | 25m | 09-05-21 | Ponte da Barca | 8,0 |
| 3. | PEREIRA Maria Silva | 08 | GCVR | 2:26.55 | 25m | 09-05-21 | Peso da Régua | 7,2 |
| 4. | MARTINS Maria Joao | 08 | ADF | 2:28.32 | 25m | 01-03-20 | Penafiel | 6,3 |
| 5. | HENRIQUES Carolina Cunha | 08 | FOCA | 2:29.07 | 25m | 02-05-21 | Felgueiras | 5,9 |
| 6. | CRUZ Ana Carolina | 08 | GDNFAMA | 2:29.38 | 25m | 02-05-21 | Felgueiras | 5,7 |
| 7. | COSTA Maria Joao | 08 | CFV | 2:29.52 | 25m | 01-03-20 | Penafiel | 5,6 |
| 8. | SOARES Leonor Carvalho | 08 | FCP | 2:29.81 | 25m | 02-05-21 | Felgueiras | 5,5 |
| 9. | NEVES Ana Carolina | 08 | CFP | 2:30.82 | 25m | 02-05-21 | Felgueiras | 4,9 |
| 10. | JORGE Sofia Pereira | 08 | CGA | 2:30.87 | 25m | 09-05-21 | Castro D'Aire | 4,9 |
| 11. | NEVES Maria Gomes | 08 | SCB | 2:31.69 | 25m | 07-03-20 | Braga | 4,5 |
| 12. | ANTUNES Maria Rocha | 08 | CGA | 2:32.65 | 25m | 02-02-20 | Viseu | 4,0 |

200 Livres (desde 13)

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 13. | FONTE Beatriz Gerales | 08 | FCP | 2:33.50 | 25m | 01-03-20 | Penafiel | 3,5 |
| 14. | FERREIRA Mariana Pinto | 08 | FOCA | 2:34.09 | 25m | 02-05-21 | Felgueiras | 3,2 |
| 15. | FERREIRA Carolina Amadeu | 08 | LSC | 2:34.26 | 25m | 01-03-20 | Penafiel | 3,1 |
| 16. | MONTEIRO Maria Silva | 08 | GDNFAMA | 2:34.70 | 25m | 02-05-21 | Felgueiras | 2,9 |
| 17. | MIRANDA Matilde Pinguicha | 08 | CGA | 2:34.97 | 25m | 09-05-21 | Castro D'Aire | 2,7 |
| 18. | PINTO Lara Filipa | 08 | FCP | 2:35.14 | 25m | 01-03-20 | Penafiel | 2,7 |
| 19. | PAIXAO Maria Saraiva | 08 | CAPGE | 2:35.63 | 25m | 09-05-21 | Castro D'Aire | 2,4 |
| 20. | SOARES Julia Maria | 08 | CNMC | 2:36.10 | 25m | 19-12-20 | Coimbra | 2,1 |
| 21. | SILVA Francisca Lamas | 08 | LSC | 2:36.18 | 25m | 09-05-21 | Ponte da Barca | 2,1 |
| 22. | PINTO Lara Costa | 08 | CRASTO | 2:36.35 | 25m | 29-02-20 | Leiria | 2,0 |
| 23. | BARBOSA Sofia Teixeira | 08 | FCP | 2:36.77 | 25m | 01-03-20 | Penafiel | 1,8 |
| 24. | COSTA Beatriz Silva | 08 | SCB | 2:37.58 | 25m | 09-05-21 | Ponte da Barca | 1,4 |
| 25. | LAMEIRO Matilde Pinheiro | 08 | CGA | 2:37.79 | 25m | 22-11-20 | Vagos | 1,3 |
| 25. | PEREIRA Ines Maria | 08 | CNV | 2:37.79 | 25m | 02-05-21 | Felgueiras | 1,3 |
| 27. | CAMPOS Ana Beatriz | 08 | AAC | 2:38.07 | 25m | 29-02-20 | Leiria | 1,1 |
| 28. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 2:38.62 | 25m | 01-03-20 | Penafiel | |
| 29. | GONCALVES Maria Meleiro | 08 | CGA | 2:38.67 | 25m | 09-05-21 | Castro D'Aire | |
| 30. | ROSARIO Maria Rita | 08 | ADS | 2:38.78 | 25m | 29-02-20 | Leiria | |
| 31. | FONSECA Lara Sofia | 08 | AVFC | 2:38.90 | 25m | 09-05-21 | Castro D'Aire | |
| 32. | SOUSA Mafalda Pinto | 08 | CFP | 2:39.29 | 25m | 02-05-21 | Felgueiras | |
| 33. | FERREIRA Lara Mota | 08 | ADF | 2:39.47 | 25m | 01-03-20 | Penafiel | |
| 34. | CAIXEIRO Mafalda Rego | 08 | LSC | 2:39.80 | 25m | 09-05-21 | Ponte da Barca | |
| 35. | NEVES Beatriz Maria | 08 | LSC | 2:40.02 | 25m | 28-02-20 | Penafiel | |
| 35. | SILVA Ana Castro | 08 | GDNFAMA | 2:40.02 | 25m | 02-05-21 | Felgueiras | |
| 37. | QUINTELA Beatriz Silva | 08 | FOCA | 2:40.26 | 25m | 02-05-21 | Felgueiras | |
| 38. | BARROS Adriana Ribeiro | 08 | SCB | 2:40.78 | 25m | 22-11-19 | Braga | |
| 39. | FERNANDES Francisca Santc | 08 | CNMC | 2:40.87 | 25m | 19-12-20 | Coimbra | |
| 40. | LOURENCO Bruna Filipa | 08 | CRASTO | 2:41.26 | 25m | 02-02-20 | Viseu | |

400 Livres

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|------|
| 1. | NEVES Maria Gomes | 08 | SCB | 4:46.78 | 25m | 08-05-21 | Ponte da Barca | 12,8 |
| 2. | BARROS Adriana Ribeiro | 08 | SCB | 4:59.05 | 25m | 08-05-21 | Ponte da Barca | 9,7 |
| 3. | FERREIRA Carolina Amadeu | 08 | LSC | 5:00.56 | 25m | 01-05-21 | Felgueiras | 9,4 |
| 4. | LEITE Maria Alexandra | 08 | SCB | 5:01.92 | 25m | 08-05-21 | Ponte da Barca | 9,0 |
| 5. | LIGEIRO Sara Silva | 08 | VNC | 5:12.83 | 25m | 08-05-21 | Ponte da Barca | 6,3 |
| 6. | JORGE Sofia Pereira | 08 | CGA | 5:15.22 | 25m | 22-11-20 | Vagos | 5,7 |
| 7. | MARTINS Maria Joao | 08 | ADF | 5:19.13 | 25m | 30-11-19 | Sines | 4,7 |
| 8. | COSTA Beatriz Silva | 08 | SCB | 5:19.60 | 25m | 08-05-21 | Ponte da Barca | 4,6 |
| 9. | SILVA Ana Gabriela | 08 | CNMAIA | 5:19.93 | 25m | 01-05-21 | Felgueiras | 4,5 |
| 10. | NUNES Carolina Mendes | 08 | CDE | 5:20.38 | 25m | 09-05-21 | Castro D'Aire | 4,4 |
| 11. | NEVES Ana Carolina | 08 | ATG | 5:20.50 | 25m | 09-02-20 | Vila Mea | 4,4 |
| 12. | CRUZ Ana Carolina | 08 | GDNFAMA | 5:21.17 | 25m | 01-05-21 | Felgueiras | 4,2 |
| 13. | LOURENCO Bruna Filipa | 08 | CRASTO | 5:22.23 | 25m | 09-05-21 | Castro D'Aire | 3,9 |
| 14. | PINTO Lara Costa | 08 | CRASTO | 5:22.31 | 25m | 22-11-20 | Vagos | 3,9 |
| 15. | COSTA Maria Joao | 08 | CFV | 5:22.73 | 25m | 09-02-20 | Vila Mea | 3,8 |
| 16. | GOMES Rita Silva | 08 | LSC | 5:23.42 | 25m | 01-05-21 | Felgueiras | 3,6 |
| 17. | ANTUNES Maria Rocha | 08 | CGA | 5:23.70 | 25m | 09-05-21 | Castro D'Aire | 3,6 |
| 18. | PEREIRA Maria Silva | 08 | GCVR | 5:23.91 | 25m | 09-05-21 | Peso da Régua | 3,5 |
| 19. | HENRIQUES Carolina Cunha | 08 | FOCA | 5:24.35 | 25m | 01-05-21 | Felgueiras | 3,4 |
| 20. | FERREIRA Mariana Pinto | 08 | FOCA | 5:24.93 | 25m | 01-05-21 | Felgueiras | 3,2 |
| 21. | SOARES Leonor Carvalho | 08 | FCP | 5:26.74 | 25m | 01-05-21 | Felgueiras | 2,8 |
| 21. | SOARES Julia Maria | 08 | CNMC | 5:26.74 | 50m | 08-05-21 | Coimbra | 2,8 |
| 23. | GONCALVES Ana Jorge | 08 | CDE | 5:26.96 | 25m | 09-05-21 | Castro D'Aire | 2,7 |
| 24. | PAIXAO Maria Saraiva | 08 | CAPGE | 5:27.24 | 25m | 09-05-21 | Castro D'Aire | 2,7 |
| 25. | CASTRO Laura Doellinger | 08 | ADF | 5:27.58 | 25m | 01-05-21 | Felgueiras | 2,6 |
| 26. | FONSECA Lara Sofia | 08 | AVFC | 5:28.00 | 25m | 09-05-21 | Castro D'Aire | 2,5 |
| 27. | MIRANDA Matilde Pinguicha | 08 | CGA | 5:28.01 | 25m | 09-05-21 | Castro D'Aire | 2,5 |

400 Livres (desde 28)

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 28. | BARBOSA Sofia Teixeira | 08 | FCP | 5:28.15 | 25m | 01-05-21 | Felgueiras | 2,4 |
| 29. | PINTO Lara Filipa | 08 | FCP | 5:28.39 | 25m | 01-03-20 | Penafiel | 2,4 |
| 29. | ROSARIO Maria Rita | 08 | ADS | 5:28.39 | 25m | 01-03-20 | Leiria | 2,4 |
| 31. | FERNANDES Francisca Santc | 08 | CNMC | 5:28.88 | 25m | 20-12-20 | Coimbra | 2,3 |
| 32. | SILVA Francisca Lamas | 08 | LSC | 5:32.49 | 25m | 08-05-21 | Ponte da Barca | 1,4 |
| 33. | ARAUJO Matilde Oliveira | 08 | EDV | 5:32.71 | 25m | 07-03-20 | Braga | 1,3 |
| 34. | CAMPOS Ana Beatriz | 08 | AAC | 5:32.91 | 25m | 01-03-20 | Leiria | 1,2 |
| 35. | FERREIRA Lara Mota | 08 | ADF | 5:33.70 | 25m | 01-03-20 | Penafiel | 1,0 |
| 36. | MENDES Matilde Marques | 08 | CGA | 5:33.73 | 25m | 09-05-21 | Castro D'Aire | 1,0 |
| 37. | SILVA Ana Castro | 08 | GDNFAMA | 5:33.79 | 25m | 01-05-21 | Felgueiras | 1,0 |
| 38. | CORTESAO Maria Manuel | 08 | CNAC | 5:33.83 | 25m | 20-12-20 | Coimbra | 1,0 |
| 39. | GONCALVES Maria Meleiro | 08 | CGA | 5:34.22 | 25m | 09-05-21 | Castro D'Aire | |
| 40. | SANTOS Margarida Ascenso | 08 | CPN | 5:34.42 | 25m | 01-05-21 | Felgueiras | |

100 Costas

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | PEREIRA Maria Silva | 08 | GCVR | 1:15.35 | 25m | 09-05-21 | Peso da Régua | 7,4 |
| 2. | SILVA Ana Castro | 08 | GDNFAMA | 1:16.39 | 25m | 01-05-21 | Felgueiras | 6,4 |
| 3. | BELEZA Lara Marisa | 08 | ATG | 1:17.15 | 25m | 22-12-19 | Porto | 5,6 |
| 4. | MARTINS Maria Joao | 08 | ADF | 1:18.31 | 25m | 08-02-20 | Vila Mea | 4,4 |
| 5. | FERREIRA Carolina Amadeu | 08 | LSC | 1:18.76 | 25m | 08-02-20 | Vila Mea | 4,0 |
| 6. | ARAUJO Mafalda Monteiro | 08 | LSC | 1:18.90 | 25m | 08-05-21 | Ponte da Barca | 3,8 |
| 7. | MENDES Matilde Marques | 08 | CGA | 1:19.12 | 25m | 22-11-20 | Vagos | 3,6 |
| 8. | LAMEIRO Matilde Pinheiro | 08 | CGA | 1:19.86 | 25m | 22-11-20 | Vagos | 2,8 |
| 9. | JORGE Sofia Pereira | 08 | CGA | 1:20.03 | 25m | 09-05-21 | Castro D'Aire | 2,6 |
| 10. | GONCALVES Ana Jorge | 08 | CDE | 1:20.31 | 25m | 09-05-21 | Castro D'Aire | 2,4 |
| 11. | ROSARIO Maria Rita | 08 | ADS | 1:20.39 | 25m | 01-02-20 | Viseu | 2,3 |
| 12. | FERNANDES Francisca Santc | 08 | CNMC | 1:20.67 | 25m | 20-12-20 | Coimbra | 2,0 |
| 13. | DIAS Beatriz Costa | 08 | CAP | 1:20.74 | 25m | 28-02-20 | Penafiel | 1,9 |
| 14. | NEVES Maria Gomes | 08 | SCB | 1:20.78 | 25m | 21-12-19 | Ponte da Barca | 1,9 |
| 15. | BRITO Leonor Fernandes | 08 | EDV | 1:20.82 | 25m | 07-03-20 | Braga | 1,8 |
| 16. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 1:21.10 | 25m | 01-05-21 | Felgueiras | 1,6 |
| 17. | SOUSA Mafalda Pinto | 08 | ATG | 1:21.14 | 25m | 28-02-20 | Penafiel | 1,5 |
| 18. | LAMEIRA Lara Martins | 08 | LSC | 1:21.33 | 25m | 01-05-21 | Felgueiras | 1,3 |
| 19. | COSTA Beatriz Silva | 08 | SCB | 1:21.46 | 25m | 08-05-21 | Ponte da Barca | 1,2 |
| 20. | SANTOS Margarida Ascenso | 08 | CPN | 1:21.47 | 25m | 01-05-21 | Felgueiras | 1,2 |
| 21. | PIRES Rita Oliveira | 08 | CGA | 1:21.56 | 25m | 22-11-20 | Vagos | 1,1 |
| 22. | PICADO Daniela Leao | 08 | CGA | 1:21.87 | 25m | 22-11-20 | Vagos | |
| 23. | TEIXEIRA Leonor Oliveira | 08 | CDE | 1:22.06 | 25m | 22-11-20 | Vagos | |
| 24. | FONTES Matilde Reis | 08 | CNPO | 1:22.14 | 25m | 01-05-21 | Felgueiras | |
| 25. | FONTE Beatriz Gerales | 08 | FCP | 1:22.24 | 25m | 08-02-20 | Vila Mea | |
| 26. | ANTUNES Maria Rocha | 08 | CGA | 1:22.34 | 25m | 01-02-20 | Viseu | |
| 27. | PINTO Lara Costa | 08 | CRASTO | 1:22.39 | 25m | 22-02-20 | Mirandela | |
| 28. | LEITE Maria Alexandra | 08 | SCB | 1:22.54 | 25m | 07-03-20 | Braga | |
| 29. | MADUREIRA Sofia Vieira | 08 | VSC | 1:22.56 | 25m | 22-02-20 | Guimaraes | |
| 30. | CASTRO Laura Doellinger | 08 | ADF | 1:23.01 | 25m | 08-02-20 | Vila Mea | |
| 31. | SILVA Francisca Lamas | 08 | LSC | 1:23.03 | 25m | 16-02-20 | Leiria | |
| 32. | FONSECA Lara Sofia | 08 | AVFC | 1:23.22 | 25m | 09-05-21 | Castro D'Aire | |
| 33. | NEVES Ana Carolina | 08 | ATG | 1:23.36 | 25m | 08-02-20 | Vila Mea | |
| 34. | COSTA Maria Joao | 08 | CFV | 1:23.57 | 25m | 08-02-20 | Vila Mea | |
| 35. | LIGEIRO Sara Silva | 08 | VNC | 1:23.66 | 25m | 19-01-20 | Barcelos | |
| 36. | BARBOSA Sofia Teixeira | 08 | FCP | 1:23.91 | 25m | 22-12-19 | Porto | |
| 37. | BARROS Adriana Ribeiro | 08 | SCB | 1:24.00 | 25m | 21-12-19 | Ponte da Barca | |
| 38. | COSTA Filipa Oliveira | 08 | CNV | 1:24.06 | 25m | 28-02-20 | Penafiel | |
| 39. | PINTO Lara Filipa | 08 | FCP | 1:24.07 | 25m | 22-12-19 | Porto | |
| 40. | SOARES Leonor Carvalho | 08 | FCP | 1:24.24 | 25m | 08-02-20 | Vila Mea | |

200 Costas

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|------------------|------|
| 1. | NEVES Maria Gomes | 08 | SCB | 2:34.59 | 25m | 09-05-21 | Ponte da Barca | 11,4 |
| 2. | FERREIRA Carolina Amadeu | 08 | LSC | 2:40.45 | 25m | 02-05-21 | Felgueiras | 8,6 |
| 3. | BELEZA Lara Marisa | 08 | ATG | 2:44.96 | 25m | 01-03-20 | Penafiel | 6,5 |
| 4. | PEREIRA Maria Silva | 08 | GCVR | 2:45.15 | 25m | 09-05-21 | Peso da Régua | 6,4 |
| 5. | MENDES Matilde Marques | 08 | CGA | 2:47.53 | 25m | 09-05-21 | Castro D'Aire | 5,2 |
| 6. | FERNANDES Francisca Santc | 08 | CNMC | 2:47.58 | 25m | 01-05-21 | Miranda do Corvo | 5,2 |
| 7. | PICADO Daniela Leao | 08 | CGA | 2:48.34 | 25m | 09-05-21 | Castro D'Aire | 4,9 |
| 8. | ARAUJO Mafalda Monteiro | 08 | LSC | 2:48.42 | 25m | 02-05-21 | Felgueiras | 4,8 |
| 9. | SILVA Ana Castro | 08 | GDNFAMA | 2:48.47 | 25m | 01-03-20 | Penafiel | 4,8 |
| 10. | ROSARIO Maria Rita | 08 | ADS | 2:49.84 | 25m | 21-11-20 | Vagos | 4,1 |
| 11. | MARTINS Maria Joao | 08 | ADF | 2:50.55 | 25m | 02-05-21 | Felgueiras | 3,8 |
| 12. | BARBOSA Sofia Teixeira | 08 | FCP | 2:51.00 | 25m | 01-03-20 | Penafiel | 3,6 |
| 13. | SOUSA Mafalda Pinto | 08 | ATG | 2:51.46 | 25m | 01-03-20 | Penafiel | 3,4 |
| 14. | LAMEIRO Matilde Pinheiro | 08 | CGA | 2:51.59 | 25m | 09-05-21 | Castro D'Aire | 3,3 |
| 15. | LEITE Maria Alexandra | 08 | SCB | 2:52.21 | 25m | 06-03-20 | Braga | 3,0 |
| 16. | COSTA Maria Joao | 08 | CFV | 2:52.52 | 25m | 01-03-20 | Penafiel | 2,9 |
| 17. | BRITO Leonor Fernandes | 08 | EDV | 2:52.54 | 25m | 06-03-20 | Braga | 2,9 |
| 18. | BARROS Adriana Ribeiro | 08 | SCB | 2:52.70 | 25m | 06-03-20 | Braga | 2,8 |
| 19. | SOARES Julia Maria | 08 | CNMC | 2:53.03 | 25m | 19-12-20 | Coimbra | 2,6 |
| 20. | TEIXEIRA Leonor Oliveira | 08 | CDE | 2:53.09 | 25m | 01-03-20 | Leiria | 2,6 |
| 21. | PINTO Lara Costa | 08 | CRASTO | 2:53.42 | 25m | 01-03-20 | Leiria | 2,4 |
| 22. | DIAS Beatriz Costa | 08 | CAP | 2:53.96 | 25m | 01-03-20 | Penafiel | 2,2 |
| 23. | LAMEIRA Lara Martins | 08 | LSC | 2:55.14 | 25m | 01-03-20 | Penafiel | 1,6 |
| 24. | MARQUES Matilde Rodrigues | 08 | VNC | 2:55.40 | 25m | 09-05-21 | Ponte da Barca | 1,5 |
| 25. | ANTUNES Maria Rocha | 08 | CGA | 2:55.54 | 25m | 01-03-20 | Leiria | 1,4 |
| 26. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 2:55.59 | 25m | 06-03-20 | Braga | 1,4 |
| 27. | MADUREIRA Sofia Vieira | 08 | VSC | 2:55.70 | 25m | 01-03-20 | Penafiel | 1,4 |
| 28. | FONTE Beatriz Gerales | 08 | FCP | 2:56.02 | 25m | 01-03-20 | Penafiel | 1,2 |
| 29. | FREITAS Diana Gomes | 08 | AMAMB | 2:56.23 | 25m | 19-01-20 | Barcelos | 1,1 |
| 30. | NEVES Beatriz Maria | 08 | LSC | 2:57.46 | 25m | 09-05-21 | Ponte da Barca | |
| 31. | PIRES Rita Oliveira | 08 | CGA | 2:57.70 | 25m | 21-11-20 | Vagos | |
| 32. | GONCALVES Ana Jorge | 08 | CDE | 2:58.40 | 25m | 01-03-20 | Leiria | |
| 33. | PINTO Luciana Filipa | 08 | FCP | 2:58.70 | 25m | 01-03-20 | Penafiel | |
| 34. | FONSECA Lara Sofia | 08 | AVFC | 2:58.86 | 25m | 21-11-20 | Vagos | |
| 35. | FERNANDES Laura Silva | 08 | CNMC | 2:59.10 | 25m | 19-12-20 | Coimbra | |
| 36. | NUNES Carolina Mendes | 08 | CDE | 2:59.99 | 25m | 21-11-20 | Vagos | |
| 37. | CORTESAO Maria Manuel | 08 | CNAC | 3:00.66 | 25m | 01-03-20 | Leiria | |
| 38. | PAHOMI Ana Isabella | 08 | ATG | 3:01.06 | 25m | 01-03-20 | Penafiel | |
| 39. | CASTRO Laura Doellinger | 08 | ADF | 3:01.57 | 25m | 20-10-19 | Felgueiras | |
| 40. | JORGE Sofia Pereira | 08 | CGA | 3:01.66 | 25m | 01-03-20 | Leiria | |

100 Bruços

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | LEITE Maria Alexandra | 08 | SCB | 1:23.02 | 25m | 08-05-21 | Ponte da Barca | 9,1 |
| 2. | BARROS Adriana Ribeiro | 08 | SCB | 1:26.52 | 25m | 07-03-20 | Braga | 5,9 |
| 3. | BELEZA Lara Marisa | 08 | ATG | 1:27.93 | 25m | 01-03-20 | Penafiel | 4,6 |
| 4. | CRUZ Ana Carolina | 08 | GDNFAMA | 1:28.29 | 25m | 01-05-21 | Felgueiras | 4,3 |
| 5. | CASTRO Laura Doellinger | 08 | ADF | 1:28.58 | 25m | 01-03-20 | Penafiel | 4,0 |
| 6. | MIRANDA Matilde Pinguicha | 08 | CGA | 1:28.92 | 25m | 09-05-21 | Castro D'Aire | 3,7 |
| 7. | FERREIRA Mariana Pinto | 08 | FOCA | 1:29.19 | 25m | 01-05-21 | Felgueiras | 3,4 |
| 8. | PICADO Daniela Leao | 08 | CGA | 1:29.34 | 25m | 21-11-20 | Vagos | 3,3 |
| 9. | GONCALVES Ana Jorge | 08 | CDE | 1:29.57 | 25m | 21-11-20 | Vagos | 3,1 |
| 10. | PINTO Luciana Filipa | 08 | FCP | 1:29.60 | 25m | 01-03-20 | Penafiel | 3,1 |
| 11. | SILVA Francisca Lamas | 08 | LSC | 1:29.69 | 25m | 01-03-20 | Penafiel | 3,0 |
| 12. | SILVA Maria Ines | 08 | CAPGE | 1:29.78 | 25m | 02-02-20 | Viseu | 2,9 |
| 13. | MARTINS Maria Joao | 08 | ADF | 1:30.19 | 25m | 21-12-19 | Porto | 2,5 |
| 13. | CORTESAO Maria Manuel | 08 | CNAC | 1:30.19 | 25m | 19-12-20 | Coimbra | 2,5 |

