

16 anos, Masc., Piscina longa (50m)

01-07-2019-16-05-2021

**50 Livres**

1.	HEINIO-WIDELL Nick	05	SAD	25.05	50m	28-03-21	Coimbra	581
2.	SANTOS Tomas Carvalho	05	ALN	27.96	50m	11-01-20	Coimbra	418
3.	VOLOZHENIN Alexandre	05	CNF	28.31	50m	23-02-20	Funchal	402
4.	CASQUINHA Pedro Dinis	05	FS	28.33	50m	09-02-20	Lisboa	402
5.	CARDOSO Guilherme Maia	05	SCC	28.37	50m	11-01-20	Coimbra	400
6.	LEITAO Andre Freitas	05	CNF	28.40	50m	29-02-20	Funchal	399
7.	CARVALHO Diogo Rodrigues	05	GRVM	28.46	50m	11-01-20	Coimbra	396
8.	SILVA Tony Stefano	05	CNF	28.62	50m	23-02-20	Funchal	389
9.	ROCHA Jose Miguel	05	SCC	28.80	50m	11-01-20	Coimbra	382
10.	SANTOS Goncalo Carvalho	05	ALN	29.01	50m	11-01-20	Coimbra	374
11.	SOUSA Lourenco Quintas	05	CNF	29.11	50m	23-02-20	Funchal	370
12.	ALVES Afonso Pires	05	JACL	29.43	50m	23-02-20	Funchal	358
13.	GONCALVES Andre Marques	05	CNBE	30.56	50m	13-07-19	Loulé	320
14.	GONCALVES Ruben Miguel	05	LDC	30.69	50m	13-07-19	Loulé	316
15.	LIBERAL Afonso Bicas	05	CSAAXXI	30.87	50m	11-01-20	Coimbra	310
16.	ALVES Luis Fernandez	05	CDN	30.92	50m	29-02-20	Funchal	309
17.	ALMEIDA Dinis Santos	05	FS	31.05	50m	09-02-20	Lisboa	305
18.	GOMES Jorge Miguel	05	GCF	31.46	50m	11-01-20	Coimbra	293
19.	DIAS Diogo Simoes	05	ALN	31.98	50m	11-01-20	Coimbra	279
20.	MENDES Tome Santiago	05	GRVM	32.06	50m	11-01-20	Coimbra	277
21.	SOUSA Luis Miguel	05	CSM	32.45	50m	29-02-20	Funchal	267
22.	MENDES Juan Diego	05	CDN	33.47	50m	29-02-20	Funchal	243
23.	PEREIRA Vicente Barros	05	SCP	33.74	50m	13-02-21	Oeiras	238
24.	CORREIA Rodrigo Ramos	05	CDN	34.61	50m	29-02-20	Funchal	220
25.	CUNHA Tiago Santos	05	CAQC	35.74	50m	11-01-20	Coimbra	200
26.	NUNES Andre Maltez	05	CDN	35.92	50m	29-02-20	Funchal	197
27.	RASCAO Martim Costeira	05	JFP	37.41	50m	11-01-20	Coimbra	174
28.	OLIVEIRA Daniel Mendo	05	APPDAC	38.43	50m	25-01-20	Rio Maior	161
29.	VALE Fernando Daniel	05	ASC	1:02.88	50m	03-11-19	Porto	36
30.	SILVA Welisson Goncalo	05	ASC	1:07.95	50m	03-11-19	Porto	29

**100 Livres**

1.	HEINIO-WIDELL Nick	05	SAD	54.34	50m	27-03-21	Coimbra	643
2.	SILVA Diogo Miguel	05	CGA	56.68	50m	27-03-21	Coimbra	566
3.	ROSA Simao Dinis	05	CNTN	56.70	50m	27-07-19	Loulé	566
4.	PINHEIRO Joao Seixedo	05	CNLX	57.11	50m	27-03-21	Coimbra	554
5.	SOUSA Afonso Coelho	05	NSIT	57.57	50m	08-02-20	Lisboa	541
6.	CUNHA Vasco Goncalves	05	CFP	57.90	50m	02-02-20	Povoa de Varzim	531
7.	CORTES Martim Silva	05	AONDA	57.95	50m	08-02-20	Lisboa	530
8.	CABRAL Jose Pinto	05	VS	58.33	50m	27-07-19	Loulé	520
9.	AMARAL Francisco Xavier	05	NBM	58.38	50m	08-02-20	Lisboa	518
10.	ALVAREZ Pedro Mahua	05	SCP	58.41	50m	01-03-20	Vila Franca de Xira	518
11.	CARVALHO Joao Carlos	05	SCB	58.47	50m	18-01-20	Povoa de Varzim	516
12.	DIAS Diogo Rafael	05	DRCN	58.51	50m	01-03-20	Vila Franca de Xira	515
13.	OLIVEIRA Miguel Fernandes	05	DNMG	58.74	50m	07-07-19	Coimbra	509
14.	SILVA Afonso Carvalho	05	GDNFAMA	58.77	50m	06-07-19	Famalicao	508
15.	MARQUES Andre Henriques	05	SLB	58.83	50m	27-07-19	Loulé	506
16.	VASCONCELOS Francisco Lo05anc	05	GESL	59.15	50m	08-02-20	Lisboa	498
17.	VIEIRA Eduardo Gabriel	05	NBM	59.20	50m	08-02-20	Lisboa	497
18.	ANACLETO Miguel Correia	05	SCP	59.28	50m	01-03-20	Vila Franca de Xira	495
19.	DURO Tomas Ferreira	05	ADRCIMM	59.30	50m	01-03-20	Vila Franca de Xira	495
20.	RIBEIRO Vasco Almeida	05	CCLAMAS	59.39	50m	06-07-19	Famalicao	492

