

15 anos, Femin., Piscina longa (50m)

01-07-2019-16-05-2021

50 Livres

1.	BRITES Marta Lopes	06	CNPDL	28.20	50m	28-03-21	Coimbra	591
2.	GRILO Maria Vitoria	06	FBSC	29.04	50m	28-03-21	Coimbra	541
3.	COELHO Maria Leonor	06	SLB	29.09	50m	28-03-21	Coimbra	538
4.	FROIS Maria Francisca	06	ADBA	29.21	50m	28-03-21	Coimbra	532
5.	COSTA Daniela Alexandra	06	LSC	29.80	50m	01-02-20	Povoa de Varzim	501
6.	FERREIRA Maria Neto	06	FBSC	29.94	50m	11-01-20	Coimbra	494
7.	COSTA Maria Jardim	06	CDN	29.95	50m	23-02-20	Funchal	493
8.	ALEGRE Diana Salgueiro	06	LDC	30.25	50m	13-07-19	Loulé	479
9.	DIAS Madalena Graca	06	CNLX	30.52	50m	08-02-20	Lisboa	466
10.	CRAVEIRO Matilde Neves	06	AAC	30.76	50m	11-01-20	Coimbra	455
11.	TINOCO Diana Silva	06	SCC	30.88	50m	11-01-20	Coimbra	450
12.	MEDEIROS Madalena Barra	06	GRVM	30.90	50m	11-01-20	Coimbra	449
13.	DEUS Ines Portugal	06	CNF	31.43	50m	23-02-20	Funchal	427
14.	BOROZAN Cristina	06	LDC	31.79	50m	13-07-19	Loulé	412
15.	FREITAS Margarida Ramos	06	CDN	32.03	50m	23-02-20	Funchal	403
16.	DIAS Julia Alves	06	CDN	32.07	50m	23-02-20	Funchal	402
17.	DIAS Ines Alves	06	FBSC	32.13	50m	11-01-20	Coimbra	399
18.	MARTINS Ines Cravo	06	LDC	32.56	50m	13-07-19	Loulé	384
19.	ABREU Ana Rodrigues	06	CNF	32.94	50m	23-02-20	Funchal	371
20.	FARIA Laura Pereira	06	JACL	33.01	50m	23-02-20	Funchal	368
21.	ROVERI Isabel Vasconcelos	06	CNF	33.32	50m	29-02-20	Funchal	358
22.	SEQUEIRA Beatriz Meneses	06	CNF	33.34	50m	23-02-20	Funchal	357
23.	KOZIY Xenia Angelica	06	CAQC	33.35	50m	11-01-20	Coimbra	357
24.	FERRO Maria Leonor	06	CNF	33.41	50m	23-02-20	Funchal	355
25.	CANADA Maria Elvira	06	CDN	33.42	50m	23-02-20	Funchal	355
26.	BOLOTINHA Violeta Faria	06	LDC	33.43	50m	13-07-19	Loulé	354
27.	VARELA Joana Filipa	06	CNAC	33.98	50m	11-01-20	Coimbra	338
28.	BAPTISTA Constanca Ornelas	06	CNF	34.09	50m	23-02-20	Funchal	334
29.	SOUSA Ivana Valentina	06	CDN	34.59	50m	23-02-20	Funchal	320
30.	SANTOS Rita Mendes	06	GRVM	35.42	50m	11-01-20	Coimbra	298
31.	DIAS Magda Fernandes	06	CDSR	36.04	50m	29-02-20	Funchal	283
32.	ALVES Mariana Vaz	06	AAC	36.08	50m	11-01-20	Coimbra	282
33.	TEIXEIRA Cristina Martins	06	ADC	36.56	50m	23-02-20	Funchal	271
34.	SOUSA Maria Beatriz	06	CNF	36.68	50m	23-02-20	Funchal	268
35.	BRITO Clara Isabel	06	CNSBA	39.65	50m	13-07-19	Loulé	212
36.	MIGUEL Rafaela Ferreira	06	CPSPA	42.00	50m	11-01-20	Coimbra	178
37.	SANTOS Lara Sofia	06	GRVM	42.40	50m	11-01-20	Coimbra	173
38.	MORAIS Maria Matilde	06	ADADA	47.58	50m	25-01-20	Rio Maior	123
39.	GASPAR Matilde Lucia	06	APCC	51.87	50m	18-01-20	Coimbra	95

100 Livres

1.	BRITES Marta Lopes	06	CNPDL	1:01.45	50m	27-03-21	Coimbra	595
2.	COELHO Maria Leonor	06	SLB	1:02.82	50m	27-03-21	Coimbra	557
3.	GRILO Maria Vitoria	06	FBSC	1:03.14	50m	27-03-21	Coimbra	549
4.	CATALAO Leonor Tavares	06	SCP	1:03.16	50m	09-02-20	Lisboa	548
5.	TEIXEIRA Ines Correia	06	CNA	1:03.27	50m	29-02-20	Vila Franca de Xira	545
6.	FERREIRA Francisca Santos	06	SAD	1:03.43	50m	27-07-19	Loulé	541
7.	MARTINS Ana Rita	06	FOCA	1:03.53	50m	27-03-21	Coimbra	539
8.	CARAPINHA Ariana Bento	06	DNMG	1:03.54	50m	06-07-19	Coimbra	538
9.	SOARES Miriam Mortagua	06	CGA	1:03.56	50m	27-03-21	Coimbra	538
10.	LOPES Matilde Nunes	06	SLB	1:03.65	50m	27-03-21	Coimbra	536
11.	COSTA Maria Jardim	06	CDN	1:03.96	50m	22-02-20	Funchal	528

100 Livres (desde 12)

12.	FLORINDO Helena Neto	06	EFC	1:04.18	50m	09-02-20	Lisboa	523
13.	FERNANDES Ines Goncalves	06	CNAB	1:04.33	50m	09-02-20	Lisboa	519
14.	GOUVEIA Ana Luisa	06	LSC	1:04.55	50m	01-02-20	Povoa de Varzim	514
15.	FERREIRA Maria Neto	06	FBSC	1:04.60	50m	08-02-20	Lisboa	512
16.	NEVES Diana Patricia	06	CNH	1:04.75	50m	01-02-20	Povoa de Varzim	509
16.	COSTA Daniela Alexandra	06	LSC	1:04.75	50m	01-02-20	Povoa de Varzim	509
18.	BARBEITO Laura Espinola	06	NSIT	1:04.83	50m	09-02-20	Lisboa	507
19.	COSTA Maria Beatriz	06	SCP	1:04.84	50m	01-03-20	Vila Franca de Xira	507
20.	TINOCO Diana Silva	06	SCC	1:04.90	50m	01-02-20	Povoa de Varzim	505
21.	SILVA Ana Francisca	06	CNAL	1:04.96	50m	27-07-19	Loulé	504
22.	PARRA Joana Santos	06	CNOL	1:05.14	50m	07-07-19	Loulé	500
23.	PIRES Catarina Gaspar	06	FCP	1:05.26	50m	06-07-19	Famalicao	497
23.	SILVA Eva Perdigao	06	ACRTCMV	1:05.26	50m	06-07-19	Coimbra	497
25.	AMORIM Ines Santos	06	EDV	1:05.29	50m	01-02-20	Povoa de Varzim	496
26.	NOGUEIRA Ines Aires	06	CFP	1:05.35	50m	27-07-19	Loulé	495
27.	HERMOSA Beatriz Carvalho	06	FCP	1:05.51	50m	27-07-19	Loulé	491
28.	ALEGRE Diana Salgueiro	06	LDC	1:05.66	50m	07-07-19	Loulé	488
29.	DOMINGUES Vitoria Cruz	06	CNVA	1:05.77	50m	09-02-20	Lisboa	486
30.	JESUS Mariana Teixeira	06	CDE	1:05.84	50m	01-02-20	Povoa de Varzim	484
31.	ALVES Maria Madalena	06	ADBA	1:05.96	50m	01-02-20	Povoa de Varzim	481
32.	GOMES Lia Beatriz	06	VSC	1:06.03	50m	01-02-20	Povoa de Varzim	480
33.	DIAS Madalena Graca	06	CNLX	1:06.12	50m	01-03-20	Vila Franca de Xira	478
34.	MENDES Ines Gomes	06	CAP	1:06.15	50m	18-01-20	Povoa de Varzim	477
35.	FERREIRA Maria Joao	06	FOCA	1:06.18	50m	27-07-19	Loulé	477
36.	ROMAO Ana Teresa	06	LDC	1:06.28	50m	07-07-19	Loulé	474
37.	DINIS Filipa Paiva	06	ADBA	1:06.42	50m	06-07-19	Coimbra	471
38.	FERREIRA Matilde Batista	06	FBSC	1:06.57	50m	06-07-19	Coimbra	468
39.	FERREIRA Ana Martim	06	LSC	1:06.69	50m	01-02-20	Povoa de Varzim	466
40.	BARREIRA Andreia Monteiro	06	CMNPR	1:06.73	50m	27-07-19	Loulé	465
41.	PINTO Leonor Filipa	06	FCP	1:06.78	50m	18-01-20	Povoa de Varzim	464
42.	FROIS Maria Francisca	06	ADBA	1:06.79	50m	01-02-20	Povoa de Varzim	464
43.	BELO Catarina Cunha	06	FBSC	1:06.91	50m	09-02-20	Lisboa	461
44.	CUNHA Sofia Simao	06	PIMP	1:07.15	50m	09-02-20	Lisboa	456
44.	ALMEIDA Beatriz Matias	06	LAGAC	1:07.15	50m	09-02-20	Lisboa	456
44.	ALMEIDA Maria Soares	06	SAD	1:07.15	50m	01-03-20	Vila Franca de Xira	456
47.	NOVAIS Regina Correia	06	FOCA	1:07.27	50m	27-07-19	Loulé	454
48.	MESQUITA Carolina Mestre	06	CNGUA	1:07.29	50m	12-07-19	Loulé	453
49.	MEDEIROS Madalena Barra	06	GRVM	1:07.36	50m	27-07-19	Loulé	452
50.	VALENTE Maria Esteves	06	SLB	1:07.38	50m	07-07-19	Setúbal	451

