

Medalhados por Prova, Masc.

Todas as provas

44. 1500m Livres Seniores

|                                |    |          |                 |       |     |
|--------------------------------|----|----------|-----------------|-------|-----|
| 1. LOPES Jose Paulo            | 00 | Braga    | <b>14:58.18</b> | +0,67 | 841 |
| <i>Rec Nacional, Abs e Sen</i> |    |          |                 |       |     |
| 2. PINA Guilherme Filipe       | 98 | Sporting | <b>15:08.14</b> | +0,72 | 814 |
| 3. CARVALHO Jose Paula         | 98 | Benfica  | <b>15:11.85</b> | +0,76 | 804 |

44. 1500m Livres Juniors

|                         |    |                           |                 |       |     |
|-------------------------|----|---------------------------|-----------------|-------|-----|
| 1. CARDOSO Diogo Santos | 01 | Colegio Monte Maior       | <b>15:27.16</b> | +0,76 | 765 |
| 2. JOSE Diogo Coelho    | 01 | Columbofila Cantanhedense | <b>15:40.07</b> | +0,82 | 734 |
| 3. SANTOS Pedro Miguel  | 01 | Porto                     | <b>15:40.30</b> | +0,71 | 733 |

34. 50m Bruços Juniors

|                               |    |                     |              |       |     |
|-------------------------------|----|---------------------|--------------|-------|-----|
| 1. FRISCHKNECHT Renato Barros | 01 | Alges               | <b>29.21</b> | +0,58 | 645 |
| 2. KLIER Afonso Miguel        | 01 | Galitos / Bresimar  | <b>29.94</b> | +0,63 | 599 |
| 3. NUNES Francisco Costa      | 02 | Salvaterra de Magos | <b>30.03</b> | +0,68 | 594 |

34. 50m Bruços Seniores

|                              |    |                       |              |       |     |
|------------------------------|----|-----------------------|--------------|-------|-----|
| 1. AMORIM Alexandre Ferreira | 99 | Porto                 | <b>28.04</b> | +0,64 | 730 |
| 2. LOPES Gabriel Jose        | 97 | Louzan Natacao/EFAPEL | <b>28.19</b> | +0,65 | 718 |
| 3. TEIXEIRA Guilherme Miguel | 97 | Belenenses            | <b>28.21</b> | +0,70 | 717 |

36. 100m Costas Juniors

|                           |    |                     |              |       |     |
|---------------------------|----|---------------------|--------------|-------|-----|
| 1. COSTA Joao Nogueira    | 01 | Vitoria Guimaraes   | <b>55.29</b> | +0,62 | 691 |
| 2. COSTA Diogo Santos     | 02 | Colegio Monte Maior | <b>55.75</b> | +0,56 | 674 |
| 3. ZENZA Francisco Manuel | 01 | Natacao da Maia     | <b>57.30</b> | +0,59 | 621 |

36. 100m Costas Seniores

|                             |    |                        |              |       |     |
|-----------------------------|----|------------------------|--------------|-------|-----|
| 1. SANTOS Francisco Rogerio | 98 | Sporting               | <b>53.66</b> | +0,67 | 756 |
| 2. ROSA Rodrigo Antonio     | 96 | Benfica                | <b>55.09</b> | +0,61 | 699 |
| 3. KOT Viktor               | 98 | Nautico Marinha Grande | <b>55.12</b> | +0,57 | 698 |

38. 200m Mariposa Juniors

|                          |    |                     |                |       |     |
|--------------------------|----|---------------------|----------------|-------|-----|
| 1. CRISTINO David Matias | 01 | Uniao Piedense      | <b>2:05.42</b> | +0,74 | 648 |
| 2. CARDOSO Diogo Santos  | 01 | Colegio Monte Maior | <b>2:06.49</b> | +0,78 | 632 |
| 3. AGUIAR Gabriel Silva  | 01 | Porto               | <b>2:06.81</b> | +0,67 | 627 |

38. 200m Mariposa Seniores

|                           |    |          |                |       |     |
|---------------------------|----|----------|----------------|-------|-----|
| 1. PEREIRA Luiz Pedro     | 91 | Benfica  | <b>1:59.13</b> | +0,73 | 756 |
| 2. SANTOS Pedro Andre     | 94 | Alges    | <b>2:00.85</b> | +0,72 | 724 |
| 3. CARVALHO Andre Antunes | 96 | Sporting | <b>2:01.57</b> | +0,78 | 712 |

40. 200m Livres Juniore

|                           |    |         |                |       |     |
|---------------------------|----|---------|----------------|-------|-----|
| 1. AIRES Rafael Alcantara | 01 | Benfica | <b>1:50.30</b> | +0,70 | 731 |
| 2. LEBRE Diogo Ramos      | 01 | Benfica | <b>1:51.48</b> | +0,80 | 708 |
| 3. SANTOS Pedro Miguel    | 01 | Porto   | <b>1:51.56</b> | +0,70 | 706 |

40. 200m Livres Seniores

|  |    |            |                |       |     |
|--|----|------------|----------------|-------|-----|
| 1. NASCIMENTO Miguel Duarte<br><i>Minimos CEuropa PC</i> | 95 | Benfica    | <b>1:43.65</b> | +0,67 | 881 |
| 2. MOGNE Igor Araujo                                     | 96 | Sporting   | <b>1:46.87</b> | +0,76 | 803 |
| 3. RAMOS Bruno Miguel                                    | 97 | Belenenses | <b>1:47.00</b> | +0,64 | 800 |

42. 100m Estilos Juniore

|                               |    |                     |              |       |     |
|-------------------------------|----|---------------------|--------------|-------|-----|
| 1. VILHENA Tiago Miguel       | 01 | Natacao de Faro     | <b>58.35</b> | +0,62 | 640 |
| 2. FRISCHKNECHT Renato Barros | 01 | Alges               | <b>58.83</b> | +0,62 | 625 |
| 3. COSTA Diogo Santos         | 02 | Colegio Monte Maior | <b>58.85</b> | +0,67 | 624 |

42. 100m Estilos Seniores

|                          |    |                       |              |       |     |
|--------------------------|----|-----------------------|--------------|-------|-----|
| 1. SANTOS Alexis Manacas | 92 | Sporting              | <b>53.12</b> | +0,70 | 849 |
| 2. LOPES Gabriel Jose    | 97 | Louzan Natacao/EFAPEL | <b>53.28</b> | +0,62 | 841 |
| 3. SANTOS Pedro Andre    | 94 | Alges                 | <b>55.67</b> | +0,69 | 737 |

