

50 Livres

1.	RODRIGUES Ana Pinho	94	ADS	24.96	25m	21-12-19	Felgueiras
2.	VIEGAS Beatriz Mendes	00	SCP	25.47	25m	21-12-19	Felgueiras
3.	CUNHA Mariana Pacheco	04	POR	26.06	25m	09-01-21	Guarda
4.	GIGLIOTTI Giuliana	92	GCNF	26.12	25m	15-11-20	Leiria
5.	ANDRE Leticia Maia	02	SLB	26.13	25m	22-12-20	Coimbra
6.	GUEDES Ana Margarida	01	POR	26.27	25m	09-01-21	Guarda
7.	MARTINS Francisca Soares	03	FOCA	26.30	25m	21-12-19	Felgueiras
8.	FERREIRA Catarina Maria	98	FCP	26.36	25m	20-12-19	Felgueiras
9.	FERNANDES Carolina Miranda	05	CGA	26.37	25m	09-11-19	Albufeira
10.	PEGO Isabel Porfirio	01	CFP	26.40	25m	21-12-19	Felgueiras
11.	CASTRO Adriana Daniela	97	LSC	26.46	25m	21-12-19	Felgueiras
12.	PEREIRA Raquel Gomes	00	SAD	26.47	25m	20-12-19	Felgueiras
13.	CONCEICAO Ema Jeronimo	03	AEFDTV	26.51	25m	22-11-19	Algés
14.	OLIVEIRA Rosa Maria	96	FCP	26.55	25m	21-12-19	Felgueiras
15.	PEREIRA Maria Gomes	04	SAD	26.59	25m	21-12-19	Felgueiras
16.	SOARES Catarina Silva	03	FCP	26.60	25m	21-12-19	Felgueiras
17.	FERNANDES Ines Camacho	97	SCP	26.61	25m	20-12-19	Felgueiras
18.	REBELO Camila Rodrigues	03	ALN	26.69	25m	21-12-19	Felgueiras
19.	FRISCHKNECHT Rita Barros	98	SAD	26.86	25m	23-11-19	Algés
20.	LASZLOVA Silvia	93	LDC	26.94	25m	09-11-19	Albufeira
20.	MACHADO Luisa Maria	01	SFUAP	26.94	25m	22-11-19	Algés
22.	FARIA Ana Rita	00	FCP	27.00	25m	21-12-19	Felgueiras
23.	NUNES Sofia Alexandra	00	CIRL	27.05	25m	15-12-19	Leiria
24.	MARQUES Maria Vieira	04	CNVA	27.10	25m	01-02-20	Viseu
25.	AZEVEDO Rafaela Gomes	02	SAD	27.12	25m	22-11-19	Algés
26.	FOMINA Anna	02	LDC	27.13	25m	08-11-20	Lagos
27.	PINTO Mafalda Marques	02	SCP	27.27	25m	09-11-19	Albufeira
28.	SOUSA Ana Reis	02	SAD	27.35	25m	23-11-19	Algés
28.	HENRIQUES Ines Jacinto	00	SCP	27.35	25m	23-11-19	Algés
30.	MOREIRA Matilde Freitas	01	AAC	27.36	25m	21-12-19	Felgueiras
31.	CASAL Beatriz Goncalves	03	CNTN	27.37	25m	15-12-19	Leiria
32.	PINA Ana Sofia	02	SLB	27.38	25m	20-12-19	Felgueiras
32.	AMADOR Joana Costa	01	CGA	27.38	25m	20-12-19	Felgueiras
34.	RODRIGUES Joana Francisca	04	CUC	27.39	25m	10-04-21	Felgueiras
34.	BRITES Marta Lopes	06	CNPDL	27.39	25m	11-04-21	Praia da Vitória
36.	VIANA Carolina Pereira	04	ACS	27.41	25m	14-12-19	Portimão
37.	DOMINGUES Anna Luiza	04	SCB	27.49	25m	15-12-19	Leiria
38.	MELO Sara Carreira	05	GESL	27.52	25m	15-11-20	Leiria
39.	CARDEAL Joana Nunes	02	AVFC	27.53	25m	16-11-19	Viseu
40.	CAPITAN Ines Maria	02	LDC	27.55	25m	09-11-19	Albufeira
41.	COSTA Mafalda Magalhaes	03	SFGP	27.58	25m	21-12-19	Felgueiras
42.	MESTRE Catarina Martins	00	CNLX	27.60	25m	22-11-19	Algés
43.	ROLAO Sofia Alexandra	98	SLB	27.61	25m	13-07-19	Algés
44.	NICOLAU Margarida Claudino	05	CNTN	27.67	25m	15-11-20	Leiria
45.	NEVES Leonor Maria	03	GESL	27.68	25m	14-07-19	Algés
45.	HOLUB Tamila Hryhorivna	99	SCB	27.68	25m	07-03-20	Braga
45.	CATARINO Laura Andre	03	CCDSERTA	27.68	25m	07-03-20	Ponte de Sor
48.	RODRIGUES Ana Margarida	96	CGA	27.70	25m	21-12-19	Felgueiras
49.	AGUILAR Vera Ines	00	CDN	27.71	25m	30-11-19	Sines
50.	MARTINS Ana Filipa	97	FOCA	27.75	25m	15-12-19	Leiria

100 Livres

1.	RODRIGUES Ana Pinho	94	ADS	54.66	25m	20-12-19	Felgueiras
2.	FERNANDES Carolina Miranda	05	CGA	56.18	25m	08-12-19	Mealhada
3.	VIEGAS Beatriz Mendes	00	SCP	56.33	25m	22-12-19	Felgueiras
4.	MARTINS Francisca Soares	03	FOCA	56.35	25m	20-12-19	Felgueiras
5.	ANDRE Leticia Maia	02	SLB	56.46	25m	23-12-20	Coimbra
6.	FRISCHKNECHT Rita Barros	98	SAD	56.77	25m	23-11-19	Algés
7.	GIGLIOTTI Giuliana	92	GCNF	56.82	25m	18-10-20	Lagos
8.	SOUSA Ana Reis	02	SAD	56.91	25m	20-12-19	Felgueiras
8.	CUNHA Mariana Pacheco	04	POR	56.91	25m	09-01-21	Guarda
10.	REBELO Camila Rodrigues	03	ALN	57.12	25m	22-12-20	Coimbra
11.	CONCEICAO Ema Jeronimo	03	AEFDTV	57.38	25m	14-11-20	Leiria
12.	FERREIRA Catarina Maria	98	FCP	57.43	25m	20-12-19	Felgueiras
13.	AZEVEDO Rafaela Gomes	02	SAD	57.71	25m	22-12-19	Felgueiras
13.	RAMOS Ana Rita	02	FCP	57.71	25m	22-12-19	Felgueiras
15.	PEGO Isabel Porfirio	01	CFP	57.98	25m	20-12-19	Felgueiras
16.	GUEDES Ana Margarida	01	GCVR	58.05	25m	15-12-19	Leiria
17.	MARQUES Maria Vieira	04	CNVA	58.06	25m	20-12-19	Felgueiras
18.	PEREIRA Maria Gomes	04	SAD	58.33	25m	20-12-19	Felgueiras
19.	MOURA Maria Ferreira	04	SCP	58.35	25m	20-12-19	Felgueiras
20.	OLIVEIRA Rosa Maria	96	FCP	58.49	25m	11-04-21	Felgueiras
21.	CASTRO Adriana Daniela	97	LSC	58.52	25m	20-12-19	Felgueiras
22.	ROLAO Sofia Alexandra	98	SLB	58.61	25m	14-07-19	Algés
23.	CARDEAL Joana Nunes	02	AVFC	58.62	25m	01-02-20	Viseu
24.	FOMINA Anna	02	LDC	58.64	25m	23-02-20	Lagos
25.	HOLUB Tamila Hryhorivna	99	SCB	58.76	25m	11-04-21	Felgueiras
26.	MONTEIRO Ana Catarina	93	CFV	58.84	25m	23-11-19	Felgueiras
27.	MESTRE Catarina Martins	00	CNLX	58.98	25m	23-11-19	Algés
28.	PINTO Mafalda Marques	02	SCP	59.01	25m	10-11-19	Albufeira
29.	NICOLAU Margarida Claudino	05	CNTN	59.12	25m	25-10-20	Tomar
29.	FRANCO Catarina Andrade	07	GESL	59.12	25m	12-12-20	Leiria
31.	AMADO Maria Lopes	04	DNMG	59.13	25m	14-12-19	Leiria
31.	FARIA Ana Rita	00	FCP	59.13	25m	20-12-19	Felgueiras
33.	AMADOR Joana Costa	01	CGA	59.17	25m	18-01-20	Mealhada
34.	PEREIRA Carolina Rei	05	CNVA	59.18	25m	07-12-19	Mealhada
35.	TEJO Beatriz Costa	02	AAC	59.29	25m	22-12-19	Felgueiras
36.	PIRES Marta Joao	05	SAD	59.31	25m	07-12-19	Sines
37.	SOARES Catarina Silva	03	FCP	59.34	25m	20-12-19	Felgueiras
38.	BRITES Marta Lopes	06	CNPDL	59.39	25m	10-04-21	Praia da Vitória
39.	CARPINTEIRO Carolina Silverio	02	CNTEJO	59.41	25m	25-10-20	Tomar
40.	MENDES Mariana Amaral	02	ADRCIMM	59.42	25m	14-12-19	Leiria
41.	FERNANDES Ines Camacho	97	SCP	59.44	25m	09-01-21	Guarda
42.	GARZON SILES Marta	00	LDC	59.45	25m	10-11-19	Albufeira
43.	PINA Ana Sofia	02	SLB	59.53	25m	10-11-19	Albufeira
44.	RODRIGUES Joana Francisca	04	CUC	59.56	25m	11-04-21	Felgueiras
45.	RODRIGUES Ana Margarida	96	CGA	59.72	25m	20-12-19	Felgueiras
46.	MELO Sara Carreira	05	GESL	59.75	25m	14-11-20	Leiria
46.	ROSA Mariana Carmo	05	ALN	59.75	25m	23-12-20	Coimbra
48.	MACHADO Luisa Maria	01	SFUAP	59.79	25m	01-11-19	Setúbal
48.	NUNES Sofia Alexandra	00	CIRL	59.79	25m	14-12-19	Leiria
50.	SANCHEZ FERNANDEZ Laura	03	CNGUA	59.82	25m	26-10-19	Lagos