200 Livres

1.	CARAPINHA Ariana Bento	06	DNMG	2:14.01	50m	27-07-19	Loulé	599
2.	TEIXEIRA Ines Correia	06	CNA	2:14.74	50m	29-02-20	Vila Franca de Xira	589
3.	COELHO Maria Leonor	06	SLB	2:15.19	50m	28-03-21	Coimbra	583
4.	PIRES Catarina Gaspar	06	FCP	2:15.97	50m	28-03-21	Coimbra	573
5.	CATALAO Leonor Tavares	06	SCP	2:16.25	50m	28-03-21	Coimbra	570
6.	SOARES Miriam Mortagua	06	CGA	2:16.52	50m	28-03-21	Coimbra	566
7.	FARIA Leonor Verissimo	06	NDAP	2:17.31	50m	28-03-21	Coimbra	557
8.	ANTUNES Rebeca Leonor	06	CNCVG	2:17.78	50m	29-02-20	Vila Franca de Xira	551
9.	PINTO Leonor Filipa	06	FCP	2:17.94	50m	28-03-21	Coimbra	549
10.	ALVES Maria Madalena	06	ADBA	2:18.32	50m	02-02-20	Povoa de Varzim	544
11.	VALENTE Maria Esteves	06	SLB	2:18.43	50m	29-02-20	Vila Franca de Xira	543
12.	TINOCO Diana Silva	06	SCC	2:18.81	50m	27-07-19	Loulé	539

200 Livres (desde 13)

13.	FERREIRA Maria Neto	06	FBSC	2:18.96	50m	08-02-20	Lisboa	537
14.	COSTA Anita Gouveia	06	CAQC	2:19.02	50m	28-03-21	Coimbra	536
15.	COSTA Maria Jardim	06	CDN	2:19.10	50m	27-07-19	Loulé	535
16.	GOMES Lia Beatriz	06	VSC	2:19.29	50m	02-02-20	Povoa de Varzim	533
17.	FROIS Maria Francisca	06	ADBA	2:19.55	50m	27-07-19	Loulé	530
18.	GRILO Maria Vitoria	06	FBSC	2:19.67	50m	22-02-20	Coimbra	529
19.	FERREIRA Francisca Santos	06	SAD	2:19.88	50m	29-02-20	Vila Franca de Xira	526
20.	NOGUEIRA Ines Aires	06	CFP	2:20.02	50m	07-07-19	Famalicao	525
21.	RAMOS Joana Barbas	06	CAPGE	2:20.13	50m	28-03-21	Coimbra	524
22.	LOPES Matilde Nunes	06	SLB	2:20.32	50m	07-07-19	Setúbal	521
23.	COSTA Maria Beatriz	06	SCP	2:20.44	50m	29-02-20	Vila Franca de Xira	520
24.	NIZA Beatriz Mocego	06	CNA	2:20.53	50m	29-02-20	Vila Franca de Xira	519
25.	MARTINS Ana Rita	06	FOCA	2:20.72	50m	28-03-21	Coimbra	517
26.	FLORINDO Helena Neto	06	EFC	2:21.01	50m	08-02-20	Lisboa	514
27.	BRITES Marta Lopes	06	CNPDL	2:21.62	50m	02-02-20	Povoa de Varzim	507
28.	DINIS Filipa Paiva	06	ADBA	2:21.92	50m	07-07-19	Coimbra	504
29.	AMORIM Ines Santos	06	EDV	2:21.97	50m	02-02-20	Povoa de Varzim	503
30.	SIMOES Filipa Mendes	06	ADBA	2:22.21	50m	27-07-19	Loulé	501
31.	MENDES Erica Candeias	06	CNA	2:22.41	50m	29-02-20	Vila Franca de Xira	499
32.	CRAVEIRO Matilde Neves	06	AAC	2:22.43	50m	07-07-19	Coimbra	499
32.	BRIZIDA Filipa Roma	06	ADBA	2:22.43	50m	22-02-20	Coimbra	499
34.	DOMINGUES Vitoria Cruz	06	CNVA	2:22.46	50m	27-07-19	Loulé	498
35.	ASCENSO Maria Joao	06	DNMG	2:22.70	50m	27-07-19	Loulé	496
36.	CUNHA Ines Santos	06	CAPGE	2:22.87	50m	08-02-20	Lisboa	494
37.	MESQUITA Carolina Mestre	06	CNGUA	2:23.31	50m	27-07-19	Loulé	489
38.	DEUS Ines Portugal	06	CNF	2:23.42	50m	22-02-20	Funchal	488
39.	HERMOSA Beatriz Carvalho	06	FCP	2:24.12	50m	07-07-19	Famalicao	481
40.	BELO Catarina Cunha	06	FBSC	2:24.15	50m	08-02-20	Lisboa	481
41.	NEVES Diana Patricia	06	CNH	2:24.24	50m	27-07-19	Loulé	480
42.	FERREIRA Maria Joao	06	FOCA	2:24.58	50m	02-02-20	Povoa de Varzim	477
43.	DOMINGOS Filipa Ferraz	06	SCP	2:25.22	50m	29-02-20	Vila Franca de Xira	470
44.	FERREIRA Ana Martim	06	LSC	2:25.76	50m	02-02-20	Povoa de Varzim	465
45.	FERNANDES Ines Goncalves	06	CNAB	2:25.86	50m	08-02-20	Lisboa	464
46.	FREITAS Margarida Ramos	06	CDN	2:26.17	50m	22-02-20	Funchal	461
47.	MENDES Ines Gomes	06	CAP	2:26.60	50m	02-02-20	Povoa de Varzim	457
48.	CUNHA Sofia Simao	06	PIMP	2:27.01	50m	07-07-19	Coimbra	453
49.	RIBAS Ema Monteiro	06	CFP	2:27.15	50m	07-07-19	Famalicao	452
50.	JESUS Mariana Teixeira	06	CDE	2:27.39	50m	07-07-19	Coimbra	450

400 Livres

1.	FARIA Leonor Verissimo	06	NDAP	4:43.75	50m	27-03-21	Coimbra	578
2.	COELHO Maria Leonor	06	SLB	4:44.03	50m	27-03-21	Coimbra	577
3.	PIRES Catarina Gaspar	06	FCP	4:45.34	50m	27-03-21	Coimbra	569
4.	FERREIRA Maria Joao	06	FOCA	4:45.58	50m	27-03-21	Coimbra	567
5.	PEIXOTO Carolina Esteves	06	SCB	4:45.71	50m	27-03-21	Coimbra	566
6.	TEIXEIRA Ines Correia	06	CNA	4:46.88	50m	01-03-20	Vila Franca de Xira	559
7.	FROIS Maria Francisca	06	ADBA	4:46.98	50m	27-03-21	Coimbra	559
8.	RAMOS Joana Barbas	06	CAPGE	4:47.58	50m	27-03-21	Coimbra	555
9.	LOPES Matilde Nunes	06	SLB	4:47.59	50m	01-03-20	Vila Franca de Xira	555
10.	COSTA Anita Gouveia	06	CAQC	4:48.34	50m	27-03-21	Coimbra	551
11.	CARAPINHA Ariana Bento	06	DNMG	4:48.43	50m	07-07-19	Coimbra	551
12.	SOARES Miriam Mortagua	06	CGA	4:49.57	50m	27-03-21	Coimbra	544
13.	DINIS Filipa Paiva	06	ADBA	4:51.01	50m	27-03-21	Coimbra	536

400 Livres (desde 14)

14.	FERREIRA Maria Neto	06	FBSC	4:51.39	50m	26-07-19	Loulé	534
15.	CATALAO Leonor Tavares	06	SCP	4:51.58	50m	26-07-19	Loulé	533
16.	SILVA Ana Francisca	06	CNAL	4:51.66	50m	26-07-19	Loulé	532
17.	VALENTE Maria Esteves	06	SLB	4:52.11	50m	09-02-20	Lisboa	530
18.	GOMES Lia Beatriz	06	VSC	4:52.24	50m	26-07-19	Loulé	529
19.	FLORINDO Helena Neto	06	EFC	4:52.47	50m	09-02-20	Lisboa	528
20.	ANTUNES Rebeca Leonor	06	CNCVCG	4:53.38	50m	26-07-19	Loulé	523
21.	COSTA Maria Jardim	06	CDN	4:54.35	50m	26-07-19	Loulé	518
22.	PINTO Leonor Filipa	06	FCP	4:54.43	50m	06-07-19	Famalicao	517
23.	NIZA Beatriz Mocego	06	CNA	4:55.16	50m	09-02-20	Lisboa	514
24.	BRIZIDA Filipa Roma	06	ADBA	4:55.63	50m	01-02-20	Povoa de Varzim	511
25.	ALVES Maria Madalena	06	ADBA	4:55.67	50m	01-02-20	Povoa de Varzim	511
26.	DOMINGUES Vitoria Cruz	06	CNVA	4:56.08	50m	09-02-20	Lisboa	509
27.	FERREIRA Francisca Santos	06	SAD	4:56.10	50m	09-02-20	Lisboa	509
28.	CAMACHO Carolina Martins	06	SFUAP	4:56.62	50m	26-07-19	Loulé	506
29.	TINOCO Diana Silva	06	SCC	4:56.89	50m	26-07-19	Loulé	505
30.	AMORIM Ines Santos	06	EDV	4:57.81	50m	01-02-20	Povoa de Varzim	500
31.	BELO Catarina Cunha	06	FBSC	4:58.55	50m	09-02-20	Lisboa	496
32.	NEVES Gabriela Ferreira	06	FOCA	4:59.04	50m	26-07-19	Loulé	494
33.	MARTINS Ana Rita	06	FOCA	4:59.65	50m	27-03-21	Coimbra	491
34.	CRAVEIRO Matilde Neves	06	AAC	4:59.86	50m	26-07-19	Loulé	490
35.	SIMOES Filipa Mendes	06	ADBA	5:00.66	50m	26-07-19	Loulé	486
36.	MENDES Erica Candeias	06	CNA	5:00.91	50m	01-03-20	Vila Franca de Xira	485
37.	NOVAIS Regina Correia	06	FOCA	5:01.50	50m	26-07-19	Loulé	482
38.	SANTOS Marta Bailarote	06	CNS	5:02.09	50m	26-07-19	Loulé	479
39.	CUNHA Ines Santos	06	CAPGE	5:02.39	50m	09-02-20	Lisboa	478
40.	HERMOSA Beatriz Carvalho	06	FCP	5:02.60	50m	26-07-19	Loulé	477
41.	DOMINGOS Filipa Ferraz	06	SCP	5:02.67	50m	26-07-19	Loulé	476
42.	BRITES Marta Lopes	06	CNPDL	5:03.03	50m	26-07-19	Loulé	475
43.	NOGUEIRA Ines Aires	06	CFP	5:03.11	50m	06-07-19	Famalicao	474
44.	FREITAS Beatriz Rodrigues	06	CNF	5:03.13	50m	05-07-19	Funchal	474
45.	MESQUITA Carolina Mestre	06	CNGUA	5:03.45	50m	26-07-19	Loulé	473
46.	FREITAS Margarida Ramos	06	CDN	5:03.89	50m	29-02-20	Funchal	471
47.	ASCENSO Maria Joao	06	DNMG	5:03.92	50m	26-07-19	Loulé	470
48.	BARREIRA Andreia Monteiro	06	CMNPR	5:04.42	50m	06-07-19	Famalicao	468
49.	NEVES Diana Patricia	06	CNH	5:04.44	50m	26-07-19	Loulé	468
50.	SILVA Silvana Suamade	06	CDSR	5:04.49	50m	22-02-20	Funchal	468