46. 4 x 100m Livres Seniores

|  |  |          |                |       |     |
|--|--|----------|----------------|-------|-----|
| 1. Benfica-SEN<br><i>Rec Nacional, Abs e Sen</i> |  | Benfica  | <b>3:15.63</b> | +0,69 | 822 |
| 2. Sporting-SEN                                  |  | Sporting | <b>3:15.98</b> | +0,76 | 818 |
| 3. Porto-SEN                                     |  | Porto    | <b>3:23.45</b> | +0,76 | 731 |

46. 4 x 100m Livres Juniore

|                                       |  |                |                |       |     |
|---------------------------------------|--|----------------|----------------|-------|-----|
| 1. Benfica-JUN<br><i>Rec Nacional</i> |  | Benfica        | <b>3:28.98</b> | +0,74 | 674 |
| 2. Uniao Piedense-JUN                 |  | Uniao Piedense | <b>3:33.64</b> | +0,71 | 631 |
| 3. Sporting-JUN                       |  | Sporting       | <b>3:34.26</b> | +0,74 | 626 |

1. 800m Livres Seniores

|    |                     |    |          |                |       |     |
|----|---------------------|----|----------|----------------|-------|-----|
| 1. | LOPES Jose Paulo    | 00 | Braga    | <b>7:47.37</b> | +0,65 | 854 |
| 2. | GIL Rafael Lourenco | 96 | Sporting | <b>7:49.55</b> | +0,70 | 842 |
| 3. | CARVALHO Jose Paula | 98 | Benfica  | <b>7:55.56</b> | +0,73 | 810 |

1. 800m Livres Juniore

|    |                     |    |                           |                |       |     |
|----|---------------------|----|---------------------------|----------------|-------|-----|
| 1. | SANTOS Pedro Miguel | 01 | Porto                     | <b>8:10.21</b> | +0,69 | 740 |
| 2. | JOSE Diogo Coelho   | 01 | Columbofila Cantanhedense | <b>8:18.39</b> | +0,74 | 704 |
| 3. | JORGE Duarte Miguel | 01 | Galitos / Bresimar        | <b>8:18.83</b> | +0,91 | 702 |

14. 4 x 50m Livres Seniores

|    |   |  |            |                |       |     |
|----|---|--|------------|----------------|-------|-----|
| 1. | Benfica-SEN<br><i>Rec Nacional, Abs e Sen</i> |  | Benfica    | <b>1:29.16</b> | +0,66 | 795 |
| 2. | Sporting-SEN                                  |  | Sporting   | <b>1:30.67</b> | +0,64 | 756 |
| 3. | Belenenses-SEN                                |  | Belenenses | <b>1:32.75</b> | +0,67 | 706 |

14. 4 x 50m Livres Juniore

|    |                    |  |                |                |       |     |
|----|--------------------|--|----------------|----------------|-------|-----|
| 1. | Benfica-JUN        |  | Benfica        | <b>1:36.27</b> | +1,70 | 631 |
| 2. | Uniao Piedense-JUN |  | Uniao Piedense | <b>1:37.54</b> | +0,63 | 607 |

3. 100m Bruços Juniore

|    |                              |    |                     |                |  |     |
|----|------------------------------|----|---------------------|----------------|--|-----|
| 1. | NUNES Francisco Costa        | 02 | Salvaterra de Magos | <b>1:04.19</b> |  | 650 |
| 2. | CABRITO Rodrigo Almeida      | 01 | Belenenses          | <b>1:04.46</b> |  | 642 |
| 3. | CALDEIRA Goncalo Silveirinha | 01 | Sporting            | <b>1:04.55</b> |  | 639 |

3. 100m Bruços Seniores

|    |                       |    |                       |                |  |     |
|----|-----------------------|----|-----------------------|----------------|--|-----|
| 1. | SANTOS Alexis Manacas | 92 | Sporting              | <b>59.96</b>   |  | 797 |
| 2. | LOPES Gabriel Jose    | 97 | Louzan Natacao/EFAPEL | <b>1:00.37</b> |  | 781 |
| 3. | VELOSO Tomas Miguel   | 96 | Nautico Academico     | <b>1:00.52</b> |  | 775 |

5. 100m Livres Juniore

|    |                        |    |                    |              |       |     |
|----|------------------------|----|--------------------|--------------|-------|-----|
| 1. | AIRES Rafael Alcantara | 01 | Benfica            | <b>50.35</b> | +0,65 | 711 |
| 2. | LEBRE Diogo Ramos      | 01 | Benfica            | <b>50.81</b> | +0,73 | 691 |
| 3. | MACHADO Tiago Andrade  | 02 | Sporting de Aveiro | <b>51.59</b> | +0,65 | 661 |

5. 100m Livres Seniores

|    |                          |    |          |              |       |     |
|----|--------------------------|----|----------|--------------|-------|-----|
| 1. | NASCIMENTO Miguel Duarte | 95 | Benfica  | <b>47.88</b> | +0,67 | 826 |
| 2. | DIAS Guilherme Pereira   | 97 | Benfica  | <b>48.74</b> | +0,65 | 783 |
| 3. | MOGNE Igor Araujo        | 96 | Sporting | <b>48.93</b> | +0,74 | 774 |

7. 200m Costas Juniores

|    |                      |    |                     |                |       |     |
|----|----------------------|----|---------------------|----------------|-------|-----|
| 1. | COSTA Joao Nogueira  | 01 | Vitoria Guimaraes   | <b>1:59.42</b> | +0,58 | 692 |
| 2. | COSTA Diogo Santos   | 02 | Colegio Monte Maior | <b>2:01.78</b> | +0,67 | 652 |
| 3. | ROCHA Ricardo Filipe | 02 | Aquatico Pacense    | <b>2:05.82</b> | +0,60 | 591 |