100 Bruços (desde 15)

| | | | | | | | | |
|-----|--------------------------|----|--------|---------|-----|----------|----------------|-----|
| 15. | PEREIRA Maria Silva | 08 | GCVR | 1:30.29 | 25m | 14-12-19 | Leiria | 2,4 |
| 16. | SILVA Ana Gabriela | 08 | CNMAIA | 1:31.09 | 25m | 01-03-20 | Penafiel | 1,7 |
| 17. | BESSA Ariana Micaela | 08 | LSXXI | 1:31.28 | 25m | 01-03-20 | Penafiel | 1,5 |
| 18. | NEVES Ana Carolina | 08 | CFP | 1:32.17 | 25m | 01-05-21 | Felgueiras | |
| 19. | PAIXAO Maria Saraiva | 08 | CAPGE | 1:32.23 | 25m | 21-11-20 | Vagos | |
| 20. | FERNANDES Laura Silva | 08 | CNMC | 1:32.78 | 25m | 19-12-20 | Coimbra | |
| 21. | ROSARIO Maria Rita | 08 | ADS | 1:32.93 | 25m | 02-02-20 | Viseu | |
| 22. | TEIXEIRA Leonor Oliveira | 08 | CDE | 1:33.04 | 25m | 21-11-20 | Vagos | |
| 23. | LOURENCO Bruna Filipa | 08 | CRASTO | 1:33.13 | 25m | 21-11-20 | Vagos | |
| 24. | SANTOS Margarida Ascenso | 08 | CPN | 1:33.16 | 25m | 21-12-19 | Porto | |
| 25. | GOMES Rita Silva | 08 | LSC | 1:33.19 | 25m | 01-03-20 | Penafiel | |
| 26. | BARROS Erica Ferreira | 08 | CAP | 1:33.22 | 25m | 01-03-20 | Penafiel | |
| 26. | FERREIRA Lara Mota | 08 | ADF | 1:33.22 | 25m | 01-05-21 | Felgueiras | |
| 28. | CAIXEIRO Mafalda Rego | 08 | SCP | 1:33.76 | 25m | 22-02-20 | Loures | |
| 29. | NEVES Maria Gomes | 08 | SCB | 1:33.81 | 25m | 22-12-19 | Ponte da Barca | |
| 30. | LAMEIRA Lara Martins | 08 | LSC | 1:34.11 | 25m | 01-03-20 | Penafiel | |
| 31. | ALVES Carolina Vaz | 08 | AAC | 1:35.02 | 25m | 29-02-20 | Leiria | |
| 32. | LIGEIRO Sara Silva | 08 | VNC | 1:35.09 | 25m | 22-12-19 | Ponte da Barca | |
| 33. | DIAS Iris Esteves | 08 | SCB | 1:35.70 | 25m | 08-05-21 | Ponte da Barca | |
| 34. | CAMPOS Ana Beatriz | 08 | AAC | 1:35.74 | 25m | 21-12-19 | Cantanhede | |
| 35. | MARTINS Leonor Isabel | 08 | CFV | 1:35.78 | 25m | 01-03-20 | Penafiel | |
| 36. | JESUS Raquel Filipa | 08 | FBSC | 1:35.87 | 25m | 19-12-20 | Coimbra | |
| 37. | MONTEIRO Raquel Maria | 08 | SCE | 1:36.08 | 25m | 09-05-21 | Castro D'Aire | |
| 38. | NEVES Beatriz Maria | 08 | LSC | 1:36.24 | 25m | 01-03-20 | Penafiel | |
| 39. | COSTA Filipa Oliveira | 08 | CNV | 1:36.35 | 25m | 01-03-20 | Penafiel | |
| 40. | RAMOS Matilde Marques | 08 | GCVR | 1:36.36 | 25m | 07-03-20 | Mirandela | |

200 Bruços

| | | | | | | | | |
|-----|---------------------------|----|--------|---------|-----|----------|----------------------------|-----|
| 1. | BARROS Adriana Ribeiro | 08 | SCB | 2:59.48 | 25m | 09-05-21 | Ponte da Barca | 8,8 |
| 2. | GOMES Rita Silva | 08 | LSC | 3:04.71 | 25m | 02-05-21 | Felgueiras | 6,5 |
| 3. | LOURENCO Bruna Filipa | 08 | CRASTO | 3:07.42 | 25m | 09-05-21 | Castro D'Aire | 5,4 |
| 4. | BELEZA Lara Marisa | 08 | ATG | 3:07.57 | 25m | 19-10-19 | Felgueiras | 5,3 |
| 5. | NUNES Carolina Mendes | 08 | CDE | 3:09.26 | 25m | 09-05-21 | Castro D'Aire | 4,6 |
| 6. | PEREIRA Maria Silva | 08 | GCVR | 3:09.96 | 25m | 08-03-20 | Mirandela | 4,3 |
| 7. | SILVA Ana Gabriela | 08 | CNMAIA | 3:10.01 | 25m | 02-05-21 | Felgueiras | 4,3 |
| 8. | PICADO Daniela Leao | 08 | CGA | 3:10.12 | 25m | 22-11-20 | Vagos | 4,3 |
| 9. | GONCALVES Ana Jorge | 08 | CDE | 3:10.56 | 25m | 22-11-20 | Vagos | 4,1 |
| 10. | NEVES Maria Gomes | 08 | SCB | 3:11.12 | 25m | 18-01-20 | Barcelos | 3,8 |
| 11. | CASTRO Laura Doellinger | 08 | ADF | 3:11.20 | 25m | 29-02-20 | Penafiel | 3,8 |
| 12. | SANTOS Margarida Ascenso | 08 | CPN | 3:11.65 | 25m | 29-02-20 | Penafiel | 3,6 |
| 13. | SILVA Maria Ines | 08 | CAPGE | 3:12.92 | 25m | 01-02-20 | Viseu | 3,1 |
| 14. | LAMEIRA Lara Martins | 08 | LSC | 3:13.27 | 25m | 02-05-21 | Felgueiras | 2,9 |
| 15. | PINTO Luciana Filipa | 08 | FCP | 3:13.39 | 25m | 02-05-21 | Felgueiras | 2,9 |
| 16. | MIRANDA Matilde Pinguicha | 08 | CGA | 3:13.56 | 25m | 22-11-20 | Vagos | 2,8 |
| 17. | PINTO Lara Filipa | 08 | FCP | 3:13.75 | 25m | 02-05-21 | Felgueiras | 2,7 |
| 18. | BESSA Ariana Micaela | 08 | LSXXI | 3:13.87 | 25m | 02-05-21 | Felgueiras | 2,7 |
| 19. | CORTESAO Maria Manuel | 08 | CNAC | 3:14.54 | 25m | 20-12-20 | Coimbra | 2,4 |
| 20. | FERREIRA Mariana Pinto | 08 | FOCA | 3:15.57 | 25m | 08-03-20 | Mirandela | 2,0 |
| 21. | ROSARIO Maria Rita | 08 | ADS | 3:15.59 | 25m | 29-02-20 | Leiria | 1,9 |
| 22. | CAIXEIRO Mafalda Rego | 08 | SCP | 3:17.73 | 25m | 16-02-20 | Sto Antonio dos Cavaleiros | 1,0 |
| 23. | FERNANDES Laura Silva | 08 | CNMC | 3:19.22 | 50m | 09-05-21 | Coimbra | |
| 24. | SILVA Francisca Lamas | 08 | LSC | 3:19.27 | 25m | 29-02-20 | Penafiel | |
| 25. | SOUSA Mafalda Pinto | 08 | ATG | 3:21.74 | 25m | 29-02-20 | Penafiel | |
| 26. | MONTEIRO Raquel Maria | 08 | SCE | 3:22.08 | 25m | 01-02-20 | Viseu | |
| 27. | SILVANO Alexandra Noemia | 08 | CNMAIA | 3:22.32 | 25m | 02-05-21 | Felgueiras | |
| 28. | ALVES Carolina Vaz | 08 | AAC | 3:22.51 | 25m | 29-02-20 | Leiria | |
| 29. | BARROS Erica Ferreira | 08 | CAP | 3:22.55 | 25m | 29-02-20 | Penafiel | |

200 Bruços (desde 30)

| | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|--------------|
| 30. | MARTINS Leonor Isabel | 08 | CFV | 3:24.98 | 25m | 29-02-20 | Penafiel |
| 31. | CRUZ Ana Carolina | 08 | GDNFAMA | 3:25.02 | 25m | 29-02-20 | Penafiel |
| 32. | FONTES Matilde Reis | 08 | CNPO | 3:25.20 | 25m | 11-01-20 | Aguas Santas |
| 33. | FERREIRA Lara Mota | 08 | ADF | 3:25.45 | 25m | 29-02-20 | Penafiel |
| 34. | MINA Maria Elisabete | 08 | GCVR | 3:26.73 | 25m | 24-04-21 | Vila Real |
| 35. | PINTO Lara Costa | 08 | CRASTO | 3:27.80 | 25m | 01-02-20 | Viseu |
| 36. | FERNANDES Beatriz Pereira | 08 | SCB | 3:28.34 | 25m | 08-03-20 | Braga |
| 37. | PAIXAO Maria Saraiva | 08 | CGA | 3:28.44 | 25m | 01-02-20 | Viseu |
| 38. | COSTA Filipa Oliveira | 08 | CNV | 3:28.65 | 25m | 29-02-20 | Penafiel |
| 39. | DIAS Iris Esteves | 08 | SCB | 3:28.75 | 25m | 18-01-20 | Barcelos |
| 40. | CAMPOS Ana Beatriz | 08 | AAC | 3:29.88 | 25m | 13-07-19 | Mealhada |

100 Mariposa

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | LIGEIRO Sara Silva | 08 | VNC | 1:14.34 | 25m | 08-05-21 | Ponte da Barca | 6,5 |
| 2. | MARTINS Maria Joao | 08 | ADF | 1:14.71 | 25m | 01-03-20 | Penafiel | 6,2 |
| 3. | SOARES Leonor Carvalho | 08 | FCP | 1:15.01 | 25m | 01-05-21 | Felgueiras | 5,8 |
| 4. | PEREIRA Maria Silva | 08 | GCVR | 1:16.70 | 25m | 08-05-21 | Peso da Régua | 4,1 |
| 5. | SILVA Ana Gabriela | 08 | CNMAIA | 1:17.13 | 25m | 01-05-21 | Felgueiras | 3,6 |
| 6. | SILVA Ana Castro | 08 | GDNFAMA | 1:19.04 | 25m | 21-12-19 | Porto | 1,6 |
| 7. | FONTE Beatriz Gerales | 08 | FCP | 1:20.86 | 25m | 09-02-20 | Vila Mea | |
| 8. | SOARES Julia Maria | 08 | CNMC | 1:21.38 | 50m | 08-05-21 | Coimbra | |
| 9. | NEVES Maria Gomes | 08 | SCB | 1:21.70 | 25m | 21-12-19 | Ponte da Barca | |
| 10. | FERNANDES Francisca Santc | 08 | CNMC | 1:22.37 | 25m | 20-12-20 | Coimbra | |
| 11. | COSTA Maria Joao | 08 | CFV | 1:22.65 | 50m | 18-01-20 | Povoa de Varzim | |
| 12. | BARROS Adriana Ribeiro | 08 | SCB | 1:22.73 | 25m | 19-01-20 | Barcelos | |
| 13. | FONTES Matilde Reis | 08 | CNPO | 1:23.07 | 25m | 09-02-20 | Vila Mea | |
| 14. | FERREIRA Carolina Amadeu | 08 | LSC | 1:23.25 | 25m | 09-02-20 | Vila Mea | |
| 15. | CAMPOS Ana Beatriz | 08 | SANC | 1:23.41 | 25m | 16-02-20 | Leiria | |
| 16. | PINTO Lara Filipa | 08 | FCP | 1:24.11 | 25m | 21-12-19 | Porto | |
| 17. | QUINTELA Beatriz Silva | 08 | FOCA | 1:24.68 | 25m | 08-05-21 | Ponte da Barca | |
| 17. | ROSARIO Maria Rita | 08 | ADS | 1:24.68 | 25m | 09-05-21 | Castro D'Aire | |
| 19. | PEREIRA Ines Maria | 08 | CNV | 1:24.89 | 25m | 01-03-20 | Penafiel | |
| 20. | DIAS Beatriz Costa | 08 | CAP | 1:25.29 | 25m | 01-03-20 | Penafiel | |
| 21. | BELEZA Lara Marisa | 08 | ATG | 1:25.31 | 25m | 21-12-19 | Porto | |
| 22. | HENRIQUES Carolina Cunha | 08 | FOCA | 1:25.32 | 25m | 01-05-21 | Felgueiras | |
| 23. | ANTUNES Maria Rocha | 08 | CGA | 1:25.72 | 25m | 22-11-20 | Vagos | |
| 24. | TEIXEIRA Leonor Pacheco | 08 | CAP | 1:26.61 | 25m | 01-03-20 | Penafiel | |
| 25. | SILVA Francisca Lamas | 08 | LSC | 1:27.08 | 25m | 16-02-20 | Leiria | |
| 26. | NEVES Ana Carolina | 08 | ATG | 1:27.12 | 25m | 21-12-19 | Porto | |
| 27. | CASTRO Laura Doellinger | 08 | ADF | 1:27.49 | 25m | 09-02-20 | Vila Mea | |
| 28. | BARBOSA Sofia Teixeira | 08 | FCP | 1:28.13 | 25m | 21-12-19 | Porto | |
| 28. | NUNES Carolina Mendes | 08 | CDE | 1:28.13 | 25m | 09-05-21 | Castro D'Aire | |
| 30. | SILVA Maria Ines | 08 | CAPGE | 1:28.69 | 25m | 09-05-21 | Castro D'Aire | |
| 31. | CUNHA Mariana Nunes | 08 | LSXXI | 1:28.88 | 25m | 01-05-21 | Felgueiras | |
| 32. | TEIXEIRA Leonor Oliveira | 08 | CDE | 1:29.36 | 25m | 22-11-20 | Vagos | |
| 33. | GONCALVES Maria Meleiro | 08 | CGA | 1:29.81 | 25m | 09-05-21 | Castro D'Aire | |
| 34. | FREITAS Diana Gomes | 08 | AMAMB | 1:30.19 | 25m | 19-01-20 | Barcelos | |
| 35. | FERNANDES Laura Silva | 08 | CNMC | 1:30.34 | 25m | 01-05-21 | Miranda do Corvo | |
| 36. | BARBOSA Bruna Maria | 08 | CAP | 1:30.35 | 25m | 01-05-21 | Felgueiras | |
| 37. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 1:30.65 | 25m | 21-12-19 | Porto | |
| 38. | PAHOMI Ana Isabella | 08 | ATG | 1:30.76 | 25m | 09-02-20 | Vila Mea | |
| 39. | SOUSA Marta Capela | 08 | SCE | 1:30.93 | 25m | 22-11-20 | Vagos | |
| 40. | SILVA Laura Gomes | 08 | AEJ | 1:30.96 | 25m | 22-11-20 | Vagos | |

200 Mariposa

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|---------------|-----|
| 1. | MARTINS Maria Joao | 08 | ADF | 2:51.85 | 25m | 29-02-20 | Penafiel | 3,6 |
| 2. | SILVA Ana Castro | 08 | GDNFAMA | 2:55.88 | 25m | 29-02-20 | Penafiel | 1,7 |
| 3. | FONTES Matilde Reis | 08 | CNPO | 2:56.02 | 25m | 14-12-19 | Leiria | 1,6 |
| 4. | BARROS Adriana Ribeiro | 08 | SCB | 2:58.48 | 25m | 08-03-20 | Braga | |
| 5. | LIGEIRO Sara Silva | 08 | VNC | 3:02.15 | 25m | 08-03-20 | Braga | |
| 6. | FERREIRA Carolina Amadeu | 08 | LSC | 3:03.70 | 25m | 29-02-20 | Penafiel | |
| 7. | COSTA Maria Joao | 08 | CFV | 3:03.88 | 25m | 29-02-20 | Penafiel | |
| 8. | FONTE Beatriz Gerales | 08 | FCP | 3:06.82 | 25m | 29-02-20 | Penafiel | |
| 9. | SILVA Francisca Lamas | 08 | LSC | 3:12.51 | 25m | 29-02-20 | Penafiel | |
| 10. | SOARES Leonor Carvalho | 08 | FCP | 3:13.70 | 25m | 29-02-20 | Penafiel | |
| 11. | BELEZA Lara Marisa | 08 | ATG | 3:14.72 | 25m | 29-02-20 | Penafiel | |
| 12. | FERNANDES Francisca Santc | 08 | CNMC | 3:16.22 | 25m | 01-03-20 | Leiria | |
| 13. | CAMPOS Ana Beatriz | 08 | AAC | 3:20.31 | 25m | 02-02-20 | Coimbra | |
| 14. | PEREIRA Ines Maria | 08 | CNV | 3:20.40 | 25m | 29-02-20 | Penafiel | |
| 15. | LOURENCO Bruna Filipa | 08 | CRASTO | 3:20.44 | 25m | 01-02-20 | Viseu | |
| 16. | DIAS Beatriz Costa | 08 | CAP | 3:25.23 | 25m | 29-02-20 | Penafiel | |
| 17. | SOUSA Mafalda Pinto | 08 | ATG | 3:29.30 | 25m | 19-10-19 | Felgueiras | |
| 18. | RESENDE Maria Miguel | 08 | CDE | 3:29.80 | 25m | 09-05-21 | Castro D'Aire | |
| 19. | ALVES Carolina Vaz | 08 | AAC | 3:34.78 | 25m | 07-12-19 | Coimbra | |
| 20. | SAMPAIO Mariana Almeida | 08 | ATG | 3:37.32 | 25m | 29-02-20 | Penafiel | |
| 21. | PAHOMI Ana Isabella | 08 | ATG | 3:38.72 | 25m | 19-10-19 | Felgueiras | |
| 22. | CARDOSO Beatriz Helena | 08 | CFP | 3:39.45 | 25m | 19-10-19 | Felgueiras | |
| 23. | CUNHA Ana Rocha | 08 | CAP | 3:43.51 | 25m | 29-02-20 | Penafiel | |
| 24. | CATALAO Gabriela Ferreira | 08 | SCA | 3:49.47 | 25m | 01-02-20 | Viseu | |
| 25. | SOUSA Laura Cristina | 08 | CMNPR | 3:52.17 | 25m | 24-11-19 | Bragança | |
| 26. | SANTOS Ines Serralheiro | 08 | SCC | 4:01.42 | 25m | 07-12-19 | Coimbra | |

200 Estilos

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|------|
| 1. | NEVES Maria Gomes | 08 | SCB | 2:34.99 | 25m | 09-05-21 | Ponte da Barca | 12,1 |
| 2. | BARROS Adriana Ribeiro | 08 | SCB | 2:41.39 | 25m | 09-05-21 | Ponte da Barca | 9,1 |
| 3. | LEITE Maria Alexandra | 08 | SCB | 2:44.73 | 25m | 09-05-21 | Ponte da Barca | 7,6 |
| 4. | FERREIRA Carolina Amadeu | 08 | LSC | 2:45.19 | 25m | 02-05-21 | Felgueiras | 7,4 |
| 5. | MARTINS Maria Joao | 08 | ADF | 2:45.62 | 25m | 02-05-21 | Felgueiras | 7,2 |
| 6. | LIGEIRO Sara Silva | 08 | VNC | 2:46.31 | 25m | 09-05-21 | Ponte da Barca | 6,8 |
| 7. | PEREIRA Maria Silva | 08 | GCVR | 2:46.52 | 25m | 08-05-21 | Peso da Régua | 6,7 |
| 8. | SILVA Ana Gabriela | 08 | CNMAIA | 2:47.53 | 25m | 02-05-21 | Felgueiras | 6,3 |
| 9. | LOURENCO Bruna Filipa | 08 | CRASTO | 2:48.65 | 25m | 09-05-21 | Castro D'Aire | 5,8 |
| 10. | BELEZA Lara Marisa | 08 | ATG | 2:48.92 | 25m | 29-02-20 | Penafiel | 5,6 |
| 11. | GOMES Rita Silva | 08 | LSC | 2:48.94 | 25m | 02-05-21 | Felgueiras | 5,6 |
| 12. | NEVES Ana Carolina | 08 | CFP | 2:50.17 | 25m | 02-05-21 | Felgueiras | 5,0 |
| 13. | SOARES Leonor Carvalho | 08 | FCP | 2:51.27 | 25m | 02-05-21 | Felgueiras | 4,5 |
| 14. | NUNES Carolina Mendes | 08 | CDE | 2:51.65 | 25m | 09-05-21 | Castro D'Aire | 4,3 |
| 15. | HENRIQUES Carolina Cunha | 08 | FOCA | 2:52.51 | 25m | 02-05-21 | Felgueiras | 3,9 |
| 16. | CRUZ Ana Carolina | 08 | GDNFAMA | 2:52.73 | 25m | 02-05-21 | Felgueiras | 3,8 |
| 17. | SILVA Francisca Lamas | 08 | LSC | 2:53.03 | 25m | 09-05-21 | Ponte da Barca | 3,7 |
| 18. | JORGE Sofia Pereira | 08 | CGA | 2:53.08 | 25m | 09-05-21 | Castro D'Aire | 3,7 |
| 19. | CASTRO Laura Doellinger | 08 | ADF | 2:53.22 | 25m | 29-02-20 | Penafiel | 3,6 |
| 20. | SILVA Ana Castro | 08 | GDNFAMA | 2:53.24 | 25m | 02-05-21 | Felgueiras | 3,6 |
| 21. | GONCALVES Ana Jorge | 08 | CDE | 2:53.51 | 25m | 09-05-21 | Castro D'Aire | 3,5 |
| 22. | CAIXEIRO Mafalda Rego | 08 | LSC | 2:53.88 | 25m | 02-05-21 | Felgueiras | 3,3 |
| 22. | ROSARIO Maria Rita | 08 | ADS | 2:53.88 | 25m | 09-05-21 | Castro D'Aire | 3,3 |
| 24. | LAMEIRA Lara Martins | 08 | LSC | 2:54.11 | 25m | 02-05-21 | Felgueiras | 3,2 |
| 25. | PICADO Daniela Leao | 08 | CGA | 2:54.13 | 25m | 09-05-21 | Castro D'Aire | 3,2 |
| 26. | FERNANDES Francisca Santc | 08 | SANC | 2:54.20 | 25m | 15-02-20 | Leiria | 3,2 |
| 27. | FONTES Matilde Reis | 08 | CNPO | 2:54.44 | 25m | 08-02-20 | Vila Mea | 3,0 |
| 28. | SOARES Julia Maria | 08 | CNMC | 2:54.50 | 50m | 08-05-21 | Coimbra | 3,0 |

200 Estilos (desde 29)

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 29. | CAMPOS Ana Beatriz | 08 | SANC | 2:54.77 | 25m | 15-02-20 | Leiria | 2,9 |
| 30. | FERREIRA Mariana Pinto | 08 | FOCA | 2:55.23 | 25m | 02-05-21 | Felgueiras | 2,7 |
| 31. | MENDES Matilde Marques | 08 | CGA | 2:55.28 | 25m | 09-05-21 | Castro D'Aire | 2,6 |
| 32. | PINTO Lara Filipa | 08 | FCP | 2:55.30 | 25m | 22-12-19 | Porto | 2,6 |
| 33. | COSTA Maria Joao | 08 | CFV | 2:55.44 | 25m | 09-05-21 | Ponte da Barca | 2,6 |
| 34. | MIRANDA Matilde Pinguicha | 08 | CGA | 2:55.58 | 25m | 09-05-21 | Castro D'Aire | 2,5 |
| 35. | TEIXEIRA Leonor Oliveira | 08 | CDE | 2:56.18 | 25m | 21-11-20 | Vagos | 2,2 |
| 36. | PEREIRA Ines Maria | 08 | CNV | 2:56.20 | 25m | 02-05-21 | Felgueiras | 2,2 |
| 37. | COENTRAO Beatriz Silva | 08 | GDNFAMA | 2:56.23 | 25m | 02-05-21 | Felgueiras | 2,2 |
| 38. | MONTEIRO Maria Silva | 08 | GDNFAMA | 2:56.46 | 25m | 02-05-21 | Felgueiras | 2,1 |
| 39. | DIAS Beatriz Costa | 08 | CAP | 2:56.52 | 25m | 02-05-21 | Felgueiras | 2,1 |
| 40. | SANTOS Margarida Ascenso | 08 | CPN | 2:57.05 | 25m | 02-05-21 | Felgueiras | 1,8 |

14 anos, Masc.