800 Livres

1.	FARIA Leonor Verissimo	06	NDAP	9:40.22	50m	26-07-19	Loulé	583
2.	PEIXOTO Carolina Esteves	06	SCB	9:40.70	50m	28-03-21	Coimbra	581
3.	CARAPINHA Ariana Bento	06	DNMG	9:48.29	50m	26-07-19	Loulé	559
4.	CATALAO Leonor Tavares	06	SCP	9:55.14	50m	28-03-21	Coimbra	540
5.	RAMOS Joana Barbas	06	CAPGE	9:57.32	50m	28-03-21	Coimbra	534
6.	COSTA Anita Gouveia	06	CAQC	9:58.36	50m	28-03-21	Coimbra	531
7.	PINTO Leonor Filipa	06	FCP	9:59.80	50m	28-03-21	Coimbra	528
8.	PIRES Catarina Gaspar	06	FCP	9:59.93	50m	02-02-20	Povoa de Varzim	527
9.	FROIS Maria Francisca	06	ADBA	10:00.07	50m	28-03-21	Coimbra	527
10.	PARRA Joana Santos	06	CNOL	10:00.85	50m	06-07-19	Loulé	525
11.	TEIXEIRA Ines Correia	06	CNA	10:02.86	50m	28-02-20	Vila Franca de Xira	520
12.	FLORINDO Helena Neto	06	EFC	10:03.50	50m	05-07-19	Reguengos de Monsaraz	518
13.	SOARES Miriam Mortagua	06	CGA	10:07.87	50m	02-02-20	Povoa de Varzim	507
14.	NIZA Beatriz Mocego	06	CNA	10:11.50	50m	28-02-20	Vila Franca de Xira	498

800 Livres (desde 15)

15.	GOMES Lia Beatriz	06	VSC	10:13.90	50m	07-07-19	Famalicao	492
16.	VALENTE Maria Esteves	06	SLB	10:15.51	50m	26-07-19	Loulé	488
17.	FERREIRA Maria Neto	06	FBSC	10:16.28	50m	06-07-19	Coimbra	486
18.	SILVA Silvana Suamade	06	CDSR	10:18.16	50m	29-02-20	Funchal	482
19.	SILVA Ines Gaspar	06	GESL	10:20.58	50m	28-02-20	Vila Franca de Xira	476
20.	MENDES Erica Candeias	06	CNA	10:20.74	50m	28-02-20	Vila Franca de Xira	476
21.	GASPAR Beatriz Andre	06	CNAC	10:24.36	50m	22-02-20	Coimbra	468
22.	DOMINGOS Filipa Ferraz	06	SCP	10:24.52	50m	28-02-20	Vila Franca de Xira	467
23.	NOGUEIRA Ines Aires	06	CFP	10:25.60	50m	07-07-19	Famalicao	465
24.	PAIS Joana Ventura	06	FBSC	10:25.77	50m	22-02-20	Coimbra	464
25.	MARQUES Margarida Barbara	06	SAD	10:25.85	50m	28-02-20	Vila Franca de Xira	464
26.	FREITAS Beatriz Rodrigues	06	CNF	10:28.54	50m	06-07-19	Funchal	458
27.	NEVES Beatriz Silva	06	FBSC	10:29.93	50m	22-02-20	Coimbra	455
28.	BELO Catarina Cunha	06	FBSC	10:31.29	50m	22-02-20	Coimbra	452
29.	MARTINS Ana Rita	06	FOCA	10:33.20	50m	07-07-19	Famalicao	448
30.	RIBAS Ema Monteiro	06	CFP	10:35.06	50m	07-07-19	Famalicao	444
31.	ROMAO Ana Teresa	06	LDC	10:35.73	50m	06-07-19	Loulé	443
32.	FREITAS Margarida Ramos	06	CDN	10:36.03	50m	29-02-20	Funchal	442
33.	LIMA Catarina Coutinho	06	SLB	10:36.84	50m	06-07-19	Setúbal	441
34.	HERMINIO Clara Sofia	06	CDCP	10:38.50	50m	28-02-20	Vila Franca de Xira	437
35.	DOMINGUES Vitoria Cruz	06	CNVA	10:38.70	50m	06-07-19	Coimbra	437
36.	BUCHA Marta Filipa	06	VS	10:38.72	50m	13-07-19	Rio Maior	437
37.	DEUS Ines Portugal	06	CNF	10:39.37	50m	06-07-19	Funchal	435
38.	CAMPOS Iris Castro	06	CNA	10:39.85	50m	28-02-20	Vila Franca de Xira	434
39.	CALDES Ana Sofia	06	CEN	10:44.79	50m	05-07-19	Reguengos de Monsaraz	425
40.	CAMACHO Carolina Martins	06	SFUAP	10:49.27	50m	06-07-19	Setúbal	416
41.	GOUVEIA Ana Luisa	06	LSC	10:50.13	50m	07-07-19	Famalicao	414
42.	SILVA Ana Francisca	06	CNAL	10:50.23	50m	06-07-19	Coimbra	414
43.	CRAVEIRO Matilde Neves	06	AAC	10:50.33	50m	06-07-19	Coimbra	414
44.	SILVA Mariana Fonseca	06	CAQC	10:50.57	50m	06-07-19	Coimbra	413
45.	SILVA Rita Borges	06	CNA	10:51.81	50m	28-02-20	Vila Franca de Xira	411
46.	COSTA Beatriz Portugal	06	SLB	10:52.45	50m	06-07-19	Setúbal	410
47.	CUNHA Ines Santos	06	CAPGE	10:52.92	50m	06-07-19	Coimbra	409
48.	VARELA Joana Filipa	06	CNAC	10:54.65	50m	22-02-20	Coimbra	406
49.	ZACARIAS Mariana Ramos	06	CNS	10:56.77	50m	06-07-19	Setúbal	402
50.	CUNHA Sofia Simao	06	PIMP	10:57.02	50m	06-07-19	Coimbra	401

1500 Livres

1.	FARIA Leonor Verissimo	06	NDAP	18:44.21	50m	27-03-21	Coimbra	548
2.	COSTA Anita Gouveia	06	CAQC	19:06.89	50m	27-03-21	Coimbra	516
3.	FERREIRA Maria Neto	06	FBSC	19:12.38	50m	09-02-20	Lisboa	509
4.	SILVA Silvana Suamade	06	CDSR	19:45.25	50m	28-02-20	Funchal	468
5.	CARICHAS Joana Medeiros	06	JACL	21:42.02	50m	28-02-20	Funchal	353
6.	PEREIRA Joana Marques	06	JACL	21:46.65	50m	28-02-20	Funchal	349
7.	CRAVEIRO Matilde Neves	06	AAC	22:05.13	50m	14-07-19	Coimbra	335

50 Costas

1.	CARAPINHA Ariana Bento	06	DNMG	32.26	50m	27-03-21	Coimbra	584
2.	CAMACHO Carolina Martins	06	SFUAP	32.76	50m	27-03-21	Coimbra	558
3.	BRITES Marta Lopes	06	CNPDL	33.33	50m	27-03-21	Coimbra	530
4.	COSTA Maria Jardim	06	CDN	33.41	50m	23-02-20	Funchal	526
5.	DINIS Filipa Paiva	06	ADBA	33.56	50m	27-03-21	Coimbra	519
6.	COSTA Daniela Alexandra	06	LSC	33.71	50m	02-02-20	Povoa de Varzim	512
7.	ALEGRE Diana Salgueiro	06	LDC	35.11	50m	12-07-19	Loulé	453
8.	ROMAO Ana Teresa	06	LDC	35.29	50m	12-07-19	Loulé	446
9.	JARDIM Lara Filipa	06	CNF	35.92	50m	23-02-20	Funchal	423
10.	MEDEIROS Madalena Barra	06	GRVM	36.52	50m	11-01-20	Coimbra	403
11.	FERREIRA Matilde Batista	06	FBSC	36.54	50m	11-01-20	Coimbra	402
12.	DIAS Julia Alves	06	CDN	36.76	50m	23-02-20	Funchal	395
13.	BOROZAN Cristina	06	LDC	36.93	50m	12-07-19	Loulé	389
14.	MARTINS Ines Cravo	06	LDC	37.33	50m	12-07-19	Loulé	377
15.	CANADA Maria Elvira	06	CDN	37.86	50m	23-02-20	Funchal	361
16.	FREITAS Margarida Ramos	06	CDN	37.88	50m	23-02-20	Funchal	361
17.	SEQUEIRA Beatriz Meneses	06	CNF	37.91	50m	28-02-20	Funchal	360
18.	NEVES Beatriz Silva	06	FBSC	38.14	50m	11-01-20	Coimbra	353
19.	BOLOTINHA Violeta Faria	06	LDC	38.76	50m	12-07-19	Loulé	337
20.	GRILO Maria Vitoria	06	CNAC	38.90	50m	11-01-20	Coimbra	333
21.	SOUSA Maria Beatriz	06	CNF	39.66	50m	28-02-20	Funchal	314
22.	GASPAR Beatriz Andre	06	CNAC	40.10	50m	11-01-20	Coimbra	304
23.	ROVERI Isabel Vasconcelos	06	CNF	40.46	50m	28-02-20	Funchal	296
24.	DIAS Monica Fernandes	06	CDSR	40.68	50m	28-02-20	Funchal	291
25.	TEMBE Ines Afonso	06	CDN	42.01	50m	23-02-20	Funchal	264
26.	KOZIY Xenia Angelica	06	CAQC	42.93	50m	11-01-20	Coimbra	248
27.	TEIXEIRA Cristina Martins	06	ADC	43.60	50m	23-02-20	Funchal	236
28.	DIAS Magda Fernandes	06	CDSR	44.93	50m	28-02-20	Funchal	216
29.	MIGUEL Rafaela Ferreira	06	CPSPA	49.50	50m	11-01-20	Coimbra	161