7. 200m Costas Seniores

|    |                          |    |          |                |       |     |
|----|--------------------------|----|----------|----------------|-------|-----|
| 1. | SANTOS Francisco Rogerio | 98 | Sporting | <b>1:55.41</b> | +0,77 | 766 |
| 2. | VITAL Joao Alexandre     | 98 | Sporting | <b>1:56.61</b> | +0,70 | 743 |
| 3. | ROSA Rodrigo Antonio     | 96 | Benfica  | <b>1:59.24</b> | +0,56 | 695 |

9. 50m Mariposa Juniores

|    |                        |    |          |              |       |     |
|----|------------------------|----|----------|--------------|-------|-----|
| 1. | SOUSA Joao Ribeiro     | 01 | Porto    | <b>25.20</b> | +0,65 | 647 |
| 2. | LOPES Tomas Teixeira   | 02 | Foca     | <b>25.46</b> | +0,69 | 627 |
| 3. | GOMES Vicente Oliveira | 02 | Sporting | <b>25.58</b> | +0,78 | 618 |

9. 50m Mariposa Seniores

|    |                       |    |          |              |       |     |
|----|-----------------------|----|----------|--------------|-------|-----|
| 1. | SANTOS Alexis Manacas | 92 | Sporting | <b>23.71</b> | +0,70 | 777 |
| 2. | PEREIRA Luiz Pedro    | 91 | Benfica  | <b>23.92</b> | +0,75 | 756 |
| 3. | MOGNE Igor Araujo     | 96 | Sporting | <b>24.35</b> | +0,73 | 717 |

11. 400m Estilos Seniores

|    |  |    |                       |                |       |     |
|----|--|----|-----------------------|----------------|-------|-----|
| 1. | LOPES Gabriel Jose<br><i>Minimos CEuropa PC</i>  | 97 | Louzan Natacao/EFAPEL | <b>4:08.36</b> | +0,69 | 852 |
| 2. | LOPES Jose Paulo<br><i>Minimos CEuropa PC</i>    | 00 | Braga                 | <b>4:10.46</b> | +0,62 | 831 |
| 3. | VELOSO Tomas Miguel<br><i>Minimos CEuropa PC</i> | 96 | Nautico Academico     | <b>4:13.04</b> | +0,68 | 806 |

11. 400m Estilos Juniores

|    |                         |    |                  |                |       |     |
|----|-------------------------|----|------------------|----------------|-------|-----|
| 1. | SILVA Tomas Antonio     | 01 | Naval do Funchal | <b>4:26.56</b> | +0,70 | 689 |
| 2. | CRISTINO David Matias   | 01 | Uniao Piedense   | <b>4:28.61</b> | +0,82 | 673 |
| 3. | FERNANDES Eduardo Gomes | 02 | Sporting         | <b>4:30.94</b> | +0,79 | 656 |

15. 4 x 100m Estilos Seniores

|    |              |          |                |       |     |
|----|--------------|----------|----------------|-------|-----|
| 1. | Sporting-SEN | Sporting | <b>3:36.01</b> | +0,62 | 783 |
| 2. | Porto-SEN    | Porto    | <b>3:42.00</b> | +0,92 | 722 |
| 3. | Alges-SEN    | Alges    | <b>3:42.30</b> | +0,58 | 719 |

15. 4 x 100m Estilos Juniores

|                       |                |                |       |     |
|-----------------------|----------------|----------------|-------|-----|
| 1. Sporting-JUN       | Sporting       | <b>3:53.32</b> | +0,69 | 621 |
| 2. Benfica-JUN        | Benfica        | <b>3:54.01</b> | +0,73 | 616 |
| 3. Uniao Piedense-JUN | Uniao Piedense | <b>3:56.06</b> | +0,69 | 600 |

29. 4 x 50m Estilos Seniores

|   |          |                |       |     |
|---|----------|----------------|-------|-----|
| 1. Sporting-SEN<br><i>Rec Nacional, Abs e Sen</i> | Sporting | <b>1:38.33</b> | +0,64 | 778 |
| 2. Benfica-SEN                                    | Benfica  | <b>1:38.60</b> | +0,58 | 771 |
| 3. Porto-SEN                                      | Porto    | <b>1:41.34</b> | +1,39 | 710 |

29. 4 x 50m Estilos Juniores

|                       |                |                |       |     |
|-----------------------|----------------|----------------|-------|-----|
| 1. Sporting-JUN       | Sporting       | <b>1:47.11</b> |       | 601 |
| 2. Benfica-JUN        | Benfica        | <b>1:47.29</b> | +0,53 | 598 |
| 3. Uniao Piedense-JUN | Uniao Piedense | <b>1:48.40</b> |       | 580 |

17. 400m Livres Seniores

|                        |    |                   |                |       |     |
|------------------------|----|-------------------|----------------|-------|-----|
| 1. VELOSO Tomas Miguel | 96 | Nautico Academico | <b>3:46.45</b> | +0,69 | 823 |
| 2. LOPES Jose Paulo    | 00 | Braga             | <b>3:46.52</b> | +0,64 | 822 |
| 3. COSTA Tiago Cunha   | 99 | Sporting          | <b>3:46.94</b> | +0,68 | 818 |

17. 400m Livres Juniores

|                          |    |                |                |       |     |
|--------------------------|----|----------------|----------------|-------|-----|
| 1. SANTOS Pedro Miguel   | 01 | Porto          | <b>3:56.20</b> | +0,70 | 725 |
| 2. CRISTINO David Matias | 01 | Uniao Piedense | <b>3:57.45</b> | +0,74 | 714 |
| 3. LEBRE Diogo Ramos     | 01 | Benfica        | <b>3:58.27</b> | +0,80 | 706 |

19. 50m Costas Juniores

|                            |    |                     |              |       |     |
|----------------------------|----|---------------------|--------------|-------|-----|
| 1. COSTA Diogo Santos      | 02 | Colegio Monte Maior | <b>25.85</b> | +0,54 | 635 |
| 2. COSTA Joao Nogueira     | 01 | Vitoria Guimaraes   | <b>26.16</b> | +0,58 | 612 |
| 3. ALFAMA Martim Primavera | 02 | Gesloures           | <b>26.45</b> | +0,56 | 592 |

19. 50m Costas Seniores

|                             |    |          |              |       |     |
|-----------------------------|----|----------|--------------|-------|-----|
| 1. SANTOS Alexis Manacas    | 92 | Sporting | <b>23.80</b> | +0,59 | 813 |
| 2. SANTOS Francisco Rogerio | 98 | Sporting | <b>24.70</b> | +0,64 | 728 |
| 3. ROSA Rodrigo Antonio     | 96 | Benfica  | <b>25.83</b> | +0,57 | 636 |