01-07-2019-14-05-2021

Apenas grupos: ANCNP, ARNN, ANMIN, ANNP, ANC

100 Livres

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 1:00.05 | 25m | 02-05-21 | Felgueiras | 9,8 |
| 2. | COSTA Tiago Mendes | 07 | GDNFAMA | 1:01.26 | 25m | 02-05-21 | Felgueiras | 8,3 |
| 3. | SILVA Tiago Reis | 07 | CFP | 1:01.94 | 25m | 01-03-20 | Penafiel | 7,5 |
| 4. | PINTO Pedro Miguel | 07 | ADF | 1:02.51 | 25m | 02-05-21 | Felgueiras | 6,8 |
| 5. | NUNES Duarte Ramos | 07 | CGA | 1:02.65 | 25m | 21-11-20 | Vagos | 6,6 |
| 5. | SILVA Martim Alexandre | 07 | SCC | 1:02.65 | 25m | 01-05-21 | Miranda do Corvo | 6,6 |
| 7. | KUCHERYAVENKO Daniel | 07 | CGA | 1:02.80 | 25m | 09-05-21 | Castro D'Aire | 6,4 |
| 8. | DORES Tomas Rocha | 07 | LSC | 1:03.19 | 25m | 02-05-21 | Felgueiras | 5,9 |
| 9. | COUTEIRO Tiago Alves | 07 | VNC | 1:03.20 | 25m | 09-05-21 | Ponte da Barca | 5,9 |
| 10. | OLIVEIRA Joao Pedro | 07 | CGA | 1:03.32 | 25m | 09-05-21 | Castro D'Aire | 5,8 |
| 11. | CORREIA Rodrigo Filipe | 07 | FCP | 1:03.42 | 25m | 09-02-20 | Vila Mea | 5,6 |
| 12. | CARVALHO Luis Filipe | 07 | CNPO | 1:03.61 | 50m | 19-12-20 | Povoa do Varzim | 5,4 |
| 13. | JESUS David Duarte | 07 | FBSC | 1:03.76 | 50m | 08-05-21 | Coimbra | 5,2 |
| 14. | RESENDE Alexandre Silva | 07 | CDF | 1:04.05 | 25m | 09-05-21 | Castro D'Aire | 4,9 |
| 15. | VOLKOV David | 07 | SCA | 1:04.50 | 25m | 09-05-21 | Castro D'Aire | 4,3 |
| 16. | DZYAKANAU Alexandre | 07 | ALN | 1:04.63 | 50m | 08-05-21 | Coimbra | 4,1 |
| 17. | COSTA Antonio Miguel | 07 | ADF | 1:04.77 | 25m | 01-03-20 | Penafiel | 4,0 |
| 18. | MOURA Leonardo Cunha | 07 | FOCA | 1:04.85 | 25m | 22-12-19 | Porto | 3,9 |
| 19. | YURCHUK Dinis | 07 | NBM | 1:04.89 | 25m | 21-11-20 | Vagos | 3,8 |
| 20. | RIBEIRO Tiago Mendes | 07 | CNV | 1:05.28 | 25m | 02-05-21 | Felgueiras | 3,3 |
| 21. | CARREIRA Duarte Maria | 07 | FCP | 1:05.36 | 25m | 02-05-21 | Felgueiras | 3,2 |
| 22. | OLIVEIRA Joaquim Gabriel | 07 | SCA | 1:05.48 | 25m | 09-05-21 | Castro D'Aire | 3,1 |
| 23. | MARQUES Duarte Cachulo | 07 | CAQC | 1:05.54 | 50m | 08-05-21 | Coimbra | 3,0 |
| 24. | KAMOLOV Daniel | 07 | CSAAXXI | 1:05.73 | 25m | 09-05-21 | Castro D'Aire | 2,8 |
| 25. | LAVAJO Martim Nuno | 07 | AVFC | 1:05.81 | 25m | 21-11-20 | Vagos | 2,7 |
| 26. | FERREIRA Goncalo Andre | 07 | GCVR | 1:06.12 | 25m | 08-05-21 | Peso da Régua | 2,3 |
| 27. | MONTEIRO Rodrigo Manuel | 07 | FCP | 1:06.34 | 25m | 02-05-21 | Felgueiras | 2,0 |
| 28. | CARVALHO Afonso Pacheco | 07 | CFP | 1:06.57 | 25m | 01-03-20 | Penafiel | 1,7 |
| 29. | PIRES Antonio Furtado | 07 | CLIP | 1:06.65 | 25m | 01-03-20 | Penafiel | 1,6 |
| 30. | ALMEIDA Guilherme Marques | 07 | AAC | 1:06.75 | 50m | 08-05-21 | Coimbra | 1,5 |
| 31. | MARTINS Joao Miguel | 07 | CPSPA | 1:06.89 | 25m | 20-12-20 | Coimbra | 1,3 |
| 32. | FIALHO Rafael Afonso | 07 | GCVR | 1:07.32 | 25m | 08-05-21 | Peso da Régua | |
| 33. | SILVA Francisco Daniel | 07 | LSC | 1:07.62 | 25m | 09-05-21 | Ponte da Barca | |
| 34. | BRANDAO Tiago Lopes | 07 | SCA | 1:07.88 | 25m | 21-11-20 | Vagos | |
| 35. | PINTO Guilherme Romeira | 07 | SCE | 1:08.26 | 25m | 21-11-20 | Vagos | |
| 36. | SANSANA Tomas Lima | 07 | CDF | 1:08.27 | 25m | 21-11-20 | Vagos | |
| 37. | SILVA David Ferreira | 07 | AAC | 1:08.41 | 50m | 08-05-21 | Coimbra | |
| 38. | FERNANDES Rodrigo Miguel | 07 | CNV | 1:08.73 | 25m | 02-05-21 | Felgueiras | |
| 39. | RODRIGUES Gil Afonso | 07 | CFP | 1:08.85 | 25m | 22-12-19 | Porto | |
| 40. | RIBEIRO Rodrigo Coelho | 07 | CCLAMAS | 1:08.92 | 25m | 29-02-20 | Penafiel | |

200 Livres

| | | | | | | | | |
|-----|------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | MOURA Leonardo Cunha | 07 | FOCA | 2:13.22 | 25m | 01-05-21 | Felgueiras | 8,8 |
| 2. | SILVA Tiago Reis | 07 | CFP | 2:14.00 | 25m | 01-05-21 | Felgueiras | 8,4 |
| 3. | CORREIA Rodrigo Filipe | 07 | FCP | 2:14.14 | 25m | 01-05-21 | Felgueiras | 8,3 |
| 4. | AITA Yuri Toth | 07 | FCP | 2:15.91 | 25m | 01-05-21 | Felgueiras | 7,3 |
| 5. | COSTA Antonio Miguel | 07 | ADF | 2:17.66 | 25m | 01-05-21 | Felgueiras | 6,3 |
| 6. | DZYAKANAU Alexandre | 07 | ALN | 2:18.46 | 25m | 19-12-20 | Coimbra | 5,9 |
| 7. | LAVAJO Martim Nuno | 07 | AVFC | 2:18.90 | 25m | 09-05-21 | Castro D'Aire | 5,6 |
| 8. | NUNES Duarte Ramos | 07 | CGA | 2:19.58 | 25m | 09-05-21 | Castro D'Aire | 5,2 |
| 9. | RODRIGUES Joao Alves | 07 | GDNFAMA | 2:20.94 | 25m | 01-05-21 | Felgueiras | 4,5 |
| 10. | MARQUES Duarte Cachulo | 07 | CAQC | 2:21.19 | 25m | 01-05-21 | Miranda do Corvo | 4,3 |
| 11. | SILVA Martim Alexandre | 07 | SCC | 2:21.27 | 50m | 08-05-21 | Coimbra | 4,3 |
| 12. | YURCHUK Dinis | 07 | NBM | 2:21.43 | 25m | 09-05-21 | Castro D'Aire | 4,2 |

200 Livres (desde 13)

| | | | | | | | | |
|-----|-----------------------------|----|---------|---------|-----|----------|---------------|-----|
| 13. | TEIXEIRA Renato Gouveia | 07 | FOCA | 2:22.39 | 25m | 01-05-21 | Felgueiras | 3,6 |
| 14. | KUCHERYAVENKO Daniel | 07 | CGA | 2:22.93 | 25m | 01-03-20 | Leiria | 3,3 |
| 15. | FERREIRA Goncalo Andre | 07 | GCVR | 2:23.34 | 25m | 24-04-21 | Vila Real | 3,1 |
| 16. | LARANJO Filipe Manso | 07 | EDV | 2:23.78 | 25m | 07-03-20 | Braga | 2,8 |
| 17. | OLIVEIRA Joaquim Gabriel | 07 | SCA | 2:23.94 | 25m | 22-11-20 | Vagos | 2,7 |
| 18. | BORGES Rodrigo Costa | 07 | CFP | 2:24.07 | 25m | 29-02-20 | Penafiel | 2,7 |
| 19. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 2:25.24 | 25m | 29-02-20 | Penafiel | 2,0 |
| 20. | COSTA Tiago Mendes | 07 | GDNFAMA | 2:26.11 | 25m | 28-02-20 | Penafiel | 1,5 |
| 21. | MARTINS Pedro Lages | 07 | CSAAXXI | 2:26.19 | 25m | 09-05-21 | Castro D'Aire | 1,5 |
| 22. | SARAGOCA Eduardo Sousa | 07 | VNC | 2:26.78 | 25m | 06-03-20 | Braga | 1,1 |
| 23. | SOARES Guilherme Mahua | 07 | FCP | 2:26.96 | 25m | 29-02-20 | Penafiel | 1,0 |
| 24. | MARTELO Francisco Bernardes | 07 | FCP | 2:27.07 | 25m | 01-05-21 | Felgueiras | |
| 25. | CARVALHO Afonso Pacheco | 07 | CFP | 2:27.09 | 25m | 01-05-21 | Felgueiras | |
| 25. | BRANDAO Tiago Lopes | 07 | SCA | 2:27.09 | 25m | 09-05-21 | Castro D'Aire | |
| 27. | SILVA David Ferreira | 07 | AAC | 2:27.28 | 25m | 19-12-20 | Coimbra | |
| 28. | SOUSA Guilherme Alexandre | 07 | AVFC | 2:28.10 | 25m | 09-05-21 | Castro D'Aire | |
| 29. | CARREIRA Duarte Maria | 07 | FCP | 2:28.11 | 25m | 28-02-20 | Penafiel | |
| 30. | BRAGA Pedro Mendonca | 07 | CFV | 2:28.25 | 25m | 29-02-20 | Penafiel | |
| 31. | COUTEIRO Tiago Alves | 07 | VNC | 2:28.87 | 25m | 06-03-20 | Braga | |
| 32. | SILVA Francisco Daniel | 07 | LSC | 2:29.06 | 25m | 29-02-20 | Penafiel | |
| 33. | JESUS David Duarte | 07 | FBSC | 2:30.02 | 25m | 07-12-19 | Coimbra | |
| 34. | OLIVEIRA Joao Pedro | 07 | CGA | 2:30.47 | 25m | 01-03-20 | Leiria | |
| 35. | COSTA Andre Leitao | 07 | ADF | 2:30.83 | 25m | 01-05-21 | Felgueiras | |
| 36. | ALMEIDA Guilherme Marques | 07 | AAC | 2:31.08 | 25m | 01-03-20 | Leiria | |
| 37. | CARDOSO Francisco Paiva | 07 | CFP | 2:31.19 | 25m | 01-05-21 | Felgueiras | |
| 38. | RESENDE Igor Gabriel | 07 | CFP | 2:32.80 | 25m | 01-05-21 | Felgueiras | |
| 39. | FERREIRA Miguel Guedes | 07 | FCP | 2:32.83 | 25m | 01-05-21 | Felgueiras | |
| 40. | BARROS Rodrigo Goncalves | 07 | ADF | 2:33.86 | 25m | 01-05-21 | Felgueiras | |

400 Livres

| | | | | | | | | |
|-----|-------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | AITA Yuri Toth | 07 | FCP | 4:48.34 | 25m | 02-05-21 | Felgueiras | 7,7 |
| 2. | COSTA Tiago Mendes | 07 | GDNFAMA | 4:48.65 | 25m | 02-05-21 | Felgueiras | 7,6 |
| 3. | DORES Tomas Rocha | 07 | LSC | 4:48.99 | 25m | 02-05-21 | Felgueiras | 7,5 |
| 4. | MOURA Leonardo Cunha | 07 | FOCA | 4:49.30 | 25m | 02-05-21 | Felgueiras | 7,4 |
| 5. | PINTO Pedro Miguel | 07 | ADF | 4:50.60 | 25m | 02-05-21 | Felgueiras | 7,1 |
| 6. | COSTA Antonio Miguel | 07 | ADF | 4:50.65 | 25m | 02-05-21 | Felgueiras | 7,1 |
| 7. | SILVA Martim Alexandre | 07 | SCC | 4:50.75 | 25m | 29-02-20 | Leiria | 7,0 |
| 8. | CORREIA Rodrigo Filipe | 07 | FCP | 4:50.84 | 25m | 02-05-21 | Felgueiras | 7,0 |
| 9. | LAVAJO Martim Nuno | 07 | AVFC | 4:51.45 | 25m | 09-05-21 | Castro D'Aire | 6,9 |
| 10. | SILVA Tiago Reis | 07 | CFP | 4:51.63 | 25m | 02-05-21 | Felgueiras | 6,8 |
| 11. | KUCHERYAVENKO Daniel | 07 | CGA | 4:54.48 | 25m | 09-05-21 | Castro D'Aire | 6,0 |
| 12. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 4:54.52 | 25m | 02-05-21 | Felgueiras | 6,0 |
| 13. | NUNES Duarte Ramos | 07 | CGA | 4:54.59 | 25m | 22-11-20 | Vagos | 6,0 |
| 14. | JESUS David Duarte | 07 | FBSC | 4:54.98 | 25m | 20-12-20 | Coimbra | 5,9 |
| 15. | DZYAKANAU Alexandre | 07 | ALN | 4:57.12 | 25m | 20-12-20 | Coimbra | 5,3 |
| 16. | BORGES Rodrigo Costa | 07 | CFP | 4:57.35 | 25m | 02-05-21 | Felgueiras | 5,3 |
| 17. | RODRIGUES Gil Afonso | 07 | CFP | 4:58.86 | 25m | 02-05-21 | Felgueiras | 4,9 |
| 18. | LARANJO Filipe Manso | 07 | EDV | 4:59.28 | 25m | 09-05-21 | Ponte da Barca | 4,8 |
| 19. | RODRIGUES Joao Alves | 07 | GDNFAMA | 4:59.92 | 25m | 02-05-21 | Felgueiras | 4,6 |
| 20. | CARVALHO Luis Filipe | 07 | CNPO | 5:00.71 | 25m | 02-05-21 | Felgueiras | 4,4 |
| 21. | OLIVEIRA Joao Pedro | 07 | CGA | 5:03.03 | 25m | 09-05-21 | Castro D'Aire | 3,8 |
| 22. | CARREIRA Duarte Maria | 07 | FCP | 5:03.73 | 25m | 02-05-21 | Felgueiras | 3,6 |
| 23. | SARAGOCA Eduardo Sousa | 07 | VNC | 5:04.10 | 25m | 09-05-21 | Ponte da Barca | 3,5 |
| 24. | TEIXEIRA Renato Gouveia | 07 | FOCA | 5:05.93 | 25m | 02-05-21 | Felgueiras | 3,0 |
| 25. | MARQUES Duarte Cachulo | 07 | CAQC | 5:06.08 | 50m | 09-05-21 | Coimbra | 3,0 |
| 26. | YURCHUK Dinis | 07 | NBM | 5:06.65 | 25m | 22-11-20 | Vagos | 2,8 |
| 27. | SOUSA Pedro Barros | 07 | FCP | 5:07.59 | 25m | 02-05-21 | Felgueiras | 2,5 |

400 Livres (desde 28)

| | | | | | | | | |
|-----|-----------------------------|----|---------|---------|-----|----------|----------------|-----|
| 28. | MARTINS Pedro Lages | 07 | CSAAXXI | 5:08.38 | 25m | 09-05-21 | Castro D'Aire | 2,3 |
| 29. | SOARES Guilherme Mahua | 07 | FCP | 5:09.31 | 25m | 02-05-21 | Felgueiras | 2,1 |
| 30. | MARTELO Francisco Bernardes | 07 | FCP | 5:11.80 | 25m | 02-05-21 | Felgueiras | 1,4 |
| 31. | VALES Paulo Tiago | 07 | FCP | 5:11.82 | 25m | 02-05-21 | Felgueiras | 1,4 |
| 32. | CORREIA Diogo Filipe | 07 | SCB | 5:13.06 | 25m | 09-05-21 | Ponte da Barca | 1,1 |
| 33. | CARVALHO Afonso Pacheco | 07 | CFP | 5:13.85 | 25m | 02-05-21 | Felgueiras | |
| 34. | COUTEIRO Tiago Alves | 07 | VNC | 5:14.11 | 25m | 09-05-21 | Ponte da Barca | |
| 35. | FERREIRA Goncalo Andre | 07 | GCVR | 5:14.12 | 25m | 09-05-21 | Peso da Régua | |
| 36. | SOUSA Guilherme Alexandre | 07 | AVFC | 5:14.68 | 25m | 09-05-21 | Castro D'Aire | |
| 37. | COSTA Andre Leitao | 07 | ADF | 5:14.75 | 25m | 02-05-21 | Felgueiras | |
| 38. | NOGUEIRA Afonso Miguel | 07 | SCB | 5:16.17 | 25m | 09-05-21 | Ponte da Barca | |
| 39. | RESENDE Alexandre Silva | 07 | CDF | 5:16.66 | 25m | 09-05-21 | Castro D'Aire | |
| 40. | MONTEIRO Rodrigo Manuel | 07 | FCP | 5:17.01 | 25m | 02-05-21 | Felgueiras | |

100 Costas

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | COSTA Tiago Mendes | 07 | GDNFAMA | 1:07.31 | 25m | 24-04-21 | Famalicao | 9,9 |
| 2. | KUCHERYAVENKO Daniel | 07 | CGA | 1:09.10 | 25m | 22-11-20 | Vagos | 7,9 |
| 3. | CORREIA Rodrigo Filipe | 07 | FCP | 1:09.30 | 25m | 02-05-21 | Felgueiras | 7,7 |
| 4. | OLIVEIRA Joao Pedro | 07 | CGA | 1:09.94 | 25m | 22-11-20 | Vagos | 7,0 |
| 5. | SILVA Tiago Reis | 07 | CFP | 1:10.37 | 25m | 02-05-21 | Felgueiras | 6,5 |
| 6. | DZYAKANAU Alexandre | 07 | ALN | 1:10.90 | 25m | 20-12-20 | Coimbra | 5,9 |
| 7. | SOARES Guilherme Mahua | 07 | FCP | 1:12.42 | 25m | 02-05-21 | Felgueiras | 4,2 |
| 8. | CARVALHO Luis Filipe | 07 | CNPO | 1:12.75 | 25m | 02-05-21 | Felgueiras | 3,8 |
| 9. | TEIXEIRA Renato Gouveia | 07 | FOCA | 1:13.27 | 25m | 02-05-21 | Felgueiras | 3,3 |
| 10. | OLIVEIRA Joaquim Gabriel | 07 | SCA | 1:13.40 | 25m | 22-11-20 | Vagos | 3,1 |
| 11. | CARVALHO Afonso Pacheco | 07 | CFP | 1:14.12 | 25m | 02-05-21 | Felgueiras | 2,3 |
| 12. | COUTEIRO Tiago Alves | 07 | VNC | 1:14.88 | 25m | 07-03-20 | Braga | 1,5 |
| 13. | RIBEIRO Rodrigo Coelho | 07 | CCLAMAS | 1:15.26 | 25m | 28-02-20 | Penafiel | 1,0 |
| 14. | LARANJO Filipe Manso | 07 | EDV | 1:15.34 | 25m | 09-05-21 | Ponte da Barca | |
| 15. | RODRIGUES Joao Alves | 07 | GDNFAMA | 1:15.65 | 25m | 02-05-21 | Felgueiras | |
| 16. | COSTA Tiago Carvalho | 07 | GDNFAMA | 1:15.89 | 25m | 24-04-21 | Famalicao | |
| 17. | PINTO Guilherme Romeira | 07 | SCE | 1:15.94 | 25m | 09-05-21 | Castro D'Aire | |
| 18. | PINTO Pedro Miguel | 07 | ADF | 1:16.11 | 25m | 21-12-19 | Porto | |
| 19. | JESUS David Duarte | 07 | FBSC | 1:16.26 | 25m | 01-03-20 | Leiria | |
| 20. | MARQUES Duarte Cachulo | 07 | CAQC | 1:16.33 | 25m | 01-05-21 | Miranda do Corvo | |
| 21. | SARAGOCA Eduardo Sousa | 07 | VNC | 1:16.85 | 25m | 18-01-20 | Barcelos | |
| 22. | NUNES Duarte Ramos | 07 | CGA | 1:16.89 | 25m | 22-11-20 | Vagos | |
| 23. | VOLKOV David | 07 | SCA | 1:17.00 | 25m | 01-03-20 | Leiria | |
| 23. | OLIVEIRA Eduardo Soares | 07 | GCVR | 1:17.00 | 25m | 09-05-21 | Peso da Régua | |
| 25. | SILVA Francisco Daniel | 07 | LSC | 1:17.10 | 25m | 28-02-20 | Penafiel | |
| 26. | ALMEIDA Guilherme Marques | 07 | AAC | 1:17.49 | 25m | 01-03-20 | Leiria | |
| 27. | BASTOS Pedro Resende | 07 | ADS | 1:17.60 | 25m | 01-03-20 | Leiria | |
| 28. | BORGES Rodrigo Costa | 07 | CFP | 1:17.93 | 25m | 28-02-20 | Penafiel | |
| 29. | BRANDAO Tiago Lopes | 07 | SCA | 1:17.96 | 25m | 22-11-20 | Vagos | |
| 30. | SOUSA Pedro Barros | 07 | FCP | 1:18.02 | 25m | 21-12-19 | Porto | |
| 31. | PIRES Antonio Furtado | 07 | CLIP | 1:18.16 | 25m | 19-01-20 | Entroncamento | |
| 32. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 1:18.82 | 25m | 28-02-20 | Penafiel | |
| 33. | RODRIGUES Gil Afonso | 07 | CFP | 1:19.15 | 25m | 21-12-19 | Porto | |
| 34. | PISSARRO Afonso Pires | 07 | ADP | 1:19.35 | 25m | 28-02-20 | Penafiel | |
| 35. | MOURA Leonardo Cunha | 07 | FOCA | 1:19.54 | 25m | 21-12-19 | Porto | |
| 36. | SEABRA Rodrigo Andrade | 07 | CFV | 1:19.59 | 25m | 02-05-21 | Felgueiras | |
| 37. | MARTINS Joao Miguel | 07 | CPSPA | 1:19.75 | 25m | 20-12-20 | Coimbra | |
| 38. | COSTA Andre Leitao | 07 | ADF | 1:20.14 | 25m | 02-05-21 | Felgueiras | |
| 39. | BRAGA Pedro Mendonca | 07 | CFV | 1:20.15 | 25m | 28-02-20 | Penafiel | |
| 40. | RIBEIRO Tiago Mendes | 07 | CNV | 1:20.75 | 25m | 28-02-20 | Penafiel | |

200 Costas

| | | | | | | | | |
|-----|----------------------------|----|----------|---------|-----|----------|----------------|-----|
| 1. | COSTA Tiago Mendes | 07 | GDNFAMA | 2:27.35 | 25m | 01-05-21 | Felgueiras | 9,2 |
| 2. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 2:29.35 | 25m | 01-05-21 | Felgueiras | 8,1 |
| 3. | KUCHERYAVENKO Daniel | 07 | CGA | 2:31.96 | 25m | 21-11-20 | Vagos | 6,8 |
| 4. | OLIVEIRA Joaquim Gabriel | 07 | SCA | 2:35.61 | 25m | 21-11-20 | Vagos | 4,9 |
| 5. | DZYAKANAU Alexandre | 07 | ALN | 2:35.72 | 25m | 01-02-20 | Coimbra | 4,9 |
| 6. | OLIVEIRA Joao Pedro | 07 | CGA | 2:36.21 | 25m | 21-11-20 | Vagos | 4,6 |
| 7. | COUTEIRO Tiago Alves | 07 | VNC | 2:40.27 | 25m | 08-05-21 | Ponte da Barca | 2,6 |
| 8. | PINTO Guilherme Romeira | 07 | SCE | 2:40.98 | 25m | 09-05-21 | Castro D'Aire | 2,2 |
| 9. | CARVALHO Afonso Pacheco | 07 | CFP | 2:41.43 | 25m | 29-02-20 | Penafiel | 2,0 |
| 10. | RIBEIRO Rodrigo Coelho | 07 | CCLAMAS | 2:41.53 | 25m | 29-02-20 | Penafiel | 1,9 |
| 11. | SILVA Francisco Daniel | 07 | LSC | 2:42.18 | 25m | 29-02-20 | Penafiel | 1,6 |
| 12. | COSTA Tiago Carvalho | 07 | GDNFAMA | 2:42.54 | 25m | 01-05-21 | Felgueiras | 1,4 |
| 13. | TEIXEIRA Renato Gouveia | 07 | FOCA | 2:42.69 | 25m | 08-03-20 | Mirandela | 1,3 |
| 14. | PINTO Pedro Miguel | 07 | ADF | 2:42.71 | 25m | 29-02-20 | Penafiel | 1,3 |
| 15. | SOARES Guilherme Mahua | 07 | FCP | 2:44.34 | 25m | 29-02-20 | Penafiel | |
| 16. | FERNANDES Rodrigo Miguel | 07 | CNV | 2:44.55 | 25m | 01-05-21 | Felgueiras | |
| 17. | MONTEIRO Rodrigo Manuel | 07 | FCP | 2:44.57 | 25m | 01-05-21 | Felgueiras | |
| 18. | VALES Paulo Tiago | 07 | FCP | 2:45.18 | 25m | 01-05-21 | Felgueiras | |
| 19. | ALMEIDA Guilherme Marques | 07 | AAC | 2:46.53 | 25m | 01-02-20 | Coimbra | |
| 20. | OLIVEIRA Eduardo Soares | 07 | GCVR | 2:46.56 | 25m | 09-05-21 | Peso da Régua | |
| 21. | MARTELO Francisco Bernarde | 07 | FCP | 2:46.89 | 25m | 29-02-20 | Penafiel | |
| 22. | RODRIGUES Joao Alves | 07 | GDNFAMA | 2:46.97 | 25m | 29-02-20 | Penafiel | |
| 23. | VOLKOV David | 07 | SCA | 2:46.98 | 25m | 09-05-21 | Castro D'Aire | |
| 24. | FARIA Rodrigo Silva | 07 | CDF | 2:47.85 | 25m | 09-05-21 | Castro D'Aire | |
| 25. | RESENDE Alexandre Silva | 07 | CDF | 2:47.86 | 25m | 09-05-21 | Castro D'Aire | |
| 26. | BASTOS Pedro Resende | 07 | ADS | 2:47.90 | 25m | 06-03-20 | Braga | |
| 27. | CARVALHO Luis Filipe | 07 | CNPO | 2:48.15 | 25m | 29-02-20 | Penafiel | |
| 28. | SILVA Martim Alexandre | 07 | SCC | 2:48.62 | 25m | 25-01-20 | Alcobaça | |
| 29. | JESUS David Duarte | 07 | FBSC | 2:49.51 | 25m | 01-11-19 | Condeixa | |
| 30. | PIRES Antonio Furtado | 07 | CLIPTEAM | 2:50.86 | 25m | 01-05-21 | Felgueiras | |
| 31. | BRAGA Pedro Mendonca | 07 | CFV | 2:50.94 | 25m | 29-02-20 | Penafiel | |
| 32. | NOGUEIRA Afonso Miguel | 07 | SCB | 2:51.14 | 25m | 08-05-21 | Ponte da Barca | |
| 33. | SEABRA Rodrigo Andrade | 07 | CFV | 2:51.19 | 25m | 29-02-20 | Penafiel | |
| 34. | FERNANDES Goncalo Mirand | 07 | GRVM | 2:51.45 | 25m | 29-02-20 | Leiria | |
| 35. | RESENDE Igor Gabriel | 07 | ATG | 2:51.51 | 25m | 19-10-19 | Felgueiras | |
| 36. | FERREIRA Goncalo Andre | 07 | GCVR | 2:52.97 | 25m | 24-04-21 | Vila Real | |
| 37. | MIRANDA Tomas Machado | 07 | FCP | 2:53.68 | 25m | 01-05-21 | Felgueiras | |
| 38. | SOUSA Guilherme Alexandre | 07 | AVFC | 2:54.86 | 25m | 29-02-20 | Leiria | |
| 39. | MATEUS Dinis Martins | 07 | ATG | 2:55.63 | 25m | 29-02-20 | Penafiel | |
| 40. | CARONA Alexandre Espiga | 07 | CLIP | 2:55.90 | 25m | 29-02-20 | Penafiel | |