200 Livres

1.	DURAES Diana Margarida	96	POR	2:00.22	25m	07-12-19	GLASGOW (GBR)
2.	FRISCHKNECHT Rita Barros	98	SAD	2:01.00	25m	21-12-19	Felgueiras
3.	MARTINS Francisca Soares	03	FOCA	2:01.01	25m	15-11-20	Mealhada
4.	HOLUB Tamila Hryhorivna	99	SCB	2:01.11	25m	14-12-19	Leiria
5.	MACHADO Luisa Maria	01	SFUAP	2:01.82	25m	13-07-19	Algés
6.	REBELO Camila Rodrigues	03	ALN	2:01.90	25m	22-12-20	Coimbra
7.	ANDRE Leticia Maia	02	SLB	2:02.07	25m	22-12-20	Coimbra
8.	CONCEICAO Ema Jeronimo	03	AEFDTV	2:02.18	25m	15-11-20	Leiria
9.	HENRIQUES Ines Jacinto	00	POR	2:02.40	25m	14-12-19	Lausanne (SUI)
10.	SOUSA Ana Reis	02	POR	2:03.18	25m	14-12-19	Lausanne (SUI)
11.	RAMOS Ana Rita	02	FCP	2:03.89	25m	21-12-19	Felgueiras
12.	CARDEAL Joana Nunes	02	AVFC	2:04.00	25m	02-02-20	Viseu
13.	GARZON SILES Marta	00	LDC	2:04.28	25m	09-11-19	Albufeira
14.	FERNANDES Carolina Miranda	05	CGA	2:04.65	25m	13-03-21	Aveiro
15.	AMADOR Joana Costa	01	CGA	2:05.21	25m	22-12-19	Felgueiras
16.	FRAZAO Alexandra Couto	02	SCP	2:05.28	25m	22-12-19	Felgueiras
17.	PINA Ana Sofia	02	SLB	2:05.36	25m	24-11-19	Algés
18.	PEGO Isabel Porfirio	01	CFP	2:05.37	25m	22-12-19	Felgueiras
19.	AZEVEDO Rafaela Gomes	02	SAD	2:05.68	25m	22-11-19	Algés
20.	PIRES Marta Joao	05	SAD	2:06.02	25m	08-12-19	Sines
21.	RODRIGUES Ana Pinho	94	ADS	2:06.19	25m	16-11-19	Viseu
22.	MESQUITA Francisca Salvado	02	ADRCIMM	2:06.27	25m	14-12-19	Leiria
23.	MOURA Maria Ferreira	04	SCP	2:06.49	25m	22-12-19	Felgueiras
24.	CUNHA Mariana Pacheco	04	CNCE	2:06.86	25m	24-11-19	Felgueiras
24.	FOMINA Anna	02	LDC	2:06.86	25m	22-02-20	Lagos
26.	FARIA Ana Rita	00	FCP	2:07.00	25m	24-11-19	Felgueiras
27.	CHEROUATI Souad Nefissa	89	SLB	2:07.03	25m	09-11-19	Albufeira
28.	CAPITAN Ines Maria	02	LDC	2:07.22	25m	09-11-19	Albufeira
29.	ROSA Mafalda Sofia	03	CNRM	2:07.29	25m	15-12-19	Leiria
30.	ROLAO Sofia Alexandra	98	SLB	2:07.32	25m	13-07-19	Algés
31.	ROSA Mariana Carmo	05	ALN	2:07.50	25m	22-12-20	Coimbra
32.	MENDES Mariana Amaral	02	ADRCIMM	2:07.52	25m	15-12-19	Leiria
33.	BARBOSA Mariana Fernandes	02	FCP	2:07.53	25m	24-11-19	Felgueiras
34.	LOPES Daniela Magalhaes	05	GDNFAMA	2:07.86	25m	08-12-19	Mealhada
35.	CRUZ Sara Moura	03	SAD	2:07.93	25m	13-07-19	Algés
35.	GARCIA Carla Goyanes	01	EDV	2:07.93	25m	15-12-19	Leiria
37.	PINTO Mafalda Marques	02	SCP	2:08.13	25m	09-11-19	Albufeira
38.	VARGAS Giovanna Vaz	00	DNMG	2:08.16	25m	15-12-19	Leiria
39.	PEREIRA Carolina Rei	05	CNVA	2:08.17	25m	08-12-19	Mealhada
39.	PINHEIRO Ines Mariana	03	AAC	2:08.17	25m	22-12-19	Felgueiras
41.	RODRIGUES Joana Francisca	04	CUC	2:08.24	25m	22-12-19	Felgueiras
42.	QUEIROZ Ana Rita	02	CAQC	2:08.34	25m	14-12-19	Leiria
43.	MONTEIRO Ana Catarina	93	CFV	2:08.49	25m	15-11-20	Mealhada
44.	SOARES Carolina Silva	03	CNV	2:08.55	25m	22-12-19	Felgueiras
45.	MARTINS Joana Ribeiro	03	SCP	2:08.69	25m	21-12-19	Felgueiras
46.	SANTOS Leonor Esteves	04	EULX	2:08.80	25m	13-07-19	Algés
47.	CASTRO Adriana Daniela	97	LSC	2:08.90	25m	24-11-19	Felgueiras
48.	REBELO Maria Carlota	03	ALN	2:09.06	25m	10-04-21	Felgueiras
49.	SILVA Camila Alexandra	03	SCC	2:09.33	25m	22-12-20	Coimbra
50.	VELOSO Teresa Miguel	00	SCP	2:09.64	25m	03-11-19	Lagoa

400 Livres

1.	DURAES Diana Margarida	96	SLB	4:06.62	25m	21-12-19	Felgueiras
2.	HOLUB Tamila Hryhorivna	99	POR	4:10.20	25m	08-12-19	GLASGOW (GBR)
3.	MARTINS Francisca Soares	03	FOCA	4:11.18	25m	14-11-20	Mealhada
4.	HENRIQUES Ines Jacinto	00	SCP	4:16.31	25m	21-12-19	Felgueiras
5.	GARZON SILES Marta	00	LDC	4:16.58	25m	10-11-19	Albufeira
6.	CONCEICAO Ema Jeronimo	03	AEFDTV	4:17.18	25m	14-11-20	Leiria
7.	CARDEAL Joana Nunes	02	AVFC	4:18.05	25m	21-12-19	Felgueiras
8.	RAMOS Ana Rita	02	FCP	4:19.75	25m	21-12-19	Felgueiras
9.	MONTEIRO Ana Catarina	93	CFV	4:19.89	25m	14-11-20	Mealhada
10.	ROSA Mafalda Sofia	03	CNRM	4:20.47	25m	14-12-19	Leiria
11.	FRAZAO Alexandra Couto	02	SCP	4:21.77	25m	21-12-19	Felgueiras
12.	REBELO Camila Rodrigues	03	ALN	4:21.79	25m	01-02-20	Coimbra
12.	QUEIROZ Ana Rita	02	CAQC	4:21.79	25m	01-02-20	Coimbra
14.	CHEROUATI Souad Nefissa	89	SLB	4:22.18	25m	10-11-19	Albufeira
15.	SOUSA Ana Reis	02	SAD	4:22.40	25m	22-11-19	Algés
16.	PEREIRA Raquel Gomes	00	SAD	4:22.95	25m	22-11-19	Algés
17.	ANDRE Leticia Maia	02	SLB	4:23.86	25m	10-11-19	Albufeira
18.	PINA Ana Sofia	02	SLB	4:24.09	25m	22-11-19	Algés
19.	AZEVEDO Rafaela Gomes	02	SAD	4:24.19	25m	22-11-19	Algés
20.	LOPES Daniela Magalhaes	05	GDNFAMA	4:24.66	25m	08-12-19	Mealhada
21.	PIRES Marta Joao	05	SAD	4:24.96	25m	08-12-19	Sines
22.	ROSA Mariana Carmo	05	ALN	4:25.34	25m	14-11-20	Mealhada
23.	FIAL Sofia Nunes	03	AEJ	4:25.38	25m	01-02-20	Viseu
24.	MACHADO Luisa Maria	01	SFUAP	4:26.04	25m	10-11-19	Albufeira
24.	MENDES Mariana Amaral	02	ADRCIMM	4:26.04	25m	21-12-19	Felgueiras
26.	CARDEAL Beatriz Nunes	04	AVFC	4:26.51	25m	21-12-19	Felgueiras
27.	NOBRE Marisa Isabel	05	SCC	4:26.70	25m	10-11-19	Albufeira
28.	SANTOS Leonor Esteves	04	EULX	4:27.05	25m	30-11-19	Sines
28.	AMADOR Joana Costa	01	CGA	4:27.05	25m	21-12-19	Felgueiras
30.	PINHEIRO Ines Mariana	03	AAC	4:27.77	25m	14-11-20	Mealhada
31.	MOURA Maria Ferreira	04	SCP	4:28.46	25m	02-11-19	Lagoa
32.	REBELO Maria Carlota	03	ALN	4:28.86	25m	24-10-20	Coimbra
33.	FARIA Ana Rita	00	FCP	4:29.29	25m	24-11-19	Felgueiras
34.	VARGAS Giovanna Vaz	00	DNMG	4:29.42	25m	23-11-19	Caldas da Rainha
35.	PINTO Mafalda Marques	02	SCP	4:29.67	25m	10-11-19	Albufeira
36.	AMORIM Maria Leonor	03	FCP	4:29.83	25m	14-11-20	Mealhada
37.	AMADO Maria Lopes	04	DNMG	4:30.02	25m	14-11-20	Leiria
38.	VELOSO Teresa Miguel	00	SCP	4:30.99	25m	21-12-19	Felgueiras
39.	FOMINA Anna	02	LDC	4:31.24	25m	07-11-20	Lagos
40.	CRUZ Sara Moura	03	SAD	4:31.36	25m	22-11-19	Algés
41.	DELGADO Soraia Alexandra	05	SCP	4:31.40	25m	08-12-19	Sines
42.	RODRIGUES Helena Nunes	03	CSAAXXI	4:31.46	25m	17-11-19	Viseu
43.	JAENES Celia Caro	02	LDC	4:31.58	25m	10-11-19	Albufeira
44.	SOARES Carolina Silva	03	CNV	4:31.62	25m	14-12-19	Leiria
45.	NEVES Carolina Marques	01	CNTN	4:32.40	25m	07-03-20	Santarém
46.	PIMENTA Margarida Sobral	99	CFB	4:32.42	25m	15-02-20	Torres Novas
47.	RODRIGUES Joana Francisca	04	CUC	4:32.61	25m	11-04-21	Felgueiras
48.	RANITO Beatriz Paulo	99	GESL	4:32.93	25m	14-12-19	Leiria
49.	ROLAO Sofia Alexandra	98	SLB	4:33.10	25m	14-07-19	Algés
50.	ALVES Joana Silva	05	BSCN	4:33.12	25m	14-11-20	Leiria