21. 200m Bruços Juniores

|                                 |    |                  |                |       |     |
|---------------------------------|----|------------------|----------------|-------|-----|
| 1. SILVA Tomas Antonio          | 01 | Naval do Funchal | <b>2:17.57</b> | +0,66 | 671 |
| 2. CABRITO Rodrigo Almeida      | 01 | Belenenses       | <b>2:18.04</b> | +0,68 | 664 |
| 3. CALDEIRA Goncalo Silveirinha | 01 | Sporting         | <b>2:18.83</b> | +0,76 | 652 |

21. 200m Bruços Seniores

|    |                       |    |                   |                |       |     |
|----|-----------------------|----|-------------------|----------------|-------|-----|
| 1. | VELOSO Tomas Miguel   | 96 | Nautico Academico | <b>2:09.93</b> | +0,68 | 796 |
| 2. | VITAL Joao Alexandre  | 98 | Sporting          | <b>2:13.53</b> | +0,75 | 733 |
| 3. | MENDES Antonio Manuel | 99 | Sporting          | <b>2:14.13</b> | +0,69 | 723 |

23. 100m Mariposa Juniores

|    |                        |    |          |              |       |     |
|----|------------------------|----|----------|--------------|-------|-----|
| 1. | SOUSA Joao Ribeiro     | 01 | Porto    | <b>56.36</b> | +0,65 | 620 |
| 2. | DOMINGOS Ruy Manuel    | 02 | Sporting | <b>56.60</b> | +0,71 | 612 |
| 3. | GOMES Vicente Oliveira | 02 | Sporting | <b>56.64</b> | +0,76 | 611 |

23. 100m Mariposa Seniores

|    |                    |    |          |              |       |     |
|----|--------------------|----|----------|--------------|-------|-----|
| 1. | MOGNE Igor Araujo  | 96 | Sporting | <b>52.73</b> | +0,76 | 758 |
| 2. | PEREIRA Luiz Pedro | 91 | Benfica  | <b>53.23</b> | +0,70 | 736 |
| 3. | LINO Rafael        | 99 | Porto    | <b>54.94</b> | +0,64 | 670 |

25. 50m Livres Juniores

|    |  |    |                    |              |       |     |
|----|--|----|--------------------|--------------|-------|-----|
| 1. | MACHADO Tiago Andrade<br><i>Rec Nacional, Jun 17</i> | 02 | Sporting de Aveiro | <b>23.12</b> | +0,61 | 672 |
| 2. | AIRES Rafael Alcantara                               | 01 | Benfica            | <b>23.16</b> | +0,65 | 669 |
| 3. | MACHADO Bruno Rafael                                 | 01 | Fluvial Portuense  | <b>24.01</b> | +0,79 | 600 |

25. 50m Livres Seniores

|    |  |    |                      |              |       |     |
|----|--|----|----------------------|--------------|-------|-----|
| 1. | NASCIMENTO Miguel Duarte<br><i>Rec Nacional, Abs e Sen</i> | 95 | Benfica              | <b>21.60</b> | +0,60 | 825 |
| 2. | DIAS Guilherme Pereira                                     | 97 | Benfica              | <b>22.48</b> | +0,65 | 732 |
| 3. | MADUREIRA Gustavo Almeida                                  | 94 | Academica de Coimbra | <b>22.56</b> | +0,65 | 724 |

27. 200m Estilos Juniores

|    |                       |    |                  |                |       |     |
|----|-----------------------|----|------------------|----------------|-------|-----|
| 1. | SILVA Tomas Antonio   | 01 | Naval do Funchal | <b>2:05.78</b> | +0,67 | 662 |
| 2. | CRISTINO David Matias | 01 | Uniao Piedense   | <b>2:06.03</b> | +0,77 | 658 |
| 3. | VILHENA Tiago Miguel  | 01 | Natacao de Faro  | <b>2:06.64</b> | +0,66 | 648 |

27. 200m Estilos Seniores

|    |   |    |                       |                |       |     |
|----|---|----|-----------------------|----------------|-------|-----|
| 1. | LOPES Gabriel Jose<br><i>Minimos CEuropa PC</i> | 97 | Louzan Natacao/EFAPEL | <b>1:55.08</b> | +0,72 | 864 |
| 2. | LOPES Jose Paulo                                | 00 | Braga                 | <b>1:58.98</b> | +0,68 | 782 |
| 3. | RAMOS Bruno Miguel                              | 97 | Belenenses            | <b>1:59.35</b> | +0,65 | 775 |



| 31. 4 x 200m Livres |  |          |                |       | Seniores |
|---------------------|--|----------|----------------|-------|----------|
| 1.                  | Sporting-SEN<br><i>Rec Nacional, Abs e Sen</i> | Sporting | <b>7:10.67</b> | +0,64 | 856      |
| 2.                  | Benfica-SEN                                    | Benfica  | <b>7:14.00</b> | +0,72 | 837      |
| 3.                  | Porto-SEN                                      | Porto    | <b>7:27.35</b> | +0,74 | 764      |

  

| 31. 4 x 200m Livres |                    |                |                |       | Juniores |
|---------------------|--------------------|----------------|----------------|-------|----------|
| 1.                  | Benfica-JUN        | Benfica        | <b>7:43.49</b> | +0,75 | 687      |
| 2.                  | Uniao Piedense-JUN | Uniao Piedense | <b>7:50.29</b> | +0,64 | 657      |
| 3.                  | Sporting-JUN       | Sporting       | <b>7:50.78</b> | +0,74 | 655      |

Medalhados por Prova, Femin.