100 Bruços

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|---------------|-----|
| 1. | NUNES Duarte Ramos | 07 | CGA | 1:19.55 | 25m | 09-05-21 | Castro D'Aire | 5,6 |
| 2. | SILVA Martim Alexandre | 07 | SCC | 1:22.83 | 25m | 18-10-20 | Coimbra | 2,3 |
| 3. | RODRIGUES Gil Afonso | 07 | CFP | 1:23.12 | 25m | 02-05-21 | Felgueiras | 2,0 |
| 4. | CARREIRA Duarte Maria | 07 | FCP | 1:23.65 | 25m | 29-02-20 | Penafiel | 1,5 |
| 5. | AITA Yuri Toth | 07 | FCP | 1:24.18 | 25m | 02-05-21 | Felgueiras | |
| 6. | RODRIGUES Joao Alves | 07 | GDNFAMA | 1:24.31 | 25m | 24-04-21 | Famalicao | |
| 7. | COSTA Tiago Mendes | 07 | GDNFAMA | 1:24.60 | 25m | 29-02-20 | Penafiel | |
| 8. | RESENDE Igor Gabriel | 07 | ATG | 1:24.87 | 25m | 29-02-20 | Penafiel | |
| 9. | PINTO Pedro Miguel | 07 | ADF | 1:25.09 | 25m | 08-02-20 | Vila Mea | |
| 10. | SOUSA Guilherme Alexandre | 07 | AVFC | 1:25.10 | 25m | 09-05-21 | Castro D'Aire | |
| 11. | JESUS David Duarte | 07 | FBSC | 1:25.56 | 25m | 19-12-20 | Coimbra | |
| 12. | MARTINS Joao Miguel | 07 | CPSPA | 1:25.71 | 25m | 19-12-20 | Coimbra | |
| 13. | SARAGOCA Eduardo Sousa | 07 | VNC | 1:25.80 | 25m | 07-03-20 | Braga | |
| 14. | PINTO Francisco Manuel | 07 | ADP | 1:25.88 | 25m | 02-05-21 | Felgueiras | |

100 Bruços (desde 15)

| | | | | | | | |
|-----|---------------------------|----|----------|---------|-----|----------|----------------|
| 15. | VIEIRA Bruno Emanuel | 07 | LSXXI | 1:26.18 | 25m | 02-05-21 | Felgueiras |
| 16. | BORGES Rodrigo Costa | 07 | CFP | 1:26.29 | 25m | 08-02-20 | Vila Mea |
| 16. | FARIA Rodrigo Silva | 07 | CDF | 1:26.29 | 25m | 09-05-21 | Castro D'Aire |
| 18. | CARDOSO Francisco Paiva | 07 | CFP | 1:26.46 | 25m | 02-05-21 | Felgueiras |
| 19. | RIBEIRO Tiago Mendes | 07 | CNV | 1:26.94 | 25m | 29-02-20 | Penafiel |
| 20. | COSTA Antonio Miguel | 07 | ADF | 1:27.16 | 25m | 22-12-19 | Porto |
| 21. | CARVALHO Afonso Oliveira | 07 | CFP | 1:27.25 | 25m | 02-05-21 | Felgueiras |
| 22. | CORREIA Rodrigo Filipe | 07 | FCP | 1:27.44 | 25m | 22-12-19 | Porto |
| 23. | DZYAKANAU Alexandre | 07 | ALN | 1:27.56 | 25m | 02-02-20 | Coimbra |
| 24. | COSTA Tiago Carvalho | 07 | GDNFAMA | 1:28.00 | 25m | 24-04-21 | Famalicao |
| 25. | COUTEIRO Tiago Alves | 07 | VNC | 1:28.12 | 25m | 21-12-19 | Ponte da Barca |
| 26. | DORES Tomas Rocha | 07 | LSC | 1:28.36 | 25m | 29-02-20 | Penafiel |
| 27. | SOUSA Pedro Barros | 07 | FCP | 1:29.26 | 25m | 08-02-20 | Vila Mea |
| 28. | HERDEIRO Joao Lourenco | 07 | CLIPTEAM | 1:29.42 | 25m | 02-05-21 | Felgueiras |
| 29. | ROCHA Guilherme Jose | 07 | SCE | 1:29.72 | 25m | 21-11-20 | Vagos |
| 30. | DUARTE Martim Pedro | 07 | AAC | 1:29.94 | 25m | 01-03-20 | Leiria |
| 31. | TEIXEIRA Rui Pedro | 07 | SCMI | 1:30.23 | 25m | 07-03-20 | Mirandela |
| 32. | OLIVEIRA Eduardo Soares | 07 | GCVR | 1:30.34 | 25m | 09-05-21 | Peso da Régua |
| 33. | REGADAS Tomas Gomes | 07 | GCVR | 1:30.51 | 25m | 09-05-21 | Peso da Régua |
| 34. | CARVALHO Afonso Pacheco | 07 | CFP | 1:30.53 | 25m | 08-02-20 | Vila Mea |
| 35. | PINTO Gustavo Andrade | 07 | LSC | 1:30.66 | 25m | 09-05-21 | Ponte da Barca |
| 36. | VALES Paulo Tiago | 07 | FCP | 1:30.72 | 25m | 02-05-21 | Felgueiras |
| 37. | SOUSA Rafael Silva | 07 | CCLAMAS | 1:30.76 | 25m | 29-02-20 | Penafiel |
| 38. | CARVALHO Martim Goncalves | 07 | ADF | 1:30.80 | 25m | 02-05-21 | Felgueiras |
| 39. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 1:30.95 | 25m | 29-02-20 | Penafiel |
| 40. | FERREIRA Goncalo Andre | 07 | GCVR | 1:31.04 | 25m | 09-05-21 | Peso da Régua |

200 Bruços

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | CARREIRA Duarte Maria | 07 | FCP | 2:53.81 | 25m | 01-05-21 | Felgueiras | 5,2 |
| 2. | PINTO Pedro Miguel | 07 | ADF | 2:58.01 | 25m | 01-05-21 | Felgueiras | 3,3 |
| 3. | SARAGOCA Eduardo Sousa | 07 | VNC | 2:58.81 | 25m | 08-05-21 | Ponte da Barca | 2,9 |
| 4. | DZYAKANAU Alexandre | 07 | ALN | 2:59.28 | 25m | 20-12-20 | Coimbra | 2,7 |
| 5. | FREITAS Afonso Abreu | 07 | ADF | 2:59.50 | 25m | 01-05-21 | Felgueiras | 2,6 |
| 6. | SOUSA Pedro Barros | 07 | FCP | 3:00.50 | 25m | 01-05-21 | Felgueiras | 2,1 |
| 7. | RODRIGUES Gil Afonso | 07 | CFP | 3:04.40 | 25m | 01-03-20 | Penafiel | |
| 8. | RIBEIRO Tiago Mendes | 07 | CNV | 3:04.96 | 25m | 01-05-21 | Felgueiras | |
| 9. | SILVA Martim Alexandre | 07 | SCC | 3:05.21 | 50m | 09-05-21 | Coimbra | |
| 10. | BORGES Rodrigo Costa | 07 | CFP | 3:05.89 | 25m | 01-03-20 | Penafiel | |
| 11. | CARVALHO Afonso Oliveira | 07 | CFP | 3:07.38 | 25m | 01-03-20 | Penafiel | |
| 12. | DORES Tomas Rocha | 07 | LSC | 3:07.72 | 25m | 01-03-20 | Penafiel | |
| 13. | FARIA Rodrigo Silva | 07 | CDF | 3:08.49 | 25m | 22-11-20 | Vagos | |
| 14. | SOUSA Guilherme Alexandre | 07 | AVFC | 3:08.56 | 25m | 22-11-20 | Vagos | |
| 15. | PINTO Gustavo Andrade | 07 | LSC | 3:08.81 | 25m | 01-05-21 | Felgueiras | |
| 16. | SILVA Duarte Moreira | 07 | ADP | 3:09.20 | 25m | 01-05-21 | Felgueiras | |
| 17. | JESUS David Duarte | 07 | FBSC | 3:10.39 | 50m | 09-05-21 | Coimbra | |
| 18. | DUARTE Martim Pedro | 07 | AAC | 3:12.09 | 25m | 01-03-20 | Leiria | |
| 19. | COUTEIRO Tiago Alves | 07 | VNC | 3:12.31 | 25m | 08-03-20 | Braga | |
| 20. | BARROS Diogo Loureiro | 07 | CNPO | 3:13.27 | 25m | 01-05-21 | Felgueiras | |
| 21. | BARROS Rodrigo Goncalves | 07 | ADF | 3:15.49 | 25m | 01-03-20 | Penafiel | |
| 22. | SOUSA Rafael Silva | 07 | CCLAMAS | 3:15.65 | 25m | 01-03-20 | Penafiel | |
| 23. | PISSARRO Afonso Pires | 07 | ADP | 3:15.69 | 25m | 01-05-21 | Felgueiras | |
| 24. | RESENDE Igor Gabriel | 07 | ATG | 3:15.71 | 25m | 20-10-19 | Felgueiras | |
| 25. | REGADAS Tomas Gomes | 07 | GCVR | 3:16.39 | 25m | 09-05-21 | Peso da Régua | |
| 26. | MARTINS Joao Miguel | 07 | CPSPA | 3:16.50 | 25m | 01-03-20 | Leiria | |
| 27. | TEIXEIRA Rui Pedro | 07 | SCMI | 3:17.06 | 25m | 08-03-20 | Mirandela | |
| 28. | TINOCO Joao Pedro | 07 | SCB | 3:17.46 | 25m | 08-05-21 | Ponte da Barca | |
| 29. | LIBERAL Afonso Marcos | 07 | CNPO | 3:18.51 | 25m | 01-03-20 | Penafiel | |

200 Bruços (desde 30)

| | | | | | | | |
|-----|-------------------------|----|---------|---------|-----|----------|---------------|
| 30. | LARANJO Filipe Manso | 07 | EDV | 3:18.86 | 25m | 19-01-20 | Barcelos |
| 31. | CARVALHO Afonso Pacheco | 07 | CFP | 3:18.98 | 25m | 20-10-19 | Felgueiras |
| 32. | COSTA Tiago Mendes | 07 | GDNFAMA | 3:19.19 | 25m | 20-10-19 | Felgueiras |
| 33. | LOMBA Tomas Maia | 07 | CDF | 3:19.67 | 25m | 09-05-21 | Castro D'Aire |
| 34. | ANTUNES David Luis | 07 | CFP | 3:19.76 | 25m | 01-05-21 | Felgueiras |
| 35. | CONCEICAO Pedro Macedo | 07 | GCVR | 3:20.36 | 25m | 08-03-20 | Mirandela |
| 36. | RODRIGUES Joao Alves | 07 | GDNFAMA | 3:21.67 | 25m | 20-10-19 | Felgueiras |
| 37. | COELHO Rodrigo Filipe | 07 | FOCA | 3:21.70 | 25m | 01-05-21 | Felgueiras |
| 38. | DIOGO Sebastiao Palma | 07 | CGA | 3:23.77 | 25m | 22-11-20 | Vagos |
| 39. | SILVA David Ferreira | 07 | AAC | 3:25.34 | 25m | 01-11-19 | Condeixa |
| 40. | KAMOLOV Daniel | 07 | CSAAXXI | 3:25.90 | 25m | 07-12-19 | Coimbra |

100 Mariposa

| | | | | | | | | |
|-----|-----------------------------|----|----------|---------|-----|----------|-------------------|-----|
| 1. | MOURA Leonardo Cunha | 07 | FOCA | 1:06.39 | 25m | 02-05-21 | Felgueiras | 7,9 |
| 2. | COSTA Antonio Miguel | 07 | ADF | 1:09.84 | 25m | 02-05-21 | Felgueiras | 3,9 |
| 3. | PIRES Antonio Furtado | 07 | CLIPTEAM | 1:09.98 | 25m | 02-05-21 | Felgueiras | 3,7 |
| 4. | SILVA Tiago Reis | 07 | CFP | 1:10.64 | 25m | 08-02-20 | Vila Mea | 3,0 |
| 5. | CORREIA Rodrigo Filipe | 07 | FCP | 1:10.65 | 25m | 08-02-20 | Vila Mea | 3,0 |
| 6. | SOUSA Pedro Barros | 07 | FCP | 1:11.81 | 25m | 02-05-21 | Felgueiras | 1,6 |
| 7. | MARTELO Francisco Bernardes | 07 | FCP | 1:12.82 | 25m | 02-05-21 | Felgueiras | |
| 8. | LAVAJO Martim Nuno | 07 | AVFC | 1:14.02 | 25m | 09-05-21 | Castro D'Aire | |
| 9. | JESUS David Duarte | 07 | FBSC | 1:15.34 | 50m | 08-05-21 | Coimbra | |
| 10. | BRANDAO Tiago Lopes | 07 | SCA | 1:15.53 | 25m | 09-05-21 | Castro D'Aire | |
| 11. | SARAGOCA Eduardo Sousa | 07 | VNC | 1:15.54 | 25m | 09-05-21 | Ponte da Barca | |
| 12. | PINTO Guilherme Romeira | 07 | SCE | 1:15.65 | 25m | 22-11-20 | Vagos | |
| 13. | SILVA Martim Alexandre | 07 | SCC | 1:16.30 | 25m | 01-05-21 | Miranda do Corvo | |
| 14. | YURCHUK Dinis | 07 | NBM | 1:17.26 | 25m | 09-05-21 | Castro D'Aire | |
| 15. | RODRIGUES Gil Afonso | 07 | CFP | 1:17.89 | 25m | 08-02-20 | Vila Mea | |
| 16. | DZYAKANAU Alexandre | 07 | SANC | 1:18.08 | 25m | 15-02-20 | Leiria | |
| 17. | PINTO Pedro Miguel | 07 | ADF | 1:19.14 | 25m | 22-12-19 | Porto | |
| 18. | MARQUES Duarte Cachulo | 07 | CAQC | 1:19.30 | 50m | 08-05-21 | Coimbra | |
| 19. | MATEUS Dinis Martins | 07 | ATG | 1:19.68 | 25m | 29-02-20 | Penafiel | |
| 20. | CORREIA Diogo Filipe | 07 | SCB | 1:20.07 | 25m | 09-05-21 | Ponte da Barca | |
| 21. | CARVALHO Luis Filipe | 07 | CNPO | 1:20.39 | 25m | 08-02-20 | Vila Mea | |
| 22. | FERREIRA Miguel Guedes | 07 | FCP | 1:20.48 | 25m | 02-05-21 | Felgueiras | |
| 23. | CARVALHO Afonso Oliveira | 07 | CFP | 1:21.17 | 25m | 08-02-20 | Vila Mea | |
| 24. | SILVA Francisco Daniel | 07 | LSC | 1:21.36 | 25m | 08-02-20 | Vila Mea | |
| 25. | CARVALHO Afonso Pacheco | 07 | CFP | 1:21.52 | 25m | 08-02-20 | Vila Mea | |
| 26. | VOLKOV David | 07 | SCA | 1:21.58 | 25m | 01-03-20 | Leiria | |
| 27. | COSTA Andre Leitao | 07 | ADF | 1:22.10 | 25m | 08-02-20 | Vila Mea | |
| 28. | RESENDE Alexandre Silva | 07 | CDF | 1:22.26 | 25m | 22-11-20 | Vagos | |
| 29. | KUCHERYAVENKO Daniel | 07 | CGA | 1:22.42 | 25m | 24-11-19 | Gafanha da Nazaré | |
| 30. | LOMBA Tomas Maia | 07 | CDF | 1:22.53 | 25m | 09-05-21 | Castro D'Aire | |
| 31. | MARTINS Pedro Lages | 07 | CSAAXXI | 1:22.64 | 25m | 09-05-21 | Castro D'Aire | |
| 32. | CARREIRA Duarte Maria | 07 | FCP | 1:23.07 | 25m | 22-12-19 | Porto | |
| 33. | SILVA David Ferreira | 07 | AAC | 1:23.80 | 25m | 20-12-20 | Coimbra | |
| 34. | BORGES Rodrigo Costa | 07 | CFP | 1:23.82 | 25m | 22-12-19 | Porto | |
| 35. | SOARES Guilherme Mahua | 07 | FCP | 1:23.94 | 25m | 22-12-19 | Porto | |
| 36. | COSTA Tiago Mendes | 07 | GDNFAMA | 1:24.10 | 25m | 22-12-19 | Porto | |
| 37. | BARROS Rodrigo Goncalves | 07 | ADF | 1:24.18 | 25m | 08-02-20 | Vila Mea | |
| 38. | ROCHA Guilherme Jose | 07 | SCE | 1:24.77 | 25m | 22-11-20 | Vagos | |
| 39. | GUIMARAES Salvador Gaspar | 07 | CFP | 1:24.79 | 25m | 08-02-20 | Vila Mea | |
| 40. | COUTEIRO Tiago Alves | 07 | VNC | 1:25.04 | 25m | 22-12-19 | Ponte da Barca | |

200 Mariposa

| | | | | | | | | |
|-----|------------------------------|----|-------|---------|-----|----------|---------------|-----|
| 1. | RODRIGUES Gil Afonso | 07 | CFP | 2:41.11 | 25m | 01-05-21 | Felgueiras | 1,8 |
| 2. | MARTELO Francisco Bernardede | 07 | FCP | 2:42.89 | 25m | 01-03-20 | Penafiel | |
| 3. | COSTA Antonio Miguel | 07 | ADF | 2:43.24 | 25m | 01-03-20 | Penafiel | |
| 4. | CORREIA Rodrigo Filipe | 07 | FCP | 2:43.37 | 25m | 01-03-20 | Penafiel | |
| 5. | DORES Tomas Rocha | 07 | LSC | 2:50.38 | 25m | 01-05-21 | Felgueiras | |
| 6. | PINTO Guilherme Romeira | 07 | SCE | 2:51.89 | 25m | 09-05-21 | Castro D'Aire | |
| 7. | CARVALHO Luis Filipe | 07 | CNPO | 2:52.50 | 25m | 01-05-21 | Felgueiras | |
| 8. | SOUSA Pedro Barros | 07 | FCP | 2:52.70 | 25m | 01-03-20 | Penafiel | |
| 9. | PIRES Antonio Furtado | 07 | CLIP | 2:53.09 | 25m | 01-03-20 | Penafiel | |
| 10. | DZYAKANAU Alexandre | 07 | ALN | 2:54.45 | 25m | 29-02-20 | Leiria | |
| 11. | LAVAJO Martim Nuno | 07 | AVFC | 2:56.89 | 25m | 29-02-20 | Leiria | |
| 12. | MATEUS Dinis Martins | 07 | ATG | 3:01.23 | 25m | 01-03-20 | Penafiel | |
| 13. | REGADAS Tomas Gomes | 07 | GCVR | 3:15.32 | 25m | 08-05-21 | Peso da Régua | |
| 14. | VIEIRA Bruno Emanuel | 07 | LSXXI | 3:15.80 | 25m | 01-03-20 | Penafiel | |
| 15. | FERNANDES Rodrigo Miguel | 07 | CNV | 3:20.80 | 25m | 01-03-20 | Penafiel | |
| 16. | FERREIRA Goncalo Andre | 07 | GCVR | 3:26.32 | 25m | 07-03-20 | Mirandela | |
| 17. | PEREIRA Gabriel Salvador | 07 | ATG | 3:42.78 | 25m | 20-10-19 | Felgueiras | |
| 18. | BABO Nuno Andre | 07 | ADP | 3:48.58 | 25m | 20-10-19 | Felgueiras | |
| 19. | LUCKYANCHYKOV Alex | 07 | CPN | 3:59.61 | 25m | 20-10-19 | Felgueiras | |

200 Estilos

| | | | | | | | | |
|-----|------------------------------|----|----------|---------|-----|----------|----------------|-----|
| 1. | COSTA Tiago Mendes | 07 | GDNFAMA | 2:30.71 | 25m | 01-05-21 | Felgueiras | 8,3 |
| 2. | AZEVEDO Goncalo Carlos | 07 | CNMAIA | 2:31.33 | 25m | 01-05-21 | Felgueiras | 8,0 |
| 3. | MOURA Leonardo Cunha | 07 | FOCA | 2:34.22 | 25m | 01-05-21 | Felgueiras | 6,6 |
| 4. | PINTO Pedro Miguel | 07 | ADF | 2:34.63 | 25m | 01-05-21 | Felgueiras | 6,4 |
| 5. | COSTA Antonio Miguel | 07 | ADF | 2:35.88 | 25m | 01-05-21 | Felgueiras | 5,7 |
| 6. | DZYAKANAU Alexandre | 07 | ALN | 2:36.41 | 25m | 18-10-20 | Coimbra | 5,5 |
| 7. | NUNES Duarte Ramos | 07 | CGA | 2:36.42 | 25m | 09-05-21 | Castro D'Aire | 5,5 |
| 8. | SILVA Tiago Reis | 07 | CFP | 2:37.20 | 25m | 01-05-21 | Felgueiras | 5,1 |
| 9. | SILVA Martim Alexandre | 07 | SCC | 2:37.99 | 25m | 01-03-20 | Leiria | 4,7 |
| 10. | DORES Tomas Rocha | 07 | LSC | 2:38.08 | 25m | 01-05-21 | Felgueiras | 4,6 |
| 11. | SARAGOCA Eduardo Sousa | 07 | VNC | 2:38.39 | 25m | 08-05-21 | Ponte da Barca | 4,5 |
| 12. | RODRIGUES Gil Afonso | 07 | CFP | 2:38.69 | 25m | 01-05-21 | Felgueiras | 4,3 |
| 13. | RODRIGUES Joao Alves | 07 | GDNFAMA | 2:39.01 | 25m | 01-05-21 | Felgueiras | 4,1 |
| 14. | TEIXEIRA Renato Gouveia | 07 | FOCA | 2:39.14 | 25m | 01-05-21 | Felgueiras | 4,1 |
| 15. | CORREIA Rodrigo Filipe | 07 | FCP | 2:39.84 | 25m | 21-12-19 | Porto | 3,7 |
| 16. | COUTEIRO Tiago Alves | 07 | VNC | 2:39.99 | 25m | 08-05-21 | Ponte da Barca | 3,6 |
| 17. | LAVAJO Martim Nuno | 07 | AVFC | 2:40.39 | 25m | 09-05-21 | Castro D'Aire | 3,4 |
| 18. | BORGES Rodrigo Costa | 07 | CFP | 2:40.61 | 25m | 01-05-21 | Felgueiras | 3,3 |
| 19. | OLIVEIRA Joao Pedro | 07 | CGA | 2:40.77 | 25m | 09-05-21 | Castro D'Aire | 3,3 |
| 20. | JESUS David Duarte | 07 | FBSC | 2:41.03 | 25m | 20-12-20 | Coimbra | 3,1 |
| 21. | PIRES Antonio Furtado | 07 | CLIPTEAM | 2:41.15 | 25m | 01-05-21 | Felgueiras | 3,1 |
| 22. | CARREIRA Duarte Maria | 07 | FCP | 2:42.31 | 25m | 01-05-21 | Felgueiras | 2,5 |
| 23. | LARANJO Filipe Manso | 07 | EDV | 2:42.52 | 25m | 08-05-21 | Ponte da Barca | 2,4 |
| 24. | MARTELO Francisco Bernardede | 07 | FCP | 2:42.53 | 25m | 01-05-21 | Felgueiras | 2,4 |
| 25. | SOUSA Pedro Barros | 07 | FCP | 2:42.73 | 25m | 01-05-21 | Felgueiras | 2,3 |
| 26. | FERREIRA Goncalo Andre | 07 | GCVR | 2:42.80 | 25m | 24-04-21 | Vila Real | 2,2 |
| 27. | CARVALHO Afonso Pacheco | 07 | CFP | 2:42.89 | 25m | 01-05-21 | Felgueiras | 2,2 |
| 28. | AITA Yuri Toth | 07 | FCP | 2:42.98 | 25m | 01-05-21 | Felgueiras | 2,1 |
| 29. | SOUSA Guilherme Alexandre | 07 | AVFC | 2:43.32 | 25m | 09-05-21 | Castro D'Aire | 2,0 |
| 30. | KAMOLOV Daniel | 07 | CSAAXXI | 2:43.64 | 25m | 09-05-21 | Castro D'Aire | 1,8 |
| 31. | OLIVEIRA Eduardo Soares | 07 | GCVR | 2:44.08 | 25m | 08-05-21 | Peso da Régua | 1,6 |
| 32. | YURCHUK Dinis | 07 | NBM | 2:44.22 | 25m | 09-05-21 | Castro D'Aire | 1,5 |
| 33. | MARTINS Pedro Lages | 07 | CSAAXXI | 2:44.56 | 25m | 09-05-21 | Castro D'Aire | 1,3 |
| 34. | MARQUES Duarte Cachulo | 07 | CAQC | 2:44.60 | 50m | 08-05-21 | Coimbra | 1,3 |
| 35. | SOARES Guilherme Mahua | 07 | FCP | 2:45.37 | 25m | 01-05-21 | Felgueiras | |

200 Estilos (desde 36)

| | | | | | | | |
|-----|-------------------------|----|-----|---------|-----|----------|------------|
| 36. | KUCHERYAVENKO Daniel | 07 | CGA | 2:45.56 | 25m | 02-02-20 | Viseu |
| 37. | COSTA Andre Leitao | 07 | ADF | 2:45.64 | 25m | 01-05-21 | Felgueiras |
| 38. | RIBEIRO Tiago Mendes | 07 | CNV | 2:46.54 | 25m | 01-05-21 | Felgueiras |
| 39. | RESENDE Igor Gabriel | 07 | CFP | 2:46.75 | 25m | 01-05-21 | Felgueiras |
| 40. | CARDOSO Francisco Paiva | 07 | CFP | 2:47.92 | 25m | 01-05-21 | Felgueiras |

12 anos, Femin.