800 Livres

1.	DURAES Diana Margarida	96	POR	8:20.97	25m	04-12-19	GLASGOW (GBR)
2.	HOLUB Tamila Hryhorivna	99	POR	8:25.00	25m	04-12-19	GLASGOW (GBR)
3.	HENRIQUES Ines Jacinto	00	SCP	8:43.32	25m	15-11-20	Leiria
4.	ROSA Mafalda Sofia	03	CNRM	8:48.64	25m	15-12-19	Leiria
5.	CONCEICAO Ema Jeronimo	03	AEFDTV	8:49.18	25m	15-11-20	Leiria
6.	ANDRE Angelica Maria	94	CFP	8:50.23	25m	22-12-19	Felgueiras
7.	MONTEIRO Ana Catarina	93	CFV	8:51.30	25m	22-11-19	Felgueiras
8.	MARTINS Francisca Soares	03	FOCA	8:51.73	25m	10-04-21	Felgueiras
9.	FRAZAO Alexandra Couto	02	SCP	8:52.05	25m	22-12-19	Felgueiras
10.	CARDEAL Joana Nunes	02	AVFC	8:52.12	25m	15-11-20	Mealhada
11.	MENDES Mariana Amaral	02	ADRCIMM	8:52.43	25m	15-11-20	Leiria
12.	CHEROUATI Souad Nefissa	89	SLB	8:54.47	25m	10-11-19	Albufeira
13.	QUEIROZ Ana Rita	02	CAQC	8:56.08	25m	22-12-19	Felgueiras
14.	RAMOS Ana Rita	02	FCP	8:56.28	25m	22-12-19	Felgueiras
15.	ANDRE Leticia Maia	02	SLB	9:01.14	25m	24-11-19	Algés
16.	AMORIM Maria Leonor	03	FCP	9:01.18	25m	22-12-19	Felgueiras
17.	ROSA Mariana Carmo	05	ALN	9:01.30	25m	15-11-20	Mealhada
18.	CARDEAL Beatriz Nunes	04	AVFC	9:04.72	25m	15-12-19	Leiria
19.	PINA Ana Sofia	02	SLB	9:07.68	25m	22-12-19	Felgueiras
20.	PIRES Marta Joao	05	SAD	9:09.73	25m	07-12-19	Sines
21.	LOPES Daniela Magalhaes	05	GDNFAMA	9:10.08	25m	15-11-20	Mealhada
22.	SANTOS Leonor Esteves	04	EULX	9:10.36	25m	30-11-19	Sines
23.	REBELO Camila Rodrigues	03	ALN	9:13.86	25m	24-11-19	Coimbra
24.	GARCIA Carla Goyanes	01	EDV	9:14.38	25m	15-12-19	Leiria
25.	PINHEIRO Ines Mariana	03	AAC	9:16.45	25m	15-11-20	Mealhada
26.	NOBRE Marisa Isabel	05	SCC	9:17.93	25m	07-12-19	Mealhada
27.	RANITO Beatriz Paulo	99	GESL	9:18.07	25m	15-12-19	Leiria
28.	VARANDAS Joana Filipa	02	CIRL	9:19.16	25m	15-12-19	Leiria
29.	VELOSO Teresa Miguel	00	SCP	9:19.35	25m	22-12-19	Felgueiras
30.	VIANA Margarida Violante	04	ADBA	9:19.75	25m	08-11-20	Leiria
31.	ALVES Joana Silva	05	BSCN	9:20.09	25m	15-11-20	Leiria
32.	RODRIGUES Helena Nunes	03	CSAAXXI	9:20.17	25m	24-11-19	Gafanha da Nazaré
33.	AMADO Maria Lopes	04	DNMG	9:21.20	25m	08-11-20	Leiria
34.	MESTRE Catarina Martins	00	CNLX	9:21.64	25m	24-11-19	Algés
35.	SEBASTIAO Sofia Antunes	05	CNA	9:22.63	25m	07-12-19	Sines
36.	SILVA Ana Francisca	06	CNAL	9:24.09	25m	13-12-20	Leiria
37.	RODRIGUES Filipa Serrano	01	SLB	9:24.48	25m	24-11-19	Algés
38.	PIRES Catarina Gaspar	06	FCP	9:24.91	25m	10-04-21	Felgueiras
39.	NEVES Carolina Marques	01	CNTN	9:25.12	25m	06-03-20	Santarém
40.	PEIXOTO Carolina Esteves	06	SCB	9:25.22	25m	10-04-21	Felgueiras
41.	FARIA Leonor Verissimo	06	NDAP	9:25.47	25m	13-12-20	Leiria
42.	ROLAO Sofia Alexandra	98	SLB	9:25.87	25m	13-07-19	Algés
43.	RODRIGUES Joana Francisca	04	CUC	9:26.09	25m	02-02-20	Coimbra
44.	FIAL Sofia Nunes	03	AEJ	9:26.90	25m	13-10-19	Mealhada
45.	ARMAS Maria Ornelas	98	EULX	9:27.43	25m	13-07-19	Algés
46.	ARROYO Laura Torres	04	LDC	9:27.56	25m	10-11-19	Albufeira
47.	SILVA Natacha Sofia	02	SLB	9:28.79	25m	13-07-19	Algés
48.	SOUSA Joana Francisca	04	CDSR	9:28.98	25m	31-10-20	Funchal
49.	RAMOS Ines Asseiceira	03	CNTN	9:29.04	25m	06-03-20	Santarém
50.	LOPES Francisca Macedo	05	CFV	9:29.09	25m	10-04-21	Felgueiras

1500 Livres

1.	DURAES Diana Margarida	96	SLB	15:55.19	25m	23-11-19	Felgueiras
2.	HOLUB Tamila Hryhorivna	99	SCB	16:17.62	25m	20-12-19	Felgueiras
3.	ANDRE Angelica Maria	94	CFP	16:50.07	25m	20-12-19	Felgueiras
4.	MENDES Mariana Amaral	02	ADRCIMM	16:51.59	25m	20-12-19	Felgueiras
5.	ROSA Mafalda Sofia	03	CNRM	17:00.30	25m	20-12-19	Felgueiras
6.	HENRIQUES Ines Jacinto	00	SCP	17:01.03	25m	14-07-19	Algés
7.	RAMOS Ana Rita	02	FCP	17:12.00	25m	20-12-19	Felgueiras
8.	QUEIROZ Ana Rita	02	CAQC	17:16.92	25m	20-12-19	Felgueiras
9.	AMORIM Maria Leonor	03	FCP	17:23.09	25m	20-12-19	Felgueiras
10.	CONCEICAO Ema Jeronimo	03	AEFDTV	17:25.17	25m	14-07-19	Algés
11.	CARDEAL Beatriz Nunes	04	AVFC	17:32.31	25m	14-11-20	Mealhada
12.	SANTOS Leonor Esteves	04	EULX	17:40.84	25m	14-07-19	Algés
13.	PINHEIRO Ines Mariana	03	AAC	17:45.14	25m	20-12-19	Felgueiras
14.	ROSA Mariana Carmo	05	ALN	17:45.17	25m	14-11-20	Mealhada
15.	RANITO Beatriz Paulo	99	GESL	17:51.62	25m	22-11-19	Algés
16.	RODRIGUES Joana Francisca	04	CUC	17:57.62	25m	20-12-19	Felgueiras
17.	FOMINA Anna	02	LDC	18:01.20	25m	23-11-19	Lagos
18.	PIMENTEL Marta Lima	04	CFP	18:03.77	25m	23-11-19	Felgueiras
19.	HUTYY Adriana Carolina	05	SCB	18:05.10	25m	14-11-20	Mealhada
20.	FREIXIEIRO Beatriz Maria	04	CNRM	18:06.67	25m	08-03-20	Santarém
21.	COSTA Mafalda Santos	05	ADRCIMM	18:15.48	25m	14-07-19	Algés
22.	PEDRO Daniela Alexandra	04	SCP	18:16.95	25m	01-02-20	Albufeira
23.	ALVES Joana Silva	05	BSCN	18:18.87	25m	07-11-20	Leiria
24.	GASPAR Beatriz Ferreira	04	CUC	18:23.38	25m	23-11-19	Coimbra
25.	MARTINS Ines Correia	04	FCP	18:25.15	25m	23-11-19	Felgueiras
26.	LOURO Ariana Espirito	05	SFGP	18:30.59	25m	08-03-20	Santarém
27.	LIGEIRO Daniela Silva	04	VNC	18:32.26	25m	08-03-20	Braga
28.	CARLOTA Catarina Isabel	05	BUZIOS	18:32.79	25m	08-03-20	Santarém
29.	FERNANDES Maria Elias	04	EDV	18:36.95	25m	08-03-20	Braga
30.	SILVA Ines Martins	04	CFV	18:38.25	25m	23-11-19	Felgueiras
31.	OLIVEIRA Vanessa Sofia	05	CAPGE	18:38.95	25m	14-11-20	Mealhada
32.	SILVA Ana Catarina	04	FBSC	18:44.32	25m	24-10-20	Coimbra
33.	PACHECO Maria Manuel	03	CAFBDP	18:45.22	25m	16-11-19	Ribeira Grande
34.	FARIA Leonor Verissimo	06	NDAP	18:47.06	25m	07-11-20	Leiria
35.	MARQUES Mariana Nunes	03	CDE	18:48.28	25m	17-11-19	Viseu
36.	FLORINDO Helena Neto	06	EFC	18:49.14	25m	08-03-20	Ponte de Sor
37.	FERNANDES Maria Joao	97	CFP	18:51.09	25m	12-10-19	Pacos de Ferreira
38.	PEREIRA Anais Cloe	04	SCP	18:53.73	25m	22-11-19	Algés
39.	RIBEIRO Maria Ines	03	INDANL	18:54.19	25m	14-07-19	Algés
40.	GOMES Lia Beatriz	06	VSC	18:56.10	25m	23-11-19	Felgueiras
41.	CUNHA Rita Moreira	03	EDV	19:05.91	25m	25-10-20	Braga
42.	NARRA Vera Figueiredo	04	CNA	19:06.80	25m	22-11-19	Algés
43.	HENRIQUES Daniela Mascare	03as	GESL	19:09.07	25m	22-11-19	Algés
44.	FERREIRA Joana Rosa	05	CNPE	19:10.40	25m	23-11-19	Caldas da Rainha
45.	NUNES Rita Sofia	05	CNCE	19:11.42	25m	23-11-19	Felgueiras
46.	MIRA Leonor Maria	04	BUZIOS	19:12.29	25m	24-11-19	Tomar
47.	LOURO Beatriz Silva	07	LDC	19:12.31	25m	24-10-20	Olhão
48.	MAGALHAES Ines Filipa	02	CAP	19:14.99	25m	12-10-19	Pacos de Ferreira
49.	JESUS Leonor Santos	04	CNOL	19:15.67	25m	23-11-19	Lagos
50.	NOGUEIRA Nara Soraia	05	CNV	19:22.61	25m	12-10-19	Pacos de Ferreira