**100 Livres (desde 21)**

21.	OLIVEIRA Diogo Alexandre	05	CNF	59.42	50m	22-02-20	Funchal	492
22.	GONCALVES Jose Luis	05	ADF	59.45	50m	02-02-20	Povoa de Varzim	491
23.	SOUSA David Joao	05	ACRTCMV	59.47	50m	27-07-19	Loulé	490
24.	PEREIRA Tomas Coelho	05	ADP	59.55	50m	18-01-20	Povoa de Varzim	488
25.	MOREIRA Lucas Filipe	05	ADBA	59.59	50m	27-07-19	Loulé	487
26.	SARREIRA Tomas Amor	05	DNMG	59.77	50m	27-07-19	Loulé	483
27.	FRIBERGH Joel Michael	05	AHBE	59.86	50m	08-02-20	Lisboa	481
28.	CARDOSO Guilherme Maia	05	SCC	59.94	50m	02-02-20	Povoa de Varzim	479
29.	SANTOS Tomas Carvalho	05	ALN	1:00.13	50m	27-07-19	Loulé	474
30.	RODRIGUES Joao Luis	05	CNF	1:00.14	50m	28-02-20	Funchal	474
31.	SILVA Goncalo Manuel	05	FCP	1:00.39	50m	18-01-20	Povoa de Varzim	468
32.	CARVALHO Goncalo Duarte	05	SLB	1:00.42	50m	01-03-20	Vila Franca de Xira	468
33.	MOUTELA Dinis Amorim	05	CDE	1:00.44	50m	02-02-20	Povoa de Varzim	467
34.	SILVA Tomas Caineta	05	CDE	1:00.57	50m	02-02-20	Povoa de Varzim	464
35.	RIBEIRO Filipe Silva	05	LSC	1:00.73	50m	02-02-20	Povoa de Varzim	460
36.	BRAS Rodrigo Martins	05	CFB	1:00.77	50m	01-03-20	Vila Franca de Xira	459
37.	GRACIOSO Goncalo Pereira	05	AONDA	1:00.79	50m	01-03-20	Vila Franca de Xira	459
38.	PINHO Celso Rodrigues	05	SCE	1:00.92	50m	02-02-20	Povoa de Varzim	456
39.	FREITAS Filipe Simoes	05	SCP	1:01.16	50m	27-07-19	Loulé	451
40.	FIGUEIRA Samuel Baptista	05	CNMC	1:01.21	50m	22-02-20	Coimbra	450
40.	VOLOZHENIN Alexandre	05	CNF	1:01.21	50m	28-02-20	Funchal	450
42.	SILVA Eduardo Costa	05	FCP	1:01.34	50m	27-07-19	Loulé	447
43.	RICARDO Joao Daniel	05	CNBE	1:01.36	50m	27-07-19	Loulé	446
44.	ROCHA Jose Miguel	05	SCC	1:01.39	50m	02-02-20	Povoa de Varzim	446
45.	BARTOLO Tiago Silva	05	SAD	1:01.42	50m	08-02-20	Lisboa	445
46.	MACHADO Diogo Pimentel	05	CAFBDP	1:01.48	50m	27-07-19	Loulé	444
47.	COSTA Afonso Lucio	05	SCP	1:01.52	50m	27-07-19	Loulé	443
48.	MIMOSO Rodrigo Ferreira	05	SLB	1:01.57	50m	01-03-20	Vila Franca de Xira	442
49.	FERRAO Gabriel Carvalho	05	CDCP	1:01.65	50m	08-02-20	Lisboa	440
50.	TEIXEIRA Tomas Borges	05	NSIT	1:01.71	50m	27-07-19	Loulé	439

**200 Livres**

1.	HEINIO-WIDELL Nick	05	SAD	2:02.27	50m	27-03-21	Coimbra	580
2.	ANSELMO Raul Sousa	05	CAFBDP	2:02.39	50m	27-03-21	Coimbra	578
3.	OLIVEIRA Miguel Fernandes	05	DNMG	2:02.94	50m	27-03-21	Coimbra	571
4.	SARREIRA Tomas Amor	05	DNMG	2:02.96	50m	27-03-21	Coimbra	570
5.	SILVA Afonso Carvalho	05	GDNFAMA	2:04.42	50m	27-07-19	Loulé	550
6.	FERRAO Gabriel Carvalho	05	CDCP	2:04.44	50m	29-02-20	Vila Franca de Xira	550
7.	PINHEIRO Joao Seixedo	05	CNLX	2:04.69	50m	27-03-21	Coimbra	547
8.	SOUSA Afonso Coelho	05	NSIT	2:05.99	50m	09-02-20	Lisboa	530
9.	ROSA Simao Dinis	05	CNTN	2:06.60	50m	14-07-19	Rio Maior	522
10.	PERLOIRO Salvador Goya	05	SLB	2:07.13	50m	27-07-19	Loulé	516
11.	CARDOSO Guilherme Maia	05	SCC	2:07.23	50m	09-02-20	Lisboa	515
12.	GONCALVES Alexandre Ramalho	05	CCLAMAS	2:07.38	50m	27-07-19	Loulé	513
13.	CORTES Martim Silva	05	AONDA	2:07.50	50m	09-02-20	Lisboa	512
14.	SILVA Diogo Miguel	05	CGA	2:07.91	50m	27-03-21	Coimbra	507
15.	MOREIRA Lucas Filipe	05	ADBA	2:08.03	50m	22-02-20	Coimbra	505
16.	PINTO Tiago Rodrigues	05	SCP	2:08.10	50m	29-02-20	Vila Franca de Xira	504
17.	ALVAREZ Pedro Mahua	05	SCP	2:08.21	50m	29-02-20	Vila Franca de Xira	503
18.	SOUSA Joao Maria	05	SCB	2:08.36	50m	27-07-19	Loulé	501
19.	VIEIRA Eduardo Gabriel	05	NBM	2:08.66	50m	22-02-20	Coimbra	498
20.	CARVALHO Joao Carlos	05	SCB	2:09.07	50m	27-07-19	Loulé	493
21.	AMADO Afonso Miguel	05	CNMC	2:09.93	50m	22-02-20	Coimbra	483