100 Costas

1.	CAMACHO Carolina Martins	06	SFUAP	1:09.65	50m	28-03-21	Coimbra	564
2.	CARAPINHA Ariana Bento	06	DNMG	1:10.19	50m	28-03-21	Coimbra	551
3.	FERREIRA Maria Joao	06	FOCA	1:11.59	50m	28-03-21	Coimbra	520
4.	DINIS Filipa Paiva	06	ADBA	1:11.88	50m	28-03-21	Coimbra	513
5.	ROMAO Ana Teresa	06	LDC	1:12.27	50m	08-02-20	Lisboa	505
6.	COSTA Maria Jardim	06	CDN	1:12.28	50m	08-02-20	Lisboa	505
7.	MAGALHAES Luana Cardoso	06	AHBE	1:12.71	50m	08-02-20	Lisboa	496
8.	SILVA Ana Francisca	06	CNAL	1:12.74	50m	08-02-20	Lisboa	495
9.	CATALAO Leonor Tavares	06	SCP	1:12.87	50m	08-02-20	Lisboa	493
10.	COSTA Daniela Alexandra	06	LSC	1:13.17	50m	02-02-20	Povoa de Varzim	487
11.	SOUTO Carolina Soares	06	FCP	1:13.20	50m	02-02-20	Povoa de Varzim	486
12.	SANTOS Marta Bailarote	06	CNS	1:13.94	50m	06-07-19	Setúbal	472
13.	SOARES Miriam Mortagua	06	CGA	1:14.09	50m	02-02-20	Povoa de Varzim	469
14.	BRITES Marta Lopes	06	CNPDL	1:14.23	50m	02-02-20	Povoa de Varzim	466
15.	JESUS Mariana Teixeira	06	CDE	1:14.25	50m	02-02-20	Povoa de Varzim	466
16.	FERREIRA Maria Neto	06	FBSC	1:14.48	50m	22-02-20	Coimbra	461
17.	PIRES Catarina Gaspar	06	FCP	1:14.74	50m	06-07-19	Famalicao	457
18.	ALMEIDA Maria Soares	06	SAD	1:14.76	50m	01-03-20	Vila Franca de Xira	456
19.	NEVES Diana Patricia	06	CNH	1:15.48	50m	02-02-20	Povoa de Varzim	443
20.	COELHO Maria Leonor	06	SLB	1:15.60	50m	01-03-20	Vila Franca de Xira	441
21.	SILVA Eva Perdigao	06	ACRTCMV	1:15.67	50m	06-07-19	Coimbra	440
22.	GAMA Beatriz Fernandes	06	SCP	1:15.83	50m	01-03-20	Vila Franca de Xira	437

100 Costas (desde 23)

23.	DIAS Julia Alves	06	CDN	1:15.98	50m	29-02-20	Funchal	435
24.	PINTO Joana Filipa	06	CFP	1:16.30	50m	06-07-19	Famalicao	429
25.	SILVA Ines Gaspar	06	GESL	1:16.35	50m	01-03-20	Vila Franca de Xira	428
26.	TINOCO Diana Silva	06	SCC	1:16.47	50m	22-02-20	Coimbra	426
27.	MEDEIROS Madalena Barra	06	GRVM	1:16.56	50m	22-02-20	Coimbra	425
28.	CARVALHO Mariana Coelho	06	CNS	1:16.87	50m	01-03-20	Vila Franca de Xira	420
29.	SILVA Maria Seixeira	06	VNC	1:16.93	50m	27-07-19	Loulé	419
29.	DEUS Ines Portugal	06	CNF	1:16.93	50m	29-02-20	Funchal	419
31.	TEIXEIRA Ines Correia	06	CNA	1:17.00	50m	06-07-19	Setúbal	417
32.	JARDIM Lara Filipa	06	CNF	1:17.01	50m	29-02-20	Funchal	417
33.	COSTA Maria Beatriz	06	SCP	1:17.14	50m	01-03-20	Vila Franca de Xira	415
34.	AMORIM Ines Santos	06	EDV	1:17.20	50m	27-07-19	Loulé	414
35.	ALVES Maria Madalena	06	ADBA	1:17.30	50m	22-02-20	Coimbra	413
36.	FLORINDO Helena Neto	06	EFC	1:17.59	50m	27-07-19	Loulé	408
37.	COSTA Anita Gouveia	06	CAQC	1:17.66	50m	22-02-20	Coimbra	407
38.	SERRA Rita Joao	06	VKGS	1:17.72	50m	08-02-20	Lisboa	406
39.	CUNHA Ines Santos	06	CAPGE	1:17.77	50m	02-02-20	Povoa de Varzim	405
40.	FERREIRA Matilde Batista	06	FBSC	1:17.84	50m	22-02-20	Coimbra	404
41.	SANTOS Jessica Mendes	06	DNMG	1:18.21	50m	06-07-19	Coimbra	398
42.	CANADA Maria Elvira	06	CDN	1:18.31	50m	29-02-20	Funchal	397
43.	NETO Lara Gomes	06	CAP	1:18.53	50m	06-07-19	Famalicao	393
44.	PAIS Joana Ventura	06	FBSC	1:18.57	50m	06-07-19	Coimbra	393
44.	PINHO Laura Silva	06	ADS	1:18.57	50m	22-02-20	Coimbra	393
46.	SANTOS Marta Silva	06	CNS	1:19.00	50m	01-03-20	Vila Franca de Xira	386
47.	FARIA Leonor Verissimo	06	NDAP	1:19.02	50m	06-07-19	Coimbra	386
48.	VARELA Joana Filipa	06	CNAC	1:19.20	50m	22-02-20	Coimbra	384
49.	BELO Catarina Cunha	06	FBSC	1:19.24	50m	06-07-19	Coimbra	383
50.	VALENTE Maria Miguel	06	CDE	1:19.33	50m	06-07-19	Coimbra	382

200 Costas

1.	CAMACHO Carolina Martins	06	SFUAP	2:28.96	50m	28-03-21	Coimbra	567
2.	CARAPINHA Ariana Bento	06	DNMG	2:32.23	50m	28-03-21	Coimbra	532
3.	MAGALHAES Luana Cardoso	06	AHBE	2:32.78	50m	29-02-20	Vila Franca de Xira	526
4.	COSTA Daniela Alexandra	06	LSC	2:33.11	50m	01-02-20	Povoa de Varzim	522
5.	FERREIRA Maria Joao	06	FOCA	2:33.27	50m	28-03-21	Coimbra	521
6.	DINIS Filipa Paiva	06	ADBA	2:33.75	50m	28-03-21	Coimbra	516
7.	COSTA Maria Jardim	06	CDN	2:33.97	50m	01-03-20	Funchal	514
8.	SILVA Ana Francisca	06	CNAL	2:34.99	50m	09-02-20	Lisboa	504
9.	ROMAO Ana Teresa	06	LDC	2:36.98	50m	09-02-20	Lisboa	485
10.	PIRES Catarina Gaspar	06	FCP	2:37.59	50m	27-07-19	Loulé	479
11.	COELHO Maria Leonor	06	SLB	2:37.84	50m	29-02-20	Vila Franca de Xira	477
12.	PAIS Joana Ventura	06	FBSC	2:38.03	50m	09-02-20	Lisboa	475
13.	CATALAO Leonor Tavares	06	SCP	2:38.20	50m	27-07-19	Loulé	474
14.	SOARES Miriam Mortagua	06	CGA	2:39.00	50m	28-03-21	Coimbra	466
15.	SOUTO Carolina Soares	06	FCP	2:39.13	50m	01-02-20	Povoa de Varzim	465
16.	PARRA Joana Santos	06	CNOL	2:39.16	50m	06-07-19	Loulé	465
17.	CARNEIRO Sofia Soares	06	SLB	2:39.23	50m	27-07-19	Loulé	464
18.	SILVA Ines Gaspar	06	GESL	2:39.30	50m	29-02-20	Vila Franca de Xira	464
19.	TINOCO Diana Silva	06	SCC	2:39.47	50m	22-02-20	Coimbra	462
20.	PINTO Joana Filipa	06	CFP	2:40.46	50m	07-07-19	Famalicao	454
21.	SILVA Maria Seixeira	06	VNC	2:40.58	50m	01-02-20	Povoa de Varzim	453
22.	ALMEIDA Maria Soares	06	SAD	2:41.04	50m	29-02-20	Vila Franca de Xira	449
23.	RIGOR Maria Miguel	06	VNC	2:41.18	50m	27-07-19	Loulé	448