50 Costas

1.	AZEVEDO Rafaela Gomes	02	SAD	27.45	25m	21-12-19	Felgueiras
2.	REBELO Camila Rodrigues	03	ALN	27.60	25m	22-12-20	Coimbra
3.	FERNANDES Ines Camacho	97	SCP	28.18	25m	21-12-19	Felgueiras
4.	MESTRE Catarina Martins	00	CNLX	28.69	25m	21-12-19	Felgueiras
5.	FRISCHKNECHT Rita Barros	98	SAD	28.75	25m	21-12-19	Felgueiras
6.	GUEDES Ana Margarida	01	GCVR	29.21	25m	14-11-20	Mealhada
7.	FERREIRA Catarina Maria	98	FCP	29.71	25m	21-12-19	Felgueiras
8.	MARQUES Maria Vieira	04	CNVA	29.73	25m	17-11-19	Viseu
9.	CABRAL Maria Francisca	00	FCP	29.74	25m	21-12-19	Felgueiras
10.	FREIXO Juliana Lima	97	SCB	29.75	25m	21-12-19	Felgueiras
11.	OLIVEIRA Ana Rita	04	CNCE	29.93	25m	21-12-19	Felgueiras
12.	PEIXEIRA Filipa Ramos	03	SCP	30.19	25m	21-12-19	Felgueiras
13.	NEVES Ana Carolina	00	AAC	30.54	25m	21-12-19	Felgueiras
14.	AMADO Maria Lopes	04	DNMG	30.60	25m	15-12-19	Leiria
15.	ROLAO Sofia Alexandra	98	SLB	30.64	25m	21-12-19	Felgueiras
16.	RAMOS Ana Rita	02	FCP	30.67	25m	24-11-19	Felgueiras
17.	MARQUES Mariana Nunes	03	CDE	30.69	25m	15-12-19	Leiria
18.	RAMOS Ines Asseiceira	03	CNTN	30.70	25m	07-03-20	Santarém
19.	ROCHA Carolina Neves	04	CFP	30.71	25m	24-11-19	Felgueiras
20.	FERREIRA Leonor Marques	03	CDCA	30.79	25m	21-12-19	Felgueiras
21.	CONCEICAO Ema Jeronimo	03	AEFDTV	30.90	25m	13-07-19	Algés
22.	SEVERINO Isis Sousa	02	LDC	30.93	25m	10-11-19	Albufeira
23.	KAMINSKAYA Victoria	95	SLB	30.95	25m	10-11-19	Albufeira
24.	PEREIRA Beatriz Elisabete	97	CDCP	30.98	25m	21-12-19	Felgueiras
25.	MACHADO Carolina Alexandra	03	CNBE	31.03	25m	23-11-19	Lagos
26.	SALGADO Soraia Maria	05	AEFDTV	31.04	25m	15-02-20	Torres Novas
27.	ESTEVEES Maria Mousinho	02	CIRL	31.05	25m	14-07-19	Algés
28.	EIRA Maria Carolina	05	GCVR	31.06	25m	10-04-21	Felgueiras
29.	RODRIGUES Ana Pinho	94	ADS	31.10	25m	17-11-19	Viseu
29.	SOARES Ines Apolinario	03	PIMP	31.10	25m	21-12-19	Felgueiras
31.	ANDRE Angelica Maria	94	CFP	31.11	25m	24-11-19	Felgueiras
32.	LAGOA Carlota Macedo	05	ADBA	31.19	25m	06-03-21	Leiria
33.	SOARES Catarina Silva	03	FCP	31.20	25m	24-11-19	Felgueiras
33.	DINIS Filipa Paiva	06	ADBA	31.20	25m	06-03-21	Leiria
35.	SANTOS Ana Pedro	02	CGA	31.25	25m	18-01-20	Mealhada
36.	NICOLAU Margarida Claudino	05	CNTN	31.26	25m	24-10-20	Tomar
37.	MENDES Lea Alexandra	03	SFGP	31.28	25m	23-11-19	Tomar
37.	RODRIGUES Sofia Vilardell	04	GESL	31.28	25m	15-12-19	Leiria
39.	RODRIGUES Luana Correia	01	CFB	31.30	25m	10-04-21	Felgueiras
40.	CATARINO Laura Andre	03	CCDSERTA	31.31	25m	10-11-19	Albufeira
41.	NOBRE Beatriz Gaspar	05	SFGP	31.34	25m	07-03-20	Santarém
42.	LASCU Nicoleta	02	CNLA	31.38	25m	21-12-19	Felgueiras
43.	COSTA Joana Santos	04	CGA	31.39	25m	14-11-20	Mealhada
44.	PEGO Isabel Porfirio	01	CFP	31.42	25m	24-11-19	Felgueiras
45.	AGUILAR Vera Ines	00	CDN	31.44	25m	21-12-19	Funchal
46.	CRUZ Sara Moura	03	SAD	31.46	25m	13-07-19	Algés
46.	COSTA Ana Filipa	98	CNBE	31.46	25m	21-12-19	Felgueiras
48.	SOARES Ana Beatriz	03	CDF	31.47	25m	02-02-20	Viseu
49.	MELO Barbara Azambujo	02	AAC	31.48	25m	15-02-20	Torres Novas
50.	RODRIGUES Helena Nunes	03	CSAAXXI	31.53	25m	21-12-19	Felgueiras

100 Costas

1.	AZEVEDO Rafaela Gomes	02	SAD	58.65	25m	22-12-19	Felgueiras
2.	REBELO Camila Rodrigues	03	ALN	1:00.22	25m	15-11-20	Mealhada
3.	MESTRE Catarina Martins	00	CNLX	1:01.03	25m	22-12-19	Felgueiras
4.	FRISCHKNECHT Rita Barros	98	SAD	1:01.56	25m	22-12-19	Felgueiras
5.	GUEDES Ana Margarida	01	GCVR	1:01.96	25m	15-11-20	Mealhada
6.	FERNANDES Ines Camacho	97	SCP	1:02.39	25m	20-12-19	Felgueiras
7.	CUNHA Mariana Pacheco	04	POR	1:02.48	25m	09-01-21	Guarda
8.	FERNANDES Carolina Miranda	05	CGA	1:02.84	25m	06-12-19	Mealhada
9.	OLIVEIRA Ana Rita	04	CNCE	1:03.71	25m	11-04-21	Felgueiras
10.	AMADO Maria Lopes	04	DNMG	1:04.17	25m	22-12-19	Felgueiras
11.	RAMOS Ana Rita	02	FCP	1:04.18	25m	11-04-21	Felgueiras
12.	CABRAL Maria Francisca	00	FCP	1:04.20	25m	15-11-20	Mealhada
13.	CARDEAL Joana Nunes	02	POR	1:04.34	25m	09-01-21	Guarda
14.	FREIXO Juliana Lima	97	SCB	1:04.60	25m	22-12-19	Felgueiras
15.	MARTINS Francisca Soares	03	POR	1:04.66	25m	09-01-21	Guarda
16.	EIRA Maria Carolina	05	GCVR	1:05.33	25m	11-04-21	Felgueiras
17.	RAMOS Ines Asseiceira	03	CNTN	1:05.37	25m	14-12-19	Leiria
17.	NUNES Sofia Alexandra	00	CIRL	1:05.37	25m	22-12-19	Felgueiras
19.	MARQUES Maria Vieira	04	CNVA	1:05.38	25m	14-12-19	Leiria
20.	FERREIRA Catarina Maria	98	FCP	1:05.43	25m	22-12-19	Felgueiras
21.	PEIXEIRA Filipa Ramos	03	SCP	1:05.53	25m	20-12-19	Felgueiras
22.	FERREIRA Ana Raquel	98	CNLX	1:05.62	25m	30-11-19	Sines
23.	PAIVA Leonor Correia	04	ALN	1:05.97	25m	22-12-20	Coimbra
24.	LASCU Nicoleta	02	CNLA	1:05.98	25m	30-11-19	Sines
25.	CONCEICAO Ema Jeronimo	03	AEFDTV	1:06.03	25m	01-11-19	Setúbal
26.	RODRIGUES Luana Correia	01	CFB	1:06.04	25m	11-04-21	Felgueiras
27.	PEREIRA Raquel Gomes	00	SAD	1:06.11	25m	22-11-19	Algés
28.	LAGOA Carlota Macedo	05	ADBA	1:06.12	25m	06-12-19	Sines
29.	NEVES Ana Carolina	00	AAC	1:06.15	25m	22-12-19	Felgueiras
30.	CRUZ Sara Moura	03	SAD	1:06.16	25m	09-11-19	Albufeira
31.	MARQUES Mariana Nunes	03	CDE	1:06.21	25m	22-12-19	Felgueiras
32.	ROLAO Sofia Alexandra	98	SLB	1:06.25	25m	22-11-19	Algés
33.	SANTOS Ana Pedro	02	CGA	1:06.27	25m	20-12-19	Felgueiras
34.	MONTEIRO Ana Catarina	93	CFV	1:06.28	25m	23-11-19	Felgueiras
35.	ANDRE Angelica Maria	94	CFP	1:06.29	25m	23-11-19	Felgueiras
36.	ROCHA Carolina Neves	04	CFP	1:06.31	25m	23-11-19	Felgueiras
37.	CARAPINHA Ariana Bento	06	DNMG	1:06.33	25m	13-12-20	Leiria
38.	SOUSA Ana Reis	02	SAD	1:06.51	25m	09-11-19	Albufeira
38.	MESQUITA Mafalda Martins	07	GDNFAMA	1:06.51	25m	11-04-21	Felgueiras
40.	MACHADO Luisa Maria	01	SFUAP	1:06.62	25m	14-07-19	Algés
41.	MESQUITA Francisca Salvado	02	ADRCIMM	1:06.64	25m	22-11-19	Algés
42.	CATARINO Laura Andre	03	CCDSERTA	1:06.67	25m	06-03-20	Ponte de Sor
43.	COSTA Joana Santos	04	CGA	1:06.76	25m	15-11-20	Mealhada
44.	COSTA Ana Filipa	98	CNBE	1:06.93	25m	22-12-19	Felgueiras
45.	CRAVEIRO Beatriz Neves	97	AAC	1:07.21	25m	22-12-19	Felgueiras
46.	COSTA Carolina Fale	04	ADRCIMM	1:07.24	25m	22-12-19	Felgueiras
47.	PEREIRA Beatriz Elisabete	97	CDCP	1:07.29	25m	14-12-19	Leiria
48.	SEVERINO Isis Sousa	02	LDC	1:07.36	25m	09-11-19	Albufeira
49.	REIS Erica Cristina	05	SCP	1:07.37	25m	07-12-19	Sines
50.	GONCALVES Rita Abibe	05	GESL	1:07.39	25m	15-11-20	Leiria

200 Costas

1.	FRISCHKNECHT Rita Barros	98	SAD	2:09.64	25m	20-12-19	Felgueiras
2.	AZEVEDO Rafaela Gomes	02	SAD	2:10.43	25m	20-12-19	Felgueiras
3.	REBELO Camila Rodrigues	03	ALN	2:11.13	25m	20-12-19	Felgueiras
4.	CARDEAL Joana Nunes	02	AVFC	2:14.39	25m	20-12-19	Felgueiras
5.	MESTRE Catarina Martins	00	CNLX	2:15.01	25m	20-12-19	Felgueiras
6.	CABRAL Maria Francisca	00	FCP	2:17.28	25m	10-04-21	Felgueiras
7.	OLIVEIRA Ana Rita	04	CNCE	2:17.59	25m	10-04-21	Felgueiras
8.	FERNANDES Carolina Miranda	05	CGA	2:17.77	25m	08-12-19	Mealhada
9.	RAMOS Ana Rita	02	FCP	2:17.95	25m	10-04-21	Felgueiras
10.	AMADO Maria Lopes	04	DNMG	2:18.30	25m	15-12-19	Leiria
11.	FERREIRA Ana Raquel	98	CNLX	2:20.02	25m	30-11-19	Sines
12.	CRUZ Sara Moura	03	SAD	2:20.62	25m	20-12-19	Felgueiras
13.	MARTINS Joana Ribeiro	03	SCP	2:20.69	25m	20-12-19	Felgueiras
14.	PEIXEIRA Filipa Ramos	03	SCP	2:22.01	25m	20-12-19	Felgueiras
15.	FREIXO Juliana Lima	97	SCB	2:22.08	25m	15-12-19	Leiria
16.	MONTEIRO Ana Catarina	93	CFV	2:22.30	25m	12-10-19	Pacos de Ferreira
17.	EIRA Maria Carolina	05	GCVR	2:22.56	25m	15-11-20	Mealhada
18.	MOURA Maria Ferreira	04	SCP	2:22.58	25m	01-02-20	Albufeira
19.	COSTA Carolina Fale	04	ADRCIMM	2:22.59	25m	20-12-19	Felgueiras
20.	BERNARDO Joana Beatriz	99	FBSC	2:22.73	25m	24-11-19	Coimbra
21.	ANDRE Angelica Maria	94	CFP	2:22.75	25m	22-11-19	Felgueiras
22.	SILVA Ana Francisca	06	CNAL	2:23.00	25m	13-12-20	Leiria
23.	RODRIGUES Luana Correia	01	CFB	2:23.06	25m	10-04-21	Felgueiras
24.	REIS Erica Cristina	05	SCP	2:23.08	25m	08-12-19	Sines
25.	NUNES Sofia Alexandra	00	CIRL	2:23.35	25m	15-12-19	Leiria
26.	RAMOS Ines Asseiceira	03	CNTN	2:23.49	25m	08-03-20	Santarém
27.	LAGOA Carlota Macedo	05	ADBA	2:23.55	25m	08-12-19	Sines
28.	MARQUES Mariana Nunes	03	CDE	2:23.72	25m	20-12-19	Felgueiras
29.	LIMA Lia Ana	01	SAD	2:23.90	25m	10-11-19	Albufeira
30.	PAIVA Leonor Correia	04	ALN	2:24.12	25m	25-10-20	Coimbra
31.	CAMACHO Carolina Martins	06	SFUAP	2:24.28	25m	13-12-20	Leiria
32.	FERREIRA Maria Leonor	04	CDN	2:24.93	25m	07-03-20	Funchal
33.	REBELO Maria Carlota	03	ALN	2:24.95	25m	24-11-19	Coimbra
34.	RODRIGUES Helena Nunes	03	CSAAXXI	2:25.20	25m	16-11-19	Viseu
35.	CARAPINHA Ariana Bento	06	DNMG	2:25.35	25m	08-11-20	Leiria
36.	ARMAS Maria Ornelas	98	EULX	2:25.45	25m	13-07-19	Algés
37.	CUNHA Mariana Pacheco	04	CNCE	2:25.46	25m	12-10-19	Pacos de Ferreira
38.	LASCU Nicoleta	02	CNLA	2:25.51	25m	30-11-19	Sines
39.	RODRIGUES Joana Francisca	04	CUC	2:25.53	25m	25-10-20	Coimbra
40.	DOMINGUES Monica Seara	00	SCB	2:25.69	25m	06-03-20	Braga
41.	FERREIRA Maria Joao	06	FOCA	2:25.77	25m	10-04-21	Felgueiras
42.	AMORIM Maria Leonor	03	FCP	2:25.95	25m	15-11-20	Mealhada
43.	COSTA Maria Jardim	06	CDN	2:26.17	25m	07-03-20	Funchal
44.	NOBRE Marisa Isabel	05	SCC	2:26.19	25m	08-12-19	Mealhada
45.	COSTA Ana Filipa	98	CNBE	2:26.25	25m	30-11-19	Sines
46.	AMADOR Joana Costa	01	CGA	2:26.44	25m	16-11-19	Viseu
47.	ALMEIDA Catarina Isabel	02	VSC	2:26.63	25m	15-12-19	Leiria
48.	SOARES Carolina Silva	03	CNV	2:26.74	25m	20-12-19	Felgueiras
49.	PINA Ana Sofia	02	SLB	2:26.77	25m	22-11-19	Algés
50.	RIESENBERGER Bruna Martir	97	CIRL	2:26.78	25m	13-07-19	Algés