**200 Livres (desde 22)**

22.	CUNHA Vasco Goncalves	05	CFP	2:10.26	50m	01-02-20	Povoa de Varzim	480
23.	ANACLETO Miguel Correia	05	SCP	2:10.34	50m	29-02-20	Vila Franca de Xira	479
24.	GONCALVES Jose Luis	05	ADF	2:10.42	50m	27-07-19	Loulé	478
25.	RIBEIRO Vasco Almeida	05	CCLAMAS	2:10.44	50m	27-07-19	Loulé	478
26.	AMADO Pedro Maria	05	SAD	2:10.63	50m	29-02-20	Vila Franca de Xira	476
27.	DIAS Andre Vicente	05	CDN	2:11.21	50m	22-02-20	Funchal	469
28.	FERREIRA Alexandre Sousa	05	GDNFAMA	2:11.22	50m	01-02-20	Povoa de Varzim	469
29.	ROCHA Jose Miguel	05	SCC	2:11.47	50m	09-02-20	Lisboa	467
30.	SANTOS Tomas Carvalho	05	ALN	2:11.59	50m	22-02-20	Coimbra	465
31.	GONCALVES Dinis Queiroz	05	SCB	2:11.85	50m	01-02-20	Povoa de Varzim	462
32.	OLIVEIRA Diogo Alexandre	05	CNF	2:11.94	50m	27-07-19	Loulé	462
33.	FREITAS Filipe Simoes	05	SCP	2:12.12	50m	07-07-19	Setúbal	460
34.	CABRAL Jose Pinto	05	VS	2:12.30	50m	14-07-19	Rio Maior	458
35.	RIBEIRO Filipe Silva	05	LSC	2:12.40	50m	01-02-20	Povoa de Varzim	457
36.	CARVALHO Goncalo Duarte	05	SLB	2:12.71	50m	29-02-20	Vila Franca de Xira	454
37.	TEIXEIRA Tomas Borges	05	NSIT	2:13.26	50m	09-02-20	Lisboa	448
38.	AMARAL Francisco Xavier	05	NBM	2:13.50	50m	22-02-20	Coimbra	446
39.	BARTOLO Tiago Silva	05	SAD	2:13.66	50m	29-02-20	Vila Franca de Xira	444
40.	MENDES Diogo Alexandre	05	CNVA	2:13.71	50m	06-07-19	Coimbra	443
41.	MOUTELA Dinis Amorim	05	CDE	2:13.86	50m	06-07-19	Coimbra	442
41.	NETO Vasco Goncalves	05	FCP	2:13.86	50m	01-02-20	Povoa de Varzim	442
43.	MARQUES Andre Henriques	05	SLB	2:13.99	50m	28-02-20	Vila Franca de Xira	441
44.	VASCONCELOS Francisco Lourenco	05	GESL	2:14.06	50m	28-02-20	Vila Franca de Xira	440
45.	ROCHA Goncalo Queiroga	05	SCB	2:14.22	50m	27-07-19	Loulé	438
46.	PINTO Rodrigo Barroso	05	FCP	2:14.38	50m	06-07-19	Famalicao	437
47.	MACHADO Diogo Pimentel	05	CAFBDP	2:14.46	50m	09-02-20	Lisboa	436
48.	RICARDO Joao Daniel	05	CNBE	2:15.14	50m	07-07-19	Loulé	429
49.	RODRIGUES Joao Luis	05	CNF	2:15.78	50m	06-07-19	Funchal	423
50.	SILVA Guilherme Gomes	05	AEJ	2:16.06	50m	13-07-19	Coimbra	421

**400 Livres**

1.	SARREIRA Tomas Amor	05	DNMG	4:19.10	50m	28-03-21	Coimbra	612
2.	ANSELMO Raul Sousa	05	CAFBDP	4:21.01	50m	28-03-21	Coimbra	599
3.	SILVA Afonso Carvalho	05	GDNFAMA	4:23.52	50m	26-07-19	Loulé	582
4.	CARDOSO Guilherme Maia	05	SCC	4:26.41	50m	08-02-20	Lisboa	563
5.	OLIVEIRA Miguel Fernandes	05	DNMG	4:26.63	50m	26-07-19	Loulé	562
6.	FERRAO Gabriel Carvalho	05	CDCP	4:28.37	50m	01-03-20	Vila Franca de Xira	551
7.	CARVALHO Joao Carlos	05	SCB	4:29.20	50m	02-02-20	Povoa de Varzim	546
8.	SOUSA Joao Maria	05	SCB	4:29.41	50m	02-02-20	Povoa de Varzim	545
9.	OLIVEIRA Diogo Alexandre	05	CNF	4:29.93	50m	08-02-20	Lisboa	541
10.	PERLOIRO Salvador Goya	05	SLB	4:31.23	50m	26-07-19	Loulé	534
11.	AMADO Afonso Miguel	05	CNMC	4:31.57	50m	26-07-19	Loulé	532
12.	GONCALVES Alexandre Ramalho	05	CCLAMAS	4:32.86	50m	26-07-19	Loulé	524
13.	NETO Vasco Goncalves	05	FCP	4:33.81	50m	02-02-20	Povoa de Varzim	519
14.	MARQUES Andre Henriques	05	SLB	4:33.92	50m	01-03-20	Vila Franca de Xira	518
15.	SOUSA Afonso Coelho	05	NSIT	4:34.37	50m	26-07-19	Loulé	516
16.	RIBEIRO Vasco Almeida	05	CCLAMAS	4:34.79	50m	26-07-19	Loulé	513
17.	AMADO Pedro Maria	05	SAD	4:35.91	50m	01-03-20	Vila Franca de Xira	507
18.	ALVAREZ Pedro Mahua	05	SCP	4:36.10	50m	26-07-19	Loulé	506
19.	MOREIRA Lucas Filipe	05	ADBA	4:36.75	50m	26-07-19	Loulé	502
20.	FERREIRA Alexandre Sousa	05	GDNFAMA	4:37.23	50m	02-02-20	Povoa de Varzim	500
21.	BARBOSA Diogo Sousa	05	SLB	4:37.27	50m	01-03-20	Vila Franca de Xira	500
22.	SILVA Diogo Miguel	05	CGA	4:37.38	50m	06-07-19	Coimbra	499

