

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Povoa de Varzim, 4- - 7-8-2011

Medalhados por Prova, Masc.

Todas as provas

1500m Livres				Open	1500m Livres				Juvenis B
1.	Thomas Sunter	92	COSE	15:32.79	1.	Andre Filipe Farinha	96	SLB	16:57.54
2.	Daniel Cocking	90	COSE	15:45.44	2.	Miguel Prata Santos	96	VNC	17:05.26
3.	Paulo Fragueiro Franco	82	CDN	16:05.45	3.	Pedro Veiguiha Martins	96	SCB	17:09.99

1500m Livres				Juvenis A	50m Mariposa				Open
1.	Joao Duarte Santos	95	CNOL	16:48.56	1.	Simao Gomes Morgado	79	CNA	24.74
2.	Cesar Filipe Magalhaes	95	FOCA	16:57.87	2.	Duarte Rafael Mourao	84	CNA	24.93
3.	Joao Andre Neves	95	AAC	17:16.11	3.	Braxston Timm	92	COSE	25.00

50m Mariposa				Absoluto	100m Bruços				Open
1.	Simao Gomes Morgado	79	CNA	24.74	1.	James Kirton	85	COSE	1:02.28
2.	Duarte Rafael Mourao	84	CNA	24.93	2.	Diogo Filipe Carvalho	88	CGA	1:03.84
3.	Fabio Manuel Pereira	86	CFV	25.46	3.	Ricardo Jose Varela	89	CNS	1:04.22
3.	Joao Silva Gigante	88	CNA	25.46					

100m Bruços				Absoluto	100m Bruços				Juvenis B
1.	Diogo Filipe Carvalho	88	CGA	1:03.84	1.	Tomas Miguel Veloso	96	CNAC	1:09.17
2.	Ricardo Jose Varela	89	CNS	1:04.22	2.	Joao Filipe Costa	96	SCP	1:10.92
3.	Sergio Baptista Silva	91	FCP	1:06.88	3.	Artur Jose Reis	96	FCP	1:11.01

100m Bruços				Juvenis A	50m Costas				Open
1.	Luis Manuel Fernandes	95	GDNVNF	1:07.59 R	1.	Alexis Manacas Santos	92	SCP	26.41
2.	Diogo Miguel Silva	95	SFUAP	1:08.25 B	2.	Emmanuel Vanluchene	92	VZF	26.46
3.	Mauro Filipe Viegas	95	CNOL	1:09.94	3.	Adriano Miguel Niz	86	GDNVNF	26.94

50m Costas				Absoluto	4 x 200m Livres				Juvenis B
1.	Alexis Manacas Santos	92	SCP	26.41	1.	Viana Natacao-JUV B		VNC	8:15.48
2.	Adriano Miguel Niz	86	GDNVNF	26.94	2.	Naval Amorense-Juv B		ANAM	8:16.55
3.	Pedro Fontoura Oliveira	90	CNA	27.49	3.	Academico Viseu-JUV B		AVFC	8:27.00

4 x 200m Livres				Juvenis A	4 x 50m Livres				Open
1.	Colegio Vasco da Gama-JUV A		CNCVCG	8:20.15	1.	Porto/Dolce Vita-ABS		FCP	1:33.80
2.	Porto/Dolce Vita-JUV A		FCP	8:26.20	2.	Amadora-ABS		CNA	1:34.65
3.	Academica de Coimbra-JUV A		AAC	8:29.33	3.	Sporting-ABS		SCP	1:36.64

4 x 200m Livres				Open
1.	Sporting-ABS		SCP	7:36.47
2.	Amadora-ABS		CNA	7:37.31
3.	Porto/Dolce Vita-ABS		FCP	7:42.74

400m Estilos				Open	400m Estilos				Absolutos
1.	Alexis Manacas Santos	92	SCP	4:25.02	1.	Alexis Manacas Santos	92	SCP	4:25.02
2.	Nuno Rafael Alves	90	GESP	4:35.09	2.	Nuno Rafael Alves	90	GESP	4:35.09
3.	Miguel Machado Lopes	92	SCP	4:37.17	3.	Miguel Machado Lopes	92	SCP	4:37.17