200 Costas (desde 24)

24.	SILVA Eva Perdigao	06	ACRTCMV	2:41.87	50m	07-07-19	Coimbra	442
25.	SANTOS Marta Bailarote	06	CNS	2:42.01	50m	07-07-19	Setúbal	441
26.	COSTA Anita Gouveia	06	CAQC	2:42.26	50m	22-02-20	Coimbra	439
26.	MARQUES Margarida Barbara	06	SAD	2:42.26	50m	29-02-20	Vila Franca de Xira	439
28.	NEVES Diana Patricia	06	CNH	2:42.30	50m	01-02-20	Povoa de Varzim	438
29.	DIAS Julia Alves	06	CDN	2:42.46	50m	27-07-19	Loulé	437
30.	BELO Catarina Cunha	06	FBSC	2:42.66	50m	22-02-20	Coimbra	436
31.	RAMOS Joana Barbas	06	CAPGE	2:43.28	50m	01-02-20	Povoa de Varzim	431
32.	CARVALHO Mariana Coelho	06	CNS	2:44.13	50m	29-02-20	Vila Franca de Xira	424
33.	SIMOES Filipa Mendes	06	ADBA	2:44.19	50m	07-07-19	Coimbra	424
34.	NEVES Gabriela Ferreira	06	FOCA	2:44.52	50m	07-07-19	Famalicao	421
35.	FREITAS Margarida Ramos	06	CDN	2:44.80	50m	27-07-19	Loulé	419
36.	SANTOS Jessica Mendes	06	DNMG	2:45.18	50m	07-07-19	Coimbra	416
37.	BRITES Marta Lopes	06	CNPDL	2:45.28	50m	01-02-20	Povoa de Varzim	415
38.	FERREIRA Matilde Batista	06	FBSC	2:45.37	50m	22-02-20	Coimbra	414
39.	SA Madalena Correa	06	GESL	2:45.54	50m	27-07-19	Loulé	413
40.	ASCENSO Maria Joao	06	DNMG	2:45.69	50m	07-07-19	Coimbra	412
41.	GAMA Beatriz Fernandes	06	SCP	2:45.75	50m	27-07-19	Loulé	412
42.	JARDIM Lara Filipa	06	CNF	2:45.95	50m	01-03-20	Funchal	410
43.	VALENTE Maria Miguel	06	CDE	2:45.99	50m	07-07-19	Coimbra	410
44.	CUNHA Ines Santos	06	CAPGE	2:46.16	50m	01-02-20	Povoa de Varzim	409
45.	ALEGRE Diana Salgueiro	06	LDC	2:46.44	50m	06-07-19	Loulé	407
46.	CARDOSO Eduarda Oliveira	06	AEJ	2:46.50	50m	13-07-19	Coimbra	406
47.	MENDES Ines Gomes	06	CAP	2:46.63	50m	18-01-20	Povoa de Varzim	405
48.	OLIVEIRA Matilde Fonseca	06	CNMC	2:46.82	50m	07-07-19	Coimbra	404
49.	TOME Rita Bernardo	06	CCDSM	2:46.84	50m	27-07-19	Loulé	404
50.	VARELA Joana Filipa	06	CNAC	2:46.87	50m	07-07-19	Coimbra	403

50 Bruços

1.	ANTUNES Rebeca Leonor	06	SAD	36.20	50m	28-03-21	Coimbra	535
2.	LOPES Matilde Nunes	06	SLB	38.02	50m	28-03-21	Coimbra	462
3.	DEUS Ines Portugal	06	CNF	40.35	50m	23-02-20	Funchal	386
4.	MARTINS Ines Cravo	06	LDC	41.71	50m	14-07-19	Loulé	350
5.	PEREIRA Joana Marques	06	JACL	41.75	50m	23-02-20	Funchal	349
6.	ALEGRE Diana Salgueiro	06	LDC	41.90	50m	14-07-19	Loulé	345
7.	SEQUEIRA Beatriz Meneses	06	CNF	42.07	50m	23-02-20	Funchal	341
8.	ABREU Ana Rodrigues	06	CNF	42.37	50m	23-02-20	Funchal	334
9.	FREITAS Beatriz Rodrigues	06	CNF	43.64	50m	29-02-20	Funchal	305
10.	SILVA Silvana Suamade	06	CDSR	43.65	50m	23-02-20	Funchal	305
11.	CRUZ Joana Santos	06	LDC	45.35	50m	14-07-19	Loulé	272
12.	CARICHAS Joana Medeiros	06	JACL	45.92	50m	23-02-20	Funchal	262
13.	ROVERI Isabel Vasconcelos	06	CNF	46.02	50m	29-02-20	Funchal	260
14.	VARELA Joana Filipa	06	CNAC	46.19	50m	11-01-20	Coimbra	257
15.	SOUSA Maria Beatriz	06	CNF	46.87	50m	29-02-20	Funchal	246
16.	GONCALVES Madalena Gameiro	06	CSAAXXI	47.36	50m	11-01-20	Coimbra	239
17.	MIGUEL Rafaela Ferreira	06	CPSPA	50.42	50m	11-01-20	Coimbra	198
18.	SANTOS Rita Mendes	06	GRVM	52.18	50m	11-01-20	Coimbra	178
19.	SANTOS Lara Sofia	06	GRVM	54.24	50m	11-01-20	Coimbra	159
20.	GASPAR Matilde Lucia	06	APCC	1:06.10	50m	07-12-19	Povoa de Varzim	87

100 Bruços

1.	ANTUNES Rebeca Leonor	06	SAD	1:18.33	50m	28-03-21	Coimbra	548
2.	JESUS Mariana Teixeira	06	CDE	1:18.71	50m	02-02-20	Povoa de Varzim	540
3.	SILVA Maria Seixeira	06	VNC	1:21.22	50m	02-02-20	Povoa de Varzim	492
4.	BELO Catarina Machado	06	BSCN	1:21.34	50m	09-02-20	Lisboa	490
5.	LOPES Matilde Nunes	06	SLB	1:21.43	50m	28-03-21	Coimbra	488
6.	BRIZIDA Filipa Roma	06	ADBA	1:21.46	50m	02-02-20	Povoa de Varzim	487
7.	FERREIRA Francisca Santos	06	SAD	1:21.66	50m	28-02-20	Vila Franca de Xira	484
8.	SA Madalena Correa	06	GESL	1:22.41	50m	28-02-20	Vila Franca de Xira	471
9.	MADEIRA Margarida Correia	06	DNMG	1:22.89	50m	07-07-19	Coimbra	463
10.	ALMEIDA Maria Soares	06	SAD	1:23.82	50m	28-02-20	Vila Franca de Xira	447
11.	FROIS Maria Francisca	06	ADBA	1:24.37	50m	27-07-19	Loulé	439
11.	PINTO Leonor Filipa	06	FCP	1:24.37	50m	27-07-19	Loulé	439
13.	CALDES Ana Sofia	06	CEN	1:24.42	50m	09-02-20	Lisboa	438
14.	DIAS Salome Silva	06	CCDSERTA	1:24.71	50m	27-07-19	Loulé	433
15.	ALMEIDA Beatriz Matias	06	PORTIN	1:24.83	50m	13-07-19	Loulé	432
16.	COSTA Francisca Vila	06	VNC	1:25.09	50m	02-02-20	Povoa de Varzim	428
17.	FERREIRA Matilde Batista	06	FBSC	1:25.36	50m	09-02-20	Lisboa	424
18.	NETO Lara Gomes	06	CAP	1:25.37	50m	06-07-19	Famalicao	423
19.	COELHO Maria Leonor	06	SLB	1:25.87	50m	28-02-20	Vila Franca de Xira	416
20.	RAMOS Joana Barbas	06	CAPGE	1:25.88	50m	02-02-20	Povoa de Varzim	416
21.	COSTA Maria Beatriz	06	SCP	1:26.05	50m	28-02-20	Vila Franca de Xira	413
22.	PEREIRA Matilde Aparicio	06	CNA	1:26.09	50m	28-02-20	Vila Franca de Xira	413
23.	DEUS Ines Portugal	06	CNF	1:26.32	50m	22-02-20	Funchal	410
24.	CAMACHO Carolina Martins	06	SFUAP	1:26.41	50m	28-03-21	Coimbra	408
25.	PEREIRA Joana Marques	06	CDN	1:26.96	50m	27-07-19	Loulé	401
26.	CRAVEIRO Matilde Neves	06	AAC	1:27.04	50m	11-01-20	Coimbra	399
27.	COSTA Beatriz Portugal	06	SLB	1:27.08	50m	28-02-20	Vila Franca de Xira	399
28.	SERRA Rita Joao	06	VKGS	1:27.45	50m	09-02-20	Lisboa	394
29.	DOMINGUES Vitoria Cruz	06	CNVA	1:27.71	50m	07-07-19	Coimbra	390
30.	SEBASTIAO Mafalda Valente	06	FCP	1:27.76	50m	06-07-19	Famalicao	390
31.	LOURENCO Marta Beatriz	06	AVFC	1:27.78	50m	07-07-19	Coimbra	389
32.	ZACARIAS Mariana Ramos	06	CNS	1:27.81	50m	28-02-20	Vila Franca de Xira	389
33.	VALENTE Maria Esteves	06	SLB	1:27.90	50m	28-02-20	Vila Franca de Xira	388
34.	SEQUEIRA Beatriz Meneses	06	CNF	1:27.92	50m	29-02-20	Funchal	388
35.	VIEIRA Francisca Meireles	06	EDL	1:27.93	50m	27-07-19	Loulé	387
36.	SANTOS Clara Daniela	06	CCLAMAS	1:27.97	50m	06-07-19	Famalicao	387
37.	GOMES Ines Margarida	06	AVQA	1:28.34	50m	27-07-19	Loulé	382
38.	TOME Rita Bernardo	06	CCDSM	1:28.39	50m	27-07-19	Loulé	381
39.	ALVES Catarina Isabel	06	AMINATA	1:28.54	50m	06-07-19	Reguengos de Monsaraz	379
40.	CUNHA Margarida Pinto	06	ADS	1:28.58	50m	07-07-19	Coimbra	379
41.	HERMOSA Beatriz Carvalho	06	FCP	1:29.28	50m	06-07-19	Famalicao	370
42.	PINTO Barbara Marinho	06	CDF	1:29.70	50m	07-07-19	Coimbra	365
43.	NOVAIS Regina Correia	06	FOCA	1:29.77	50m	02-02-20	Povoa de Varzim	364
44.	FERREIRA Ana Martim	06	LSC	1:29.93	50m	06-07-19	Famalicao	362
45.	TINOCO Diana Silva	06	SCC	1:30.03	50m	11-01-20	Coimbra	361
46.	ROMAO Mariana Santos	06	CFV	1:30.64	50m	27-07-19	Loulé	354
47.	TASHKULOVA Diana	06	CGA	1:30.72	50m	07-07-19	Coimbra	353
48.	OLIVEIRA Marta Alexandra	06	SCE	1:30.92	50m	07-07-19	Coimbra	350
49.	ROSEIRO Mariana Ribeiro	06	PDEM	1:31.05	50m	27-07-19	Loulé	349
50.	DUARTE Catarina Danae	06	AHBE	1:31.29	50m	06-07-19	Setúbal	346