**400 Livres (desde 23)**

23.	ANACLETO Miguel Correia	05	SCP	4:37.87	50m	26-07-19	Loulé	496
24.	PINTO Tiago Rodrigues	05	SCP	4:38.68	50m	26-07-19	Loulé	492
25.	SOUSA David Joao	05	ACRTCMV	4:39.01	50m	06-07-19	Coimbra	490
26.	PINTO Rodrigo Barroso	05	FCP	4:39.27	50m	26-07-19	Loulé	489
27.	ROCHA Jose Miguel	05	SCC	4:39.45	50m	11-01-20	Coimbra	488
28.	SA Jose Manuel	05	SCP	4:39.74	50m	01-03-20	Vila Franca de Xira	486
29.	DIAS Andre Vicente	05	CDN	4:40.18	50m	22-02-20	Funchal	484
30.	ASCENSO Afonso Manuel	05	DNMG	4:40.45	50m	06-07-19	Coimbra	483
31.	GONCALVES Dinis Queiroz	05	SCB	4:41.39	50m	02-02-20	Povoa de Varzim	478
32.	MACHADO Diogo Pimentel	05	CAFBDP	4:41.82	50m	08-02-20	Lisboa	476
33.	CABRAL Jose Pinto	05	VS	4:41.87	50m	12-07-19	Rio Maior	475
34.	VIEIRA Eduardo Gabriel	05	NBM	4:41.94	50m	06-07-19	Coimbra	475
35.	GOUVEIA Luis Galvao	05	CDN	4:42.64	50m	22-02-20	Funchal	472
36.	RODRIGUES Joao Luis	05	CNF	4:42.82	50m	05-07-19	Funchal	471
37.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	4:44.50	50m	07-07-19	Famalicao	462
38.	ROSA Simao Dinis	05	CNTN	4:45.09	50m	12-07-19	Rio Maior	459
39.	LADYKA Antonio Iuri	05	CNAL	4:45.33	50m	06-07-19	Coimbra	458
40.	CARVALHO Goncalo Duarte	05	SLB	4:45.85	50m	06-07-19	Setúbal	456
41.	NUNES Carlos Daniel	05	CCDSM	4:46.05	50m	12-07-19	Rio Maior	455
42.	CORTES Martim Silva	05	AONDA	4:46.64	50m	06-07-19	Setúbal	452
43.	PEREIRA Manuel Angelo	05	SCP	4:46.68	50m	01-03-20	Vila Franca de Xira	452
44.	SILVA Eduardo Costa	05	FCP	4:46.88	50m	07-07-19	Famalicao	451
45.	SILVA Goncalo Manuel	05	FCP	4:46.97	50m	02-02-20	Povoa de Varzim	450
46.	PINHEIRO Joao Seixedo	05	CNS	4:47.10	50m	06-07-19	Setúbal	450
47.	ALMEIDA Miguel Cordeiro	05	SAD	4:47.59	50m	06-07-19	Setúbal	448
48.	GABOLEIRO Guilherme Filipe	05	CNRM	4:47.68	50m	12-07-19	Rio Maior	447
49.	MORGADO Vasco Alves	05	SAD	4:47.70	50m	01-03-20	Vila Franca de Xira	447
50.	SILVA Guilherme Gomes	05	AEJ	4:47.81	50m	06-07-19	Coimbra	447

**800 Livres**

1.	ANSELMO Raul Sousa	05	CAFBDP	8:57.39	50m	28-03-21	Coimbra	595
2.	SANTOS Nuno Goncalo	05	CDSR	10:00.80	50m	29-02-20	Funchal	426
3.	BONANCA Artur Osorio	05	CNFA	10:18.03	50m	12-07-19	Loulé	391
4.	VIEIRA Eduardo Gabriel	05	NBM	10:34.87	50m	14-07-19	Coimbra	361

**1500 Livres**

1.	ANSELMO Raul Sousa	05	CAFBDP	17:02.96	50m	27-03-21	Coimbra	617
2.	SOUSA Joao Maria	05	SCB	17:15.43	50m	27-03-21	Coimbra	595
3.	CARVALHO Joao Carlos	05	SCB	17:16.28	50m	27-03-21	Coimbra	593
4.	CARDOSO Guilherme Maia	05	SCC	17:29.89	50m	26-07-19	Loulé	571
5.	SARREIRA Tomas Amor	05	DNMG	17:35.16	50m	27-03-21	Coimbra	562
6.	OLIVEIRA Diogo Alexandre	05	CNF	17:52.13	50m	28-02-20	Funchal	536
7.	FERREIRA Alexandre Sousa	05	GDNFAMA	17:58.25	50m	26-07-19	Loulé	527
8.	AMADO Pedro Maria	05	SAD	18:11.12	50m	26-07-19	Loulé	508
9.	ALMEIDA Joao Neves	05	FBSC	18:11.48	50m	22-02-20	Coimbra	508
10.	SANTOS Tomas Carvalho	05	ALN	18:14.31	50m	26-07-19	Loulé	504
11.	SILVA Eduardo Costa	05	FCP	18:14.82	50m	26-07-19	Loulé	503
12.	BARBOSA Diogo Sousa	05	SLB	18:15.25	50m	28-02-20	Vila Franca de Xira	502
13.	ASCENSO Afonso Manuel	05	DNMG	18:16.35	50m	26-07-19	Loulé	501
14.	GONCALVES Alexandre Ramo	05	CCLAMAS	18:17.23	50m	06-07-19	Famalicao	500
15.	GONCALVES Jose Luis	05	ADF	18:18.46	50m	06-07-19	Famalicao	498
16.	FREITAS Filipe Simoes	05	SCP	18:22.10	50m	06-07-19	Setúbal	493

1500 Livres (desde 17)

17.	PAIVA Ruben Ferreira	05	ADS	18:22.43	50m	22-02-20	Coimbra	493
18.	NETO Vasco Goncalves	05	FCP	18:24.04	50m	06-07-19	Famalicao	491
19.	MARQUES Andre Henriques	05	SLB	18:26.60	50m	28-02-20	Vila Franca de Xira	487
20.	CASTRO Guilherme Coutinho	05	GDNFAMA	18:27.10	50m	26-07-19	Loulé	486
21.	SILVA Diogo Miguel	05	CGA	18:29.84	50m	07-07-19	Coimbra	483
22.	ROCHA Goncalo Queiroga	05	SCB	18:30.08	50m	26-07-19	Loulé	483
23.	PINTO Rodrigo Barroso	05	FCP	18:33.06	50m	06-07-19	Famalicao	479
24.	PINTO Tiago Rodrigues	05	SCP	18:34.09	50m	06-07-19	Setúbal	477
25.	NUNES Carlos Daniel	05	CCDSM	18:34.68	50m	26-07-19	Loulé	477
26.	SA Jose Manuel	05	SCP	18:35.82	50m	28-02-20	Vila Franca de Xira	475
27.	PEREIRA Manuel Angelo	05	SCP	18:42.26	50m	06-07-19	Setúbal	467
28.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	18:44.15	50m	06-07-19	Famalicao	465
29.	GOUVEIA Luis Galvao	05	CDN	18:45.22	50m	26-07-19	Loulé	463
30.	PIRES Jose Pedro	05	LDC	18:50.55	50m	14-07-19	Loulé	457
31.	LADYKA Antonio Iuri	05	CNAL	18:51.42	50m	07-07-19	Coimbra	456
32.	ROCHA Jose Miguel	05	SCC	18:54.02	50m	07-07-19	Coimbra	453
33.	MOREIRA Lucas Filipe	05	ADBA	18:55.24	50m	07-07-19	Coimbra	451
34.	GABOLEIRO Guilherme Filipe	05	CNRM	19:00.31	50m	13-07-19	Rio Maior	445
35.	SANTOS Goncalo Carvalho	05	ALN	19:01.10	50m	07-07-19	Coimbra	444
36.	DIAS Pedro Anselmo	05	AVFC	19:04.08	50m	07-07-19	Coimbra	441
37.	MORGADO Vasco Alves	05	SAD	19:06.46	50m	28-02-20	Vila Franca de Xira	438
38.	OLIVEIRA Jose Francisco	05	ADBA	19:10.84	50m	07-07-19	Coimbra	433
39.	GONCALVES Dinis Queiroz	05	SCB	19:12.72	50m	26-07-19	Loulé	431
40.	MAGALHAES Andre Lima	05	FCP	19:15.39	50m	06-07-19	Famalicao	428
41.	MARTINS Tiago Ventura	05	FOCA	19:20.51	50m	06-07-19	Famalicao	422
42.	RODRIGUES Rodrigo Fernando	05	VSC	19:24.38	50m	06-07-19	Famalicao	418
43.	GLAVATSKYY Antonio	05	AAC	19:26.61	50m	22-02-20	Coimbra	416
44.	ALEKSYEYEV Artur Paulo	05	VS	19:27.69	50m	13-07-19	Rio Maior	415
45.	CAPRICHIO Diogo Botelho	05	SCP	19:34.24	50m	28-02-20	Vila Franca de Xira	408
46.	RODRIGUES Joao Ferreira	05	GESL	19:34.74	50m	28-02-20	Vila Franca de Xira	407
47.	LAFUENTE Miguel Teixeira	05	FCP	19:37.68	50m	06-07-19	Famalicao	404
48.	GABOLEIRO Ricardo Filipe	05	CNRM	19:38.98	50m	13-07-19	Rio Maior	403
49.	RIBEIRO Filipe Silva	05	LSC	19:41.74	50m	06-07-19	Famalicao	400
50.	DURO Tomas Ferreira	05	ADRCIMM	19:51.54	50m	06-07-19	Setúbal	390