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400m Estilos				Juvenis B				400m Estilos				Juvenis A					
1.	Tomas Miguel Veloso	96	CNAC	4:48.44	R	1.	Diogo Miguel Silva	95	SFUAP	4:51.52	B	2.	Mauro Filipe Viegas	95	CNOL	4:52.15	B
2.	Jose Luis Gabriel	96	AVFC	4:51.98	B	3.	Miguel Bras Sergio	95	ABVE	4:52.93	R						
3.	Pedro Veiguinha Martins	96	SCB	4:58.06													
200m Livres				Open				200m Livres				Absolutos					
1.	Braxston Timm	92	COSE	1:51.54		1.	Diogo Filipe Carvalho	88	CGA	1:51.60		2.	Israel Peressin Murat	86	FCP	1:52.53	
2.	Diogo Filipe Carvalho	88	CGA	1:51.60		3.	Jorge Manuel Maia	89	GDNVNF	1:52.54							
3.	Lewis Coleman	92	COSE	1:51.91													
200m Livres				Juvenis B				200m Livres				Juvenis A					
1.	Andre Filipe Farinha	96	SLB	1:58.56		1.	Joao Duarte Santos	95	CNOL	1:58.67		2.	Tiago Ferreira Azevedo	95	ANAM	1:58.90	
2.	Joao Carlos Santos	96	ANAM	2:00.38		3.	Afonso Lopes dos Santos	95	PIMP	2:00.12							
3.	Goncalo Cardoso Carmo	96	CNCVG	2:00.69													
50m Bruços				Open				50m Bruços				Absolutos					
1.	Carlos Esteves Almeida	88	CNA	28.88		1.	Carlos Esteves Almeida	88	CNA	28.88		2.	Ricardo Jose Varela	89	CNS	29.46	
2.	James Kirton	85	COSE	29.02		3.	Sergio Baptista Silva	91	FCP	30.03							
3.	Ricardo Jose Varela	89	CNS	29.46													
200m Costas				Open				200m Costas				Absolutos					
1.	Adriano Miguel Niz	86	GDNVNF	2:02.34		1.	Adriano Miguel Niz	86	GDNVNF	2:02.34		2.	Pedro Fontoura Oliveira	90	CNA	2:07.21	
2.	Joseph Canlan-Shaw	88	SW	2:02.68		3.	Edgar Oliveira Ribeiro	93	SCB	2:08.78							
3.	Calum Jarvis	92	SW	2:02.71													
200m Costas				Juvenis B				200m Costas				Juvenis A					
1.	Sergio Fernando Silva	96	ANAM	2:15.57		1.	Miguel Duarte Nascimento	95	PORTIN	2:09.01	A	2.	Rodrigo Pereira Lopes	95	CNA	2:11.12	A
2.	Rodrigo Silverio Carmo	96	CNCVG	2:17.96		3.	Diogo Gomes Sousa	95	CNCVG	2:11.23	A						
3.	Tiago Manuel Teixeira	96	ADF	2:20.14													
4 x 100m Livres				Juvenis B				4 x 100m Livres				Juvenis A					
1.	Naval Amorense-Juv B		ANAM	3:46.74		1.	Colegio Vasco da Gama-JUV A		CNCVG	3:48.96		2.	Porto/Dolce Vita-JUV A		FCP	3:49.76	
2.	Viana Natacao-JUV B		VNC	3:48.44		3.	Torres Novas-JUV A		CNTN	3:50.62							
3.	Vilacondense-JUV B		CFV	3:49.73													
4 x 100m Livres				Absoluto				100m Mariposa				Open					
1.	Porto/Dolce Vita-ABS		FCP	3:26.97		1.	Braxston Timm	92	COSE	54.61		2.	Duarte Rafael Mourao	84	CNA	54.83	
2.	Amadora-ABS		CNA	3:27.34		3.	Egon Van Der Straeten	91	VZF	55.49							
3.	Sporting-ABS		SCP	3:30.33													
100m Mariposa				Absoluto				100m Mariposa				Juvenis B					
1.	Duarte Rafael Mourao	84	CNA	54.83		1.	Joao Pedro Santos	96	CFV	59.58		2.	Miguel Angelo Alves	96	ANAM	1:00.92	
2.	Fabio Manuel Pereira	86	CFV	55.77		3.	Andre Antunes Carvalho	96	CIMM	1:01.34							
3.	Carlos Lopes Pedrosa	94	CNPD	57.12													