50 Bruços

1.	RODRIGUES Ana Pinho	94	ADS	30.96	25m	22-12-19	Felgueiras
2.	PEREIRA Raquel Gomes	00	SLB	32.01	25m	22-12-20	Coimbra
3.	KAMINSKAYA Victoria	95	SLB	32.67	25m	22-12-20	Coimbra
4.	FIGUEIRA Isabel Maria	79	SCB	32.99	25m	09-11-19	Albufeira
5.	GUEDES Ana Margarida	01	GCVR	33.24	25m	10-04-21	Felgueiras
6.	LASZLOVA Silvia	93	LDC	33.41	25m	09-11-19	Albufeira
7.	CERDEIRA Madalena Reis	03	SCP	33.43	25m	22-12-19	Felgueiras
8.	FERREIRA Margarida Filipe	04	CDCP	33.44	25m	22-12-19	Felgueiras
9.	PEREIRA Clara Gomes	02	SAD	33.46	25m	22-12-19	Felgueiras
10.	BORGES Claudia Ferreira	99	SCP	33.49	25m	09-11-19	Albufeira
11.	OLIVEIRA Rosa Maria	96	FCP	33.52	25m	22-12-19	Felgueiras
12.	FIAL Sofia Nunes	03	AEJ	33.55	25m	22-12-19	Felgueiras
13.	BARATA Barbara Sofia	97	SAD	33.71	25m	23-11-19	Algés
14.	VEIGA Ana Filipa	01	CAPGE	33.75	25m	22-12-19	Felgueiras
15.	ANDRE Angelica Maria	94	CFP	33.88	25m	24-11-19	Felgueiras
16.	TEIXEIRA Ines Oliveira	02	CDE	33.91	25m	22-12-19	Felgueiras
17.	CASTRO Maria Freitas	03	VSC	33.94	25m	10-04-21	Felgueiras
18.	PEREIRA Carolina Rei	05	CNVA	34.00	25m	14-11-20	Mealhada
19.	ALVES Andreia Wongsangnoi	03	ADRCIMM	34.01	25m	15-12-19	Leiria
20.	MORAIS Margarida Mateus	04	CNTN	34.26	25m	15-12-19	Leiria
21.	CARPINTEIRO Carolina Silveri	02	CNTEJO	34.27	25m	22-12-19	Felgueiras
22.	MATOS Carolina Lourenco	98	CDCP	34.36	25m	15-12-19	Leiria
23.	LEITAO Rita Fernandes	96	CNLX	34.45	25m	23-11-19	Algés
24.	SANCHEZ FERNANDEZ Laura	03	CNGUA	34.59	25m	09-11-19	Albufeira
25.	PEREIRA Maria Gomes	04	SAD	34.60	25m	22-12-19	Felgueiras
26.	CARVALHO Beatriz Antunes	99	SCP	34.61	25m	23-11-19	Algés
27.	VARGAS Giovanna Vaz	00	DNMG	34.68	25m	18-10-20	Caldas da Rainha
28.	SILVA Maria Madalena	98	SCB	34.71	25m	22-12-19	Felgueiras
29.	TOMAS Beatriz Monteiro	03	FBSC	34.72	25m	22-12-19	Felgueiras
30.	MARQUES Maria Vieira	04	CNVA	34.75	25m	17-11-19	Viseu
31.	VIANA Carolina Pereira	04	ACS	34.80	25m	22-12-19	Felgueiras
32.	MIRANDA Rita Catarina	97	SCB	34.84	25m	22-11-19	Braga
33.	RODRIGUES Luana Correia	01	CFB	34.91	25m	22-12-19	Felgueiras
33.	LEONARDO Rute Isabel	98	CNAB	34.91	25m	07-03-20	Santarém
35.	DOMINGUES Luana Pinto	03	ADBA	34.94	25m	22-12-19	Felgueiras
36.	FERNANDES Ana Catarina	03	CNF	35.09	25m	13-07-19	Funchal
37.	RODRIGUES Lidiana Correia	04	CFB	35.13	25m	22-12-19	Felgueiras
38.	VASCONCELOS Mariana Graça	99	AHBE	35.26	25m	13-07-19	Algés
39.	REIS Erica Cristina	05	SCP	35.27	25m	14-11-20	Leiria
40.	SILVA Natacha Sofia	02	SLB	35.29	25m	22-12-19	Felgueiras
41.	ALMEIDA Ana Rita	05	CDCA	35.32	25m	10-04-21	Felgueiras
42.	BERNARDO Ines Silva	00	SLB	35.33	25m	13-07-19	Algés
43.	RODRIGUES Marta Silva	04	CNPO	35.34	25m	22-12-19	Felgueiras
44.	CARVALHO Bruna Cruz	03	CPSPA	35.35	25m	22-12-20	Coimbra
45.	DOMINGUES Matilde Mota	03	CCLAMAS	35.44	25m	22-12-19	Felgueiras
46.	ESTEVENS Laura Fabiana	05	GCNF	35.50	25m	24-10-20	Olhão
47.	RIBEIRO Margarida Messias	98	GESL	35.58	25m	16-02-20	Sto Antonio dos Cavaleiros
48.	BRIZIDA Filipa Roma	06	ADBA	35.60	25m	15-02-20	Torres Novas
49.	MAIA Joana Marques	91	GCST	35.61	25m	24-11-19	Felgueiras
50.	DOMINGOS Marta Pereira	04	SFUAP	35.63	25m	15-12-19	Leiria

100 Braços

1.	PEREIRA Raquel Gomes	00	SLB	1:08.18	25m	23-12-20	Coimbra
2.	RODRIGUES Ana Pinho	94	ADS	1:08.66	25m	07-03-20	Braga
3.	KAMINSKAYA Victoria	95	POR	1:08.73	25m	06-12-19	GLASGOW (GBR)
4.	MACHADO Luisa Maria	01	SFUAP	1:10.88	25m	20-12-19	Felgueiras
5.	BORGES Claudia Ferreira	99	SCP	1:10.89	25m	20-12-19	Felgueiras
6.	VEIGA Ana Filipa	01	CAPGE	1:11.14	25m	20-12-19	Felgueiras
7.	CERDEIRA Madalena Reis	03	SCP	1:11.58	25m	20-12-19	Felgueiras
8.	FIGUEIRA Isabel Maria	79	SCB	1:11.88	25m	10-11-19	Albufeira
9.	ANDRE Angelica Maria	94	CFP	1:11.90	25m	23-11-19	Felgueiras
10.	FERREIRA Margarida Filipe	04	CDCP	1:12.07	25m	14-12-19	Leiria
11.	PEREIRA Clara Gomes	02	SAD	1:12.09	25m	20-12-19	Felgueiras
12.	CUNHA Mariana Pacheco	04	POR	1:12.13	25m	09-01-21	Guarda
12.	CASTRO Maria Freitas	03	VSC	1:12.13	25m	11-04-21	Felgueiras
14.	REBELO Maria Carlota	03	ALN	1:12.78	25m	20-12-19	Felgueiras
15.	FIAL Sofia Nunes	03	AEJ	1:13.18	25m	20-12-19	Felgueiras
16.	CARPINTEIRO Carolina Silverio	02	CNTEJO	1:13.26	25m	20-12-19	Felgueiras
17.	TEIXEIRA Ines Oliveira	02	CDE	1:13.98	25m	14-12-19	Leiria
18.	RODRIGUES Lidiana Correia	04	CFB	1:14.00	25m	20-12-19	Felgueiras
19.	PEREIRA Carolina Rei	05	CNVA	1:14.03	25m	24-10-20	Mealhada
20.	SOUSA Ana Reis	02	SAD	1:14.08	25m	22-11-19	Algés
21.	SANTOS Leonor Esteves	04	EULX	1:14.14	25m	01-02-20	Ponte de Sor
22.	REIS Erica Cristina	05	SCP	1:14.16	25m	08-12-19	Sines
23.	SANCHEZ FERNANDEZ Laura	03	CNGUA	1:14.30	25m	26-10-19	Lagos
24.	ESTEVENS Laura Fabiana	05	GCNF	1:14.37	25m	11-04-21	Felgueiras
25.	NUNES Margarida Domingues	05	EULX	1:14.39	25m	08-12-19	Sines
26.	LEONARDO Rute Isabel	98	CNAB	1:14.49	25m	06-03-20	Santarém
27.	REGO Ines Faria	05	GDNFAMA	1:14.55	25m	08-12-19	Mealhada
28.	ANTUNES Rebeca Leonor	06	SAD	1:14.67	25m	13-12-20	Leiria
29.	SILVA Natacha Sofia	02	SLB	1:14.68	25m	20-12-19	Felgueiras
30.	TOMAS Beatriz Monteiro	03	FBSC	1:14.74	25m	14-12-19	Leiria
31.	LEITAO Rita Fernandes	96	CNLX	1:14.84	25m	30-11-19	Sines
32.	DOMINGUES Luana Pinto	03	ADBA	1:14.97	25m	11-04-21	Felgueiras
33.	CARDEAL Joana Nunes	02	AVFC	1:15.07	25m	18-01-20	Mealhada
34.	ALVES Andreia Wongsangnoi	03	ADRCIMM	1:15.38	25m	14-12-19	Leiria
35.	RIBEIRO Margarida Messias	98	GESL	1:15.60	25m	13-07-19	Algés
36.	JESUS Mariana Teixeira	06	CDE	1:15.63	25m	13-12-20	Mealhada
37.	RODRIGUES Luana Correia	01	CFB	1:15.65	25m	10-11-19	Albufeira
38.	MORAIS Margarida Mateus	04	CNTN	1:15.69	25m	14-12-19	Leiria
39.	OLIVEIRA Rosa Maria	96	FCP	1:15.84	25m	23-11-19	Felgueiras
40.	MIRANDA Rita Catarina	97	SCB	1:15.90	25m	07-03-20	Braga
41.	ANDRE Leticia Maia	02	SLB	1:15.98	25m	22-11-19	Algés
42.	RIBEIRO Maria Joao	05	CCLAMAS	1:16.28	25m	15-11-20	Mealhada
43.	VASCONCELOS Mariana Graça	99	AHBE	1:16.50	25m	13-07-19	Algés
44.	VARGAS Giovanna Vaz	00	DNMG	1:16.52	25m	08-11-20	Leiria
45.	FERNANDES Ana Catarina	03	CNF	1:16.53	25m	12-07-19	Funchal
46.	MENDES Mariana Amaral	02	ADRCIMM	1:16.54	25m	10-11-19	Albufeira
47.	PEREIRA Maria Gomes	04	SAD	1:16.62	25m	13-07-19	Algés
48.	RODRIGUES Marta Silva	04	CNPO	1:16.70	25m	20-12-19	Felgueiras
49.	MONTEIRO Margarida Cabral	02	CGA	1:16.74	25m	16-11-19	Viseu
50.	LEAL Matilde Barros	07	CAP	1:16.94	25m	11-04-21	Felgueiras