50 Costas

1.	PEREIRA Tomas Coelho	05	ADP	29.48	50m	02-02-20	Povoa de Varzim	539
2.	OLIVEIRA Miguel Fernandes	05	DNMG	30.30	50m	27-03-21	Coimbra	496
3.	OLIVEIRA Diogo Alexandre	05	CNF	30.74	50m	23-02-20	Funchal	475
4.	DIAS Andre Vicente	05	CDN	31.15	50m	23-02-20	Funchal	457
5.	LEITAO Andre Freitas	05	CNF	31.68	50m	28-02-20	Funchal	434
6.	ALVES Vasco Soares	05	CFP	31.95	50m	01-02-20	Povoa de Varzim	423
7.	ROSARIO Alexandre Rocha	05	LDC	33.83	50m	12-07-19	Loulé	357
8.	BONANCA Artur Osorio	05	CNFA	35.38	50m	12-07-19	Loulé	312
9.	SANTOS Goncalo Carvalho	05	ALN	35.62	50m	11-01-20	Coimbra	305
10.	ALMEIDA Dinis Santos	05	FS	37.09	50m	08-02-20	Lisboa	270
11.	GOMES Jorge Miguel	05	GCF	37.92	50m	11-01-20	Coimbra	253
12.	DIAS Diogo Simoes	05	ALN	38.43	50m	11-01-20	Coimbra	243
13.	PATRICIO Rodrigo Oliveira	05	FVCD	39.47	50m	26-01-20	Rio Maior	224
14.	MENDES Juan Diego	05	CDN	42.20	50m	23-02-20	Funchal	183
15.	OLIVEIRA Daniel Mendo	05	APPDAC	44.47	50m	26-01-20	Rio Maior	157
16.	PEREIRA Vicente Barros	05	SCP	47.71	50m	14-02-21	Oeiras	127
17.	CUNHA Tiago Santos	05	CAQC	48.95	50m	11-01-20	Coimbra	117

50 Costas (desde 18)

18. VALE Fernando Daniel	05	ASC	1:04.13	50m	03-11-19	Porto	52
19. SILVA Welisson Goncalo	05	ASC	1:08.14	50m	15-12-19	Vila Franca de Xira	43