01-07-2019-14-05-2021

Apenas grupos: ANCNP, ARNN, ANMIN, ANNP, ANC

100 Livres

| | | | | | | | | |
|-----|----------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | CAVALEIRO Leonor Mercedes | 09 | SCC | 1:11.01 | 25m | 20-12-20 | Coimbra | 6,4 |
| 2. | SILVA Leonor Carnide | 09 | GCVR | 1:12.27 | 25m | 24-04-21 | Vila Real | 5,0 |
| 3. | PRIMO Sofia Fonseca | 09 | CNMC | 1:12.44 | 50m | 08-05-21 | Coimbra | 4,8 |
| 4. | PROTOLYUK Anastacia | 09 | SCC | 1:12.74 | 25m | 20-12-20 | Coimbra | 4,5 |
| 5. | SANTOS Mariana Silva | 09 | FCP | 1:13.72 | 25m | 01-05-21 | Felgueiras | 3,4 |
| 6. | COSTA Maria Leonor | 09 | GCST | 1:14.29 | 25m | 01-05-21 | Felgueiras | 2,8 |
| 7. | MOREIRA Madalena Valente | 09 | LSC | 1:14.57 | 25m | 01-05-21 | Felgueiras | 2,4 |
| 8. | BRAZ Maria Manuel | 09 | GCVR | 1:14.63 | 25m | 24-04-21 | Vila Real | 2,4 |
| 9. | MATIAS Alana Costa | 09 | AAC | 1:14.93 | 25m | 09-02-20 | Lousã | 2,0 |
| 10. | MALHAO Beatriz Maria | 09 | SCCAM | 1:16.00 | 25m | 08-05-21 | Ponte da Barca | |
| 11. | SILVA Marta Oliveira | 09 | ADS | 1:16.61 | 25m | 21-11-20 | Vagos | |
| 12. | COUTINHO Eva Alexandra | 09 | CMNPR | 1:16.66 | 25m | 08-05-21 | Peso da Régua | |
| 13. | RICARDO Francisca Martingo | 09 | FCP | 1:16.87 | 25m | 01-05-21 | Felgueiras | |
| 14. | REIS Mafalda Brandao | 09 | GDNFAMA | 1:17.64 | 25m | 24-04-21 | Famalicao | |
| 15. | CANCELA Raquel Alexandra | 09 | CNMC | 1:17.69 | 25m | 20-12-20 | Coimbra | |
| 16. | MARTINS Carolina Correia | 09 | FCP | 1:17.72 | 25m | 01-05-21 | Felgueiras | |
| 17. | RIBEIRO Ines Carvalhinho | 09 | CNMAIA | 1:17.94 | 25m | 01-05-21 | Felgueiras | |
| 18. | COSTA Uxia Romero | 09 | CFP | 1:18.00 | 25m | 25-01-20 | Braga | |
| 19. | MONTEIRO Margarida Pessoa | 09 | SCC | 1:18.37 | 25m | 20-12-20 | Coimbra | |
| 20. | OLIVEIRA Francisca Pinto | 09 | CGA | 1:18.44 | 25m | 21-11-20 | Vagos | |
| 21. | CRUZ Rita Calado | 09 | FBSC | 1:18.65 | 25m | 09-02-20 | Lousã | |
| 22. | SANTOS Caetana Amado | 09 | CNMC | 1:19.00 | 25m | 01-05-21 | Miranda do Corvo | |
| 23. | PINTO Maria Carvalho | 09 | VNC | 1:19.40 | 25m | 22-02-20 | Ponte de Lima | |
| 24. | PEIXOTO Mafalda Coelho | 09 | VSC | 1:19.99 | 25m | 16-02-20 | Lousada | |
| 25. | MACEDO Maria Miranda | 09 | SCC | 1:20.03 | 25m | 01-05-21 | Miranda do Corvo | |
| 26. | RIBEIRO Beatriz Pombo | 09 | CMNPR | 1:20.14 | 25m | 08-05-21 | Peso da Régua | |
| 27. | ALBANO Ines Sofia | 09 | CNV | 1:20.16 | 25m | 01-05-21 | Felgueiras | |
| 28. | PIRES Matilde Domingues | 09 | SCC | 1:20.22 | 25m | 20-12-20 | Coimbra | |
| 29. | AMBRUS Beatriz Alves | 09 | CFP | 1:20.27 | 25m | 16-02-20 | Lousada | |
| 30. | GONCALVES Eduarda Araujo | 09 | VNC | 1:20.32 | 25m | 08-05-21 | Ponte da Barca | |
| 31. | BAPTISTA Carolina Sofia | 09 | CDE | 1:20.45 | 25m | 26-01-20 | Aveiro | |
| 32. | MOREIRA Maria Alexandra | 09 | CAQC | 1:21.31 | 25m | 20-12-20 | Coimbra | |
| 33. | CRAVEIRO Leonor Moca | 09 | CNPO | 1:21.48 | 50m | 19-12-20 | Povoa do Varzim | |
| 34. | SANTOS Carlota Ganito | 09 | CGA | 1:21.78 | 25m | 09-05-21 | Castro D'Aire | |
| 35. | ANTUNES Ana Moreira | 09 | GDNFAMA | 1:21.86 | 25m | 24-04-21 | Famalicao | |
| 36. | BONFIM Maria Eliza | 09 | FCP | 1:21.95 | 25m | 01-05-21 | Felgueiras | |
| 37. | SOUSA Raquel Azevedo | 09 | UDO | 1:22.20 | 25m | 09-05-21 | Castro D'Aire | |
| 38. | MARTINEZ Emma Sofia | 09 | SCCAM | 1:22.24 | 25m | 08-05-21 | Ponte da Barca | |
| 39. | MAIA Lara Catarina | 09 | CDE | 1:22.81 | 25m | 26-01-20 | Aveiro | |
| 40. | SILVA Helena Casimiro | 09 | GDNFAMA | 1:22.86 | 25m | 24-04-21 | Famalicao | |

200 Livres

| | | | | | | | | |
|-----|--------------------------|----|-------|---------|-----|----------|------------------|-----|
| 1. | BAPTISTA Carolina Sofia | 09 | CDE | 2:35.06 | 25m | 09-05-21 | Castro D'Aire | 6,7 |
| 2. | PROTOLYUK Anastacia | 09 | SCC | 2:36.18 | 25m | 01-05-21 | Miranda do Corvo | 6,1 |
| 3. | SILVA Leonor Carnide | 09 | GCVR | 2:36.52 | 25m | 08-05-21 | Peso da Régua | 5,9 |
| 4. | COSTA Uxia Romero | 09 | CFP | 2:36.88 | 25m | 02-05-21 | Felgueiras | 5,8 |
| 5. | PINTO Maria Carvalho | 09 | VNC | 2:36.92 | 25m | 09-05-21 | Ponte da Barca | 5,7 |
| 6. | MOREIRA Madalena Valente | 09 | LSC | 2:37.04 | 25m | 09-05-21 | Ponte da Barca | 5,7 |
| 7. | GONCALVES Leonor Queiroz | 09 | SCB | 2:37.05 | 25m | 09-05-21 | Ponte da Barca | 5,7 |
| 8. | BRAZ Maria Manuel | 09 | GCVR | 2:39.63 | 25m | 08-05-21 | Peso da Régua | 4,4 |
| 9. | PEREIRA Beatriz Maciel | 09 | EDV | 2:39.92 | 25m | 09-05-21 | Ponte da Barca | 4,2 |
| 10. | OLIVEIRA Francisca Pinto | 09 | CGA | 2:43.31 | 25m | 09-05-21 | Castro D'Aire | 2,5 |
| 11. | RODRIGUES Teresa Isabel | 09 | FOCA | 2:43.64 | 25m | 02-05-21 | Felgueiras | 2,4 |
| 12. | PEREIRA Eduarda Ribeiro | 09 | SCCAM | 2:43.87 | 25m | 09-05-21 | Ponte da Barca | 2,2 |

200 Livres (desde 13)

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|------------------|-----|
| 13. | SILVA Marta Oliveira | 09 | ADS | 2:44.50 | 25m | 22-11-20 | Vagos | 1,9 |
| 14. | REIS Mafalda Brandao | 09 | GDNFAMA | 2:45.61 | 25m | 02-05-21 | Felgueiras | 1,4 |
| 15. | PRIMO Sofia Fonseca | 09 | CNMC | 2:46.93 | 25m | 19-12-20 | Coimbra | |
| 16. | SANTOS Ines Sousa | 09 | CFV | 2:47.73 | 25m | 02-05-21 | Felgueiras | |
| 17. | MONTEIRO Margarida Pessoa | 09 | SCC | 2:48.00 | 25m | 19-12-20 | Coimbra | |
| 18. | SOARES Vera Marques | 09 | GDNFAMA | 2:48.73 | 25m | 02-05-21 | Felgueiras | |
| 19. | PIRES Matilde Domingues | 09 | SCC | 2:52.99 | 50m | 09-05-21 | Coimbra | |
| 20. | CRUZ Rita Calado | 09 | FBSC | 2:53.29 | 25m | 15-12-19 | Condeixa | |
| 21. | PEDREIRO Francisca Soreto | 09 | CGA | 2:53.89 | 25m | 09-05-21 | Castro D'Aire | |
| 22. | MACEDO Maria Miranda | 09 | SCC | 2:54.04 | 25m | 19-12-20 | Coimbra | |
| 23. | SILVA Helena Casimiro | 09 | GDNFAMA | 2:54.72 | 25m | 02-05-21 | Felgueiras | |
| 24. | ANTUNES Ana Moreira | 09 | GDNFAMA | 2:55.08 | 25m | 02-05-21 | Felgueiras | |
| 25. | ARAUJO Catarina Soares | 09 | ADP | 2:55.29 | 25m | 15-12-19 | Lousada | |
| 26. | AMBRUS Beatriz Alves | 09 | CFP | 2:55.32 | 25m | 15-12-19 | Lousada | |
| 27. | BONFIM Maria Eliza | 09 | FCP | 2:55.50 | 25m | 15-12-19 | Lousada | |
| 28. | CASTRO Marta Antunes | 09 | SCA | 2:55.80 | 25m | 09-05-21 | Castro D'Aire | |
| 29. | MATIAS Alana Costa | 09 | AAC | 2:56.74 | 25m | 15-12-19 | Condeixa | |
| 30. | CAMARINHA Gabriela Vieira | 09 | SCB | 2:57.28 | 25m | 09-05-21 | Ponte da Barca | |
| 31. | CARVALHO Ana Rita | 09 | CAQC | 2:57.37 | 25m | 01-05-21 | Miranda do Corvo | |
| 32. | PEIXOTO Mafalda Coelho | 09 | VSC | 2:57.47 | 25m | 02-05-21 | Felgueiras | |
| 33. | FERNANDES Laura Filipe | 09 | ALN | 2:58.62 | 25m | 15-12-19 | Condeixa | |
| 34. | MOREIRA Maria Alexandra | 09 | CAQC | 2:58.92 | 25m | 01-05-21 | Miranda do Corvo | |
| 35. | SANTOS Mariana Silva | 09 | FCP | 3:00.00 | 25m | 15-12-19 | Lousada | |
| 36. | TERROSO Mariana Mesquita | 09 | CFV | 3:00.08 | 25m | 02-05-21 | Felgueiras | |
| 37. | MAGALHAES Matilde Esteves | 09 | SCCAM | 3:00.41 | 25m | 14-12-19 | Ponte de Lima | |
| 38. | FRITSCHÉ Zoe | 09 | CNV | 3:00.51 | 25m | 02-05-21 | Felgueiras | |
| 39. | CAVALEIRO Leonor Mercês | 09 | SCC | 3:00.92 | 25m | 22-02-20 | Guimaraes | |
| 40. | COSTA Maria Leonor | 09 | GCST | 3:01.45 | 25m | 15-12-19 | Lousada | |

400 Livres

| | | | | | | | | |
|-----|----------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | BAPTISTA Carolina Sofia | 09 | CDE | 5:19.15 | 25m | 09-05-21 | Castro D'Aire | 7,8 |
| 2. | PROTOLYUK Anastacia | 09 | SCC | 5:25.28 | 25m | 20-12-20 | Coimbra | 6,3 |
| 3. | GONCALVES Leonor Queiroz | 09 | SCB | 5:26.34 | 25m | 08-05-21 | Ponte da Barca | 6,1 |
| 4. | CAVALEIRO Leonor Mercês | 09 | SCC | 5:26.41 | 25m | 20-12-20 | Coimbra | 6,0 |
| 5. | PINTO Maria Carvalho | 09 | VNC | 5:28.51 | 25m | 08-05-21 | Ponte da Barca | 5,5 |
| 6. | MAGALHAES Matilde Esteves | 09 | SCCAM | 5:30.38 | 25m | 08-05-21 | Ponte da Barca | 5,1 |
| 7. | MOREIRA Madalena Valente | 09 | LSC | 5:32.03 | 25m | 08-05-21 | Ponte da Barca | 4,7 |
| 8. | COSTA Uxia Romero | 09 | CFP | 5:35.81 | 25m | 01-05-21 | Felgueiras | 3,8 |
| 9. | MAIA Lara Catarina | 09 | CDE | 5:38.67 | 25m | 09-05-21 | Castro D'Aire | 3,1 |
| 10. | AMBRUS Beatriz Alves | 09 | FCP | 5:41.59 | 25m | 01-05-21 | Felgueiras | 2,4 |
| 11. | BRAZ Maria Manuel | 09 | GCVR | 5:41.60 | 25m | 09-05-21 | Peso da Régua | 2,4 |
| 12. | SILVA Leonor Carnide | 09 | GCVR | 5:42.78 | 25m | 09-05-21 | Peso da Régua | 2,1 |
| 13. | OLIVEIRA Francisca Pinto | 09 | CGA | 5:44.51 | 25m | 09-05-21 | Castro D'Aire | 1,7 |
| 14. | ARAUJO Catarina Soares | 09 | ADP | 5:45.33 | 25m | 01-05-21 | Felgueiras | 1,5 |
| 15. | PEREIRA Eduarda Ribeiro | 09 | SCCAM | 5:45.71 | 25m | 08-05-21 | Ponte da Barca | 1,4 |
| 16. | MONTEIRO Margarida Pessoa | 09 | SCC | 5:47.57 | 25m | 20-12-20 | Coimbra | |
| 17. | RODRIGUES Teresa Isabel | 09 | FOCA | 5:48.37 | 25m | 01-05-21 | Felgueiras | |
| 18. | SANTOS Mariana Silva | 09 | FCP | 5:49.12 | 25m | 01-05-21 | Felgueiras | |
| 19. | SOUSA Ines Fernandes | 09 | LSC | 5:49.60 | 25m | 01-05-21 | Felgueiras | |
| 20. | PEREIRA Beatriz Maciel | 09 | EDV | 5:50.02 | 25m | 08-05-21 | Ponte da Barca | |
| 21. | GALANTE Filipa Carvalho | 09 | CFV | 5:51.33 | 25m | 01-05-21 | Felgueiras | |
| 22. | SOARES Vera Marques | 09 | GDNFAMA | 5:52.62 | 25m | 01-05-21 | Felgueiras | |
| 23. | PIRES Matilde Domingues | 09 | SCC | 5:53.48 | 25m | 20-12-20 | Coimbra | |
| 24. | SANTOS Joana Almeida | 09 | CDE | 5:54.16 | 25m | 09-05-21 | Castro D'Aire | |
| 25. | COSTA Maria Leonor | 09 | GCST | 5:54.60 | 25m | 01-05-21 | Felgueiras | |
| 26. | RICARDO Francisca Martingo | 09 | FCP | 5:54.68 | 25m | 01-05-21 | Felgueiras | |
| 27. | RIBEIRO Ines Carvalhinho | 09 | CNMAIA | 5:56.09 | 25m | 01-05-21 | Felgueiras | |

400 Livres (desde 28)

| | | | | | | | |
|-----|--------------------------|----|---------|---------|-----|----------|----------------|
| 28. | PRIMO Sofia Fonseca | 09 | CNMC | 5:56.46 | 50m | 08-05-21 | Coimbra |
| 29. | REIS Mafalda Brandao | 09 | GDNFAMA | 5:56.73 | 25m | 01-05-21 | Felgueiras |
| 30. | ANTUNES Ana Moreira | 09 | GDNFAMA | 5:57.86 | 25m | 01-05-21 | Felgueiras |
| 31. | MARTINS Carolina Correia | 09 | FCP | 5:58.59 | 25m | 01-05-21 | Felgueiras |
| 32. | SILVA Marta Oliveira | 09 | ADS | 5:58.65 | 25m | 09-05-21 | Castro D'Aire |
| 33. | CANCELA Raquel Alexandra | 09 | CNMC | 6:00.04 | 50m | 08-05-21 | Coimbra |
| 34. | MALHAO Beatriz Maria | 09 | SCCAM | 6:00.31 | 25m | 08-05-21 | Ponte da Barca |
| 35. | SOUSA Marta Rebelo | 09 | FCP | 6:01.06 | 25m | 01-05-21 | Felgueiras |
| 36. | SANTOS Matilde Maria | 09 | LSC | 6:01.35 | 25m | 01-05-21 | Felgueiras |
| 37. | MACEDO Maria Miranda | 09 | SCC | 6:06.04 | 25m | 20-12-20 | Coimbra |
| 38. | PEIXOTO Mafalda Coelho | 09 | VSC | 6:06.27 | 25m | 01-05-21 | Felgueiras |
| 39. | TEIXEIRA Ana Beatriz | 09 | CNMAIA | 6:10.17 | 25m | 01-05-21 | Felgueiras |
| 40. | SANTOS Ines Sousa | 09 | CFV | 6:11.04 | 25m | 01-05-21 | Felgueiras |

100 Costas

| | | | | | | | | |
|-----|------------------------------|----|---------|---------|-----|----------|------------------|-----|
| 1. | SILVA Leonor Carnide | 09 | GCVR | 1:21.69 | 25m | 09-05-21 | Peso da Régua | 3,7 |
| 2. | CAVALEIRO Leonor Mercês | 09 | SCC | 1:22.47 | 25m | 18-10-20 | Coimbra | 2,9 |
| 3. | PEREIRA Beatriz Maciel | 09 | EDV | 1:22.81 | 25m | 08-05-21 | Ponte da Barca | 2,6 |
| 4. | OLIVEIRA Francisca Pinto | 09 | CGA | 1:23.16 | 25m | 09-05-21 | Castro D'Aire | 2,2 |
| 5. | PRIMO Sofia Fonseca | 09 | CNMC | 1:23.70 | 25m | 01-05-21 | Miranda do Corvo | 1,7 |
| 6. | CANCELA Raquel Alexandra | 09 | CNMC | 1:24.54 | 25m | 01-05-21 | Miranda do Corvo | |
| 7. | BAPTISTA Carolina Sofia | 09 | CDE | 1:24.58 | 25m | 22-11-20 | Vagos | |
| 8. | SANTOS Caetana Amado | 09 | CNMC | 1:25.16 | 25m | 01-05-21 | Miranda do Corvo | |
| 9. | MAGALHAES Matilde Esteves | 09 | SCCAM | 1:25.20 | 25m | 25-01-20 | Braga | |
| 10. | MOREIRA Madalena Valente | 09 | LSC | 1:26.57 | 25m | 08-05-21 | Ponte da Barca | |
| 11. | SOARES Vera Marques | 09 | GDNFAMA | 1:26.95 | 25m | 24-04-21 | Famalicao | |
| 12. | PIRES Matilde Domingues | 09 | SCC | 1:28.02 | 50m | 09-05-21 | Coimbra | |
| 13. | MAIA Lara Catarina | 09 | CDE | 1:28.15 | 25m | 22-11-20 | Vagos | |
| 14. | AMBRUS Beatriz Alves | 09 | CFP | 1:28.41 | 25m | 16-02-20 | Lousada | |
| 15. | ARAUJO Catarina Soares | 09 | ADP | 1:28.43 | 25m | 16-02-20 | Lousada | |
| 16. | SANTOS Joana Almeida | 09 | CDE | 1:28.94 | 25m | 09-05-21 | Castro D'Aire | |
| 17. | MEDINA Gabriela Leonardo | 09 | CAQC | 1:29.55 | 50m | 09-05-21 | Coimbra | |
| 18. | CRUZ Rita Calado | 09 | FBSC | 1:29.65 | 25m | 08-02-20 | Lousã | |
| 19. | GONCALVES Ema Sofia | 09 | SCA | 1:29.96 | 25m | 22-11-20 | Vagos | |
| 20. | MONTEIRO Margarida Pessoa | 09 | SCC | 1:30.06 | 25m | 01-05-21 | Miranda do Corvo | |
| 21. | PINTO Maria Carvalho | 09 | VNC | 1:30.10 | 25m | 22-02-20 | Ponte de Lima | |
| 22. | BONFIM Maria Eliza | 09 | FCP | 1:30.16 | 25m | 14-12-19 | Lousada | |
| 23. | CASTRO Marta Antunes | 09 | SCA | 1:30.38 | 25m | 22-11-20 | Vagos | |
| 24. | FRITSCHÉ Zoe | 09 | CNV | 1:30.99 | 25m | 01-05-21 | Felgueiras | |
| 25. | RICARDO Francisca Martingo | 09 | FCP | 1:31.16 | 25m | 14-12-19 | Lousada | |
| 26. | SANTOS Mariana Silva | 09 | FCP | 1:31.17 | 25m | 16-02-20 | Lousada | |
| 27. | SOUSA Ines Fernandes | 09 | LSC | 1:31.65 | 25m | 16-02-20 | Lousada | |
| 28. | SILVA Helena Casimiro | 09 | GDNFAMA | 1:31.83 | 25m | 01-05-21 | Felgueiras | |
| 29. | MATIAS Alana Costa | 09 | AAC | 1:32.01 | 25m | 08-02-20 | Lousã | |
| 30. | FERNANDES Laura Filipe | 09 | ALN | 1:32.20 | 25m | 15-12-19 | Condeixa | |
| 31. | SANTOS Ines Sousa | 09 | CFV | 1:32.26 | 25m | 25-01-20 | Braga | |
| 32. | LARETH Maria Novais | 09 | CLIP | 1:32.65 | 25m | 16-02-20 | Lousada | |
| 33. | PATRICIO Ines Castro | 09 | CFV | 1:32.69 | 25m | 01-05-21 | Felgueiras | |
| 34. | CARVALHO Ines Patricia | 09 | ATG | 1:33.01 | 25m | 16-02-20 | Lousada | |
| 35. | COSTA Catarina Ribeiro | 09 | VSC | 1:33.14 | 25m | 01-05-21 | Felgueiras | |
| 36. | FONSECA Francisca Moreira | 09 | CMNPR | 1:33.16 | 25m | 09-05-21 | Peso da Régua | |
| 37. | PROTOLYUK Anastacia | 09 | SCC | 1:33.22 | 25m | 08-02-20 | Lousã | |
| 38. | FARIA Ines Maria | 09 | FCP | 1:33.32 | 25m | 01-05-21 | Felgueiras | |
| 39. | SOUSA Raquel Azevedo | 09 | UDO | 1:33.68 | 25m | 22-11-20 | Vagos | |
| 40. | PEREIRINHA Carolina Baptista | 09 | CPSPA | 1:33.95 | 25m | 20-12-20 | Coimbra | |