200 Braços

1.	KAMINSKAYA Victoria	95	SLB	2:23.28	25m	21-12-19	Felgueiras
2.	PEREIRA Raquel Gomes	00	SAD	2:24.73	25m	21-12-19	Felgueiras
3.	ANDRE Angelica Maria	94	CFP	2:30.91	25m	21-12-19	Felgueiras
4.	BORGES Claudia Ferreira	99	SCP	2:31.25	25m	21-12-19	Felgueiras
5.	MACHADO Luisa Maria	01	SFUAP	2:31.85	25m	24-11-19	Algés
6.	CASTRO Maria Freitas	03	VSC	2:32.44	25m	15-11-20	Mealhada
7.	VEIGA Ana Filipa	01	CAPGE	2:32.48	25m	09-11-19	Albufeira
8.	REBELO Maria Carlota	03	ALN	2:32.98	25m	15-11-20	Mealhada
9.	TOMAS Beatriz Monteiro	03	FBSC	2:34.96	25m	21-12-19	Felgueiras
10.	PEREIRA Clara Gomes	02	SAD	2:35.49	25m	21-12-19	Felgueiras
11.	FERREIRA Margarida Filipe	04	CDCP	2:36.12	25m	15-12-19	Leiria
12.	CHEROUATI Souad Nefissa	89	SLB	2:36.69	25m	09-11-19	Albufeira
13.	CERDEIRA Madalena Reis	03	SCP	2:36.92	25m	21-12-19	Felgueiras
14.	MESQUITA Francisca Salvado	02	ADRCIMM	2:36.97	25m	15-12-19	Leiria
15.	FIAL Sofia Nunes	03	AEJ	2:37.66	25m	01-02-20	Viseu
16.	ESTEVENS Laura Fabiana	05	GCNF	2:38.36	25m	08-11-20	Lagos
17.	CUNHA Margarida Pinto	06	ADS	2:38.93	25m	13-03-21	Aveiro
18.	SILVA Natacha Sofia	02	SLB	2:39.97	25m	21-12-19	Felgueiras
19.	REIS Erica Cristina	05	SCP	2:40.36	25m	07-12-19	Sines
20.	RODRIGUES Lidiana Correia	04	CFB	2:40.37	25m	21-12-19	Felgueiras
21.	LEITAO Rita Fernandes	96	CNLX	2:40.64	25m	30-11-19	Sines
22.	MAIA Joana Marques	91	GCST	2:40.92	25m	21-12-19	Felgueiras
23.	NUNES Margarida Domingues	05	EULX	2:40.99	25m	26-10-19	Lagos
24.	DOMINGUEZ Marta Recio	04	LDC	2:41.00	25m	25-10-20	Olhão
25.	SANCHEZ FERNANDEZ Laura	03	CNGUA	2:41.26	25m	09-11-19	Albufeira
26.	MIRANDA Rita Catarina	97	SCB	2:41.47	25m	15-12-19	Leiria
27.	SANTOS Leonor Esteves	04	EULX	2:41.64	25m	14-07-19	Algés
28.	CARDEAL Joana Nunes	02	AVFC	2:41.73	25m	01-02-20	Viseu
29.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:41.75	25m	07-03-20	Santarém
30.	LEONARDO Rute Isabel	98	CNAB	2:42.35	25m	29-02-20	Coruche
31.	REGO Ines Faria	05	GDNFAMA	2:42.51	25m	07-12-19	Mealhada
32.	SILVA Maria Seixeira	06	VNC	2:42.67	25m	13-12-20	Mealhada
33.	RODRIGUES Luana Correia	01	CFB	2:42.87	25m	21-12-19	Felgueiras
34.	JESUS Mariana Teixeira	06	CDE	2:43.10	25m	13-12-20	Mealhada
35.	SANCHEZ Angela Sanchez	05	LDC	2:43.34	25m	09-11-19	Albufeira
36.	CUNHA Mariana Pacheco	04	CNCE	2:43.46	25m	22-11-19	Felgueiras
37.	ROSA Maria Carolina	94	SCP	2:43.49	25m	14-07-19	Algés
38.	ANTUNES Rebeca Leonor	06	SAD	2:44.14	25m	13-12-20	Leiria
39.	HENRIQUES Ines Jacinto	00	SCP	2:44.36	25m	24-11-19	Algés
40.	FERREIRA Joana Rosa	05	CNPE	2:44.38	25m	15-11-20	Leiria
41.	AGOSTINHO Catia Iordan	02	CNRM	2:44.71	25m	07-03-20	Santarém
42.	CARDEAL Beatriz Nunes	04	AVFC	2:44.85	25m	01-02-20	Viseu
43.	MONTEIRO Margarida Cabral	02	CGA	2:44.88	25m	09-11-19	Albufeira
44.	SILVA Maria Madalena	98	SCB	2:44.89	25m	08-03-20	Braga
45.	TEIXEIRA Ines Oliveira	02	CAQC	2:45.38	25m	22-12-20	Coimbra
46.	DIAS Ana Amarante	03	CNPDL	2:45.39	25m	30-11-19	Sines
47.	DOMINGUES Luana Pinto	03	ADBA	2:45.62	25m	10-04-21	Felgueiras
48.	LOPES Francisca Macedo	05	CFV	2:45.79	25m	10-04-21	Felgueiras
49.	RODRIGUES Laura Sofia	07	JACL	2:46.26	25m	31-10-20	Funchal
50.	FERNANDES Ana Catarina	03	CNF	2:46.59	25m	13-07-19	Funchal

50 Mariposa

1.	GUEDES Ana Margarida	01	GCVR	26.38	25m	15-11-20	Mealhada
2.	CUNHA Mariana Pacheco	04	CNCE	26.74	25m	11-04-21	Felgueiras
3.	FERNANDES Ines Camacho	97	SCP	27.13	25m	20-12-19	Felgueiras
4.	RODRIGUES Ana Pinho	94	ADS	27.28	25m	20-12-19	Felgueiras
5.	MONTEIRO Ana Catarina	93	CFV	27.76	25m	20-12-19	Felgueiras
6.	TEJO Beatriz Costa	02	AAC	28.26	25m	20-12-19	Felgueiras
7.	VIEGAS Beatriz Mendes	00	SCP	28.38	25m	20-12-19	Felgueiras
7.	FERNANDES Carolina Miranda	05	CGA	28.38	25m	15-11-20	Mealhada
9.	SOARES Catarina Silva	03	FCP	28.47	25m	20-12-19	Felgueiras
10.	ALMEIDA Maria Carolina	05	CGA	28.54	25m	15-11-20	Mealhada
11.	REBELO Camila Rodrigues	03	ALN	28.57	25m	25-10-20	Coimbra
12.	LIMA Lia Ana	01	SAD	28.61	25m	20-12-19	Felgueiras
13.	LASZLOVA Silvia	93	LDC	28.62	25m	10-11-19	Albufeira
14.	CASTRO Adriana Daniela	97	LSC	28.67	25m	11-04-21	Felgueiras
15.	MARQUES Maria Vieira	04	CNVA	28.76	25m	20-12-19	Felgueiras
16.	HENRIQUES Ines Jacinto	00	SCP	28.95	25m	20-12-19	Felgueiras
17.	MESQUITA Francisca Salvado	02	ADRCIMM	28.97	25m	13-07-19	Algés
18.	AMANTES Beatriz Quintao	03	SFUAP	29.03	25m	20-12-19	Felgueiras
19.	SILVA Ines Pereira	02	FBSC	29.12	25m	14-12-19	Leiria
20.	SANTOS Beatriz Rocha	02	CDCA	29.13	25m	20-12-19	Felgueiras
21.	NICOLAU Margarida Claudino	05	CNTN	29.14	25m	15-02-20	Torres Novas
21.	CARPINTEIRO Carolina Silverio	02	CNTEJO	29.14	25m	25-10-20	Tomar
23.	PEGO Isabel Porfirio	01	CFP	29.17	25m	20-12-19	Felgueiras
24.	GRAVETO Ana Raquel	02	SLB	29.22	25m	20-12-19	Felgueiras
25.	RODRIGUES Ana Margarida	96	CGA	29.24	25m	17-11-19	Viseu
26.	KAMINSKAYA Victoria	95	SLB	29.30	25m	10-11-19	Albufeira
27.	MACHADO Carolina Alexandra	03	CNBE	29.33	25m	20-12-19	Felgueiras
28.	LOURO Ariana Espirito	05	SFGP	29.43	25m	15-11-20	Leiria
29.	VARGAS Giovanna Vaz	00	DNMG	29.45	25m	20-12-19	Felgueiras
30.	ROLAO Sofia Alexandra	98	SLB	29.48	25m	20-12-19	Felgueiras
31.	CABRAL Maria Francisca	00	FCP	29.50	25m	22-11-19	Felgueiras
32.	MOURA Maria Ferreira	04	SCP	29.54	25m	02-11-19	Lagoa
32.	FERNANDES Filipa Viamonte	02	VSC	29.54	25m	14-12-19	Leiria
34.	TOME Madalena Rodrigues	03	AHBE	29.55	25m	13-07-19	Algés
35.	MARTINS Ana Beatriz	99	GDNFAMA	29.66	25m	15-11-20	Mealhada
36.	CRUZ Sara Moura	03	SAD	29.67	25m	13-07-19	Algés
36.	BENTO Maria Madalena	05	BUZIOS	29.67	25m	24-11-19	Tomar
38.	BARBOSA Mariana Fernandes	02	FCP	29.69	25m	20-12-19	Felgueiras
39.	RIESENBERGER Bruna Martir	97	CIRL	29.72	25m	14-12-19	Leiria
40.	ANDRE Angelica Maria	94	CFP	29.75	25m	22-11-19	Felgueiras
40.	SILVA Maria Madalena	98	SCB	29.75	25m	14-12-19	Leiria
40.	JONES Angelina Bermejo	04	PORTIN	29.75	25m	18-10-20	Lagos
40.	SILVA Leonor Santos	03	FCP	29.75	25m	11-04-21	Felgueiras
44.	CRAVEIRO Beatriz Neves	97	AAC	29.78	25m	20-12-19	Felgueiras
45.	DIAS Mafalda Sofia	01	PDEM	29.83	25m	13-07-19	Algés
46.	GOMES Susana Clara	77	CNF	29.84	25m	20-12-19	Felgueiras
46.	FREIXO Juliana Lima	97	SCB	29.84	25m	06-03-20	Braga
48.	PINTO Sofia Gales	01	CCLAMAS	29.86	25m	14-12-19	Leiria
49.	RIBEIRO Margarida Messias	98	GESL	29.87	25m	14-12-19	Leiria
49.	MENDES Ana Sebastiao	04	CNLGOS	29.87	25m	18-10-20	Lagos