100 Costas

1. SILVA Diogo Miguel	05	CGA	1:01.62	50m	28-03-21	Coimbra	595
2. PEREIRA Tomas Coelho	05	ADP	1:03.44	50m	01-02-20	Povoa de Varzim	545
3. OLIVEIRA Miguel Fernandes	05	DNMG	1:03.47	50m	28-03-21	Coimbra	545
4. PINHEIRO Joao Seixedo	05	CNLX	1:04.19	50m	28-03-21	Coimbra	527
5. CARVALHO Joao Carlos	05	SCB	1:04.91	50m	01-02-20	Povoa de Varzim	509
6. VASCONCELOS Francisco Lo	05	ancGESL	1:06.03	50m	01-03-20	Vila Franca de Xira	484
7. ALVAREZ Pedro Mahua	05	SCP	1:06.08	50m	01-03-20	Vila Franca de Xira	483
8. OLIVEIRA Diogo Alexandre	05	CNF	1:06.13	50m	09-02-20	Lisboa	482
9. PINTO Rodrigo Barroso	05	FCP	1:06.17	50m	01-02-20	Povoa de Varzim	481
10. MARQUES Andre Henriques	05	SLB	1:06.22	50m	09-02-20	Lisboa	480
11. FERNANDES Miguel Alves	05	VNC	1:06.26	50m	01-02-20	Povoa de Varzim	479
12. SA Jose Manuel	05	SCP	1:06.42	50m	09-02-20	Lisboa	475
13. ALMEIDA Miguel Cordeiro	05	SAD	1:06.56	50m	01-03-20	Vila Franca de Xira	472
14. FERRAO Gabriel Carvalho	05	CDCP	1:06.63	50m	09-02-20	Lisboa	471
15. CABRAL Jose Pinto	05	VS	1:06.92	50m	14-07-19	Rio Maior	465
16. CORDEIRO Tomas Almeida	05	SAD	1:07.27	50m	01-03-20	Vila Franca de Xira	457
17. CEPELEAGA Marin	05	PORTIN	1:07.47	50m	09-02-20	Lisboa	453
18. SANTOS Tomas Carvalho	05	ALN	1:07.75	50m	22-02-20	Coimbra	448
19. RODRIGUES Joao Luis	05	CNF	1:07.77	50m	29-02-20	Funchal	447
20. CASTRO Guilherme Coutinho	05	GDNFAMA	1:08.16	50m	01-02-20	Povoa de Varzim	440
21. SOUSA David Joao	05	ACRTCMV	1:08.72	50m	07-07-19	Coimbra	429
22. SOUSA Joao Maria	05	SCB	1:09.16	50m	27-07-19	Loulé	421
23. DIAS Andre Vicente	05	CDN	1:09.19	50m	06-07-19	Funchal	420
24. FRIBERGH Joel Michael	05	AHBE	1:09.49	50m	06-07-19	Setúbal	415
25. GOUVEIA Luis Galvao	05	CDN	1:09.85	50m	27-07-19	Loulé	409
26. RIBEIRO Filipe Silva	05	LSC	1:10.10	50m	06-07-19	Famalicao	404
27. LEITAO Andre Freitas	05	CNF	1:10.39	50m	06-07-19	Funchal	399
28. ROSA Simao Dinis	05	CNTN	1:10.56	50m	14-07-19	Rio Maior	396
29. MIMOSO Rodrigo Ferreira	05	SLB	1:10.58	50m	01-03-20	Vila Franca de Xira	396
30. CARVALHO Goncalo Duarte	05	SLB	1:10.62	50m	01-03-20	Vila Franca de Xira	395
31. ALVES Vasco Soares	05	CFP	1:10.72	50m	06-07-19	Famalicao	394
32. SILVA Eduardo Costa	05	FCP	1:10.78	50m	07-07-19	Famalicao	393
33. PERLOIRO Salvador Goya	05	SLB	1:10.95	50m	06-07-19	Setúbal	390
34. PINTO Tiago Rodrigues	05	SCP	1:10.99	50m	01-03-20	Vila Franca de Xira	389
35. DIAS Diogo Rafael	05	DRCN	1:11.28	50m	01-03-20	Vila Franca de Xira	384
36. RICARDO Joao Daniel	05	CNBE	1:11.39	50m	06-07-19	Loulé	383
37. RIBEIRO Tomas Carvalhinho	05	CNMAIA	1:11.41	50m	01-02-20	Povoa de Varzim	382
38. BAIOSA Joao Pedro	05	CNBE	1:11.55	50m	06-07-19	Loulé	380
39. SANTOS Ricardo Matias	05	CAFZ	1:11.63	50m	27-07-19	Loulé	379
40. FIGUEIRA Samuel Baptista	05	CNMC	1:11.83	50m	07-07-19	Coimbra	376
41. VIEIRA Diogo Ferreira	05	CDF	1:12.00	50m	07-07-19	Coimbra	373
42. MILANOV Eduard Daniel	05	CNS	1:12.55	50m	01-03-20	Vila Franca de Xira	365
43. AMARAL Francisco Xavier	05	NBM	1:12.79	50m	22-02-20	Coimbra	361
44. ANDRADE Guilherme Nunes	05	CNPO	1:12.98	50m	06-07-19	Famalicao	358
45. CARDOSO Guilherme Maia	05	SCC	1:13.43	50m	27-07-19	Loulé	352
46. CORTES Martim Silva	05	AONDA	1:13.60	50m	06-07-19	Setúbal	349
47. LADYKA Antonio Iuri	05	CNAL	1:13.83	50m	27-07-19	Loulé	346
48. GABOLEIRO Ricardo Filipe	05	CNRM	1:14.15	50m	14-07-19	Rio Maior	341
49. PEREIRA Manuel Angelo	05	SCP	1:14.17	50m	06-07-19	Setúbal	341

100 Costas (desde 50)

50.	CAEIRO Miguel Cano	05	CNBE	1:14.31	50m	06-07-19	Loulé	339
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200 Costas