Todas as provas

33. 800m Livres Seniores

|  |                         |    |                   |                |       |     |
|--|-------------------------|----|-------------------|----------------|-------|-----|
| 1.   | DURAES Diana Margarida  | 96 | Benfica           | <b>8:23.23</b> | +0,74 | 864 |
| <i>Rec Nacional, Minimos CEuropa PC, Abs e Sen</i> |                         |    |                   |                |       |     |
| 2.   | HOLUB Tamila Hryhorivna | 99 | Braga             | <b>8:33.43</b> | +0,78 | 813 |
| <i>Minimos CEuropa PC</i>                          |                         |    |                   |                |       |     |
| 3.   | ANDRE Angelica Maria    | 94 | Fluvial Portuense | <b>8:44.55</b> | +0,73 | 763 |

33. 800m Livres Juniore

|    |                        |    |                     |                |       |     |
|----|------------------------|----|---------------------|----------------|-------|-----|
| 1. | FRAZAO Alexandra Couto | 02 | Condeixa Clube      | <b>8:45.84</b> | +0,79 | 757 |
| 2. | MENDES Mariana Amaral  | 02 | Colegio Monte Maior | <b>8:49.31</b> | +0,79 | 742 |
| 3. | QUEIROZ Ana Rita       | 02 | Condeixa Clube      | <b>8:53.56</b> | +0,74 | 725 |

35. 50m Bruços Juniore

|    |                        |    |                        |              |       |     |
|----|------------------------|----|------------------------|--------------|-------|-----|
| 1. | COSTA Ana Ferreira     | 02 | Nautico Marinha Grande | <b>33.72</b> | +0,70 | 612 |
| 2. | TEIXEIRA Ines Oliveira | 02 | Estarreja              | <b>34.11</b> | +0,74 | 591 |
| 3. | PEREIRA Clara Gomes    | 02 | Alges                  | <b>34.20</b> | +0,73 | 587 |

35. 50m Bruços Seniores

|    |                       |    |                   |              |       |     |
|----|-----------------------|----|-------------------|--------------|-------|-----|
| 1. | RODRIGUES Ana Pinho   | 94 | Sanjoanense/FEPSA | <b>30.97</b> | +0,67 | 790 |
| 2. | PEREIRA Raquel Gomes  | 00 | Alges             | <b>32.60</b> | +0,74 | 678 |
| 3. | FIGUEIRA Isabel Maria | 79 | Natacao de Faro   | <b>32.84</b> | +0,79 | 663 |

37. 100m Costas Juniore

|                             |                         |    |                       |                |       |     |
|-----------------------------|-------------------------|----|-----------------------|----------------|-------|-----|
| 1.                          | AZEVEDO Rafaela Gomes   | 02 | Alges                 | <b>1:01.22</b> | +0,66 | 726 |
| <i>Rec Nacional, Jun 17</i> |                         |    |                       |                |       |     |
| 2.                          | REBELO Camila Rodrigues | 03 | Louzan Natacao/EFAPEL | <b>1:02.13</b> | +0,57 | 694 |
| 3.                          | RAMOS Ana Rita          | 02 | Porto                 | <b>1:04.53</b> | +1,67 | 620 |

37. 100m Costas Seniores

|    |                         |    |                      |                |       |     |
|----|-------------------------|----|----------------------|----------------|-------|-----|
| 1. | MESTRE Catarina Martins | 00 | Natacao de Lisboa    | <b>1:02.68</b> | +0,61 | 676 |
| 2. | CABRAL Maria Francisca  | 00 | Porto                | <b>1:03.69</b> | +0,66 | 645 |
| 3. | LEITE Ana Sofia         | 93 | Ginasio de Vila Real | <b>1:04.08</b> | +0,62 | 633 |

39. 200m Mariposa Juniore

|    |                             |    |                     |                |       |     |
|----|-----------------------------|----|---------------------|----------------|-------|-----|
| 1. | GRAVETO Ana Raquel          | 02 | Benfica             | <b>2:17.12</b> | +0,78 | 663 |
| 2. | BARBOSA Mariana Fernandes   | 02 | Porto               | <b>2:17.97</b> | +0,80 | 651 |
| 3. | MESQUITA Francisca Salvador | 02 | Colegio Monte Maior | <b>2:18.96</b> | +0,80 | 637 |



39. 200m Mariposa Seniores

|    |                           |    |                        |                |       |     |
|----|---------------------------|----|------------------------|----------------|-------|-----|
| 1. | MONTEIRO Ana Catarina     | 93 | Vilacondense           | <b>2:08.36</b> | +0,70 | 809 |
|    | <i>Minimos CEuropa PC</i> |    |                        |                |       |     |
| 2. | HENRIQUES Ines Jacinto    | 00 | Sporting               | <b>2:12.01</b> | +0,72 | 743 |
| 3. | VARGAS Giovanna Vaz       | 00 | Nautico Marinha Grande | <b>2:13.89</b> | +0,83 | 712 |

41. 200m Livres Juniores

|    |                             |    |         |                |       |     |
|----|-----------------------------|----|---------|----------------|-------|-----|
| 1. | ANDRE Leticia Maia          | 02 | Benfica | <b>1:59.62</b> | +0,71 | 786 |
|    | <i>Rec Nacional, Jun 17</i> |    |         |                |       |     |
| 2. | MARTINS Francisca Soares    | 03 | Foca    | <b>2:03.07</b> | +0,69 | 722 |
| 3. | SOUSA Ana Reis              | 02 | Alges   | <b>2:03.25</b> | +0,69 | 719 |

41. 200m Livres Seniores

|    |                          |    |       |                |       |     |
|----|--------------------------|----|-------|----------------|-------|-----|
| 1. | FRISCHKNECHT Rita Barros | 98 | Alges | <b>2:00.73</b> | +0,73 | 765 |
| 2. | AZEVEDO Madalena Gomes   | 99 | Alges | <b>2:02.00</b> | +0,80 | 741 |
| 3. | HOLUB Tamila Hryhorivna  | 99 | Braga | <b>2:02.66</b> | +0,78 | 729 |

43. 100m Estilos Juniores

|    |                             |    |                       |                |       |     |
|----|-----------------------------|----|-----------------------|----------------|-------|-----|
| 1. | CARDEAL Joana Nunes         | 02 | Academico Viseu       | <b>1:05.45</b> | +0,81 | 643 |
| 2. | REBELO Camila Rodrigues     | 03 | Louzan Natacao/EFAPEL | <b>1:05.61</b> | +0,74 | 638 |
| 3. | MESQUITA Francisca Salvador | 02 | Colegio Monte Maior   | <b>1:05.87</b> | +0,72 | 631 |