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100m Mariposa				Juvenis A	200m Bruços				Open	
1.	Frederico Manuel Moeda	95	ESJB	58.62	R	1.	James Kirton	85	COSE	2:13.77
2.	Antonio Fraga Fragoso	95	CAFBDP	59.20		2.	Jonas Coreelman	91	VZF	2:16.53
3.	Diogo Gomes Sousa	95	CNCVG	59.34		3.	Diogo Filipe Carvalho	88	CGA	2:16.64
200m Bruços				Absoluto	200m Bruços				Juvenis B	
1.	Diogo Filipe Carvalho	88	CGA	2:16.64		1.	Tomas Miguel Veloso	96	CNAC	2:29.15
2.	Ricardo Jose Varela	89	CNS	2:18.28		2.	Rodrigo Silverio Carmo	96	CNCVG	2:34.18
3.	Manuel Matos Sequeira	87	GESL	2:24.37		3.	Paulo Andre Silva	96	CFV	2:35.06
200m Bruços				Juvenis A	50m Livres				Open	
1.	Luis Manuel Fernandes	95	GDNVNF	2:28.74	R	1.	A. Agostinho	86	PORTIN	23.19
2.	Diogo Miguel Silva	95	SFUAP	2:29.98		1.	Paulo Jorge Santos	89	FCP	23.19
3.	Mauro Filipe Viegas	95	CNOL	2:32.41		3.	Joao Silva Gigante	88	CNA	24.10
50m Livres				Absolutos	100m Costas				Open	
1.	A. Agostinho	86	PORTIN	23.19		1.	Emmanuel Vanluchene	92	VZF	56.71
1.	Paulo Jorge Santos	89	FCP	23.19		2.	Adriano Miguel Niz	86	GDNVNF	56.76
3.	Joao Silva Gigante	88	CNA	24.10		3.	Alexis Manacas Santos	92	SCP	56.85
100m Costas				Absolutos	100m Costas				Juvenis B	
1.	Adriano Miguel Niz	86	GDNVNF	56.76		1.	Sergio Fernando Silva	96	ANAM	1:02.05
2.	Alexis Manacas Santos	92	SCP	56.85		2.	Tiago Manuel Teixeira	96	ADF	1:02.81
3.	Pedro Fontoura Oliveira	90	CNA	58.62		3.	Miguel Freitas Marques	96	CSM	1:05.02
100m Costas				Juvenis A	400m Livres				Open	
1.	Miguel Duarte Nascimento	95	PORTIN	59.92	A	1.	Daniel Cocking	90	COSE	3:54.36
2.	Rodrigo Pereira Lopes	95	CNA	1:00.75	A	2.	Thomas Sunter	92	COSE	3:54.66
3.	Diogo Gomes Sousa	95	CNCVG	1:01.15	R	3.	Jorge Manuel Maia	89	GDNVNF	3:59.75
400m Livres				Absolutos	400m Livres				Juvenis B	
1.	Jorge Manuel Maia	89	GDNVNF	3:59.75		1.	Andre Filipe Farinha	96	SLB	4:09.11
2.	Fabio Manuel Pereira	86	CFV	4:03.45		2.	Joao Carlos Santos	96	ANAM	4:16.83
3.	Rui Filipe Costa	91	VSC	4:03.77		3.	Goncalo Cardoso Carmo	96	CNCVG	4:19.87
400m Livres				Juvenis A	400m Livres				Juvenis B	
1.	Joao Duarte Santos	95	CNOL	4:13.15		1.	Andre Filipe Farinha	96	SLB	4:09.11
2.	Tiago Ferreira Azevedo	95	ANAM	4:13.20		2.	Joao Carlos Santos	96	ANAM	4:16.83
3.	Cesar Filipe Magalhaes	95	FOCA	4:19.51		3.	Goncalo Cardoso Carmo	96	CNCVG	4:19.87
4 x 50m Estilos				Absoluto	200m Mariposa				Open	
1.	Amadora-ABS		CNA	1:43.01		1.	Egon Van Der Straeten	91	VZF	2:02.13
2.	Porto/Dolce Vita-ABS		FCP	1:45.12		2.	Duarte Rafael Mourao	84	CNA	2:02.42
3.	Sporting-ABS		SCP	1:46.56		3.	Fabio Manuel Pereira	86	CFV	2:03.38