100 Mariposa

1.	GUEDES Ana Margarida	01	GCVR	58.86	25m	14-11-20	Mealhada
2.	CUNHA Mariana Pacheco	04	CNCE	59.36	25m	10-04-21	Felgueiras
3.	MONTEIRO Ana Catarina	93	CFV	1:00.00	25m	21-12-19	Felgueiras
4.	RODRIGUES Ana Pinho	94	ADS	1:00.36	25m	30-11-19	Sines
5.	FERNANDES Carolina Miranda	05	CGA	1:00.43	25m	08-12-19	Mealhada
6.	HENRIQUES Ines Jacinto	00	SCP	1:02.11	25m	21-12-19	Felgueiras
7.	MOURA Maria Ferreira	04	SCP	1:02.35	25m	21-12-19	Felgueiras
8.	TEJO Beatriz Costa	02	AAC	1:02.83	25m	21-12-19	Felgueiras
9.	FERNANDES Ines Camacho	97	SCP	1:02.93	25m	09-11-19	Albufeira
10.	KAMINSKAYA Victoria	95	SLB	1:02.99	25m	23-12-20	Coimbra
11.	LIMA Lia Ana	01	SAD	1:03.12	25m	09-11-19	Albufeira
11.	RODRIGUES Ana Margarida	96	CGA	1:03.12	25m	21-12-19	Felgueiras
13.	GRAVETO Ana Raquel	02	SLB	1:03.19	25m	21-12-19	Felgueiras
14.	MESQUITA Francisca Salvado	02	ADRCIMM	1:03.25	25m	09-11-19	Albufeira
15.	REBELO Camila Rodrigues	03	ALN	1:03.33	25m	30-11-19	Sines
16.	ALMEIDA Maria Carolina	05	CGA	1:03.37	25m	25-10-20	Mealhada
17.	PEREIRA Raquel Gomes	00	SAD	1:03.44	25m	22-11-19	Algés
18.	VARGAS Giovanna Vaz	00	DNMG	1:03.50	25m	15-12-19	Leiria
19.	FRISCHKNECHT Rita Barros	98	SAD	1:03.65	25m	22-11-19	Algés
20.	AZEVEDO Rafaela Gomes	02	SAD	1:03.83	25m	22-11-19	Algés
20.	BARBOSA Mariana Fernandes	02	FCP	1:03.83	25m	21-12-19	Felgueiras
20.	MENDES Ana Sebastiao	04	CNLGOS	1:03.83	25m	21-12-19	Felgueiras
23.	CARDEAL Joana Nunes	02	AVFC	1:03.98	25m	18-01-20	Mealhada
24.	ANDRE Angelica Maria	94	CFP	1:04.10	25m	21-12-19	Felgueiras
25.	CARPINTEIRO Carolina Silverio	02	CNTEJO	1:04.13	25m	15-02-20	Torres Novas
26.	VIEGAS Beatriz Mendes	00	SCP	1:04.29	25m	22-11-19	Algés
27.	MACHADO Luisa Maria	01	SFUAP	1:04.32	25m	09-11-19	Albufeira
28.	ANDRE Leticia Maia	02	SLB	1:04.55	25m	23-12-20	Coimbra
29.	CATALAO Leonor Tavares	06	SCP	1:04.70	25m	12-12-20	Leiria
30.	BARATA Barbara Sofia	97	SAD	1:04.75	25m	21-12-19	Felgueiras
31.	CASTRO Adriana Daniela	97	LSC	1:04.86	25m	10-04-21	Felgueiras
32.	BENTO Maria Madalena	05	BUZIOS	1:04.97	25m	08-12-19	Sines
33.	SANTOS Beatriz Rocha	02	CDCA	1:05.04	25m	21-12-19	Felgueiras
34.	MONTEIRO Ana Carolina	04	CUC	1:05.06	25m	30-11-19	Sines
35.	FIDALGO Maria Jardim	04	CNCVG	1:05.15	25m	14-11-20	Leiria
36.	SILVA Ines Pereira	02	FBSC	1:05.20	25m	15-12-19	Leiria
36.	FERNANDES Filipa Viamonte	02	VSC	1:05.20	25m	14-11-20	Mealhada
38.	REBELO Maria Carlota	03	ALN	1:05.21	25m	01-02-20	Coimbra
39.	PEREIRA Clara Gomes	02	SAD	1:05.23	25m	14-07-19	Algés
40.	CRAVEIRO Beatriz Neves	97	AAC	1:05.30	25m	01-02-20	Coimbra
41.	MARQUES Maria Vieira	04	CNVA	1:05.34	25m	13-10-19	Mealhada
42.	MARTINS Ana Beatriz	99	GDNFAMA	1:05.38	25m	21-12-19	Felgueiras
43.	FREIXO Juliana Lima	97	SCB	1:05.48	25m	23-11-19	Braga
44.	SILVA Maria Madalena	98	SCB	1:05.50	25m	15-12-19	Leiria
45.	FERREIRA Francisca Santos	06	SAD	1:05.87	25m	12-12-20	Leiria
46.	SILVA Leonor Santos	03	FCP	1:05.92	25m	10-04-21	Felgueiras
47.	DOMINGUES Luana Pinto	03	ADBA	1:05.93	25m	23-11-19	Caldas da Rainha
48.	MESTRE Catarina Martins	00	CNLX	1:05.99	25m	30-11-19	Sines
49.	CABRAL Maria Francisca	00	FCP	1:06.00	25m	24-11-19	Felgueiras
50.	MENDES Mariana Sebastiao	01	CNLGOS	1:06.06	25m	26-10-19	Lagos

200 Mariposa

1.	MONTEIRO Ana Catarina	93	POR	2:06.95	25m	06-12-19	GLASGOW (GBR)
2.	HENRIQUES Ines Jacinto	00	SCP	2:12.42	25m	22-12-19	Felgueiras
3.	VARGAS Giovanna Vaz	00	DNMG	2:12.92	25m	14-12-19	Leiria
4.	LIMA Lia Ana	01	SAD	2:14.65	25m	22-12-19	Felgueiras
5.	MESQUITA Francisca Salvado	02	ADRCIMM	2:16.73	25m	22-12-19	Felgueiras
6.	MOURA Maria Ferreira	04	SCP	2:16.88	25m	22-12-19	Felgueiras
7.	GUEDES Ana Margarida	01	GCVR	2:17.00	25m	14-12-19	Leiria
8.	GRAVETO Ana Raquel	02	SLB	2:17.79	25m	10-11-19	Albufeira
9.	BARBOSA Mariana Fernandes	02	FCP	2:18.26	25m	22-12-19	Felgueiras
10.	CUNHA Mariana Pacheco	04	CNCE	2:18.40	25m	30-11-19	Sines
11.	DURAES Diana Margarida	96	SLB	2:18.46	25m	10-11-19	Albufeira
12.	CARDEAL Joana Nunes	02	AVFC	2:19.25	25m	01-02-20	Viseu
13.	ANDRE Leticia Maia	02	SLB	2:19.62	25m	22-11-19	Algés
14.	MARTINS Joana Ribeiro	03	SCP	2:19.69	25m	02-02-20	Albufeira
15.	REBELO Maria Carlota	03	ALN	2:19.85	25m	22-12-20	Coimbra
16.	BARATA Barbara Sofia	97	SAD	2:20.61	25m	22-11-19	Algés
17.	DOMINGUES Luana Pinto	03	ADBA	2:20.63	25m	22-12-19	Felgueiras
18.	REBELO Camila Rodrigues	03	ALN	2:21.62	25m	30-11-19	Sines
19.	FRISCHKNECHT Rita Barros	98	SAD	2:21.65	25m	22-11-19	Algés
20.	RODRIGUES Ana Margarida	96	CGA	2:21.80	25m	22-12-19	Felgueiras
21.	ALMEIDA Maria Carolina	05	CGA	2:22.00	25m	16-11-19	Viseu
22.	FIDALGO Maria Jardim	04	CNCVG	2:22.22	25m	11-04-21	Felgueiras
23.	TEJO Beatriz Costa	02	AAC	2:22.23	25m	14-11-20	Mealhada
24.	CARDEAL Beatriz Nunes	04	AVFC	2:22.25	25m	13-03-21	Aveiro
25.	MENDES Mariana Amaral	02	ADRCIMM	2:22.40	25m	14-12-19	Leiria
26.	FERNANDES Carolina Miranda	05	CGA	2:22.68	25m	16-11-19	Viseu
26.	PEREIRA Clara Gomes	02	SAD	2:22.68	25m	22-12-19	Felgueiras
28.	LOURO Ariana Espirito	05	SFGP	2:24.00	25m	14-11-20	Leiria
29.	DELGADO Soraia Alexandra	05	SCP	2:24.11	25m	07-12-19	Sines
30.	MONTEIRO Ines Rosado	00	CNVA	2:24.24	25m	16-11-19	Viseu
31.	MATOS Ana Rita	02	CFB	2:24.28	25m	22-11-19	Algés
32.	LOPES Daniela Magalhaes	05	GDNFAMA	2:24.30	25m	03-04-21	Famalicao
33.	TINOCO Diana Silva	06	SCC	2:24.33	25m	07-12-19	Mealhada
34.	PEREIRA Maria Gomes	04	SAD	2:24.75	25m	22-11-19	Algés
35.	MENDES Mariana Sebastiao	01	CNLGOS	2:25.00	25m	30-11-19	Sines
36.	MONTEIRO Ana Carolina	04	CUC	2:25.40	25m	30-11-19	Sines
37.	RINO Maria Pedro	05	CNPV	2:25.43	25m	07-12-19	Sines
38.	BENTO Maria Madalena	05	BUZIOS	2:25.67	25m	07-12-19	Sines
39.	MESTRE Catarina Martins	00	CNLX	2:25.77	25m	30-11-19	Sines
40.	SILVA Natacha Sofia	02	SLB	2:25.78	25m	14-07-19	Algés
41.	QUEIROZ Ana Rita	02	CAQC	2:26.17	25m	22-12-20	Coimbra
42.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:26.47	25m	07-03-20	Santarém
43.	SILVA Eduarda Reis	03	GDNFAMA	2:26.49	25m	23-11-19	Felgueiras
44.	NARRA Vera Figueiredo	04	CNA	2:26.58	25m	14-07-19	Algés
45.	SILVA Ines Pereira	02	FBSC	2:26.79	25m	14-12-19	Leiria
46.	SILVA Ana Francisca	06	CNAL	2:26.81	25m	12-12-20	Leiria
47.	AGOSTINHO Catia Iordan	02	CNRM	2:26.89	25m	14-12-19	Leiria
48.	MORGADO Alice Jesus	04	GESL	2:27.20	25m	22-12-19	Felgueiras
49.	NEVES Gabriela Ferreira	06	FOCA	2:27.23	25m	12-12-20	Mealhada
50.	FERNANDES Filipa Viamonte	02	VSC	2:27.25	25m	22-12-19	Felgueiras