43. 100m Estilos Seniores

|    |                                |    |                   |                |       |     |
|----|--------------------------------|----|-------------------|----------------|-------|-----|
| 1. | RODRIGUES Ana Pinho            | 94 | Sanjoanense/FEPSA | <b>1:01.83</b> | +0,68 | 763 |
|    | <i>Rec Nacional, Abs e Sen</i> |    |                   |                |       |     |
| 2. | FERNANDES Ines Camacho         | 97 | Sporting          | <b>1:02.34</b> | +0,71 | 744 |
| 3. | KAMINSKAYA Victoria            | 95 | Benfica           | <b>1:02.35</b> | +0,75 | 744 |

45. 4 x 100m Livres Seniores

|    |              |          |                |       |     |
|----|--------------|----------|----------------|-------|-----|
| 1. | Sporting-SEN | Sporting | <b>3:49.95</b> | +0,62 | 724 |
| 2. | Alges-SEN    | Alges    | <b>3:50.66</b> | +0,73 | 717 |
| 3. | Porto-SEN    | Porto    | <b>3:52.27</b> | +0,73 | 703 |

45. 4 x 100m Livres Juniores

|    |                     |         |                |       |     |
|----|---------------------|---------|----------------|-------|-----|
| 1. | Porto-JUN           | Porto   | <b>3:54.55</b> | +0,77 | 682 |
|    | <i>Rec Nacional</i> |         |                |       |     |
| 2. | Alges-JUN           | Alges   | <b>3:55.94</b> | +0,73 | 670 |
| 3. | Benfica-JUN         | Benfica | <b>3:57.74</b> | +0,69 | 655 |

13. 4 x 50m Livres Seniores

|                 |          |                |       |     |
|-----------------|----------|----------------|-------|-----|
| 1. Porto-SEN    | Porto    | <b>1:46.90</b> | +0,78 | 677 |
| 2. Sporting-SEN | Sporting | <b>1:47.47</b> | +0,57 | 667 |
| 3. Benfica-SEN  | Benfica  | <b>1:47.86</b> | +0,77 | 660 |

13. 4 x 50m Livres Juniões

|              |       |                |       |     |
|--------------|-------|----------------|-------|-----|
| 1. Porto-JUN | Porto | <b>1:49.92</b> | +0,70 | 623 |
|--------------|-------|----------------|-------|-----|

2. 100m Bruços Juniões

|                           |    |                       |                |       |     |
|---------------------------|----|-----------------------|----------------|-------|-----|
| 1. CERDEIRA Madalena Reis | 03 | Sporting              | <b>1:12.45</b> | +0,86 | 637 |
| 2. CASTRO Maria Freitas   | 03 | Fafe                  | <b>1:12.53</b> | +0,74 | 635 |
| 3. REBELO Maria Carlota   | 03 | Louzan Natacao/EFAPEL | <b>1:13.31</b> | +0,82 | 615 |

2. 100m Bruços Seniores

|                         |    |                |                |       |     |
|-------------------------|----|----------------|----------------|-------|-----|
| 1. PEREIRA Raquel Gomes | 00 | Alges          | <b>1:08.77</b> | +0,76 | 745 |
| 2. KAMINSKAYA Victoria  | 95 | Benfica        | <b>1:10.90</b> | +0,70 | 680 |
| 3. MACHADO Luisa Maria  | 01 | Uniao Piedense | <b>1:11.48</b> | +0,77 | 663 |

4. 100m Livres Juniões

|                             |    |         |              |       |     |
|-----------------------------|----|---------|--------------|-------|-----|
| 1. SOUSA Ana Reis           | 02 | Alges   | <b>56.07</b> | +0,75 | 719 |
| <i>Rec Nacional, Jun 17</i> |    |         |              |       |     |
| 2. ANDRE Leticia Maia       | 02 | Benfica | <b>56.27</b> | +0,72 | 712 |
| 3. MARTINS Francisca Soares | 03 | Foca    | <b>56.99</b> | +0,71 | 685 |

4. 100m Livres Seniores

|                                |    |                      |              |       |     |
|--------------------------------|----|----------------------|--------------|-------|-----|
| 1. RODRIGUES Ana Pinho         | 94 | Sanjoanense/FEPSA    | <b>55.12</b> | +0,67 | 757 |
| <i>Rec Nacional, Abs e Sen</i> |    |                      |              |       |     |
| 2. VIEGAS Beatriz Mendes       | 00 | Sporting             | <b>56.38</b> | +0,60 | 707 |
| 3. MOREIRA Matilde Freitas     | 01 | Academica de Coimbra | <b>57.26</b> | +0,75 | 675 |

6. 200m Costas Juniões

|                             |    |                       |                |       |     |
|-----------------------------|----|-----------------------|----------------|-------|-----|
| 1. AZEVEDO Rafaela Gomes    | 02 | Alges                 | <b>2:11.46</b> | +0,70 | 746 |
| <i>Rec Nacional, Jun 17</i> |    |                       |                |       |     |
| 2. REBELO Camila Rodrigues  | 03 | Louzan Natacao/EFAPEL | <b>2:11.74</b> | +0,56 | 741 |
| <i>Rec Nacional, Jun 16</i> |    |                       |                |       |     |
| 3. CARDEAL Joana Nunes      | 02 | Academico Viseu       | <b>2:18.32</b> | +0,67 | 640 |

6. 200m Costas Seniores

|                             |    |                   |                |       |     |
|-----------------------------|----|-------------------|----------------|-------|-----|
| 1. FRISCHKNECHT Rita Barros | 98 | Alges             | <b>2:09.58</b> | +0,64 | 779 |
| 2. CABRAL Maria Francisca   | 00 | Porto             | <b>2:15.98</b> | +0,69 | 674 |
| 3. MESTRE Catarina Martins  | 00 | Natacao de Lisboa | <b>2:17.87</b> | +0,70 | 646 |

8. 50m Mariposa Juniores

|    |                       |    |                         |              |       |     |
|----|-----------------------|----|-------------------------|--------------|-------|-----|
| 1. | SOARES Catarina Silva | 03 | Porto                   | <b>28.21</b> | +0,72 | 645 |
| 2. | TEJO Beatriz Costa    | 02 | Academica de Coimbra    | <b>28.28</b> | +0,65 | 640 |
| 3. | SILVA Ines Pereira    | 02 | Fundacao Beatriz Santos | <b>28.59</b> | +0,71 | 620 |