1.	OLIVEIRA Miguel Fernandes	05	DNMG	2:16.88	50m	28-03-21	Coimbra	546
2.	SILVA Diogo Miguel	05	CGA	2:17.67	50m	28-03-21	Coimbra	537
3.	CARVALHO Joao Carlos	05	SCB	2:19.44	50m	02-02-20	Povoa de Varzim	517
4.	PEREIRA Tomas Coelho	05	ADP	2:19.62	50m	02-02-20	Povoa de Varzim	515
5.	PINHEIRO Joao Seixedo	05	CNLX	2:19.96	50m	28-03-21	Coimbra	511
6.	MARQUES Andre Henriques	05	SLB	2:21.12	50m	29-02-20	Vila Franca de Xira	498
7.	PINTO Rodrigo Barroso	05	FCP	2:21.29	50m	02-02-20	Povoa de Varzim	497
8.	BARBOSA Diogo Sousa	05	SLB	2:22.26	50m	29-02-20	Vila Franca de Xira	486
9.	ALMEIDA Miguel Cordeiro	05	SAD	2:22.44	50m	08-02-20	Lisboa	485
10.	FERNANDES Miguel Alves	05	VNC	2:22.86	50m	02-02-20	Povoa de Varzim	480
11.	CABRAL Jose Pinto	05	VS	2:24.40	50m	13-07-19	Rio Maior	465
12.	SA Jose Manuel	05	SCP	2:24.66	50m	08-02-20	Lisboa	463
13.	DIAS Andre Vicente	05	CDN	2:24.69	50m	27-07-19	Loulé	462
14.	SILVA Afonso Carvalho	05	GDNFAMA	2:25.16	50m	07-07-19	Famalicao	458
15.	VASCONCELOS Francisco Lo	05	GESL	2:25.56	50m	29-02-20	Vila Franca de Xira	454
16.	CARNEIRO Nuno Soares	05	SLB	2:25.59	50m	27-07-19	Loulé	454
17.	CASTRO Guilherme Coutinho	05	GDNFAMA	2:25.81	50m	18-01-20	Povoa de Varzim	452
18.	CEPELEAGA Marin	05	PORTIN	2:25.84	50m	08-02-20	Lisboa	451
19.	GOUVEIA Luis Galvao	05	CDN	2:26.02	50m	01-03-20	Funchal	450
20.	OLIVEIRA Diogo Alexandre	05	CNF	2:26.17	50m	08-02-20	Lisboa	448
21.	SILVA Eduardo Costa	05	FCP	2:27.00	50m	27-07-19	Loulé	441
22.	ALVAREZ Pedro Mahua	05	SCP	2:27.47	50m	27-07-19	Loulé	437
23.	LEITAO Andre Freitas	05	CNF	2:28.34	50m	27-07-19	Loulé	429
24.	FRIBERGH Joel Michael	05	AHBE	2:29.68	50m	27-07-19	Loulé	418
25.	PINTO Tiago Rodrigues	05	SCP	2:30.12	50m	27-07-19	Loulé	414
26.	SANTOS Tomas Carvalho	05	ALN	2:30.31	50m	22-02-20	Coimbra	412
27.	ROSA Simao Dinis	05	CNTN	2:31.27	50m	13-07-19	Rio Maior	405
28.	ANSELMO Raul Sousa	05	CAFBDP	2:31.73	50m	08-02-20	Lisboa	401
29.	ALVES Vasco Soares	05	CFP	2:32.16	50m	07-07-19	Famalicao	397
30.	PEREIRA Manuel Angelo	05	SCP	2:32.42	50m	29-02-20	Vila Franca de Xira	395
31.	FIGUEIRA Samuel Baptista	05	CNMC	2:32.45	50m	22-02-20	Coimbra	395
32.	ANDRADE Guilherme Nunes	05	CNPO	2:32.51	50m	18-01-20	Povoa de Varzim	395
33.	COSTA Rui Anjos	05	FCP	2:32.65	50m	27-07-19	Loulé	394
34.	CORTES Martim Silva	05	AONDA	2:32.67	50m	27-07-19	Loulé	393
35.	RODRIGUES Joao Luis	05	CNF	2:33.24	50m	01-03-20	Funchal	389
36.	DIAS Pedro Anselmo	05	AVFC	2:33.78	50m	27-07-19	Loulé	385
37.	RIBEIRO Filipe Silva	05	LSC	2:34.60	50m	27-07-19	Loulé	379
38.	COSTA Afonso Lucio	05	SCP	2:34.65	50m	27-07-19	Loulé	379
39.	CORDEIRO Tomas Almeida	05	SAD	2:34.66	50m	07-07-19	Setúbal	378
40.	PAIVA Ruben Ferreira	05	ADS	2:35.08	50m	22-02-20	Coimbra	375
41.	MILANOV Eduard Daniel	05	CNS	2:35.69	50m	29-02-20	Vila Franca de Xira	371
42.	VIEIRA Diogo Ferreira	05	CDF	2:36.04	50m	06-07-19	Coimbra	368
43.	BONANCA Artur Osorio	05	CNFA	2:36.24	50m	14-07-19	Loulé	367
44.	TORRES Joao Pedro	05	FCP	2:36.78	50m	07-07-19	Famalicao	363
45.	AMADO Pedro Maria	05	SAD	2:37.02	50m	07-07-19	Setúbal	362
46.	BAIOA Joao Pedro	05	CNBE	2:37.05	50m	14-07-19	Loulé	361
47.	LADYKA Antonio Iuri	05	CNAL	2:37.25	50m	13-07-19	Coimbra	360
48.	CAPRICHIO Diogo Botelho	05	SCP	2:37.28	50m	07-07-19	Setúbal	360
49.	RICARDO Joao Daniel	05	CNBE	2:37.42	50m	27-07-19	Loulé	359
50.	SANTOS Ricardo Matias	05	CAFZ	2:37.51	50m	13-07-19	Rio Maior	358

### **50 Bruços**

1.	SILVA Tony Stefano	05	CNF	33.88	50m	29-02-20	Funchal	449
2.	GOUVEIA Luis Galvao	05	CDN	35.27	50m	23-02-20	Funchal	398
3.	ROSARIO Alexandre Rocha	05	LDC	35.46	50m	14-07-19	Loulé	391
4.	ALVES Afonso Pires	05	JACL	35.83	50m	23-02-20	Funchal	379
5.	SOUSA Lourenco Quintas	05	CNF	37.09	50m	23-02-20	Funchal	342
6.	ALVES Tiago Pires	05	JACL	38.29	50m	23-02-20	Funchal	311
7.	VOLOZHENIN Alexandre	05	CNF	38.36	50m	23-02-20	Funchal	309
8.	CASQUINHA Pedro Dinis	05	FS	38.77	50m	09-02-20	Lisboa	299
9.	GONCALVES Andre Marques	05	CNBE	39.76	50m	14-07-19	Loulé	278
10.	CAIXINHA Miguel Vaz	05	CNBE	40.48	50m	14-07-19	Loulé	263
11.	GONCALVES Pedro Marques	05	CNBE	40.65	50m	14-07-19	Loulé	260
12.	CORREIA Rodrigo Ramos	05	CDN	41.17	50m	23-02-20	Funchal	250
13.	LIBERAL Afonso Bicas	05	CSAAXXI	42.74	50m	11-01-20	Coimbra	223
14.	SOUSA Luis Miguel	05	CSM	43.73	50m	23-02-20	Funchal	208
15.	MENDES Tome Santiago	05	GRVM	44.01	50m	11-01-20	Coimbra	205
16.	NUNES Andre Maltez	05	CDN	49.21	50m	23-02-20	Funchal	146
17.	OLIVEIRA Daniel Mendo	05	APPDAC	49.77	50m	18-01-20	Coimbra	141
18.	PEREIRA Vicente Barros	05	SCP	57.62	50m	15-12-19	Vila Franca de Xira	91
19.	PATRICIO Rodrigo Oliveira	05	FVCD	58.39	50m	07-12-19	Povoa de Varzim	87