200 Bruços

1.	JESUS Mariana Teixeira	06	CDE	2:53.30	50m	27-07-19	Loulé	517
2.	SILVA Maria Seixeira	06	VNC	2:53.44	50m	27-07-19	Loulé	515
3.	ANTUNES Rebeca Leonor	06	SAD	2:53.90	50m	27-03-21	Coimbra	511
4.	BELO Catarina Machado	06	BSCN	2:56.52	50m	08-02-20	Lisboa	489
5.	ALMEIDA Beatriz Matias	06	PORTIN	2:57.41	50m	27-07-19	Loulé	482
6.	FERREIRA Francisca Santos	06	SAD	2:58.18	50m	07-07-19	Setúbal	475
7.	RAMOS Joana Barbas	06	CAPGE	2:59.33	50m	08-02-20	Lisboa	466
8.	MADEIRA Margarida Correia	06	DNMG	2:59.36	50m	06-07-19	Coimbra	466
9.	BRIZIDA Filipa Roma	06	ADBA	2:59.52	50m	22-02-20	Coimbra	465
10.	MARTINS Ines Cravo	06	LDC	3:00.21	50m	27-07-19	Loulé	459
11.	CALDES Ana Sofia	06	CEN	3:01.10	50m	27-07-19	Loulé	453
12.	COSTA Beatriz Portugal	06	SLB	3:01.26	50m	01-03-20	Vila Franca de Xira	452
13.	BARREIRA Andreia Monteiro	06	CMNPR	3:01.33	50m	27-07-19	Loulé	451
14.	PEREIRA Joana Marques	06	CDN	3:01.37	50m	27-07-19	Loulé	451
15.	FERREIRA Matilde Batista	06	FBSC	3:01.45	50m	08-02-20	Lisboa	450
16.	PINTO Leonor Filipa	06	FCP	3:02.27	50m	07-07-19	Famalicao	444
17.	ALMEIDA Maria Soares	06	SAD	3:02.35	50m	08-02-20	Lisboa	443
18.	SA Madalena Correa	06	GESL	3:02.39	50m	01-03-20	Vila Franca de Xira	443
19.	VALENTE Maria Esteves	06	SLB	3:02.66	50m	08-02-20	Lisboa	441
20.	LOPES Matilde Nunes	06	SLB	3:02.77	50m	08-02-20	Lisboa	440
21.	PEIXOTO Carolina Esteves	06	SCB	3:02.96	50m	27-07-19	Loulé	439
22.	ALVES Maria Madalena	06	ADBA	3:03.46	50m	27-07-19	Loulé	435
23.	COSTA Francisca Vila	06	VNC	3:05.33	50m	01-02-20	Povoa de Varzim	422
24.	DIAS Salome Silva	06	CCDSERTA	3:05.46	50m	06-07-19	Reguengos de Monsaraz	422
25.	DEUS Ines Portugal	06	CNF	3:05.83	50m	27-07-19	Loulé	419
26.	NETO Lara Gomes	06	CAP	3:05.86	50m	01-02-20	Povoa de Varzim	419
27.	COELHO Maria Leonor	06	SLB	3:06.26	50m	07-07-19	Setúbal	416
28.	HERMOSA Beatriz Carvalho	06	FCP	3:06.41	50m	27-07-19	Loulé	415
29.	BOROZAN Cristina	06	LDC	3:06.60	50m	27-07-19	Loulé	414
30.	CARDOSO Eduarda Oliveira	06	AEJ	3:06.85	50m	27-07-19	Loulé	412
31.	SEQUEIRA Beatriz Meneses	06	CNF	3:07.69	50m	27-07-19	Loulé	407
32.	NOVAIS Regina Correia	06	FOCA	3:08.30	50m	27-07-19	Loulé	403
33.	DOMINGOS Filipa Ferraz	06	SCP	3:08.43	50m	01-03-20	Vila Franca de Xira	402
34.	LOURENCO Marta Beatriz	06	AVFC	3:08.60	50m	27-07-19	Loulé	401
35.	BOLOTINHA Violeta Faria	06	LDC	3:08.64	50m	27-07-19	Loulé	401
36.	SANTOS Marta Bailarote	06	CNS	3:08.97	50m	07-07-19	Setúbal	398
37.	GOMES Ines Margarida	06	AVQA	3:09.47	50m	27-07-19	Loulé	395
38.	TASHKULOVA Diana	06	CGA	3:09.62	50m	27-07-19	Loulé	394
39.	PEREIRA Matilde Aparicio	06	CNA	3:09.63	50m	01-03-20	Vila Franca de Xira	394
40.	SEBASTIAO Mafalda Valente	06	FCP	3:10.38	50m	27-07-19	Loulé	390
41.	PAIS Joana Ventura	06	FBSC	3:10.61	50m	06-07-19	Coimbra	388
41.	FERREIRA Ana Martim	06	LSC	3:10.61	50m	27-07-19	Loulé	388
43.	SERRA Rita Joao	06	VKGS	3:10.79	50m	01-03-20	Vila Franca de Xira	387
44.	COSTA Maria Beatriz	06	SCP	3:10.92	50m	27-07-19	Loulé	386
45.	MATTA Ema Faria	06	CNCVG	3:11.32	50m	07-07-19	Setúbal	384
46.	SANTOS Clara Daniela	06	CCLAMAS	3:11.33	50m	07-07-19	Famalicao	384
47.	CUNHA Margarida Pinto	06	ADS	3:11.76	50m	22-02-20	Coimbra	381
48.	SILVA Silvana Suamade	06	CDSR	3:11.97	50m	27-07-19	Loulé	380
49.	REBELO Mariana Cunha	06	CNVA	3:12.83	50m	22-02-20	Coimbra	375
50.	ZACARIAS Mariana Ramos	06	CNS	3:13.20	50m	01-03-20	Vila Franca de Xira	373

50 Mariposa

1.	FERREIRA Francisca Santos	06	SAD	29.66	50m	28-03-21	Coimbra	558
2.	CARAPINHA Ariana Bento	06	DNMG	30.28	50m	28-03-21	Coimbra	525
3.	COELHO Maria Leonor	06	SLB	30.83	50m	28-03-21	Coimbra	497
4.	TINOCO Diana Silva	06	SCC	31.55	50m	02-02-20	Povoa de Varzim	464
5.	PIRES Catarina Gaspar	06	FCP	31.71	50m	28-03-21	Coimbra	457
6.	NEVES Beatriz Silva	06	FBSC	31.95	50m	28-03-21	Coimbra	447
7.	JARDIM Lara Filipa	06	CNF	32.52	50m	23-02-20	Funchal	423
8.	ALEGRE Diana Salgueiro	06	LDC	32.87	50m	14-07-19	Loulé	410
9.	ROMAO Ana Teresa	06	LDC	33.75	50m	14-07-19	Loulé	379
10.	BELO Catarina Cunha	06	FBSC	33.92	50m	11-01-20	Coimbra	373
11.	PAIS Joana Ventura	06	FBSC	34.56	50m	11-01-20	Coimbra	353
12.	GASPAR Beatriz Andre	06	CNAC	34.62	50m	11-01-20	Coimbra	351
13.	SILVA Silvana Suamade	06	CDSR	34.65	50m	23-02-20	Funchal	350
14.	BAPTISTA Constanca Ornelas	06	CNF	35.06	50m	23-02-20	Funchal	338
15.	FARIA Laura Pereira	06	JACL	35.41	50m	23-02-20	Funchal	328
16.	SOUSA Ivana Valentina	06	CDN	35.49	50m	23-02-20	Funchal	326
17.	MARTINS Ines Cravo	06	LDC	35.53	50m	14-07-19	Loulé	325
18.	TEMBE Ines Afonso	06	CDN	35.61	50m	23-02-20	Funchal	322
19.	FERRO Maria Leonor	06	CNF	36.46	50m	23-02-20	Funchal	300
20.	CARICHAS Joana Medeiros	06	JACL	36.76	50m	23-02-20	Funchal	293
21.	CRUZ Joana Santos	06	LDC	38.15	50m	14-07-19	Loulé	262

100 Mariposa

1.	FERREIRA Francisca Santos	06	SAD	1:06.17	50m	27-03-21	Coimbra	589
2.	CATALAO Leonor Tavares	06	SCP	1:06.48	50m	27-03-21	Coimbra	581
3.	TINOCO Diana Silva	06	SCC	1:08.51	50m	01-02-20	Povoa de Varzim	531
4.	PIRES Catarina Gaspar	06	FCP	1:09.46	50m	27-03-21	Coimbra	509
5.	SILVA Ana Francisca	06	CNAL	1:09.74	50m	08-02-20	Lisboa	503
6.	NEVES Gabriela Ferreira	06	FOCA	1:09.90	50m	27-03-21	Coimbra	500
7.	SIMOES Filipa Mendes	06	ADBA	1:10.66	50m	07-07-19	Coimbra	484
8.	ANTUNES Rebeca Leonor	06	CNCVG	1:11.39	50m	06-07-19	Setúbal	469
9.	SILVA Eva Perdigao	06	ACRTCMV	1:11.53	50m	07-07-19	Coimbra	466
10.	COELHO Maria Leonor	06	SLB	1:12.00	50m	01-03-20	Vila Franca de Xira	457
11.	CRAVEIRO Matilde Neves	06	AAC	1:12.19	50m	07-07-19	Coimbra	453
12.	ASCENSO Maria Joao	06	DNMG	1:12.45	50m	07-07-19	Coimbra	449
13.	FERREIRA Maria Neto	06	FBSC	1:12.97	50m	27-07-19	Loulé	439
14.	NEVES Beatriz Silva	06	FBSC	1:13.00	50m	27-03-21	Coimbra	438
15.	NIZA Beatriz Mocego	06	CNA	1:13.42	50m	01-03-20	Vila Franca de Xira	431
16.	MESQUITA Carolina Mestre	06	CNGUA	1:14.02	50m	27-07-19	Loulé	421
17.	FERREIRA Maria Joao	06	FOCA	1:14.27	50m	07-07-19	Famalicao	416
18.	BROCHADO Mariana Goncalves	06	VNC	1:14.33	50m	01-02-20	Povoa de Varzim	415
19.	SA Madalena Correa	06	GESL	1:15.14	50m	01-03-20	Vila Franca de Xira	402
20.	ROMAO Mariana Santos	06	CFV	1:15.23	50m	01-02-20	Povoa de Varzim	401
21.	BARBEITO Laura Espinola	06	NSIT	1:15.33	50m	27-07-19	Loulé	399
22.	FERREIRA Matilde Batista	06	FBSC	1:15.36	50m	22-02-20	Coimbra	399
23.	GOUVEIA Ana Luisa	06	LSC	1:15.57	50m	07-07-19	Famalicao	395
24.	COSTA Catarina Gomes	06	EULX	1:15.69	50m	01-03-20	Vila Franca de Xira	393
25.	GRILO Maria Vitoria	06	FBSC	1:16.07	50m	22-02-20	Coimbra	387
26.	JARDIM Lara Filipa	06	CNF	1:16.14	50m	22-02-20	Funchal	386
27.	CARDOSO Eduarda Oliveira	06	AEJ	1:16.31	50m	27-07-19	Loulé	384
28.	VALENTE Maria Esteves	06	SLB	1:16.52	50m	01-03-20	Vila Franca de Xira	381
29.	DOMINGOS Filipa Ferraz	06	SCP	1:16.76	50m	06-07-19	Setúbal	377
30.	CARNEIRO Sofia Soares	06	SLB	1:16.78	50m	27-07-19	Loulé	377