8. 50m Mariposa Seniores

|    |                        |    |                      |              |       |     |
|----|------------------------|----|----------------------|--------------|-------|-----|
| 1. | GUEDES Ana Margarida   | 01 | Ginasio de Vila Real | <b>27.05</b> | +0,62 | 732 |
| 2. | FERNANDES Ines Camacho | 97 | Sporting             | <b>27.39</b> | +0,69 | 705 |
| 3. | MONTEIRO Ana Catarina  | 93 | Vilacondense         | <b>27.51</b> | +0,72 | 696 |

10. 400m Estilos Seniores

|    |                        |    |              |                |       |     |
|----|------------------------|----|--------------|----------------|-------|-----|
| 1. | DURAES Diana Margarida | 96 | Benfica      | <b>4:39.19</b> | +0,73 | 797 |
| 2. | MONTEIRO Ana Catarina  | 93 | Vilacondense | <b>4:42.89</b> | +0,73 | 766 |
| 3. | HENRIQUES Ines Jacinto | 00 | Sporting     | <b>4:47.16</b> | +0,75 | 733 |

10. 400m Estilos Juniores

|    |                             |    |                     |                |       |     |
|----|-----------------------------|----|---------------------|----------------|-------|-----|
| 1. | PINA Ana Sofia              | 02 | O Crasto            | <b>4:49.99</b> | +0,75 | 711 |
| 2. | CARDEAL Joana Nunes         | 02 | Academico Viseu     | <b>4:50.46</b> | +0,85 | 708 |
| 3. | MESQUITA Francisca Salvador | 02 | Colegio Monte Maior | <b>4:51.74</b> | +0,82 | 699 |

12. 1500m Livres Seniores

|    |   |    |                   |                 |       |     |
|----|---|----|-------------------|-----------------|-------|-----|
| 1. | DURAES Diana Margarida  | 96 | Benfica           | <b>15:58.19</b> | +0,73 | 884 |
|    | <i>Rec Nacional, Minimos CEuropa PC na passagem aos 800 m</i> |    |                   |                 |       |     |
| 2. | HOLUB Tamila Hryhorivna                                       | 99 | Braga             | <b>16:17.11</b> | +0,77 | 833 |
|    | <i>Minimos CEuropa PC na passagem aos 800 m</i>               |    |                   |                 |       |     |
| 3. | ANDRE Angelica Maria  | 94 | Fluvial Portuense | <b>16:38.85</b> | +0,76 | 780 |

12. 1500m Livres Juniores

|    |                        |    |                     |                 |       |     |
|----|------------------------|----|---------------------|-----------------|-------|-----|
| 1. | FRAZAO Alexandra Couto | 02 | Condeixa Clube      | <b>16:43.38</b> | +0,81 | 770 |
| 2. | MENDES Mariana Amaral  | 02 | Colegio Monte Maior | <b>16:48.10</b> | +0,78 | 759 |
| 3. | QUEIROZ Ana Rita       | 02 | Condeixa Clube      | <b>17:01.70</b> | +0,72 | 729 |

16. 4 x 100m Estilos Seniores

|    |              |  |          |                |       |     |
|----|--------------|--|----------|----------------|-------|-----|
| 1. | Alges-SEN    |  | Alges    | <b>4:10.53</b> | +0,62 | 726 |
| 2. | Sporting-SEN |  | Sporting | <b>4:17.11</b> | +0,58 | 671 |
| 3. | Benfica-SEN  |  | Benfica  | <b>4:17.70</b> | +0,69 | 667 |

16. 4 x 100m Estilos Juniores

|    |                     |  |         |                |       |     |
|----|---------------------|--|---------|----------------|-------|-----|
| 1. | Alges-JUN           |  | Alges   | <b>4:15.24</b> | +0,76 | 686 |
|    | <i>Rec Nacional</i> |  |         |                |       |     |
| 2. | Benfica-JUN         |  | Benfica | <b>4:22.73</b> | +0,63 | 629 |
| 3. | Porto-JUN           |  | Porto   | <b>4:25.93</b> | +0,67 | 607 |

30. 4 x 50m Estilos Seniores

|                 |          |                |       |     |
|-----------------|----------|----------------|-------|-----|
| 1. Alges-SEN    | Alges    | <b>1:55.38</b> | +0,63 | 717 |
| 2. Sporting-SEN | Sporting | <b>1:56.39</b> | +0,63 | 698 |
| 3. Porto-SEN    | Porto    | <b>1:57.91</b> | +0,68 | 671 |

30. 4 x 50m Estilos Juniores

|   |         |                |       |     |
|---|---------|----------------|-------|-----|
| 1. Alges-JUN  | Alges   | <b>1:56.40</b> | +0,66 | 698 |
| <i>Rec Nacional, Recorde Nacional 50 Costas (primeiro percurso)</i> |         |                |       |     |
| 2. Benfica-JUN  | Benfica | <b>1:59.84</b> | +1,31 | 639 |
| 3. Porto-JUN  | Porto   | <b>2:00.32</b> | +0,65 | 632 |

18. 400m Livres Seniores

|                            |    |                   |                |       |     |
|----------------------------|----|-------------------|----------------|-------|-----|
| 1. DURAES Diana Margarida  | 96 | Benfica           | <b>4:06.34</b> | +0,76 | 862 |
| <i>Minimos CEuropa PC</i>  |    |                   |                |       |     |
| 2. HOLUB Tamila Hryhorivna | 99 | Braga             | <b>4:08.53</b> | +0,77 | 840 |
| <i>Minimos CEuropa PC</i>  |    |                   |                |       |     |
| 3. ANDRE Angelica Maria    | 94 | Fluvial Portuense | <b>4:19.31</b> | +0,73 | 739 |

18. 400m Livres Juniores

|                           |    |                |                |       |     |
|---------------------------|----|----------------|----------------|-------|-----|
| 1. SOUSA Ana Reis         | 02 | Alges          | <b>4:17.00</b> | +0,74 | 759 |
| 2. ANDRE Leticia Maia     | 02 | Benfica        | <b>4:19.38</b> | +0,75 | 739 |
| 3. FRAZAO Alexandra Couto | 02 | Condeixa Clube | <b>4:19.46</b> | +0,79 | 738 |