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200m Mariposa			Absolutos	200m Mariposa			Juvenis B
1.	Duarte Rafael Mourao	84	CNA	2:02.42	1.	Andre Antunes Carvalho	96 CIMM 2:15.38
2.	Fabio Manuel Pereira	86	CFV	2:03.38	2.	Miguel Angelo Alves	96 ANAM 2:16.46
3.	Miguel Monteiro Diogo	93	CNAL	2:04.71	3.	Antonio Miguel Vitorino	96 VNC 2:16.51
200m Mariposa			Juvenis A	100m Livres			Open
1.	Antonio Fraga Fragoso	95	CAFBDP	2:09.86 A	1.	Emmanuel Vanluchene	92 VZF 50.14
2.	Joao Duarte Santos	95	CNOL	2:12.34 B	2.	A. Agostinho	86 PORTIN 51.08
3.	Miguel Bras Sergio	95	ABVE	2:12.42 R	2.	Calum Jarvis	92 SW 51.08
100m Livres			Absolutos	100m Livres			Juvenis B
1.	A. Agostinho	86	PORTIN	51.08	1.	Tiago Manuel Teixeira	96 ADF 54.92
2.	Diogo Filipe Carvalho	88	CGA	51.39	2.	Joao Carlos Santos	96 ANAM 55.47
3.	Israel Peressin Murat	86	FCP	51.49	3.	Andre Filipe Farinha	96 SLB 55.54
100m Livres			Juvenis A	200m Estilos			Open
1.	Miguel Duarte Nascimento	95	PORTIN	54.08 R	1.	Lewis Coleman	92 COSE 2:03.80
2.	Tiago Ferreira Azevedo	95	ANAM	54.77	2.	Alexis Manacas Santos	92 SCP 2:04.04
3.	Afonso Lopes dos Santos	95	PIMP	55.06	3.	James Kirton	85 COSE 2:05.39
200m Estilos			Absolutos	200m Estilos			Juvenis B
1.	Alexis Manacas Santos	92	SCP	2:04.04	1.	Jose Luis Gabriel	96 AVFC 2:16.91
2.	Adriano Miguel Niz	86	GDNVNF	2:07.44	2.	Rafael Filipe Nunes	96 ANAM 2:18.71
3.	Rui Filipe Vilar	91	FCP	2:09.51	3.	Rodrigo Silverio Carmo	96 CNCVG 2:19.09
200m Estilos			Juvenis A	800m Livres			Open
1.	Diogo Gomes Sousa	95	CNCVG	2:11.75 A	1.	Rui Filipe Costa	91 VSC 8:25.58
2.	Afonso Lopes dos Santos	95	PIMP	2:15.39	2.	Diogo Andre Gaspar	90 SFUAP 8:27.58
3.	Tiago Ferreira Azevedo	95	ANAM	2:16.14	3.	Tiago Silva Oliveira	94 LSC 8:29.00
4 x 100m Estilos			Juvenis B	4 x 100m Estilos			Juvenis A
1.	Porto/Dolce Vita-JUV B		FCP	4:18.12	1.	Amadora-JUV A	CNA 4:12.52
2.	Vilacondense-JUV B		CFV	4:18.52	2.	Colegio Vasco da Gama-JUV A	CNCVG 4:15.31
3.	Benfica-JUV B		SLB	4:20.75	3.	Naval Setubalense-JUV A	CNS 4:16.88
4 x 100m Estilos			Absoluto				
1.	Amadora-ABS		CNA	3:46.65			
2.	Sporting-ABS		SCP	3:52.92			
3.	Porto/Dolce Vita-ABS		FCP	3:53.24			

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Medalhados por Prova, Femin.