200 Costas

| | | | | | | | | |
|-----|----------------------------|----|----------|---------|-----|----------|------------------|-----|
| 1. | CAVALEIRO Leonor Mercedes | 09 | SCC | 2:45.65 | 25m | 19-12-20 | Coimbra | 8,8 |
| 2. | MAGALHAES Matilde Esteves | 09 | SCCAM | 2:50.02 | 25m | 09-05-21 | Ponte da Barca | 6,8 |
| 3. | SOUSA Ines Fernandes | 09 | LSC | 2:54.87 | 25m | 02-05-21 | Felgueiras | 4,6 |
| 4. | SILVA Leonor Carnide | 09 | GCVR | 2:57.60 | 25m | 09-05-21 | Peso da Régua | 3,3 |
| 5. | AMBRUS Beatriz Alves | 09 | FCP | 2:58.27 | 25m | 02-05-21 | Felgueiras | 3,0 |
| 6. | RIBEIRO Ines Carvalhinho | 09 | CNMAIA | 2:58.28 | 25m | 02-05-21 | Felgueiras | 3,0 |
| 7. | MALHAO Beatriz Maria | 09 | SCCAM | 2:58.39 | 25m | 09-05-21 | Ponte da Barca | 3,0 |
| 8. | BAPTISTA Carolina Sofia | 09 | CDE | 2:59.67 | 25m | 21-11-20 | Vagos | 2,4 |
| 9. | RICARDO Francisca Martingo | 09 | FCP | 3:00.91 | 25m | 02-05-21 | Felgueiras | 1,8 |
| 10. | SOUSA Marta Rebelo | 09 | FCP | 3:01.11 | 25m | 02-05-21 | Felgueiras | 1,7 |
| 11. | PRIMO Sofia Fonseca | 09 | CNMC | 3:02.38 | 25m | 19-12-20 | Coimbra | 1,1 |
| 12. | OLIVEIRA Francisca Pinto | 09 | CGA | 3:02.66 | 25m | 21-11-20 | Vagos | 1,0 |
| 13. | SANTOS Caetana Amado | 09 | CNMC | 3:03.91 | 25m | 19-12-20 | Coimbra | |
| 14. | ARAUJO Catarina Soares | 09 | ADP | 3:04.40 | 25m | 02-05-21 | Felgueiras | |
| 15. | PROTOLYUK Anastacia | 09 | SCC | 3:04.64 | 25m | 01-05-21 | Miranda do Corvo | |
| 16. | LARETH Maria Novais | 09 | CLIPTEAM | 3:05.41 | 25m | 02-05-21 | Felgueiras | |
| 17. | MAIA Lara Catarina | 09 | CDE | 3:05.50 | 25m | 21-11-20 | Vagos | |
| 18. | CANCELA Raquel Alexandra | 09 | CNMC | 3:05.63 | 50m | 09-05-21 | Coimbra | |
| 19. | PIRES Matilde Domingues | 09 | SCC | 3:06.20 | 25m | 19-12-20 | Coimbra | |
| 20. | TEIXEIRA Ana Beatriz | 09 | CNMAIA | 3:07.70 | 25m | 02-05-21 | Felgueiras | |
| 21. | CASTRO Marta Antunes | 09 | SCA | 3:08.66 | 25m | 21-11-20 | Vagos | |
| 22. | MONTEIRO Margarida Pessoa | 09 | SCC | 3:09.79 | 25m | 19-12-20 | Coimbra | |
| 23. | MARTINS Carolina Correia | 09 | FCP | 3:11.89 | 25m | 02-05-21 | Felgueiras | |
| 24. | FONSECA Francisca Moreira | 09 | CMNPR | 3:12.31 | 25m | 09-05-21 | Peso da Régua | |
| 25. | MOREIRA Madalena Valente | 09 | LSC | 3:12.58 | 25m | 02-05-21 | Felgueiras | |
| 26. | SANTOS Matilde Maria | 09 | LSC | 3:14.91 | 25m | 02-05-21 | Felgueiras | |
| 27. | FERNANDES Gabriela Lopes | 09 | CRASTO | 3:14.98 | 25m | 21-11-20 | Vagos | |
| 28. | ALBANO Ines Sofia | 09 | CNV | 3:21.84 | 25m | 02-05-21 | Felgueiras | |
| 29. | PETIZ Beatriz Reis | 09 | CDF | 3:24.08 | 25m | 09-05-21 | Castro D'Aire | |
| 30. | CRUZ Ana Margarida | 09 | CNAC | 3:27.70 | 25m | 19-12-20 | Coimbra | |
| 31. | PEREIRINHA Ana Sofia | 09 | CRASTO | 3:30.00 | 25m | 21-11-20 | Vagos | |
| 32. | MACEDO Maria Miranda | 09 | SCC | 3:33.34 | 50m | 09-05-21 | Coimbra | |
| 33. | RIBEIRO Beatriz Pombo | 09 | CMNPR | 3:38.08 | 25m | 09-05-21 | Peso da Régua | |
| 34. | LUCAS Ana Laura | 09 | SCC | 3:41.90 | 25m | 01-05-21 | Miranda do Corvo | |
| 35. | SOARES Ana Rita | 09 | GCVR | 3:49.48 | 25m | 09-05-21 | Peso da Régua | |
| 36. | CARVALHO Maria Ines | 09 | CAFBDP | 4:05.23 | 25m | 14-03-21 | Ponta Delgada | |

100 Bruços

| | | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | BRAZ Maria Manuel | 09 | GCVR | 1:28.42 | 25m | 09-05-21 | Peso da Régua | 7,5 |
| 2. | MAGALHAES Matilde Esteves | 09 | SCCAM | 1:33.00 | 25m | 08-05-21 | Ponte da Barca | 3,5 |
| 3. | SOUSA Ines Fernandes | 09 | LSC | 1:35.95 | 25m | 01-05-21 | Felgueiras | |
| 4. | PROTOLYUK Anastacia | 09 | SCC | 1:36.41 | 25m | 18-10-20 | Coimbra | |
| 5. | COUTINHO Eva Alexandra | 09 | CMNPR | 1:38.33 | 25m | 09-05-21 | Peso da Régua | |
| 6. | COSTA Uxia Romero | 09 | CFP | 1:39.12 | 25m | 25-01-20 | Braga | |
| 7. | GONCALVES Leonor Queiroz | 09 | SCB | 1:39.54 | 25m | 08-05-21 | Ponte da Barca | |
| 8. | CRUZ Rita Calado | 09 | FBSC | 1:39.77 | 50m | 09-05-21 | Coimbra | |
| 9. | PEIXOTO Mafalda Coelho | 09 | VSC | 1:40.62 | 25m | 01-05-21 | Felgueiras | |
| 10. | CARVALHO Ana Rita | 09 | CAQC | 1:40.93 | 25m | 19-12-20 | Coimbra | |
| 11. | GONCALVES Eduarda Araujo | 09 | VNC | 1:40.96 | 25m | 25-01-20 | Braga | |
| 12. | PINTO Maria Carvalho | 09 | VNC | 1:41.11 | 25m | 25-01-20 | Braga | |
| 13. | RIBEIRO Mariana Fernandes | 09 | ADF | 1:41.27 | 25m | 15-02-20 | Lousada | |
| 14. | SOUSA Marta Rebelo | 09 | FCP | 1:41.39 | 25m | 01-05-21 | Felgueiras | |
| 15. | SOARES Vera Marques | 09 | GDNFAMA | 1:41.76 | 25m | 01-05-21 | Felgueiras | |
| 16. | CAMARINHA Gabriela Vieira | 09 | SCB | 1:42.13 | 25m | 08-05-21 | Ponte da Barca | |
| 17. | OLIVEIRA Francisca Pinto | 09 | CGA | 1:42.18 | 25m | 25-01-20 | Aveiro | |
| 18. | COSTA Maria Leonor | 09 | GCST | 1:42.30 | 25m | 22-02-20 | Guimaraes | |

100 Bruços (desde 19)

| | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|-----------|
| 19. | FARIA Ines Maria | 09 | FCP | 1:42.46 | 25m | 15-02-20 | Lousada |
| 20. | SANTOS Mariana Silva | 09 | FCP | 1:42.51 | 25m | 15-02-20 | Lousada |
| 21. | ANTUNES Ana Moreira | 09 | GDNFAMA | 1:42.76 | 25m | 24-04-21 | Famalicao |
| 22. | SANTOS Caetana Amado | 09 | CNMC | 1:43.71 | 25m | 19-12-20 | Coimbra |
| 23. | BONFIM Maria Eliza | 09 | FCP | 1:44.02 | 25m | 15-02-20 | Lousada |
| 24. | SILVA Leonor Carnide | 09 | GCVR | 1:44.08 | 25m | 08-03-20 | Mirandela |
| 25. | ARAUJO Catarina Soares | 09 | ADP | 1:44.09 | 25m | 14-12-19 | Lousada |
| 26. | MARTINS Maria Beatriz | 09 | ATG | 1:44.55 | 25m | 15-02-20 | Lousada |
| 27. | MAIA Lara Catarina | 09 | CDE | 1:44.63 | 25m | 25-01-20 | Aveiro |
| 28. | SANTOS Joana Almeida | 09 | CDE | 1:44.95 | 25m | 21-11-20 | Vagos |
| 29. | MATIAS Alana Costa | 09 | AAC | 1:45.09 | 25m | 08-02-20 | Lousã |
| 30. | PEDREIRO Francisca Soreto | 09 | CGA | 1:45.15 | 25m | 21-11-20 | Vagos |
| 31. | BERNARDO Gabriela Sousa | 09 | LSC | 1:45.22 | 25m | 22-02-20 | Guimaraes |
| 32. | SILVA Matilde Lopes | 09 | CCLAMAS | 1:45.51 | 25m | 14-12-19 | Lousada |
| 33. | CANCELA Raquel Alexandra | 09 | CNMC | 1:45.78 | 25m | 08-02-20 | Lousã |
| 34. | MARQUES Emilia Pereira | 09 | CNMC | 1:45.82 | 25m | 19-12-20 | Coimbra |
| 35. | RIBEIRO Beatriz Pombo | 09 | CMNPR | 1:46.04 | 25m | 24-04-21 | Vila Real |
| 36. | GALANTE Filipa Carvalho | 09 | CFV | 1:46.41 | 25m | 25-01-20 | Braga |
| 37. | LARETH Maria Novais | 09 | CLIP | 1:46.57 | 25m | 15-02-20 | Lousada |
| 38. | CARVALHO Ines Patricia | 09 | ATG | 1:46.86 | 25m | 15-02-20 | Lousada |
| 39. | PRIMO Sofia Fonseca | 09 | CNMC | 1:47.02 | 25m | 08-02-20 | Lousã |
| 40. | MENDES Rita Fernandes | 09 | LSXXI | 1:47.03 | 25m | 15-02-20 | Lousada |

200 Bruços

| | | | | | | | | |
|-----|---------------------------|----|-------|---------|-----|----------|----------------|-----|
| 1. | BRAZ Maria Manuel | 09 | GCVR | 3:13.20 | 25m | 09-05-21 | Peso da Régua | 6,2 |
| 2. | SANTOS Mariana Silva | 09 | FCP | 3:19.25 | 25m | 02-05-21 | Felgueiras | 3,7 |
| 3. | MAIA Lara Catarina | 09 | CDE | 3:20.71 | 25m | 09-05-21 | Castro D'Aire | 3,2 |
| 4. | CUNHA Lara Beatriz | 09 | FOCA | 3:23.44 | 25m | 09-05-21 | Ponte da Barca | 2,0 |
| 5. | COSTA Maria Leonor | 09 | GCST | 3:24.21 | 25m | 02-05-21 | Felgueiras | 1,7 |
| 6. | GONCALVES Eduarda Araujo | 09 | VNC | 3:25.58 | 25m | 09-05-21 | Ponte da Barca | 1,2 |
| 7. | SILVA Leonor Carnide | 09 | GCVR | 3:28.36 | 25m | 24-04-21 | Vila Real | |
| 8. | GALANTE Filipa Carvalho | 09 | CFV | 3:31.48 | 25m | 02-05-21 | Felgueiras | |
| 9. | PIRES Matilde Domingues | 09 | SCC | 3:31.57 | 25m | 20-12-20 | Coimbra | |
| 10. | FARIA Ines Maria | 09 | FCP | 3:31.71 | 25m | 02-05-21 | Felgueiras | |
| 11. | BONFIM Maria Eliza | 09 | FCP | 3:32.33 | 25m | 02-05-21 | Felgueiras | |
| 12. | COUTINHO Eva Alexandra | 09 | CMNPR | 3:34.56 | 25m | 09-05-21 | Peso da Régua | |
| 13. | SANTOS Carlota Ganito | 09 | CGA | 3:35.39 | 25m | 09-05-21 | Castro D'Aire | |
| 14. | BERNARDO Gabriela Sousa | 09 | LSC | 3:37.22 | 25m | 02-05-21 | Felgueiras | |
| 15. | RIBEIRO Mariana Fernandes | 09 | ADF | 3:39.48 | 25m | 02-05-21 | Felgueiras | |
| 16. | MARTINEZ Emma Sofia | 09 | SCCAM | 3:39.64 | 25m | 09-05-21 | Ponte da Barca | |
| 17. | SANTOS Joana Almeida | 09 | CDE | 3:41.95 | 25m | 22-11-20 | Vagos | |
| 18. | IGREJAS Beatriz Maria | 09 | GCVR | 3:43.29 | 25m | 24-04-21 | Vila Real | |
| 19. | LOPES Leonor Ferreira | 09 | CFP | 3:43.42 | 25m | 02-05-21 | Felgueiras | |
| 20. | PEDREIRO Francisca Soreto | 09 | CGA | 3:44.10 | 25m | 22-11-20 | Vagos | |
| 21. | CARVALHO Ana Rita | 09 | CAQC | 3:46.84 | 50m | 09-05-21 | Coimbra | |
| 22. | REI Iris Dias | 09 | VNC | 3:48.28 | 25m | 09-05-21 | Ponte da Barca | |
| 23. | LUCAS Ana Laura | 09 | SCC | 3:50.82 | 25m | 20-12-20 | Coimbra | |
| 24. | PEREIRA Leonor Madureira | 09 | LSC | 3:56.08 | 25m | 02-05-21 | Felgueiras | |
| 25. | TRINDADE Mariana Raimundo | 09 | CMNPR | 4:07.16 | 25m | 09-05-21 | Peso da Régua | |
| 26. | ALMEIDA Leonor Bernardo | 09 | CMNPR | 4:07.34 | 25m | 09-05-21 | Peso da Régua | |
| 27. | SANTOS Ines Pinto | 09 | CDF | 4:15.53 | 25m | 09-05-21 | Castro D'Aire | |
| 28. | PEREIRA Gabriela Costa | 09 | ADPB | 4:26.70 | 25m | 09-05-21 | Ponte da Barca | |

100 Mariposa

| | | | | | | | |
|-----|----------------------------|----|----------|---------|-----|----------|------------------|
| 1. | COSTA Uxia Romero | 09 | CFP | 1:23.78 | 25m | 01-05-21 | Felgueiras |
| 2. | RODRIGUES Teresa Isabel | 09 | FOCA | 1:26.37 | 25m | 01-05-21 | Felgueiras |
| 3. | REIS Mafalda Brandao | 09 | GDNFAMA | 1:26.48 | 25m | 24-04-21 | Famalicao |
| 4. | ARAUJO Catarina Soares | 09 | ADP | 1:26.89 | 25m | 01-05-21 | Felgueiras |
| 5. | PINTO Maria Carvalho | 09 | VNC | 1:27.23 | 25m | 08-05-21 | Ponte da Barca |
| 6. | PRIMO Sofia Fonseca | 09 | CNMC | 1:27.74 | 25m | 01-05-21 | Miranda do Corvo |
| 7. | PROTOLYUK Anastacia | 09 | SCC | 1:28.73 | 25m | 20-12-20 | Coimbra |
| 8. | CRUZ Rita Calado | 09 | FBSC | 1:29.19 | 25m | 08-02-20 | Lousã |
| 9. | MAIA Lara Catarina | 09 | CDE | 1:29.87 | 25m | 09-05-21 | Castro D'Aire |
| 10. | CANCELA Raquel Alexandra | 09 | CNMC | 1:30.21 | 50m | 08-05-21 | Coimbra |
| 11. | PEREIRA Eduarda Ribeiro | 09 | SCCAM | 1:31.34 | 25m | 08-05-21 | Ponte da Barca |
| 12. | GALANTE Filipa Carvalho | 09 | CFV | 1:35.20 | 25m | 01-05-21 | Felgueiras |
| 13. | MAGALHAES Matilde Esteves | 09 | SCCAM | 1:35.53 | 25m | 15-12-19 | Ponte de Lima |
| 14. | SILVA Marta Oliveira | 09 | ADS | 1:35.55 | 25m | 09-05-21 | Castro D'Aire |
| 15. | MATIAS Alana Costa | 09 | AAC | 1:35.64 | 25m | 08-02-20 | Lousã |
| 16. | MACEDO Maria Miranda | 09 | SCC | 1:35.76 | 25m | 01-05-21 | Miranda do Corvo |
| 17. | AMBRUS Beatriz Alves | 09 | CFP | 1:36.41 | 25m | 15-02-20 | Lousada |
| 18. | MELO Carolina Mortagua | 09 | CDE | 1:37.14 | 25m | 09-05-21 | Castro D'Aire |
| 19. | IGREJAS Beatriz Maria | 09 | GCVR | 1:37.94 | 25m | 24-04-21 | Vila Real |
| 20. | TEIXEIRA Ana Beatriz | 09 | CNMAIA | 1:38.57 | 25m | 01-05-21 | Felgueiras |
| 21. | RIBEIRO Ines Carvalhinho | 09 | CNMAIA | 1:39.12 | 25m | 15-02-20 | Lousada |
| 22. | MEDINA Gabriela Leonardo | 09 | CAQC | 1:39.33 | 50m | 08-05-21 | Coimbra |
| 23. | PEIXOTO Mafalda Coelho | 09 | VSC | 1:39.56 | 25m | 22-02-20 | Guimaraes |
| 24. | LARETH Maria Novais | 09 | CLIPTEAM | 1:39.65 | 25m | 01-05-21 | Felgueiras |
| 25. | CARVALHO Ines Patricia | 09 | ATG | 1:39.95 | 25m | 15-02-20 | Lousada |
| 26. | OLIVEIRA Rita Medeiros | 09 | ATG | 1:40.18 | 25m | 15-02-20 | Lousada |
| 27. | CAVALEIRO Leonor Mercês | 09 | SCC | 1:40.99 | 25m | 08-02-20 | Lousã |
| 28. | RIBEIRO Beatriz Pombo | 09 | CMNPR | 1:41.13 | 25m | 08-05-21 | Peso da Régua |
| 29. | MARTINS Maria Beatriz | 09 | ATG | 1:41.30 | 25m | 14-12-19 | Lousada |
| 30. | RICARDO Francisca Martingo | 09 | FCP | 1:42.49 | 25m | 15-02-20 | Lousada |
| 31. | SOUSA Ines Fernandes | 09 | LSC | 1:43.85 | 25m | 15-02-20 | Lousada |
| 32. | MENDES Rita Fernandes | 09 | LSXXI | 1:44.33 | 25m | 15-02-20 | Lousada |
| 33. | SANTOS Caetana Amado | 09 | CNMC | 1:44.66 | 25m | 20-12-20 | Coimbra |
| 34. | SILVA Jessica Alexandra | 09 | ATG | 1:44.72 | 25m | 15-02-20 | Lousada |
| 35. | MARINHO Isa Bianca | 09 | FOCA | 1:44.81 | 25m | 14-12-19 | Lousada |
| 36. | PINTO Sara Silva | 09 | ATG | 1:46.13 | 25m | 15-02-20 | Lousada |
| 37. | SILVA Leonor Carnide | 09 | GCVR | 1:46.39 | 25m | 21-12-19 | Guarda |
| 38. | CONDE Leonor Monteiro | 09 | ADP | 1:46.62 | 25m | 14-12-19 | Lousada |
| 39. | PIRES Matilde Domingues | 09 | SCC | 1:46.76 | 25m | 18-10-20 | Coimbra |
| 40. | SANTOS Ines Sousa | 09 | CFV | 1:48.12 | 25m | 15-02-20 | Lousada |

200 Mariposa

| | | | | | | | |
|----|---------------------------|----|-------|---------|-----|----------|-----------|
| 1. | TRINDADE Mariana Raimundo | 09 | CMNPR | 3:50.37 | 25m | 24-04-21 | Vila Real |
|----|---------------------------|----|-------|---------|-----|----------|-----------|

200 Estilos

| | | | | | | | | |
|-----|---------------------------|----|-------|---------|-----|----------|----------------|-----|
| 1. | MAGALHAES Matilde Esteves | 09 | SCCAM | 2:53.14 | 25m | 09-05-21 | Ponte da Barca | 6,3 |
| 2. | CAVALEIRO Leonor Mercês | 09 | SCC | 2:53.72 | 25m | 20-12-20 | Coimbra | 6,0 |
| 3. | BRAZ Maria Manuel | 09 | GCVR | 2:56.37 | 25m | 08-05-21 | Peso da Régua | 4,8 |
| 4. | AMBRUS Beatriz Alves | 09 | FCP | 2:56.74 | 25m | 02-05-21 | Felgueiras | 4,7 |
| 5. | MAIA Lara Catarina | 09 | CDE | 2:58.15 | 25m | 09-05-21 | Castro D'Aire | 4,0 |
| 6. | SANTOS Mariana Silva | 09 | FCP | 2:59.16 | 25m | 02-05-21 | Felgueiras | 3,6 |
| 7. | PINTO Maria Carvalho | 09 | VNC | 3:00.41 | 25m | 09-05-21 | Ponte da Barca | 3,0 |
| 8. | COSTA Uxia Romero | 09 | CFP | 3:00.73 | 25m | 02-05-21 | Felgueiras | 2,9 |
| 9. | SOUSA Ines Fernandes | 09 | LSC | 3:01.42 | 25m | 02-05-21 | Felgueiras | 2,6 |
| 10. | ARAUJO Catarina Soares | 09 | ADP | 3:01.44 | 25m | 02-05-21 | Felgueiras | 2,6 |
| 11. | GONCALVES Leonor Queiroz | 09 | SCB | 3:02.11 | 25m | 09-05-21 | Ponte da Barca | 2,2 |

200 Estilos (desde 12)

| | | | | | | | | |
|-----|----------------------------|----|----------|---------|-----|----------|----------------|-----|
| 12. | PRIMO Sofia Fonseca | 09 | CNMC | 3:02.90 | 25m | 20-12-20 | Coimbra | 1,9 |
| 13. | PEREIRA Beatriz Maciel | 09 | EDV | 3:03.10 | 25m | 09-05-21 | Ponte da Barca | 1,8 |
| 14. | PROTOLYUK Anastacia | 09 | SCC | 3:04.10 | 50m | 08-05-21 | Coimbra | 1,3 |
| 15. | MALHAO Beatriz Maria | 09 | SCCAM | 3:04.45 | 25m | 09-05-21 | Ponte da Barca | 1,2 |
| 16. | SILVA Leonor Carnide | 09 | GCVR | 3:04.61 | 25m | 08-05-21 | Peso da Régua | 1,1 |
| 17. | RICARDO Francisca Martingo | 09 | FCP | 3:04.69 | 25m | 02-05-21 | Felgueiras | 1,1 |
| 18. | COSTA Maria Leonor | 09 | GCST | 3:04.79 | 25m | 02-05-21 | Felgueiras | 1,0 |
| 19. | MOREIRA Madalena Valente | 09 | LSC | 3:04.83 | 25m | 02-05-21 | Felgueiras | 1,0 |
| 20. | RODRIGUES Teresa Isabel | 09 | FOCA | 3:04.91 | 25m | 02-05-21 | Felgueiras | |
| 21. | REIS Mafalda Brandao | 09 | GDNFAMA | 3:05.62 | 25m | 02-05-21 | Felgueiras | |
| 22. | BAPTISTA Carolina Sofia | 09 | CDE | 3:06.15 | 25m | 21-11-20 | Vagos | |
| 23. | SANTOS Joana Almeida | 09 | CDE | 3:06.25 | 25m | 09-05-21 | Castro D'Aire | |
| 24. | RIBEIRO Ines Carvalhinho | 09 | CNMAIA | 3:07.51 | 25m | 02-05-21 | Felgueiras | |
| 25. | SOUSA Marta Rebelo | 09 | FCP | 3:08.63 | 25m | 02-05-21 | Felgueiras | |
| 26. | OLIVEIRA Francisca Pinto | 09 | CGA | 3:08.85 | 25m | 09-05-21 | Castro D'Aire | |
| 27. | CRUZ Rita Calado | 09 | FBSC | 3:09.25 | 25m | 09-02-20 | Lousã | |
| 28. | MONTEIRO Margarida Pessoa | 09 | SCC | 3:09.32 | 50m | 08-05-21 | Coimbra | |
| 29. | MATIAS Alana Costa | 09 | AAC | 3:09.72 | 25m | 09-02-20 | Lousã | |
| 30. | GALANTE Filipa Carvalho | 09 | CFV | 3:10.22 | 25m | 02-05-21 | Felgueiras | |
| 31. | FARIA Ines Maria | 09 | FCP | 3:10.32 | 25m | 02-05-21 | Felgueiras | |
| 32. | CANCELA Raquel Alexandra | 09 | CNMC | 3:10.38 | 50m | 08-05-21 | Coimbra | |
| 33. | SOARES Vera Marques | 09 | GDNFAMA | 3:11.34 | 25m | 02-05-21 | Felgueiras | |
| 34. | PIRES Matilde Domingues | 09 | SCC | 3:11.70 | 50m | 08-05-21 | Coimbra | |
| 35. | PEREIRA Eduarda Ribeiro | 09 | SCCAM | 3:11.76 | 25m | 09-05-21 | Ponte da Barca | |
| 36. | GONCALVES Eduarda Araujo | 09 | VNC | 3:13.57 | 25m | 09-05-21 | Ponte da Barca | |
| 37. | LARETH Maria Novais | 09 | CLIPTEAM | 3:15.00 | 25m | 02-05-21 | Felgueiras | |
| 38. | SANTOS Matilde Maria | 09 | LSC | 3:15.70 | 25m | 02-05-21 | Felgueiras | |
| 39. | SANTOS Caetana Amado | 09 | CNMC | 3:16.34 | 25m | 20-12-20 | Coimbra | |
| 40. | TEIXEIRA Ana Beatriz | 09 | CNMAIA | 3:16.87 | 25m | 02-05-21 | Felgueiras | |

13 anos, Masc.