20. 50m Costas Juniores

|                            |    |                       |              |       |     |
|----------------------------|----|-----------------------|--------------|-------|-----|
| 1. AZEVEDO Rafaela Gomes   | 02 | Alges                 | <b>28.53</b> | +0,68 | 728 |
| 2. REBELO Camila Rodrigues | 03 | Louzan Natacao/EFAPEL | <b>28.96</b> | +0,55 | 696 |
| 3. PEIXEIRA Filipa Ramos   | 03 | Sporting              | <b>29.88</b> | +0,70 | 634 |

20. 50m Costas Seniores

|                            |    |                      |              |       |     |
|----------------------------|----|----------------------|--------------|-------|-----|
| 1. FERNANDES Ines Camacho  | 97 | Sporting             | <b>28.81</b> | +0,59 | 707 |
| 2. MESTRE Catarina Martins | 00 | Natacao de Lisboa    | <b>29.46</b> | +0,64 | 661 |
| 3. LEITE Ana Sofia         | 93 | Ginasio de Vila Real | <b>29.55</b> | +0,65 | 655 |

22. 200m Bruços Juniores

|                           |    |                       |                |       |     |
|---------------------------|----|-----------------------|----------------|-------|-----|
| 1. REBELO Maria Carlota   | 03 | Louzan Natacao/EFAPEL | <b>2:35.11</b> | +0,81 | 653 |
| 2. CASTRO Maria Freitas   | 03 | Fafe                  | <b>2:36.02</b> | +0,75 | 641 |
| 3. CERDEIRA Madalena Reis | 03 | Sporting              | <b>2:37.03</b> | +0,81 | 629 |

22. 200m Bruços Seniores

|    |                      |    |                   |                |       |     |
|----|----------------------|----|-------------------|----------------|-------|-----|
| 1. | PEREIRA Raquel Gomes | 00 | Alges             | <b>2:25.97</b> | +0,76 | 783 |
| 2. | KAMINSKAYA Victoria  | 95 | Benfica           | <b>2:26.25</b> | +0,73 | 779 |
| 3. | ANDRE Angelica Maria | 94 | Fluvial Portuense | <b>2:33.05</b> | +0,77 | 679 |

24. 100m Mariposa Juniores

|    |                           |    |                      |                |       |     |
|----|---------------------------|----|----------------------|----------------|-------|-----|
| 1. | BARBOSA Mariana Fernandes | 02 | Porto                | <b>1:03.29</b> | +0,72 | 642 |
| 2. | TEJO Beatriz Costa        | 02 | Academica de Coimbra | <b>1:03.31</b> | +0,65 | 641 |
| 3. | GRAVETO Ana Raquel        | 02 | Benfica              | <b>1:03.41</b> | +0,75 | 638 |

24. 100m Mariposa Seniores

|    |                        |    |                      |                |       |     |
|----|------------------------|----|----------------------|----------------|-------|-----|
| 1. | MONTEIRO Ana Catarina  | 93 | Vilacondense         | <b>59.58</b>   | +0,70 | 770 |
| 2. | GUEDES Ana Margarida   | 01 | Ginasio de Vila Real | <b>1:01.23</b> | +0,63 | 709 |
| 3. | HENRIQUES Ines Jacinto | 00 | Sporting             | <b>1:02.19</b> | +0,72 | 677 |

26. 50m Livres Juniores

|    |                       |    |         |              |       |     |
|----|-----------------------|----|---------|--------------|-------|-----|
| 1. | SOUSA Ana Reis        | 02 | Alges   | <b>26.38</b> | +0,69 | 656 |
| 2. | ANDRE Leticia Maia    | 02 | Benfica | <b>26.59</b> | +0,68 | 641 |
| 2. | SOARES Catarina Silva | 03 | Porto   | <b>26.59</b> | +0,72 | 641 |

26. 50m Livres Seniores

|    |                         |    |                   |              |       |     |
|----|-------------------------|----|-------------------|--------------|-------|-----|
| 1. | RODRIGUES Ana Pinho     | 94 | Sanjoanense/FEPSA | <b>25.18</b> | +0,66 | 755 |
| 2. | VIEIRA Jessica Teixeira | 91 | Belenenses        | <b>26.23</b> | +0,70 | 668 |
| 3. | VIEGAS Beatriz Mendes   | 00 | Sporting          | <b>26.36</b> | +0,57 | 658 |

28. 200m Estilos Juniores

|    |                             |    |                     |                |       |     |
|----|-----------------------------|----|---------------------|----------------|-------|-----|
| 1. | CARDEAL Joana Nunes         | 02 | Academico Viseu     | <b>2:18.68</b> | +0,86 | 678 |
| 2. | MESQUITA Francisca Salvador | 02 | Colegio Monte Maior | <b>2:18.92</b> | +0,79 | 674 |
| 3. | PINA Ana Sofia              | 02 | O Crasto            | <b>2:19.20</b> | +0,78 | 670 |

28. 200m Estilos Seniores

|    |                        |    |              |                |       |     |
|----|------------------------|----|--------------|----------------|-------|-----|
| 1. | KAMINSKAYA Victoria    | 95 | Benfica      | <b>2:13.42</b> | +0,72 | 761 |
| 2. | MONTEIRO Ana Catarina  | 93 | Vilacondense | <b>2:13.60</b> | +0,70 | 758 |
| 3. | FERNANDES Ines Camacho | 97 | Sporting     | <b>2:17.00</b> | +0,79 | 703 |

32. 4 x 200m Livres Seniores

|    |              |          |                |       |     |
|----|--------------|----------|----------------|-------|-----|
| 1. | Sporting-SEN | Sporting | <b>8:18.34</b> | +0,61 | 750 |
| 2. | Benfica-SEN  | Benfica  | <b>8:20.31</b> | +0,75 | 741 |
| 3. | Porto-SEN    | Porto    | <b>8:32.49</b> | +0,75 | 689 |

| 32. 4 x 200m Livres |                                  |         |                |       | Juniores |
|---------------------|----------------------------------|---------|----------------|-------|----------|
| 1.                  | Porto-JUN<br><i>Rec Nacional</i> | Porto   | <b>8:24.59</b> | +0,77 | 722      |
| 2.                  | Alges-JUN                        | Alges   | <b>8:26.71</b> | +0,87 | 713      |
| 3.                  | Benfica-JUN                      | Benfica | <b>8:38.07</b> | +0,69 | 667      |

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS