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800m Livres				Open	800m Livres				Juvenis
1.	Eleanor Faulkner	93	COSE	8:41.77	1.	Filipa Vilas Ruivo	97	DNMG	9:11.46
2.	Sian Morgan	94	SW	8:59.97	2.	B. Rodrigues	97	SAD	9:28.91
3.	Angelica Maria Andre	94	LSC	9:04.07	3.	Ana Filipa Martins	97	FOCA	9:31.05
50m Mariposa				Open	50m Mariposa				Absoluto
1.	Sian Harkin	94	SW	28.03	1.	Filipa Ferreira Silva	85	CNA	28.63
2.	Laura Whitaker	91	COSE	28.35	2.	Ana Pinho Rodrigues	94	AEJ	28.99
3.	Filipa Ferreira Silva	85	CNA	28.63	3.	Catarina Tiago Nunes	95	SFUAP	29.18
100m Bruços				Open	100m Bruços				Absoluto
1.	Sara L Lougher	94	SW	1:12.49	1.	Maria Carolina Rosa	94	SCP	1:12.92
2.	Maria Carolina Rosa	94	SCP	1:12.92	2.	Paula Alexandra Oliveira	96	FCP	1:13.61
3.	Paula Alexandra Oliveira	96	FCP	1:13.61	3.	Victoria Kaminskaya	95	PIMP	1:13.94
100m Bruços				Juvenis	50m Costas				Open
1.	Andreia Sofia Mendao	97	ANAM	1:17.55 R	1.	Catia Raquel Martinheira	95	LDC	30.57
2.	Barbara Sofia Barata	97	SLB	1:18.22	2.	Jasmijn Verhaegen	93	VZF	30.63
3.	A. Morgado	97	CNAC	1:19.97	3.	Lisa Marisa Soares	95	CNA	31.03
50m Costas				Absoluto	4 x 200m Livres				Juvenis
1.	Catia Raquel Martinheira	95	LDC	30.57	1.	Nautico/Matobra-JUV		CNAC	9:04.30
2.	Lisa Marisa Soares	95	CNA	31.03	2.	Alges-JUV		SAD	9:11.44
3.	Marta Vieira Marinho	91	FCP	31.06	3.	Porto/Dolce Vita-JUV		FCP	9:17.84
4 x 50m Livres				Open					
1.	Porto/Dolce Vita-ABS		FCP	1:47.34					
2.	Amadora-ABS		CNA	1:49.81					
3.	Sporting-ABS		SCP	1:49.98					
4 x 200m Livres				Open					
1.	Porto/Dolce Vita-ABS		FCP	8:33.73					
2.	Sporting-ABS		SCP	8:38.13					
3.	Vitoria de Guimaraes-ABS		VSC	8:49.15					
400m Estilos				Open	400m Estilos				Absolutos
1.	Lucy Spencer	93	COSE	4:52.99	1.	Diana Margarida Duraes	96	FOCA	4:58.08
2.	Diana Margarida Duraes	96	FOCA	4:58.08	2.	Marta Pereira Abreu	92	FCP	4:59.77
3.	Marta Pereira Abreu	92	FCP	4:59.77	3.	Angelica Maria Andre	94	LSC	4:59.84
400m Estilos				Juvenis	200m Livres				Open
1.	Filipa Vilas Ruivo	97	DNMG	5:07.72 A	1.	Sian Morgan	94	SW	2:03.65
2.	Sara Monteiro Meireles	97	GESP	5:22.71	2.	Andreia Catarina Gomes	94	VSC	2:06.01
3.	Filipa Vicente Custoias	97	BSCN	5:23.90	2.	Danielle Stirrat	93	SW	2:06.01