01-07-2019-14-05-2021

Apenas grupos: ANCNP, ARNN, ANMIN, ANNP, ANC

100 Livres

| | | | | | | | |
|---------------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. DUARTE Tomas Dinis | 08 | CFP | 1:04.99 | 25m | 02-05-21 | Felgueiras | 6,3 |
| 2. ASSUNCAO Tomas Moreira | 08 | CDF | 1:05.82 | 25m | 21-11-20 | Vagos | 5,3 |
| 3. FERNANDES Tiago Manuel | 08 | GCVR | 1:05.84 | 25m | 08-05-21 | Peso da Régua | 5,3 |
| 4. SILVA Vasco Lemos | 08 | CFP | 1:06.38 | 25m | 02-05-21 | Felgueiras | 4,6 |
| 5. MEDEIROS Miguel Fragoso | 08 | FCP | 1:08.03 | 25m | 02-05-21 | Felgueiras | 2,6 |
| 6. PASCOAL Martim Nobre | 08 | SCC | 1:08.30 | 50m | 08-05-21 | Coimbra | 2,3 |
| 7. BARROS Jose Pedro | 08 | ADF | 1:08.89 | 25m | 02-05-21 | Felgueiras | 1,6 |
| 8. MORENITO Eduardo Ribeiro | 08 | LSC | 1:08.92 | 25m | 09-05-21 | Ponte da Barca | 1,6 |
| 9. ENCARNACAO Miguel Afonso | 08 | GCVR | 1:09.13 | 25m | 08-05-21 | Peso da Régua | 1,3 |
| 10. SEQUEIRA Vasco Ferreira | 08 | CGA | 1:09.56 | 25m | 21-11-20 | Vagos | |
| 11. VITORIA Joao Miguel | 08 | AVFC | 1:09.80 | 25m | 21-11-20 | Vagos | |
| 12. SOARES Goncalo Augusto | 08 | FCP | 1:09.96 | 25m | 02-05-21 | Felgueiras | |
| 13. CALDEIRA Vicente Piacentini | 08 | CNAC | 1:10.39 | 50m | 08-05-21 | Coimbra | |
| 14. MOREIRA Antonio Pedro | 08 | CNCE | 1:10.46 | 25m | 02-05-21 | Felgueiras | |
| 15. RODRIGUES Rafael Pereira | 08 | CAQC | 1:11.10 | 50m | 08-05-21 | Coimbra | |
| 16. PEREIRA Salvador Correia | 08 | CAQC | 1:11.28 | 25m | 20-12-20 | Coimbra | |
| 17. FERREIRA Duarte Santos | 08 | CCLAMAS | 1:11.38 | 25m | 15-02-20 | Lousada | |
| 18. GOMES Angelo Gabriel | 08 | ADP | 1:11.52 | 25m | 02-05-21 | Felgueiras | |
| 19. VALE Vicente Sa | 08 | CGA | 1:11.56 | 25m | 26-01-20 | Aveiro | |
| 20. SANTOS Francisco Pereira | 08 | SCE | 1:11.76 | 25m | 09-05-21 | Castro D'Aire | |
| 21. SA Tomas Ferreira | 08 | GDNFAMA | 1:12.01 | 25m | 02-05-21 | Felgueiras | |
| 22. SOARES Guilherme Costa | 08 | CFV | 1:12.03 | 25m | 25-01-20 | Braga | |
| 23. ANATOLIEVICH Aleksandr | 08 | NBM | 1:12.12 | 25m | 26-01-20 | Aveiro | |
| 24. PEIXOTO Tomas Pinto | 08 | FCP | 1:12.38 | 25m | 02-05-21 | Felgueiras | |
| 25. BISPO Miguel Almeida | 08 | CNMAIA | 1:12.66 | 25m | 15-02-20 | Lousada | |
| 26. BATISTA Miguel Duarte | 08 | AVFC | 1:12.67 | 25m | 09-05-21 | Castro D'Aire | |
| 27. COELHO Gabriel Ramada | 08 | ADP | 1:12.75 | 25m | 02-05-21 | Felgueiras | |
| 28. COSTA Afonso Goncalves | 08 | FCP | 1:13.00 | 25m | 02-05-21 | Felgueiras | |
| 29. SOUSA Guilherme Simoes | 08 | FBSC | 1:13.33 | 50m | 08-05-21 | Coimbra | |
| 30. CONCEICAO Miguel Tomas | 08 | CNAC | 1:13.49 | 50m | 08-05-21 | Coimbra | |
| 31. GONCALVES Tiago Fonseca | 08 | CMNPR | 1:13.53 | 25m | 24-04-21 | Vila Real | |
| 32. MAIA Samuel Dinis | 08 | CNMC | 1:13.68 | 50m | 08-05-21 | Coimbra | |
| 33. ANJOS Nuno Miguel | 08 | CGA | 1:13.77 | 25m | 21-11-20 | Vagos | |
| 34. FARDILHA Antonio Cruz | 08 | CGA | 1:13.81 | 25m | 21-11-20 | Vagos | |
| 35. FERREIRA Diogo Assuncao | 08 | CDF | 1:13.95 | 25m | 21-11-20 | Vagos | |
| 36. FERNANDES Joao Tomas | 08 | CRASTO | 1:14.26 | 25m | 21-11-20 | Vagos | |
| 37. PEREIRA Leonardo Branco | 08 | CRASTO | 1:14.35 | 25m | 21-11-20 | Vagos | |
| 38. LOPES Gustavo Miguel | 08 | FCP | 1:14.41 | 25m | 02-05-21 | Felgueiras | |
| 39. SILVA Guilherme Martins | 08 | AVFC | 1:14.69 | 25m | 26-01-20 | Aveiro | |
| 40. ESCALEIRA Rodrigo Peres | 08 | EDV | 1:14.72 | 25m | 25-01-20 | Braga | |

200 Livres

| | | | | | | | |
|---------------------------------|----|-------|---------|-----|----------|------------------|-----|
| 1. VALE Vicente Sa | 08 | CGA | 2:25.73 | 25m | 09-05-21 | Castro D'Aire | 4,5 |
| 2. VITORIA Joao Miguel | 08 | AVFC | 2:25.75 | 25m | 09-05-21 | Castro D'Aire | 4,5 |
| 3. ASSUNCAO Tomas Moreira | 08 | CDF | 2:27.65 | 25m | 09-05-21 | Castro D'Aire | 3,5 |
| 4. FERNANDES Tiago Manuel | 08 | GCVR | 2:29.13 | 25m | 08-05-21 | Peso da Régua | 2,7 |
| 5. PEREIRA Francisco Miguel | 08 | CFP | 2:29.38 | 25m | 01-05-21 | Felgueiras | 2,5 |
| 6. LIMA Eduardo Miguel | 08 | FOCA | 2:29.72 | 25m | 01-05-21 | Felgueiras | 2,4 |
| 7. ESCALEIRA Rodrigo Peres | 08 | EDV | 2:30.01 | 25m | 08-05-21 | Ponte da Barca | 2,2 |
| 8. SOARES Guilherme Costa | 08 | CFV | 2:31.11 | 25m | 01-05-21 | Felgueiras | 1,6 |
| 9. JESUS Martim Goncalves | 08 | SCCAM | 2:32.81 | 25m | 08-05-21 | Ponte da Barca | |
| 10. GUIMARAES Luis Miguel | 08 | CFV | 2:33.04 | 25m | 01-05-21 | Felgueiras | |
| 11. PASCOAL Martim Nobre | 08 | SCC | 2:33.34 | 25m | 01-05-21 | Miranda do Corvo | |
| 12. CALDEIRA Vicente Piacentini | 08 | CNAC | 2:34.17 | 25m | 19-12-20 | Coimbra | |

200 Livres (desde 13)

| | | | | | | | |
|-----|----------------------------|----|---------|---------|-----|----------|------------------|
| 13. | ANATOLIEVICH Aleksandr | 08 | NBM | 2:35.09 | 25m | 09-05-21 | Castro D'Aire |
| 14. | RODRIGUES Rafael Pereira | 08 | CAQC | 2:36.22 | 25m | 01-05-21 | Miranda do Corvo |
| 15. | MAIA Samuel Dinis | 08 | CNMC | 2:36.28 | 25m | 19-12-20 | Coimbra |
| 16. | SILVA Guilherme Martins | 08 | AVFC | 2:36.94 | 25m | 09-05-21 | Castro D'Aire |
| 17. | MORENITO Eduardo Ribeiro | 08 | LSC | 2:37.53 | 25m | 01-05-21 | Felgueiras |
| 18. | BISPO Miguel Almeida | 08 | CNMAIA | 2:37.57 | 25m | 22-02-20 | Guimaraes |
| 19. | PEREIRA Leonardo Branco | 08 | CRASTO | 2:37.62 | 25m | 22-11-20 | Vagos |
| 20. | ENCARNACAO Miguel Afonso | 08 | GCVR | 2:38.04 | 25m | 24-04-21 | Vila Real |
| 21. | CONCEICAO Miguel Tomas | 08 | CNAC | 2:38.57 | 25m | 19-12-20 | Coimbra |
| 22. | PEREIRA Salvador Correia | 08 | CAQC | 2:39.11 | 25m | 19-12-20 | Coimbra |
| 23. | MEDEIROS Miguel Fragoso | 08 | FCP | 2:40.42 | 25m | 15-12-19 | Lousada |
| 24. | ANJOS Nuno Miguel | 08 | CGA | 2:40.85 | 25m | 09-05-21 | Castro D'Aire |
| 25. | FONSECA Santiago Jose | 08 | SCC | 2:41.15 | 25m | 01-05-21 | Miranda do Corvo |
| 26. | SANTOS Francisco Pereira | 08 | SCE | 2:41.29 | 25m | 09-05-21 | Castro D'Aire |
| 27. | FERREIRA Gabriel Neto | 08 | CRASTO | 2:42.64 | 25m | 09-05-21 | Castro D'Aire |
| 28. | CORREIA Rafael Figueiredo | 08 | SCC | 2:42.99 | 25m | 01-05-21 | Miranda do Corvo |
| 29. | YERMACHKOV David | 08 | SCB | 2:43.05 | 25m | 08-05-21 | Ponte da Barca |
| 30. | OLIVEIRA Manuel Martins | 08 | SCE | 2:43.15 | 25m | 09-05-21 | Castro D'Aire |
| 31. | SILVA Eduardo Miguel | 08 | SCE | 2:43.18 | 25m | 09-05-21 | Castro D'Aire |
| 32. | FERNANDES Joao Tomas | 08 | CRASTO | 2:43.22 | 25m | 22-11-20 | Vagos |
| 33. | FERREIRA David Luis | 08 | LSC | 2:43.84 | 25m | 08-05-21 | Ponte da Barca |
| 34. | BARROS Jose Pedro | 08 | ADF | 2:44.00 | 25m | 22-02-20 | Guimaraes |
| 35. | SEQUEIRA Vasco Ferreira | 08 | CGA | 2:44.33 | 25m | 03-11-19 | Espinho |
| 36. | GONCALVES Luis Pedro | 08 | SCB | 2:44.57 | 25m | 08-05-21 | Ponte da Barca |
| 37. | VALENTE Francisco Quintino | 08 | UDO | 2:44.65 | 25m | 09-05-21 | Castro D'Aire |
| 38. | DIAS Pedro Malhao | 08 | SCCAM | 2:44.80 | 25m | 08-05-21 | Ponte da Barca |
| 39. | PEREIRA Santiago Carvalho | 08 | GDNFAMA | 2:44.83 | 25m | 01-05-21 | Felgueiras |
| 40. | SANTOS Francisco Bentes | 08 | CAP | 2:44.95 | 25m | 22-02-20 | Guimaraes |

400 Livres

| | | | | | | | | |
|-----|-----------------------------|----|--------|---------|-----|----------|----------------|-----|
| 1. | VALE Vicente Sa | 08 | CGA | 5:02.52 | 25m | 09-05-21 | Castro D'Aire | 6,4 |
| 2. | VITORIA Joao Miguel | 08 | AVFC | 5:04.17 | 25m | 09-05-21 | Castro D'Aire | 6,0 |
| 3. | BISPO Miguel Almeida | 08 | CNMAIA | 5:04.43 | 25m | 02-05-21 | Felgueiras | 5,9 |
| 4. | SOARES Guilherme Costa | 08 | CFV | 5:08.70 | 25m | 02-05-21 | Felgueiras | 4,8 |
| 5. | LIMA Eduardo Miguel | 08 | FOCA | 5:10.07 | 25m | 02-05-21 | Felgueiras | 4,4 |
| 6. | PEREIRA Francisco Miguel | 08 | CFP | 5:10.21 | 25m | 02-05-21 | Felgueiras | 4,4 |
| 7. | SILVA Vasco Lemos | 08 | CFP | 5:16.39 | 25m | 02-05-21 | Felgueiras | 2,8 |
| 8. | JESUS Martim Goncalves | 08 | SCCAM | 5:16.94 | 25m | 09-05-21 | Ponte da Barca | 2,7 |
| 9. | MEDEIROS Miguel Fragoso | 08 | FCP | 5:18.11 | 25m | 02-05-21 | Felgueiras | 2,4 |
| 10. | PEIXOTO Tomas Pinto | 08 | FCP | 5:18.47 | 25m | 02-05-21 | Felgueiras | 2,3 |
| 11. | ESCALEIRA Rodrigo Peres | 08 | EDV | 5:19.00 | 25m | 09-05-21 | Ponte da Barca | 2,1 |
| 12. | FERNANDES Tiago Manuel | 08 | GCVR | 5:19.58 | 25m | 09-05-21 | Peso da Régua | 2,0 |
| 13. | MAIA Samuel Dinis | 08 | CNMC | 5:20.72 | 25m | 20-12-20 | Coimbra | 1,7 |
| 14. | BATISTA Miguel Duarte | 08 | AVFC | 5:23.41 | 25m | 09-05-21 | Castro D'Aire | |
| 15. | CALDEIRA Vicente Piacentini | 08 | CNAC | 5:25.37 | 50m | 09-05-21 | Coimbra | |
| 16. | SOARES Goncalo Augusto | 08 | FCP | 5:25.60 | 25m | 02-05-21 | Felgueiras | |
| 17. | RODRIGUES Rafael Pereira | 08 | CAQC | 5:25.67 | 50m | 09-05-21 | Coimbra | |
| 18. | ANATOLIEVICH Aleksandr | 08 | NBM | 5:26.23 | 25m | 09-05-21 | Castro D'Aire | |
| 19. | ASSUNCAO Tomas Moreira | 08 | CDF | 5:27.65 | 25m | 22-11-20 | Vagos | |
| 20. | MORENITO Eduardo Ribeiro | 08 | LSC | 5:28.76 | 25m | 09-05-21 | Ponte da Barca | |
| 21. | SILVA Guilherme Martins | 08 | AVFC | 5:29.10 | 25m | 09-05-21 | Castro D'Aire | |
| 22. | OLIVEIRA Paulo Jorge | 08 | CDE | 5:29.67 | 25m | 09-05-21 | Castro D'Aire | |
| 23. | GUIMARAES Luis Miguel | 08 | CFV | 5:29.96 | 25m | 02-05-21 | Felgueiras | |
| 24. | BARROS Jose Pedro | 08 | ADF | 5:31.74 | 25m | 02-05-21 | Felgueiras | |
| 25. | PEREIRA Leonardo Branco | 08 | CRASTO | 5:32.29 | 25m | 22-11-20 | Vagos | |
| 26. | DUARTE Tomas Dinis | 08 | CFP | 5:34.20 | 25m | 02-05-21 | Felgueiras | |
| 27. | CONCEICAO Miguel Tomas | 08 | CNAC | 5:35.39 | 25m | 20-12-20 | Coimbra | |

400 Livres (desde 28)

| | | | | | | | |
|-----|---------------------------|----|--------|---------|-----|----------|----------------|
| 28. | SEQUEIRA Vasco Ferreira | 08 | CGA | 5:35.50 | 25m | 09-05-21 | Castro D'Aire |
| 29. | SOUSA Guilherme Simoes | 08 | FBSC | 5:36.19 | 25m | 20-12-20 | Coimbra |
| 30. | FERNANDES Joao Tomas | 08 | CRASTO | 5:36.59 | 25m | 22-11-20 | Vagos |
| 31. | PASCOAL Martim Nobre | 08 | SCC | 5:37.69 | 50m | 09-05-21 | Coimbra |
| 32. | ANJOS Nuno Miguel | 08 | CGA | 5:38.63 | 25m | 09-05-21 | Castro D'Aire |
| 33. | COELHO Gabriel Ramada | 08 | ADP | 5:38.70 | 25m | 02-05-21 | Felgueiras |
| 34. | CUNHA Tomas Campos | 08 | CNMAIA | 5:40.05 | 25m | 02-05-21 | Felgueiras |
| 35. | GOMES Afonso Cruz | 08 | CAP | 5:41.46 | 25m | 02-05-21 | Felgueiras |
| 36. | FONSECA Santiago Jose | 08 | SCC | 5:41.48 | 25m | 20-12-20 | Coimbra |
| 37. | CUNHA Joaquim Antonio | 08 | CNAC | 5:42.36 | 25m | 20-12-20 | Coimbra |
| 38. | FERREIRA David Luis | 08 | LSC | 5:42.60 | 25m | 09-05-21 | Ponte da Barca |
| 39. | LOPES Gustavo Miguel | 08 | FCP | 5:43.30 | 25m | 02-05-21 | Felgueiras |
| 40. | CORREIA Rafael Figueiredo | 08 | SCC | 5:44.06 | 25m | 20-12-20 | Coimbra |

100 Costas

| | | | | | | | | |
|-----|-----------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. | SEQUEIRA Vasco Ferreira | 08 | CGA | 1:16.93 | 25m | 22-11-20 | Vagos | 2,2 |
| 2. | ENCARNACAO Miguel Afonso | 08 | GCVR | 1:18.17 | 25m | 09-05-21 | Peso da Régua | |
| 3. | ESCALEIRA Rodrigo Peres | 08 | EDV | 1:19.38 | 25m | 09-05-21 | Ponte da Barca | |
| 4. | FERNANDES Tiago Manuel | 08 | GCVR | 1:19.67 | 25m | 09-05-21 | Peso da Régua | |
| 5. | PEREIRA Francisco Miguel | 08 | CFP | 1:19.98 | 25m | 15-02-20 | Lousada | |
| 6. | BATISTA Miguel Duarte | 08 | AVFC | 1:20.09 | 25m | 22-11-20 | Vagos | |
| 7. | ASSUNCAO Tomas Moreira | 08 | CDF | 1:20.16 | 25m | 22-11-20 | Vagos | |
| 8. | GONCALVES Tiago Fonseca | 08 | CMNPR | 1:20.73 | 25m | 09-05-21 | Peso da Régua | |
| 9. | SOARES Goncalo Augusto | 08 | ADDEG | 1:21.27 | 25m | 15-02-20 | Lousada | |
| 10. | LIMA Eduardo Miguel | 08 | FOCA | 1:22.49 | 25m | 02-05-21 | Felgueiras | |
| 11. | VALE Vicente Sa | 08 | CGA | 1:22.53 | 25m | 25-01-20 | Aveiro | |
| 12. | BISPO Miguel Almeida | 08 | CNMAIA | 1:22.70 | 25m | 14-12-19 | Lousada | |
| 13. | CALDEIRA Vicente Piacentini | 08 | CNAC | 1:22.92 | 50m | 09-05-21 | Coimbra | |
| 14. | MEDEIROS Miguel Fragoso | 08 | FCP | 1:23.03 | 25m | 15-02-20 | Lousada | |
| 15. | SILVA Guilherme Martins | 08 | AVFC | 1:23.71 | 25m | 22-11-20 | Vagos | |
| 16. | VITORIA Joao Miguel | 08 | AVFC | 1:23.79 | 25m | 25-01-20 | Aveiro | |
| 17. | OLIVEIRA Paulo Jorge | 08 | CDE | 1:23.97 | 25m | 22-11-20 | Vagos | |
| 18. | PEREIRA Salvador Correia | 08 | CAQC | 1:23.99 | 25m | 20-12-20 | Coimbra | |
| 19. | SILVA Eduardo Miguel | 08 | SCE | 1:24.73 | 25m | 09-05-21 | Castro D'Aire | |
| 20. | SILVA Rodrigo Mosca | 08 | SCC | 1:24.83 | 25m | 01-05-21 | Miranda do Corvo | |
| 21. | MAIA Samuel Dinis | 08 | CNMC | 1:25.36 | 25m | 01-05-21 | Miranda do Corvo | |
| 22. | BARROS Jose Pedro | 08 | ADF | 1:25.44 | 25m | 15-02-20 | Lousada | |
| 23. | CUNHA Joaquim Antonio | 08 | CNAC | 1:25.54 | 50m | 09-05-21 | Coimbra | |
| 24. | MENESES Antonio Pedro | 08 | CFP | 1:25.57 | 25m | 02-05-21 | Felgueiras | |
| 25. | PEIXOTO Tomas Pinto | 08 | ATG | 1:25.66 | 25m | 15-02-20 | Lousada | |
| 26. | COELHO Pedro Fernando | 08 | CMNPR | 1:25.85 | 25m | 09-05-21 | Peso da Régua | |
| 27. | SANTOS Francisco Bentes | 08 | CAP | 1:26.35 | 25m | 02-05-21 | Felgueiras | |
| 28. | CASTRO Joao Coelho | 08 | SCE | 1:26.49 | 25m | 22-11-20 | Vagos | |
| 29. | COSTA Dinis Castro | 08 | FOCA | 1:26.56 | 25m | 09-05-21 | Ponte da Barca | |
| 30. | GOMES Angelo Gabriel | 08 | ADP | 1:26.59 | 25m | 22-02-20 | Guimaraes | |
| 31. | PASCOAL Martim Nobre | 08 | SCC | 1:26.64 | 25m | 08-02-20 | Lousã | |
| 32. | DUARTE Tomas Dinis | 08 | CFP | 1:26.83 | 25m | 15-02-20 | Lousada | |
| 33. | SOARES Guilherme Costa | 08 | CFV | 1:27.03 | 25m | 15-02-20 | Lousada | |
| 34. | SOUSA Guilherme Simoes | 08 | FBSC | 1:27.12 | 50m | 09-05-21 | Coimbra | |
| 35. | FARDILHA Antonio Cruz | 08 | CGA | 1:27.54 | 25m | 09-05-21 | Castro D'Aire | |
| 36. | FERREIRA Diogo Assuncao | 08 | CDF | 1:27.55 | 25m | 22-11-20 | Vagos | |
| 37. | NEVES Joao Diogo | 08 | SCE | 1:27.56 | 25m | 22-11-20 | Vagos | |
| 38. | VALENTE Francisco Quintino | 08 | UDO | 1:27.82 | 25m | 09-05-21 | Castro D'Aire | |
| 39. | FERREIRA Gabriel Neto | 08 | CRASTO | 1:27.90 | 25m | 22-11-20 | Vagos | |
| 40. | DIAS Gil Manuel | 08 | FOCA | 1:27.98 | 25m | 15-02-20 | Lousada | |