100 Mariposa (desde 31)

31.	SILVA Silvana Suamade	06	CDSR	1:16.88	50m	27-07-19	Loulé	375
32.	DURO Leonor Santos	06	CNS	1:16.95	50m	06-07-19	Setúbal	374
33.	ANTUNES Catarina Lima	06	SCP	1:17.36	50m	01-03-20	Vila Franca de Xira	368
34.	VALENTE Maria Miguel	06	CDE	1:17.63	50m	07-07-19	Coimbra	365
35.	CALDES Ana Sofia	06	CEN	1:17.74	50m	27-07-19	Loulé	363
36.	MENDES Leonor Roque	06	ADRCIMM	1:17.78	50m	01-03-20	Vila Franca de Xira	362
37.	CAMACHO Carolina Martins	06	SFUAP	1:17.79	50m	01-03-20	Vila Franca de Xira	362
38.	DIAS Julia Alves	06	CDN	1:18.03	50m	25-01-20	Funchal	359
39.	ALVES Catarina Isabel	06	AMINATA	1:18.32	50m	06-07-19	Reguengos de Monsaraz	355
40.	COSTA Anita Gouveia	06	CUC	1:18.81	50m	07-07-19	Coimbra	348
41.	TEMBE Ines Afonso	06	CDN	1:18.85	50m	29-02-20	Funchal	348
42.	SOUSA Constanca Grincho	06	VS	1:19.27	50m	27-07-19	Loulé	342
43.	FERRO Maria Leonor	06	CNF	1:19.36	50m	22-02-20	Funchal	341
44.	BUCHA Marta Filipa	06	VS	1:19.49	50m	13-07-19	Rio Maior	339
45.	GASPAR Beatriz Andre	06	CNAC	1:19.52	50m	07-07-19	Coimbra	339
46.	MENDES Ines Gomes	06	CAP	1:19.54	50m	07-07-19	Famalicao	339
47.	MOITA Ana Carolina	06	GDRTCMM	1:20.07	50m	06-07-19	Reguengos de Monsaraz	332
48.	BERNARDINO Dalila Leal	06	NDAP	1:20.13	50m	07-07-19	Coimbra	331
49.	SOUSA Ivana Valentina	06	CDN	1:20.19	50m	29-02-20	Funchal	331
50.	SOUSA Matilde Teixeira	06	CNV	1:20.44	50m	27-07-19	Loulé	328

200 Mariposa

1.	TINOCO Diana Silva	06	SCC	2:27.98	50m	09-02-20	Lisboa	557
2.	SILVA Ana Francisca	06	CNAL	2:30.11	50m	20-12-20	Oeiras	534
3.	NEVES Gabriela Ferreira	06	FOCA	2:32.89	50m	27-07-19	Loulé	505
4.	FERREIRA Maria Neto	06	FBSC	2:36.88	50m	09-02-20	Lisboa	468
5.	SILVA Eva Perdigao	06	ACRTCMV	2:40.83	50m	27-07-19	Loulé	434
6.	DOMINGOS Filipa Ferraz	06	SCP	2:41.18	50m	27-07-19	Loulé	431
7.	NEVES Beatriz Silva	06	FBSC	2:42.25	50m	09-02-20	Lisboa	423
8.	DINIS Filipa Paiva	06	ADBA	2:43.57	50m	22-02-20	Coimbra	412
9.	ASCENSO Maria Joao	06	DNMG	2:44.24	50m	06-07-19	Coimbra	407
10.	ROMAO Mariana Santos	06	CFV	2:44.93	50m	02-02-20	Povoa de Varzim	402
11.	SANTOS Marta Bailarote	06	CNS	2:47.44	50m	27-07-19	Loulé	385
12.	DURO Leonor Santos	06	CNS	2:47.99	50m	27-07-19	Loulé	381
13.	BROCHADO Mariana Goncalves	06	VNC	2:49.55	50m	02-02-20	Povoa de Varzim	370
14.	BUCHA Marta Filipa	06	VS	2:49.67	50m	27-07-19	Loulé	370
15.	CRAVEIRO Matilde Neves	06	AAC	2:50.10	50m	06-07-19	Coimbra	367
16.	ANTUNES Catarina Lima	06	SCP	2:50.44	50m	01-03-20	Vila Franca de Xira	365
17.	DIAS Julia Alves	06	CDN	2:50.48	50m	22-02-20	Funchal	364
18.	NIZA Beatriz Mocego	06	CNA	2:51.05	50m	01-03-20	Vila Franca de Xira	361
19.	MENDES Ines Gomes	06	CAP	2:51.50	50m	27-07-19	Loulé	358
20.	NOGUEIRA Ines Aires	06	CFP	2:51.62	50m	27-07-19	Loulé	357
21.	GOUVEIA Ana Luisa	06	LSC	2:52.22	50m	27-07-19	Loulé	353
22.	BERNARDINO Dalila Leal	06	NDAP	2:52.53	50m	06-07-19	Coimbra	351
23.	CUNHA Margarida Pinto	06	ADS	2:53.61	50m	27-07-19	Loulé	345
24.	GASPAR Beatriz Andre	06	CNAC	2:53.91	50m	14-07-19	Coimbra	343
25.	GUTERRES Madalena Fragosos	06	SLB	2:54.39	50m	27-07-19	Loulé	340
26.	PINTO Ana Marques	06	CFP	2:55.08	50m	06-07-19	Famalicao	336
27.	SILVA Silvana Suamade	06	CDSR	2:55.32	50m	22-02-20	Funchal	335
28.	TRINDADE Constanca Arinto	06	CNAL	2:55.35	50m	27-07-19	Loulé	335
29.	SOUSA Ivana Valentina	06	CDN	2:55.38	50m	28-02-20	Funchal	335
30.	CAMACHO Carolina Martins	06	SFUAP	2:55.83	50m	07-07-19	Setúbal	332
31.	COSTA Beatriz Portugal	06	SLB	2:57.52	50m	07-07-19	Setúbal	323

200 Mariposa (desde 32)

32.	SA Madalena Correa	06	GESL	2:58.13	50m	07-07-19	Setúbal	319
33.	FERRO Maria Leonor	06	CNF	2:58.65	50m	07-07-19	Funchal	316
34.	BELO Catarina Machado	06	BSCN	2:59.11	50m	06-07-19	Coimbra	314
35.	COSTA Catarina Gomes	06	EULX	2:59.21	50m	07-07-19	Setúbal	314
36.	JARDIM Lara Filipa	06	CNF	3:00.61	50m	28-02-20	Funchal	306
37.	TEMBE Ines Afonso	06	CDN	3:02.08	50m	28-02-20	Funchal	299
38.	ROMAO Ana Teresa	06	LDC	3:02.14	50m	12-07-19	Loulé	299
39.	CARVALHO Mariana Coelho	06	CNS	3:03.70	50m	27-07-19	Loulé	291
40.	CANADA Maria Elvira	06	CDN	3:05.20	50m	25-01-20	Funchal	284
41.	ZACARIAS Mariana Ramos	06	CNS	3:07.10	50m	07-07-19	Setúbal	275
42.	OLIVEIRA Marina Alexandra	06	CNS	3:07.60	50m	27-07-19	Loulé	273
43.	MARQUES Barbara Nunes	06	CDE	3:09.41	50m	06-07-19	Coimbra	265
44.	MOITA Ana Carolina	06	GDRTCMM	3:12.88	50m	06-07-19	Reguengos de Monsaraz	251
45.	OLIVEIRA Matilde Fonseca	06	CNMC	3:13.43	50m	06-07-19	Coimbra	249
46.	FREITAS Barbara Maia	06	CLAC	3:15.85	50m	14-07-19	Rio Maior	240
47.	ALVES Eleonor Dias	06	CNAB	3:16.62	50m	14-07-19	Rio Maior	237
48.	MENDES Margarida Miguel	06	VS	3:16.71	50m	14-07-19	Rio Maior	237
49.	ARROJA Margarida Marques	06	PIMP	3:17.22	50m	06-07-19	Coimbra	235
50.	FLORINDO Helena Neto	06	EFC	3:17.92	50m	06-07-19	Reguengos de Monsaraz	233