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200m Livres				Absolutos	200m Livres				Juvenis
1.	Andreia Catarina Gomes	94	VSC	2:06.01	1.	Ines Camacho Fernandes	97	SCP	2:10.48 R
2.	Marta Vieira Marinho	91	FCP	2:06.07	2.	Maria Teresa Amorim	97	FCP	2:13.65
3.	Joana Aguiar Rodrigues	93	FCP	2:07.85	3.	Beatriz Neves Craveiro	97	CNAC	2:14.10
50m Braços				Open	50m Braços				Absolutos
1.	Maria Carolina Rosa	94	SCP	33.64	1.	Maria Carolina Rosa	94	SCP	33.64
2.	Sara L Lougher	94	SW	33.65	2.	Joana Catarina Carvalho	92	FCP	33.86
3.	Joana Catarina Carvalho	92	FCP	33.86	3.	Isabel Maria Figueira	79	LDC	34.09
200m Costas				Open	200m Costas				Absolutos
1.	Danielle Stirrat	93	SW	2:15.91	1.	Catia Raquel Martinheira	95	LDC	2:19.79
2.	Rachel Williams	93	SW	2:16.78	2.	Lisa Marisa Soares	95	CNA	2:23.07
3.	Catia Raquel Martinheira	95	LDC	2:19.79	3.	Marta Pereira Abreu	92	FCP	2:24.65
200m Costas				Juvenis	4 x 100m Livres				Juvenis
1.	Francisca Gomes Azevedo	97	SAD	2:24.46 A	1.	Nautico/Matobra-JUV		CNAC	4:10.72
2.	Joana Carina Silva	97	LSXXI	2:24.63 A	2.	Alges-JUV		SAD	4:12.67
3.	Ana Rita Cruz	97	SFUAP	2:27.50 R	3.	Porto/Dolce Vita-JUV		FCP	4:17.10
4 x 100m Livres				Open					
1.	Porto/Dolce Vita-ABS		FCP	3:54.80					
2.	Sporting-ABS		SCP	3:58.85					
3.	Amadora-ABS		CNA	4:00.02					
100m Mariposa				Open	100m Mariposa				Absoluto
1.	Sara Freitas Oliveira	85	FCP	1:00.55	1.	Sara Freitas Oliveira	85	FCP	1:00.55
2.	Sian Harkin	94	SW	1:03.41	2.	Ana Catarina Monteiro	93	CFV	1:03.58
3.	Ana Catarina Monteiro	93	CFV	1:03.58	3.	Filipa Ferreira Silva	85	CNA	1:03.84
100m Mariposa				Juvenis	200m Braços				Open
1.	Ines Camacho Fernandes	97	SCP	1:06.77 A	1.	Ana Teresa Franco	91	SCP	2:35.37
2.	Beatriz Neves Craveiro	97	CNAC	1:07.30	2.	Elise Matthysen	92	VZF	2:36.88
3.	Filipa Vicente Custois	97	BSCN	1:08.15	3.	Nadia Morais Vieira	90	GESL	2:37.56
200m Braços				Absoluto	200m Braços				Juvenis
1.	Ana Teresa Franco	91	SCP	2:35.37	1.	Filipa Vilas Ruivo	97	DNMG	2:45.04 A
2.	Nadia Morais Vieira	90	GESL	2:37.56	2.	Barbara Sofia Barata	97	SLB	2:47.52 B
3.	Victoria Kaminskaya	95	PIMP	2:40.08	3.	Andreia Sofia Mendao	97	ANAM	2:48.64 B
50m Livres				Open	50m Livres				Absolutos
1.	Annelies De Mare	90	VZF	26.64	1.	Sara Freitas Oliveira	85	FCP	26.82
2.	Hannah McCarthy	93	SW	26.68	2.	Alexandra Paiva Oliveira	91	FCP	27.11
3.	Sara Freitas Oliveira	85	FCP	26.82	3.	Joana Patricia Pinto	94	GCVR	27.11