200 Costas

| | | | | | | | | |
|-----|-----------------------------|----|----------|---------|-----|----------|------------------|-----|
| 1. | SEQUEIRA Vasco Ferreira | 08 | CGA | 2:46.18 | 25m | 09-05-21 | Castro D'Aire | 2,7 |
| 2. | BISPO Miguel Almeida | 08 | CNMAIA | 2:46.60 | 25m | 01-05-21 | Felgueiras | 2,5 |
| 3. | BATISTA Miguel Duarte | 08 | AVFC | 2:46.86 | 25m | 09-05-21 | Castro D'Aire | 2,4 |
| 4. | GONCALVES Tiago Fonseca | 08 | CMNPR | 2:49.70 | 25m | 24-04-21 | Vila Real | 1,0 |
| 5. | PEIXOTO Tomas Pinto | 08 | FCP | 2:49.80 | 25m | 01-05-21 | Felgueiras | |
| 6. | ENCARNACAO Miguel Afonso | 08 | GCVR | 2:49.98 | 25m | 09-05-21 | Peso da Régua | |
| 7. | FERNANDES Tiago Manuel | 08 | GCVR | 2:50.95 | 25m | 09-05-21 | Peso da Régua | |
| 8. | CALDEIRA Vicente Piacentini | 08 | CNAC | 2:51.58 | 25m | 19-12-20 | Coimbra | |
| 9. | GOMES Angelo Gabriel | 08 | ADP | 2:52.36 | 25m | 01-05-21 | Felgueiras | |
| 10. | MAIA Samuel Dinis | 08 | CNMC | 2:53.03 | 25m | 19-12-20 | Coimbra | |
| 11. | TRANCOSO Simao Pedro | 08 | VNC | 2:53.28 | 25m | 08-05-21 | Ponte da Barca | |
| 12. | DUARTE Tomas Dinis | 08 | CFP | 2:53.38 | 25m | 01-05-21 | Felgueiras | |
| 13. | MEDEIROS Miguel Fragoso | 08 | FCP | 2:54.62 | 25m | 01-05-21 | Felgueiras | |
| 14. | DIAS Gil Manuel | 08 | FOCA | 2:55.77 | 25m | 01-05-21 | Felgueiras | |
| 15. | OLIVEIRA Paulo Jorge | 08 | CDE | 2:56.78 | 25m | 21-11-20 | Vagos | |
| 16. | CUNHA Joaquim Antonio | 08 | CNAC | 2:57.17 | 25m | 19-12-20 | Coimbra | |
| 17. | SANTOS Francisco Pereira | 08 | SCE | 2:58.19 | 25m | 09-05-21 | Castro D'Aire | |
| 18. | COSTA Afonso Goncalves | 08 | FCP | 2:59.30 | 25m | 01-05-21 | Felgueiras | |
| 19. | SILVA Guilherme Martins | 08 | AVFC | 2:59.49 | 25m | 21-11-20 | Vagos | |
| 20. | CANELAS Tiago Andre | 08 | CFP | 2:59.68 | 25m | 01-05-21 | Felgueiras | |
| 21. | FERREIRA Gabriel Neto | 08 | CRASTO | 2:59.77 | 25m | 21-11-20 | Vagos | |
| 22. | SOUSA Guilherme Simoes | 08 | FBSC | 3:00.21 | 25m | 19-12-20 | Coimbra | |
| 23. | SILVA Rodrigo Mosca | 08 | SCC | 3:00.23 | 25m | 19-12-20 | Coimbra | |
| 24. | GOMES Afonso Cruz | 08 | CAP | 3:02.81 | 25m | 01-05-21 | Felgueiras | |
| 25. | LEITE Henrique Almeida | 08 | CLIPTEAM | 3:02.90 | 25m | 01-05-21 | Felgueiras | |
| 26. | LOPES Gustavo Miguel | 08 | FCP | 3:04.21 | 25m | 01-05-21 | Felgueiras | |
| 27. | NEVES Joao Diogo | 08 | SCE | 3:09.59 | 25m | 09-05-21 | Castro D'Aire | |
| 28. | MENDONCA Rui Miguel | 08 | CNCE | 3:10.06 | 25m | 01-05-21 | Felgueiras | |
| 29. | CORREIA Rafael Figueiredo | 08 | SCC | 3:11.00 | 25m | 01-05-21 | Miranda do Corvo | |
| 30. | FARDILHA Antonio Cruz | 08 | CGA | 3:14.04 | 25m | 21-11-20 | Vagos | |
| 31. | PROSPERO Tomas Neves | 08 | CPN | 3:14.49 | 25m | 01-05-21 | Felgueiras | |
| 32. | MOTA Mateus Vasco | 08 | CLIPTEAM | 3:29.85 | 25m | 01-05-21 | Felgueiras | |

100 Bruços

| | | | | | | | | |
|-----|--------------------------|----|---------|---------|-----|----------|----------------|-----|
| 1. | VALE Vicente Sa | 08 | CGA | 1:22.90 | 25m | 09-05-21 | Castro D'Aire | 5,4 |
| 2. | SA Tomas Ferreira | 08 | GDNFAMA | 1:26.70 | 25m | 24-04-21 | Famalicao | 1,8 |
| 3. | FERNANDES Tiago Manuel | 08 | GCVR | 1:27.29 | 25m | 09-05-21 | Peso da Régua | 1,2 |
| 4. | GONCALVES Luis Pedro | 08 | SCB | 1:27.74 | 25m | 09-05-21 | Ponte da Barca | |
| 5. | CASTRO Joao Coelho | 08 | SCE | 1:27.79 | 25m | 09-05-21 | Castro D'Aire | |
| 6. | VITORIA Joao Miguel | 08 | AVFC | 1:28.29 | 25m | 09-05-21 | Castro D'Aire | |
| 7. | SILVA Vasco Lemos | 08 | CFP | 1:29.77 | 25m | 16-02-20 | Lousada | |
| 8. | GUIMARAES Luis Miguel | 08 | CFV | 1:30.47 | 25m | 02-05-21 | Felgueiras | |
| 9. | SOARES Goncalo Augusto | 08 | ADDEG | 1:31.01 | 25m | 16-02-20 | Lousada | |
| 10. | AZEVEDO Jose Vale | 08 | GDNFAMA | 1:31.70 | 25m | 24-04-21 | Famalicao | |
| 11. | COSTA Guilherme Franca | 08 | AEJ | 1:32.63 | 25m | 09-05-21 | Castro D'Aire | |
| 12. | PEREIRA Leonardo Branco | 08 | CRASTO | 1:32.95 | 25m | 21-11-20 | Vagos | |
| 13. | RODRIGUES Rafael Pereira | 08 | CAQC | 1:32.96 | 50m | 09-05-21 | Coimbra | |
| 14. | FERREIRA David Luis | 08 | LSC | 1:33.03 | 25m | 09-05-21 | Ponte da Barca | |
| 15. | BARROS Jose Pedro | 08 | ADF | 1:33.48 | 25m | 16-02-20 | Lousada | |
| 16. | FERNANDES Joao Tomas | 08 | CRASTO | 1:34.32 | 25m | 21-11-20 | Vagos | |
| 17. | MORENITO Eduardo Ribeiro | 08 | LSC | 1:34.42 | 25m | 02-05-21 | Felgueiras | |
| 18. | BISPO Miguel Almeida | 08 | CNMAIA | 1:35.20 | 25m | 16-02-20 | Lousada | |
| 19. | MEIRELES Rodrigo Silva | 08 | SCA | 1:35.27 | 25m | 09-05-21 | Castro D'Aire | |
| 20. | FREITAS Goncalo Rafael | 08 | VSC | 1:35.28 | 25m | 02-05-21 | Felgueiras | |
| 21. | DUARTE Tomas Dinis | 08 | CFP | 1:35.95 | 25m | 16-02-20 | Lousada | |
| 22. | LIMA Miguel Pena | 08 | CLIP | 1:36.07 | 25m | 16-02-20 | Lousada | |

100 Bruços (desde 23)

| | | | | | | | |
|-----|---------------------------|----|---------|---------|-----|----------|----------------|
| 23. | ANJOS Nuno Miguel | 08 | CGA | 1:36.25 | 25m | 09-05-21 | Castro D'Aire |
| 24. | BATISTA Miguel Duarte | 08 | AVFC | 1:36.35 | 25m | 25-01-20 | Aveiro |
| 25. | COELHO Pedro Fernando | 08 | CMNPR | 1:36.64 | 25m | 24-04-21 | Vila Real |
| 26. | MATEUS Lourenco Fernandes | 08 | GDNFAMA | 1:36.72 | 25m | 24-04-21 | Famalicao |
| 27. | CUNHA Tomas Campos | 08 | CNMAIA | 1:36.88 | 25m | 16-02-20 | Lousada |
| 28. | CANELAS Tiago Andre | 08 | CFP | 1:36.90 | 25m | 02-05-21 | Felgueiras |
| 29. | MEDEIROS Miguel Fragoso | 08 | FCP | 1:37.07 | 25m | 14-12-19 | Lousada |
| 30. | CONCEICAO Miguel Tomas | 08 | CNAC | 1:37.83 | 25m | 19-12-20 | Coimbra |
| 31. | SANTOS Afonso Jose | 08 | SCMI | 1:37.93 | 25m | 08-03-20 | Mirandela |
| 32. | MELO Afonso Benjamim | 08 | AAC | 1:38.13 | 25m | 08-02-20 | Lousã |
| 33. | FERREIRA Duarte Santos | 08 | CCLAMAS | 1:38.28 | 25m | 16-02-20 | Lousada |
| 34. | COELHO Gabriel Ramada | 08 | ADP | 1:38.59 | 25m | 14-12-19 | Lousada |
| 35. | MELO Jorge Lucas | 08 | CDCA | 1:38.69 | 25m | 09-05-21 | Castro D'Aire |
| 36. | SANTOS Francisco Bentes | 08 | CAP | 1:38.74 | 25m | 16-02-20 | Lousada |
| 37. | MOREIRA Antonio Pedro | 08 | CNCE | 1:39.57 | 25m | 14-12-19 | Lousada |
| 38. | FERREIRA Pedro Machado | 08 | ADP | 1:39.63 | 25m | 02-05-21 | Felgueiras |
| 39. | FERREIRA Rafael Costa | 08 | SCB | 1:39.68 | 25m | 09-05-21 | Ponte da Barca |
| 40. | FONSECA Santiago Jose | 08 | SCC | 1:40.06 | 25m | 19-12-20 | Coimbra |

200 Bruços

| | | | | | | | | |
|-----|---------------------------|----|----------|---------|-----|----------|----------------|-----|
| 1. | VALE Vicente Sa | 08 | CGA | 3:04.13 | 25m | 22-11-20 | Vagos | 3,6 |
| 2. | SILVA Vasco Lemos | 08 | CFP | 3:04.18 | 25m | 01-05-21 | Felgueiras | 3,5 |
| 3. | SOARES Goncalo Augusto | 08 | FCP | 3:05.60 | 25m | 01-05-21 | Felgueiras | 2,9 |
| 4. | BARROS Jose Pedro | 08 | ADF | 3:06.08 | 25m | 01-05-21 | Felgueiras | 2,7 |
| 5. | PEREIRA Leonardo Branco | 08 | CRASTO | 3:12.11 | 25m | 09-05-21 | Castro D'Aire | |
| 6. | CASTRO Joao Coelho | 08 | SCE | 3:12.36 | 25m | 09-05-21 | Castro D'Aire | |
| 7. | MOREIRA Antonio Pedro | 08 | CNCE | 3:13.73 | 25m | 01-05-21 | Felgueiras | |
| 8. | SA Tomas Ferreira | 08 | GDNFAMA | 3:15.08 | 25m | 01-05-21 | Felgueiras | |
| 9. | COELHO Gabriel Ramada | 08 | ADP | 3:15.32 | 25m | 01-05-21 | Felgueiras | |
| 10. | BATISTA Miguel Duarte | 08 | AVFC | 3:19.01 | 25m | 22-11-20 | Vagos | |
| 10. | FERNANDES Tiago Manuel | 08 | GCVR | 3:19.01 | 25m | 24-04-21 | Vila Real | |
| 12. | BARATA Santiago Leite | 08 | CNCE | 3:19.05 | 25m | 01-05-21 | Felgueiras | |
| 13. | COSTA Guilherme Franca | 08 | AEJ | 3:19.35 | 25m | 09-05-21 | Castro D'Aire | |
| 14. | COSTA Rui Henrique | 08 | SCCAM | 3:19.54 | 25m | 08-05-21 | Ponte da Barca | |
| 15. | MATEUS Lourenco Fernandes | 08 | GDNFAMA | 3:21.86 | 25m | 01-05-21 | Felgueiras | |
| 16. | MORENITO Eduardo Ribeiro | 08 | LSC | 3:22.42 | 25m | 08-05-21 | Ponte da Barca | |
| 17. | SANTOS Francisco Bentes | 08 | CAP | 3:22.74 | 25m | 01-05-21 | Felgueiras | |
| 18. | AZEVEDO Jose Vale | 08 | GDNFAMA | 3:23.49 | 25m | 01-05-21 | Felgueiras | |
| 19. | BALDAIA Antonio Dinis | 08 | ADP | 3:24.98 | 25m | 01-05-21 | Felgueiras | |
| 20. | BESSA Guilherme Simao | 08 | CFV | 3:29.18 | 25m | 01-05-21 | Felgueiras | |
| 21. | LIMA Rodrigo Silva | 08 | FCP | 3:29.47 | 25m | 01-05-21 | Felgueiras | |
| 22. | CONCEICAO Miguel Tomas | 08 | CNAC | 3:29.52 | 50m | 09-05-21 | Coimbra | |
| 23. | ANJOS Nuno Miguel | 08 | CGA | 3:30.55 | 25m | 22-11-20 | Vagos | |
| 24. | CUNHA Tomas Campos | 08 | CNMAIA | 3:30.83 | 25m | 01-05-21 | Felgueiras | |
| 25. | VIEIRA Martim Ferreira | 08 | VNC | 3:31.12 | 25m | 08-05-21 | Ponte da Barca | |
| 26. | OLIVEIRA Manuel Martins | 08 | SCE | 3:31.16 | 25m | 09-05-21 | Castro D'Aire | |
| 27. | MACEDO Hugo Sa | 08 | FCP | 3:31.64 | 25m | 01-05-21 | Felgueiras | |
| 28. | BRAZ Pedro Pereira | 08 | CLIPTEAM | 3:32.07 | 25m | 01-05-21 | Felgueiras | |
| 29. | MELO Jorge Lucas | 08 | CDCA | 3:35.72 | 25m | 09-05-21 | Castro D'Aire | |
| 30. | GUEDES Goncalo Silva | 08 | CDE | 3:36.83 | 25m | 09-05-21 | Castro D'Aire | |
| 31. | FONSECA Santiago Jose | 08 | SCC | 3:37.48 | 50m | 09-05-21 | Coimbra | |
| 32. | CORREIA Rafael Figueiredo | 08 | SCC | 3:38.61 | 50m | 09-05-21 | Coimbra | |
| 33. | MEDEIROS Gabriel Alves | 08 | GCST | 3:40.91 | 25m | 01-05-21 | Felgueiras | |
| 34. | COELHO Pedro Fernando | 08 | CMNPR | 3:41.26 | 25m | 09-05-21 | Peso da Régua | |
| 35. | COELHO Jorge Macedo | 08 | CLIPTEAM | 3:45.56 | 25m | 01-05-21 | Felgueiras | |
| 36. | PASSOS Francisco Almeida | 08 | CNPO | 3:48.92 | 25m | 01-05-21 | Felgueiras | |
| 37. | CRUZEIRO Miguel Cardante | 08 | EDV | 3:49.42 | 25m | 08-05-21 | Ponte da Barca | |

200 Bruços (desde 38)

| | | | | | | |
|---------------------------|----|------|---------|-----|----------|------------|
| 38. ALVES David Miguel | 08 | FBSC | 3:50.90 | 50m | 09-05-21 | Coimbra |
| 39. QUEIROS Isaac Pereira | 08 | FCP | 4:00.24 | 25m | 01-05-21 | Felgueiras |

100 Mariposa

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|---------------------------------|----|----------|---------|-----|----------|------------------|
| 1. SEQUEIRA Vasco Ferreira | 08 | CGA | 1:16.87 | 25m | 22-11-20 | Vagos |
| 2. PASCOAL Martim Nobre | 08 | SCC | 1:18.06 | 50m | 08-05-21 | Coimbra |
| 3. BISPO Miguel Almeida | 08 | CNMAIA | 1:18.10 | 25m | 02-05-21 | Felgueiras |
| 4. SANTOS Francisco Pereira | 08 | SCE | 1:18.49 | 25m | 09-05-21 | Castro D'Aire |
| 5. SOARES Guilherme Costa | 08 | CFV | 1:18.65 | 25m | 02-05-21 | Felgueiras |
| 6. ASSUNCAO Tomas Moreira | 08 | CDF | 1:18.76 | 25m | 09-05-21 | Castro D'Aire |
| 7. PEREIRA Francisco Miguel | 08 | CFP | 1:18.93 | 25m | 02-05-21 | Felgueiras |
| 8. RODRIGUES Rafael Pereira | 08 | CAQC | 1:19.40 | 25m | 01-05-21 | Miranda do Corvo |
| 9. DIAS Pedro Malhao | 08 | SCCAM | 1:20.22 | 25m | 09-05-21 | Ponte da Barca |
| 10. CASTRO Joao Coelho | 08 | SCE | 1:21.04 | 25m | 09-05-21 | Castro D'Aire |
| 11. COSTA Dinis Castro | 08 | FOCA | 1:22.69 | 25m | 02-05-21 | Felgueiras |
| 12. DIAS Gil Manuel | 08 | FOCA | 1:23.55 | 25m | 02-05-21 | Felgueiras |
| 13. SANTOS Francisco Bentes | 08 | CAP | 1:25.53 | 25m | 16-02-20 | Lousada |
| 14. CALDEIRA Vicente Piacentini | 08 | CNAC | 1:25.66 | 25m | 20-12-20 | Coimbra |
| 15. MEDEIROS Miguel Fragoso | 08 | FCP | 1:26.19 | 25m | 14-12-19 | Lousada |
| 16. GONCALVES Tiago Fonseca | 08 | CMNPR | 1:26.48 | 25m | 08-05-21 | Peso da Régua |
| 17. SILVA Vasco Lemos | 08 | CFP | 1:26.66 | 25m | 16-02-20 | Lousada |
| 18. FERREIRA Duarte Santos | 08 | CCLAMAS | 1:26.88 | 25m | 16-02-20 | Lousada |
| 19. MAIA Samuel Dinis | 08 | CNMC | 1:26.94 | 25m | 01-05-21 | Miranda do Corvo |
| 20. FERNANDES Tiago Manuel | 08 | GCVR | 1:27.16 | 25m | 21-12-19 | Guarda |
| 21. ALVES Afonso Castro | 08 | LSXXI | 1:27.56 | 25m | 02-05-21 | Felgueiras |
| 22. JESUS Martim Goncalves | 08 | SCCAM | 1:27.66 | 25m | 09-05-21 | Ponte da Barca |
| 23. PEREIRA Santiago Carvalho | 08 | GDNFAMA | 1:28.10 | 25m | 24-04-21 | Famalicao |
| 24. PEIXOTO Tomas Pinto | 08 | ATG | 1:28.12 | 25m | 16-02-20 | Lousada |
| 25. ANATOLIEVICH Aleksandr | 08 | NBM | 1:28.28 | 25m | 09-05-21 | Castro D'Aire |
| 26. LEITE Henrique Almeida | 08 | CLIPTEAM | 1:28.62 | 25m | 02-05-21 | Felgueiras |
| 27. YERMACHKOV David | 08 | SCB | 1:29.21 | 25m | 09-05-21 | Ponte da Barca |
| 28. GOMES Diogo Pinho | 08 | ATG | 1:29.50 | 25m | 16-02-20 | Lousada |
| 29. COSTA Rui Henrique | 08 | SCCAM | 1:31.03 | 25m | 09-05-21 | Ponte da Barca |
| 30. MENDONCA Rui Miguel | 08 | LSC | 1:31.21 | 25m | 14-12-19 | Lousada |
| 31. FERREIRA Gabriel Dinis | 08 | FOCA | 1:31.35 | 25m | 02-05-21 | Felgueiras |
| 32. OLIVEIRA Edgar Miguel | 08 | ATG | 1:32.06 | 25m | 16-02-20 | Lousada |
| 33. SILVA Eduardo Miguel | 08 | ATG | 1:32.68 | 25m | 16-02-20 | Lousada |
| 34. BALDAIA Antonio Dinis | 08 | ADP | 1:33.01 | 25m | 22-02-20 | Guimaraes |
| 35. SOARES Marco Santos | 08 | CNV | 1:33.14 | 25m | 02-05-21 | Felgueiras |
| 36. GOMES Afonso Cruz | 08 | CAP | 1:33.38 | 25m | 16-02-20 | Lousada |
| 37. LIMA Miguel Pena | 08 | CLIP | 1:35.01 | 25m | 16-02-20 | Lousada |
| 38. GOMES Angelo Gabriel | 08 | ADP | 1:35.54 | 25m | 16-02-20 | Lousada |
| 39. SILVA Rodrigo Mosca | 08 | SCC | 1:35.56 | 25m | 20-12-20 | Coimbra |
| 40. OLIVEIRA Paulo Jorge | 08 | CDE | 1:35.71 | 25m | 09-05-21 | Castro D'Aire |

200 Mariposa

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|----------------------------|----|-------|---------|-----|----------|---------------|
| 1. GONCALVES Tiago Fonseca | 08 | CMNPR | 3:23.23 | 25m | 08-05-21 | Peso da Régua |
| 2. COELHO Pedro Fernando | 08 | CMNPR | 3:26.12 | 25m | 08-05-21 | Peso da Régua |

200 Estilos

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|----------------|-----|
| 1. VALE Vicente Sa | 08 | CGA | 2:40.62 | 25m | 09-05-21 | Castro D'Aire | 5,6 |
| 2. VITORIA Joao Miguel | 08 | AVFC | 2:41.05 | 25m | 09-05-21 | Castro D'Aire | 5,4 |
| 3. ASSUNCAO Tomas Moreira | 08 | CDF | 2:46.65 | 25m | 09-05-21 | Castro D'Aire | 2,6 |
| 4. FERNANDES Tiago Manuel | 08 | GCVR | 2:46.78 | 25m | 08-05-21 | Peso da Régua | 2,6 |
| 5. MEDEIROS Miguel Fragoso | 08 | FCP | 2:48.53 | 25m | 01-05-21 | Felgueiras | 1,7 |
| 6. BARROS Jose Pedro | 08 | ADF | 2:49.37 | 25m | 01-05-21 | Felgueiras | 1,3 |
| 7. BISPO Miguel Almeida | 08 | CNMAIA | 2:50.93 | 25m | 01-05-21 | Felgueiras | |
| 8. SOARES Goncalo Augusto | 08 | FCP | 2:51.21 | 25m | 01-05-21 | Felgueiras | |
| 9. RODRIGUES Rafael Pereira | 08 | CAQC | 2:51.55 | 50m | 08-05-21 | Coimbra | |
| 10. SILVA Vasco Lemos | 08 | CFP | 2:51.81 | 25m | 01-05-21 | Felgueiras | |
| 11. PASCOAL Martim Nobre | 08 | SCC | 2:51.83 | 25m | 20-12-20 | Coimbra | |
| 12. GUIMARAES Luis Miguel | 08 | CFV | 2:52.89 | 25m | 01-05-21 | Felgueiras | |
| 13. SOARES Guilherme Costa | 08 | CFV | 2:53.12 | 25m | 01-05-21 | Felgueiras | |
| 14. PEREIRA Francisco Miguel | 08 | CFP | 2:53.38 | 25m | 01-05-21 | Felgueiras | |
| 15. SILVA Guilherme Martins | 08 | AVFC | 2:53.55 | 25m | 21-11-20 | Vagos | |
| 16. GOMES Angelo Gabriel | 08 | ADP | 2:53.63 | 25m | 09-05-21 | Castro D'Aire | |
| 17. BATISTA Miguel Duarte | 08 | AVFC | 2:54.00 | 25m | 21-11-20 | Vagos | |
| 18. PEIXOTO Tomas Pinto | 08 | FCP | 2:54.72 | 25m | 01-05-21 | Felgueiras | |
| 19. LIMA Eduardo Miguel | 08 | FOCA | 2:55.18 | 25m | 01-05-21 | Felgueiras | |
| 20. SANTOS Francisco Bentes | 08 | CAP | 2:55.49 | 25m | 01-05-21 | Felgueiras | |
| 21. CASTRO Joao Coelho | 08 | SCE | 2:55.59 | 25m | 09-05-21 | Castro D'Aire | |
| 22. DIAS Pedro Malhao | 08 | SCCAM | 2:55.74 | 25m | 08-05-21 | Ponte da Barca | |
| 23. ESCALEIRA Rodrigo Peres | 08 | EDV | 2:55.99 | 25m | 08-05-21 | Ponte da Barca | |
| 24. CALDEIRA Vicente Piacentini | 08 | CNAC | 2:56.40 | 25m | 20-12-20 | Coimbra | |
| 25. MAIA Samuel Dinis | 08 | CNMC | 2:56.42 | 50m | 08-05-21 | Coimbra | |
| 26. MORENITO Eduardo Ribeiro | 08 | LSC | 2:57.31 | 25m | 08-05-21 | Ponte da Barca | |
| 27. DUARTE Tomas Dinis | 08 | CFP | 2:57.46 | 25m | 01-05-21 | Felgueiras | |
| 28. CONCEICAO Miguel Tomas | 08 | CNAC | 2:58.80 | 50m | 08-05-21 | Coimbra | |
| 29. DIAS Gil Manuel | 08 | FOCA | 2:59.45 | 25m | 01-05-21 | Felgueiras | |
| 30. ENCARNACAO Miguel Afonso | 08 | GCVR | 3:00.28 | 25m | 08-05-21 | Peso da Régua | |
| 31. COELHO Gabriel Ramada | 08 | ADP | 3:00.63 | 25m | 01-05-21 | Felgueiras | |
| 32. GONCALVES Tiago Fonseca | 08 | CMNPR | 3:00.70 | 25m | 08-05-21 | Peso da Régua | |
| 33. JESUS Martim Goncalves | 08 | SCCAM | 3:00.76 | 25m | 08-05-21 | Ponte da Barca | |
| 34. FERREIRA David Luis | 08 | LSC | 3:02.27 | 25m | 08-05-21 | Ponte da Barca | |
| 35. COSTA Dinis Castro | 08 | FOCA | 3:02.54 | 25m | 08-05-21 | Ponte da Barca | |
| 36. GOMES Afonso Cruz | 08 | CAP | 3:02.72 | 25m | 01-05-21 | Felgueiras | |
| 37. BESSA Guilherme Simao | 08 | CFV | 3:03.01 | 25m | 01-05-21 | Felgueiras | |
| 38. ANJOS Nuno Miguel | 08 | CGA | 3:03.54 | 25m | 09-05-21 | Castro D'Aire | |
| 39. COSTA Rui Henrique | 08 | SCCAM | 3:03.55 | 25m | 08-05-21 | Ponte da Barca | |
| 40. BALDAIA Antonio Dinis | 08 | ADP | 3:04.11 | 25m | 01-05-21 | Felgueiras | |