200 Estilos

1.	KAMINSKAYA Victoria	95	POR	2:12.09	25m	07-12-19	GLASGOW (GBR)
2.	MACHADO Luisa Maria	01	SFUAP	2:14.22	25m	21-12-19	Felgueiras
3.	FERNANDES Ines Camacho	97	SCP	2:14.95	25m	21-12-19	Felgueiras
4.	CUNHA Mariana Pacheco	04	CNCE	2:15.10	25m	10-04-21	Felgueiras
5.	PEREIRA Raquel Gomes	00	POR	2:15.37	25m	07-12-19	GLASGOW (GBR)
6.	MONTEIRO Ana Catarina	93	CFV	2:15.76	25m	14-12-19	Leiria
7.	DURAES Diana Margarida	96	SLB	2:17.37	25m	09-11-19	Albufeira
8.	REBELO Camila Rodrigues	03	ALN	2:17.53	25m	22-12-20	Coimbra
9.	HENRIQUES Ines Jacinto	00	SCP	2:18.14	25m	24-11-19	Algés
10.	CARDEAL Joana Nunes	02	AVFC	2:18.16	25m	21-12-19	Felgueiras
11.	RODRIGUES Ana Pinho	94	ADS	2:18.59	25m	30-11-19	Sines
12.	CABRAL Maria Francisca	00	FCP	2:18.60	25m	10-04-21	Felgueiras
13.	REBELO Maria Carlota	03	ALN	2:19.41	25m	30-11-19	Sines
14.	MESQUITA Francisca Salvado	02	ADRCIMM	2:20.49	25m	14-12-19	Leiria
15.	FERNANDES Carolina Miranda	05	CGA	2:20.73	25m	07-12-19	Mealhada
16.	PINA Ana Sofia	02	SLB	2:20.84	25m	21-12-19	Felgueiras
17.	MARTINS Francisca Soares	03	POR	2:21.41	25m	09-01-21	Guarda
18.	VEIGA Ana Filipa	01	CAPGE	2:22.43	25m	14-11-20	Mealhada
19.	FIAL Sofia Nunes	03	AEJ	2:22.78	25m	30-11-19	Sines
20.	ANDRE Leticia Maia	02	SLB	2:22.93	25m	24-11-19	Algés
21.	PEREIRA Maria Gomes	04	SAD	2:23.25	25m	21-12-19	Felgueiras
22.	CARAPINHA Ariana Bento	06	DNMG	2:23.26	25m	12-12-20	Leiria
23.	PEREIRA Clara Gomes	02	SAD	2:23.34	25m	14-07-19	Algés
24.	MESTRE Catarina Martins	00	CNLX	2:23.35	25m	24-11-19	Algés
25.	DELGADO Soraia Alexandra	05	SCP	2:23.38	25m	07-12-19	Sines
26.	MOURA Maria Ferreira	04	SCP	2:23.54	25m	01-02-20	Albufeira
27.	RIBEIRO Margarida Messias	98	GESL	2:23.58	25m	21-12-19	Felgueiras
28.	MONTEIRO Margarida Cabral	02	CGA	2:23.64	25m	14-11-20	Mealhada
29.	VELOSO Teresa Miguel	00	SCP	2:24.39	25m	21-12-19	Felgueiras
30.	LIMA Lia Ana	01	SAD	2:24.45	25m	09-11-19	Albufeira
31.	CERDEIRA Madalena Reis	03	SCP	2:24.47	25m	24-11-19	Algés
32.	LOPES Daniela Magalhaes	05	GDNFAMA	2:24.58	25m	14-11-20	Mealhada
33.	MENDES Mariana Amaral	02	ADRCIMM	2:24.68	25m	21-12-19	Felgueiras
34.	SILVA Maria Madalena	98	SCB	2:25.02	25m	14-12-19	Leiria
35.	AMADO Maria Lopes	04	DNMG	2:25.17	25m	21-12-19	Felgueiras
36.	MARTINS Ana Beatriz	99	GDNFAMA	2:25.27	25m	14-11-20	Mealhada
37.	CRUZ Sara Moura	03	SAD	2:25.31	25m	21-12-19	Felgueiras
38.	CARPINTEIRO Carolina Silverio	02	CNTEJO	2:25.42	25m	08-03-20	Santarém
39.	VARGAS Giovanna Vaz	00	DNMG	2:25.73	25m	18-10-20	Caldas da Rainha
40.	REIS Erica Cristina	05	SCP	2:25.76	25m	07-12-19	Sines
41.	CARDEAL Beatriz Nunes	04	AVFC	2:25.82	25m	18-01-20	Mealhada
42.	SANTOS Leonor Esteves	04	EULX	2:26.00	25m	01-02-20	Ponte de Sor
43.	JAENES Celia Caro	02	LDC	2:26.07	25m	09-11-19	Albufeira
44.	CASTRO Maria Freitas	03	VSC	2:26.10	25m	14-11-20	Mealhada
45.	RODRIGUES Helena Nunes	03	CSAAXXI	2:26.11	25m	18-01-20	Mealhada
46.	ESTEVENS Laura Fabiana	05	GCNF	2:26.61	25m	24-10-20	Olhão
47.	AGOSTINHO Catia Iordan	02	CNRM	2:26.79	25m	23-11-19	Tomar
48.	CASAL Beatriz Goncalves	03	CNTN	2:26.88	25m	14-12-19	Leiria
48.	GUEDES Ana Margarida	01	GCVR	2:26.88	25m	07-03-20	Mirandela
50.	PEREIRA Carolina Rei	05	CNVA	2:26.91	25m	24-10-20	Mealhada

400 Estilos

1.	DURAES Diana Margarida	96	SLB	4:38.79	25m	20-12-19	Felgueiras
2.	HENRIQUES Ines Jacinto	00	SCP	4:45.80	25m	20-12-19	Felgueiras
3.	MONTEIRO Ana Catarina	93	CFV	4:46.78	25m	20-12-19	Felgueiras
4.	REBELO Camila Rodrigues	03	ALN	4:48.67	25m	14-11-20	Mealhada
5.	MACHADO Luisa Maria	01	SFUAP	4:49.57	25m	15-12-19	Leiria
6.	CABRAL Maria Francisca	00	FCP	4:50.24	25m	14-11-20	Mealhada
7.	CARDEAL Joana Nunes	02	AVFC	4:50.31	25m	14-11-20	Mealhada
8.	CUNHA Mariana Pacheco	04	CNCE	4:50.96	25m	11-04-21	Felgueiras
9.	MARTINS Francisca Soares	03	FOCA	4:51.54	25m	20-12-19	Felgueiras
10.	MENDES Mariana Amaral	02	ADRCIMM	4:51.77	25m	14-11-20	Leiria
11.	REBELO Maria Carlota	03	ALN	4:54.55	25m	14-11-20	Mealhada
12.	VARGAS Giovanna Vaz	00	DNMG	4:54.62	25m	15-12-19	Leiria
13.	MESQUITA Francisca Salvado	02	ADRCIMM	4:54.97	25m	10-11-19	Albufeira
14.	PINA Ana Sofia	02	SLB	4:56.82	25m	20-12-19	Felgueiras
15.	DELGADO Soraia Alexandra	05	SCP	4:57.57	25m	06-12-19	Sines
16.	FIAL Sofia Nunes	03	AEJ	4:58.53	25m	02-02-20	Viseu
17.	LOPES Daniela Magalhaes	05	GDNFAMA	4:59.88	25m	11-04-21	Felgueiras
18.	PIRES Marta Joao	05	SAD	5:00.06	25m	06-12-19	Sines
19.	LIMA Lia Ana	01	SAD	5:01.12	25m	20-12-19	Felgueiras
20.	CARDEAL Beatriz Nunes	04	AVFC	5:01.83	25m	15-12-19	Leiria
21.	FARIA Ana Rita	00	FCP	5:03.00	25m	23-11-19	Felgueiras
22.	FERNANDES Carolina Miranda	05	CGA	5:03.18	25m	23-11-19	Gafanha da Nazaré
23.	PEREIRA Maria Gomes	04	SAD	5:03.84	25m	13-07-19	Algés
24.	VEIGA Ana Filipa	01	CAPGE	5:04.48	25m	20-12-19	Felgueiras
25.	PEREIRA Clara Gomes	02	SAD	5:04.54	25m	23-11-19	Algés
26.	MARTINS Joana Ribeiro	03	SCP	5:04.74	25m	02-02-20	Albufeira
27.	MONTEIRO Margarida Cabral	02	CGA	5:05.11	25m	20-12-19	Felgueiras
28.	VELOSO Teresa Miguel	00	SCP	5:05.25	25m	20-12-19	Felgueiras
29.	CARPINTEIRO Carolina Silverio	02	CNTEJO	5:06.03	25m	08-03-20	Santarém
30.	SANTOS Leonor Esteves	04	EULX	5:06.57	25m	20-12-19	Felgueiras
31.	CARAPINHA Ariana Bento	06	DNMG	5:06.69	25m	12-12-20	Leiria
32.	RIBEIRO Margarida Messias	98	GESL	5:06.76	25m	20-12-19	Felgueiras
33.	GARCIA Carla Goyanes	01	EDV	5:06.83	25m	15-12-19	Leiria
34.	ESTEVENS Laura Fabiana	05	GCNF	5:07.07	25m	14-11-20	Leiria
35.	RODRIGUES Helena Nunes	03	CSAAXXI	5:07.17	25m	13-10-19	Mealhada
36.	ROSA Mariana Carmo	05	ALN	5:07.18	25m	21-12-19	Cantanhede
37.	REIS Erica Cristina	05	SCP	5:07.98	25m	23-11-19	Algés
38.	AGOSTINHO Catia Iordan	02	CNRM	5:08.67	25m	08-03-20	Santarém
39.	LOURO Ariana Espirito	05	SFGP	5:09.50	25m	14-11-20	Leiria
40.	TOMAS Beatriz Monteiro	03	FBSC	5:09.70	25m	15-12-19	Leiria
41.	ANDRE Leticia Maia	02	SLB	5:10.14	25m	23-11-19	Algés
42.	SILVA Natacha Sofia	02	SLB	5:10.41	25m	13-07-19	Algés
43.	DOMINGUES Luana Pinto	03	ADBA	5:11.71	25m	24-11-19	Caldas da Rainha
44.	NEVES Sara Dias	03	CNMC	5:11.74	25m	23-11-19	Coimbra
45.	PINTO Leonor Filipa	06	FCP	5:12.77	25m	11-04-21	Felgueiras
46.	RODRIGUES Lidiana Correia	04	CFB	5:12.81	25m	20-12-19	Felgueiras
47.	DOMINGUES Monica Seara	00	SCB	5:14.15	25m	08-03-20	Braga
48.	SIMOES Ana Beatriz	05	SCP	5:14.45	25m	06-12-19	Sines
49.	RAMOS Ana Rita	02	FCP	5:14.59	25m	13-10-19	Pacos de Ferreira
50.	FERREIRA Maria Leonor	04	CDN	5:14.87	25m	06-03-20	Funchal