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100m Costas				Open	100m Costas				Absolutos
1.	Catia Raquel Martinheira	95	LDC	1:04.63	1.	Catia Raquel Martinheira	95	LDC	1:04.63
2.	Jasmijn Verhaegen	93	VZF	1:04.74	2.	Ines Camacho Fernandes	97	SCP	1:05.73
3.	Rachel Williams	93	SW	1:04.90	3.	Marta Vieira Marinho	91	FCP	1:06.19
100m Costas				Juvenis	400m Livres				Open
1.	Ines Camacho Fernandes	97	SCP	1:05.87 A	1.	Eleanor Faulkner	93	COSE	4:14.01
2.	Joana Carina Silva	97	LSXXI	1:06.35 A	2.	Sian Morgan	94	SW	4:17.20
3.	Francisca Gomes Azevedo	97	SAD	1:08.91 R	3.	Andreia Catarina Gomes	94	VSC	4:26.03
400m Livres				Absolutos	400m Livres				Juvenis
1.	Andreia Catarina Gomes	94	VSC	4:26.03	1.	Filipa Vilas Ruivo	97	DNMG	4:33.07 A
2.	Ana Goncalves Neto	95	FCP	4:28.22	2.	Maria Teresa Amorim	97	FCP	4:37.96 R
3.	Vania Soares Neves	90	VNC	4:30.65	3.	Ana Filipa Martins	97	FOCA	4:39.70
4 x 50m Estilos				Open					
1.	Porto/Dolce Vita-ABS		FCP	1:59.29					
2.	Amadora-ABS		CNA	2:00.06					
3.	Sporting-ABS		SCP	2:00.93					
200m Mariposa				Open	200m Mariposa				Absolutos
1.	Ana Catarina Monteiro	93	CFV	2:16.47	1.	Ana Catarina Monteiro	93	CFV	2:16.47
2.	Ana Beatriz Pereira	91	CNCVG	2:17.85	2.	Ana Beatriz Pereira	91	CNCVG	2:17.85
3.	Nadia Morais Vieira	90	GESL	2:18.55	3.	Nadia Morais Vieira	90	GESL	2:18.55
200m Mariposa				Juvenis	100m Livres				Open
1.	Bruna Elisabete Paulino	97	CNAL	2:26.82 A	1.	Hannah McCarthy	93	SW	57.49
2.	Filipa Vicente Custodias	97	BSCN	2:29.75 B	2.	Annelies De Mare	90	VZF	57.75
3.	Daniela Figueiredo Metelo	97	CNAC	2:33.63	3.	Ana Pinho Rodrigues	94	AEJ	58.41
100m Livres				Absolutos	100m Livres				Juvenis
1.	Ana Pinho Rodrigues	94	AEJ	58.41	1.	Ines Camacho Fernandes	97	SCP	59.89 A
2.	Joana Patricia Pinto	94	GCVR	58.83	2.	Beatriz Neves Craveiro	97	CNAC	1:01.54
3.	Marta Vieira Marinho	91	FCP	59.32	3.	Sara Faria Costa	97	SCB	1:02.56
200m Estilos				Open	200m Estilos				Absolutos
1.	Lucy Spencer	93	COSE	2:17.57	1.	Marta Pereira Abreu	92	FCP	2:20.41
2.	Chloe Tutton	96	SW	2:20.23	2.	Diana Margarida Duraes	96	FOCA	2:22.65
3.	Marta Pereira Abreu	92	FCP	2:20.41	3.	Maria Carolina Rosa	94	SCP	2:22.77
200m Estilos				Juvenis	1500m Livres				Open
1.	Filipa Vilas Ruivo	97	DNMG	2:28.69 A	1.	Angelica Maria Andre	94	LSC	17:02.89
2.	Maria Teresa Amorim	97	FCP	2:33.85	2.	Sarah Mommers	94	CFV	17:23.24
3.	Sara Monteiro Meireles	97	GESP	2:33.97	3.	Andreia Catarina Gomes	94	VSC	17:26.09

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4 x 100m Estilos		Juvenis
1. Nautico/Matobra-JUV	CNAC	4:41.87
2. Porto/Dolce Vita-JUV	FCP	4:50.06
3. Alges-JUV	SAD	4:52.65

4 x 100m Estilos		Absoluto
1. Porto/Dolce Vita-ABS	FCP	4:19.27
2. Sporting-ABS	SCP	4:23.72
3. Amadora-ABS	CNA	4:25.48