200 Estilos

1.	PINTO Leonor Filipa	06	FCP	2:32.39	50m	27-03-21	Coimbra	566
2.	CARAPINHA Ariana Bento	06	DNMG	2:32.69	50m	27-03-21	Coimbra	563
3.	CATALAO Leonor Tavares	06	SCP	2:33.30	50m	27-03-21	Coimbra	556
4.	ANTUNES Rebeca Leonor	06	CNCVG	2:34.56	50m	01-03-20	Vila Franca de Xira	543
5.	COSTA Maria Jardim	06	CDN	2:34.95	50m	22-02-20	Funchal	539
6.	CAMACHO Carolina Martins	06	SFUAP	2:35.09	50m	27-03-21	Coimbra	537
7.	FERREIRA Francisca Santos	06	SAD	2:35.86	50m	01-03-20	Vila Franca de Xira	529
8.	COELHO Maria Leonor	06	SLB	2:36.81	50m	08-02-20	Lisboa	520
9.	FROIS Maria Francisca	06	ADBA	2:37.33	50m	28-07-19	Loulé	515
10.	JESUS Mariana Teixeira	06	CDE	2:37.67	50m	01-02-20	Povoa de Varzim	511
11.	SIMOES Filipa Mendes	06	ADBA	2:38.32	50m	06-07-19	Coimbra	505
12.	PAIS Joana Ventura	06	FBSC	2:38.78	50m	11-01-20	Coimbra	501
13.	FERREIRA Maria Joao	06	FOCA	2:38.88	50m	01-02-20	Povoa de Varzim	500
14.	FERREIRA Maria Neto	06	FBSC	2:38.93	50m	11-01-20	Coimbra	499
15.	LOPES Matilde Nunes	06	SLB	2:39.22	50m	08-02-20	Lisboa	497
15.	VALENTE Maria Esteves	06	SLB	2:39.22	50m	01-03-20	Vila Franca de Xira	497
17.	SANTOS Marta Bailarote	06	CNS	2:40.08	50m	28-07-19	Loulé	489
18.	RAMOS Joana Barbas	06	CAPGE	2:40.36	50m	27-03-21	Coimbra	486
19.	BRITES Marta Lopes	06	CNPDL	2:40.40	50m	28-07-19	Loulé	486
20.	PARRA Joana Santos	06	CNOL	2:41.43	50m	28-07-19	Loulé	476
21.	HERMOSA Beatriz Carvalho	06	FCP	2:41.44	50m	28-07-19	Loulé	476
22.	SOARES Miriam Mortagua	06	CGA	2:41.56	50m	28-07-19	Loulé	475
23.	SA Madalena Correa	06	GESL	2:41.83	50m	01-03-20	Vila Franca de Xira	473
24.	DIAS Julia Alves	06	CDN	2:41.88	50m	28-02-20	Funchal	472
25.	TINOCO Diana Silva	06	SCC	2:42.07	50m	06-07-19	Coimbra	471
25.	NOVAIS Regina Correia	06	FOCA	2:42.07	50m	28-07-19	Loulé	471
27.	COSTA Daniela Alexandra	06	LSC	2:42.36	50m	28-07-19	Loulé	468
28.	DEUS Ines Portugal	06	CNF	2:42.56	50m	28-02-20	Funchal	466
29.	ALVES Maria Madalena	06	ADBA	2:42.78	50m	28-07-19	Loulé	465
30.	MARTINS Ines Cravo	06	LDC	2:43.04	50m	07-07-19	Loulé	462
31.	BRIZIDA Filipa Roma	06	ADBA	2:43.08	50m	28-07-19	Loulé	462
32.	BELO Catarina Cunha	06	FBSC	2:43.56	50m	28-07-19	Loulé	458

200 Estilos (desde 33)

33.	DINIS Filipa Paiva	06	ADBA	2:43.76	50m	06-07-19	Coimbra	456
34.	AMORIM Ines Santos	06	EDV	2:44.08	50m	28-07-19	Loulé	454
35.	MENDES Ines Gomes	06	CAP	2:44.12	50m	01-02-20	Povoa de Varzim	453
36.	DOMINGOS Filipa Ferraz	06	SCP	2:44.13	50m	01-03-20	Vila Franca de Xira	453
37.	NEVES Gabriela Ferreira	06	FOCA	2:44.33	50m	07-07-19	Famalicao	452
38.	COSTA Anita Gouveia	06	CUC	2:44.40	50m	06-07-19	Coimbra	451
39.	TEIXEIRA Ines Correia	06	CNA	2:44.60	50m	07-07-19	Setúbal	449
39.	BARBEITO Laura Espinola	06	NSIT	2:44.60	50m	08-02-20	Lisboa	449
41.	SEQUEIRA Beatriz Meneses	06	CNF	2:44.80	50m	28-02-20	Funchal	448
42.	CRAVEIRO Matilde Neves	06	AAC	2:45.08	50m	28-07-19	Loulé	445
43.	ALEGRE Diana Salgueiro	06	LDC	2:45.15	50m	07-07-19	Loulé	445
44.	DOMINGUES Vitoria Cruz	06	CNVA	2:45.53	50m	06-07-19	Coimbra	442
45.	NEVES Beatriz Silva	06	FBSC	2:46.01	50m	11-01-20	Coimbra	438
46.	NIZA Beatriz Mocego	06	CNA	2:46.10	50m	28-07-19	Loulé	437
47.	SILVA Silvana Suamade	06	CDSR	2:46.22	50m	22-02-20	Funchal	436
48.	FLORINDO Helena Neto	06	EFC	2:46.40	50m	28-07-19	Loulé	435
49.	SILVA Maria Seixeira	06	VNC	2:46.41	50m	28-07-19	Loulé	435
50.	NETO Lara Gomes	06	CAP	2:46.52	50m	07-07-19	Famalicao	434

400 Estilos

1.	CARAPINHA Ariana Bento	06	DNMG	5:18.45	50m	27-03-21	Coimbra	585
2.	PINTO Leonor Filipa	06	FCP	5:24.57	50m	27-03-21	Coimbra	552
3.	TINOCO Diana Silva	06	SCC	5:28.56	50m	22-02-20	Coimbra	532
4.	CAMACHO Carolina Martins	06	SFUAP	5:29.50	50m	09-02-20	Lisboa	528
5.	SIMOES Filipa Mendes	06	ADBA	5:32.98	50m	06-07-19	Coimbra	511
6.	COELHO Maria Leonor	06	SLB	5:33.76	50m	07-07-19	Setúbal	508
7.	LOPES Matilde Nunes	06	SLB	5:34.68	50m	07-07-19	Setúbal	504
8.	PAIS Joana Ventura	06	FBSC	5:36.10	50m	22-02-20	Coimbra	497
9.	SILVA Ana Francisca	06	CNAL	5:37.27	50m	28-07-19	Loulé	492
10.	FROIS Maria Francisca	06	ADBA	5:38.16	50m	06-07-19	Coimbra	488
11.	VALENTE Maria Esteves	06	SLB	5:38.69	50m	07-07-19	Setúbal	486
12.	FERREIRA Maria Joao	06	FOCA	5:38.94	50m	28-07-19	Loulé	485
13.	PIRES Catarina Gaspar	06	FCP	5:39.34	50m	28-07-19	Loulé	483
14.	NEVES Gabriela Ferreira	06	FOCA	5:39.70	50m	06-07-19	Famalicao	482
15.	DIAS Julia Alves	06	CDN	5:40.14	50m	29-02-20	Funchal	480
16.	SA Madalena Correa	06	GESL	5:40.53	50m	29-02-20	Vila Franca de Xira	478
17.	FERREIRA Maria Neto	06	FBSC	5:41.40	50m	06-07-19	Coimbra	474
18.	SOARES Miriam Mortagua	06	CGA	5:43.18	50m	06-07-19	Coimbra	467
19.	GAMA Beatriz Fernandes	06	SCP	5:43.88	50m	29-02-20	Vila Franca de Xira	464
20.	DOMINGOS Filipa Ferraz	06	SCP	5:44.20	50m	28-07-19	Loulé	463
21.	SILVA Ines Gaspar	06	GESL	5:45.65	50m	29-02-20	Vila Franca de Xira	457
22.	FARIA Leonor Verissimo	06	NDAP	5:45.80	50m	06-07-19	Coimbra	457
23.	GOMES Lia Beatriz	06	VSC	5:46.16	50m	06-07-19	Famalicao	455
24.	PARRA Joana Santos	06	CNOL	5:46.27	50m	07-07-19	Loulé	455
25.	COSTA Anita Gouveia	06	CUC	5:46.48	50m	06-07-19	Coimbra	454
26.	NEVES Beatriz Silva	06	FBSC	5:46.58	50m	22-02-20	Coimbra	453
27.	GASPAR Beatriz Andre	06	CNAC	5:47.97	50m	22-02-20	Coimbra	448
28.	SEQUEIRA Beatriz Meneses	06	CNF	5:48.12	50m	06-07-19	Funchal	447
29.	MENDES Ines Gomes	06	CAP	5:50.56	50m	28-07-19	Loulé	438
30.	COSTA Beatriz Portugal	06	SLB	5:51.09	50m	29-02-20	Vila Franca de Xira	436
31.	JESUS Mariana Teixeira	06	CDE	5:51.97	50m	28-07-19	Loulé	433
32.	DEUS Ines Portugal	06	CNF	5:52.54	50m	06-07-19	Funchal	431
33.	BELO Catarina Machado	06	BSCN	5:52.69	50m	28-07-19	Loulé	430

400 Estilos (desde 34)

34.	PEIXOTO Carolina Esteves	06	SCB	5:53.13	50m	28-07-19	Loulé	429
35.	MENDES Leonor Roque	06	ADRCIMM	5:53.32	50m	29-02-20	Vila Franca de Xira	428
36.	BRIZIDA Filipa Roma	06	ADBA	5:53.72	50m	06-07-19	Coimbra	427
36.	ROMAO Ana Teresa	06	LDC	5:53.72	50m	07-07-19	Loulé	427
38.	NOGUEIRA Ines Aires	06	CFP	5:53.86	50m	06-07-19	Famalicao	426
39.	DURO Leonor Santos	06	CNS	5:54.34	50m	28-07-19	Loulé	424
40.	SILVA Silvana Suamade	06	CDSR	5:54.57	50m	28-07-19	Loulé	423
41.	MESQUITA Carolina Mestre	06	CNGUA	5:55.15	50m	28-07-19	Loulé	421
42.	FERREIRA Matilde Batista	06	FBSC	5:55.35	50m	28-07-19	Loulé	421
43.	MATTA Ema Faria	06	CNCVG	5:55.57	50m	07-07-19	Setúbal	420
44.	RAMOS Joana Barbas	06	CAPGE	5:55.66	50m	06-07-19	Coimbra	420
45.	TASHKULOVA Diana	06	CGA	5:55.81	50m	06-07-19	Coimbra	419
46.	VALE Ines Barbosa	06	GDNFAMA	5:56.73	50m	28-07-19	Loulé	416
47.	MADEIRA Margarida Correia	06	DNMG	5:57.37	50m	06-07-19	Coimbra	414
47.	NEVES Diana Patricia	06	CNH	5:57.37	50m	28-07-19	Loulé	414
49.	CALDES Ana Sofia	06	CEN	5:57.95	50m	05-07-19	Reguengos de Monsaraz	412
50.	GUTERRES Madalena Fragos	06	SLB	5:58.31	50m	07-07-19	Setúbal	410