### **100 Bruços**

1.	OLIVEIRA Simao Lopes	05	CNS	1:11.81	50m	28-02-20	Vila Franca de Xira	496
2.	ROCHA Goncalo Queiroga	05	SCB	1:13.15	50m	27-07-19	Loulé	470
3.	ANACLETO Miguel Correia	05	SCP	1:13.19	50m	27-07-19	Loulé	469
4.	CARVALHO Goncalo Duarte	05	SLB	1:13.40	50m	08-02-20	Lisboa	465
5.	NUNES Carlos Daniel	05	CCDSM	1:13.44	50m	27-07-19	Loulé	464
6.	MIMOSO Rodrigo Ferreira	05	SLB	1:13.61	50m	08-02-20	Lisboa	461
7.	MOREIRA Lucas Filipe	05	ADBA	1:13.98	50m	01-02-20	Povoa de Varzim	454
8.	ROCHA Rodrigo Manuel	05	SCE	1:14.11	50m	01-02-20	Povoa de Varzim	452
9.	SILVA Goncalo Manuel	05	FCP	1:14.26	50m	01-02-20	Povoa de Varzim	449
10.	COSTA Goncalo Ramos	05	GESL	1:14.63	50m	08-02-20	Lisboa	442
11.	CEPELEAGA Marin	05	PORTIN	1:15.54	50m	08-02-20	Lisboa	426
12.	VASCONCELOS Francisco Lourenco	05	GESL	1:15.70	50m	08-02-20	Lisboa	424
13.	BARRETO Guilherme Pedro	05	INDMIN	1:16.28	50m	27-07-19	Loulé	414
14.	SILVA Tony Stefano	05	CNF	1:16.63	50m	29-02-20	Funchal	408
15.	RIBEIRO Vasco Almeida	05	CCLAMAS	1:16.77	50m	27-07-19	Loulé	406
16.	AMADO Pedro Maria	05	SAD	1:16.92	50m	28-02-20	Vila Franca de Xira	404
17.	RODRIGUES Rodrigo Fernando	05	VSC	1:18.19	50m	01-02-20	Povoa de Varzim	384
18.	DURO Tomas Ferreira	05	ADRCIMM	1:18.32	50m	28-02-20	Vila Franca de Xira	383
19.	ALVES Afonso Pires	05	JACL	1:18.69	50m	29-02-20	Funchal	377
20.	CARVALHO Guilherme Jesus	05	FOCA	1:18.84	50m	01-02-20	Povoa de Varzim	375
21.	PEREIRA Tomas Coelho	05	ADP	1:18.86	50m	06-07-19	Famalicao	375
22.	BATISTA Henrique Maria	05	SAD	1:19.14	50m	27-07-19	Loulé	371
23.	PIRES Andre Branco	05	AVFC	1:19.39	50m	06-07-19	Coimbra	367
24.	GUTUTUI Francisc	05	SAD	1:20.14	50m	28-02-20	Vila Franca de Xira	357
25.	ALVES Tiago Pires	05	JACL	1:20.68	50m	29-02-20	Funchal	350
26.	PINHO Celso Rodrigues	05	SCE	1:20.91	50m	27-07-19	Loulé	347
27.	ASCENSO Afonso Manuel	05	DNMG	1:20.92	50m	06-07-19	Coimbra	347
28.	AMADO Afonso Miguel	05	CNMC	1:20.99	50m	06-07-19	Coimbra	346
29.	MONTEIRO Jose Alves	05	INDANL	1:21.20	50m	28-02-20	Vila Franca de Xira	343
30.	ANTUNES Pedro Engracia	05	CLIP	1:21.23	50m	27-07-19	Loulé	343
31.	GONCALVES Dinis Queiroz	05	SCB	1:21.29	50m	27-07-19	Loulé	342
32.	FONSECA Goncalo Monteiro	05	CMNPR	1:21.83	50m	27-07-19	Loulé	335



**100 Bruços (desde 33)**

33.	CORDEIRO Tomas Almeida	05	SAD	1:21.90	50m	27-07-19	Loulé	334
34.	VENTURA Diogo Miguel	05	FOCA	1:21.95	50m	06-07-19	Famalicao	334
35.	LOPES Andre Prates	05	EFC	1:22.11	50m	06-07-19	Reguengos de Monsaraz	332
36.	PIRES Jose Pedro	05	LDC	1:22.13	50m	27-07-19	Loulé	332
37.	PINTO Andre Miguel	05	CNLA	1:22.17	50m	27-07-19	Loulé	331
38.	AMORIM Samuel Filipe	05	DNMG	1:22.27	50m	06-07-19	Coimbra	330
39.	FONSECA Afonso Valente	05	ATG	1:22.49	50m	27-07-19	Loulé	327
40.	MATEUS Guilherme Fernandes	05	GDNFAMA	1:22.61	50m	06-07-19	Famalicao	326
41.	RIBEIRO Pedro Pinheiro	05	BSCN	1:22.67	50m	27-07-19	Loulé	325
42.	SOUSA Lourenco Quintas	05	CNF	1:22.83	50m	29-02-20	Funchal	323
43.	VENTURA Tomas Silva	05	EULX	1:23.03	50m	27-07-19	Loulé	321
44.	LIMA Ruben Leal	05	CAP	1:23.18	50m	06-07-19	Famalicao	319
45.	MOUTELA Dinis Amorim	05	CDE	1:23.26	50m	27-07-19	Loulé	318
46.	CUNHA Vasco Goncalves	05	CFP	1:23.41	50m	06-07-19	Famalicao	317
46.	CARDOSO Tiago Pereira	05	GDNFAMA	1:23.41	50m	27-07-19	Loulé	317
48.	ALVES Andre Camara	05	CDN	1:23.48	50m	25-01-20	Funchal	316
49.	GONCALVES Andre Marques	05	CNBE	1:23.53	50m	06-07-19	Loulé	315
50.	DIAS Diogo Rafael	05	DRCN	1:23.91	50m	28-02-20	Vila Franca de Xira	311

**200 Bruços**

1.	OLIVEIRA Simao Lopes	05	CNS	2:35.42	50m	01-03-20	Vila Franca de Xira	534
2.	SILVA Goncalo Manuel	05	FCP	2:38.87	50m	02-02-20	Povoa de Varzim	500
3.	FREITAS Filipe Simoes	05	SCP	2:40.03	50m	27-07-19	Loulé	489
4.	MOREIRA Lucas Filipe	05	ADBA	2:40.86	50m	27-07-19	Loulé	481
5.	ROCHA Rodrigo Manuel	05	SCE	2:41.04	50m	02-02-20	Povoa de Varzim	480
6.	MIMOSO Rodrigo Ferreira	05	SLB	2:41.40	50m	09-02-20	Lisboa	477
7.	COSTA Goncalo Ramos	05	GESL	2:42.84	50m	09-02-20	Lisboa	464
8.	CARVALHO Goncalo Duarte	05	SLB	2:43.00	50m	27-07-19	Loulé	463
9.	GOUVEIA Luis Galvao	05	CDN	2:45.01	50m	01-03-20	Funchal	446
10.	CAPRICHIO Diogo Botelho	05	SCP	2:46.59	50m	27-07-19	Loulé	433
11.	BARRETO Guilherme Pedro	05	INDMIN	2:47.14	50m	27-07-19	Loulé	429
12.	AMADO Afonso Miguel	05	CNMC	2:49.50	50m	27-07-19	Loulé	411
13.	SILVA Tony Stefano	05	CNF	2:49.71	50m	01-03-20	Funchal	410
14.	ROSARIO Alexandre Rocha	05	LDC	2:49.84	50m	07-07-19	Loulé	409
15.	RIBEIRO Vasco Almeida	05	CCLAMAS	2:51.18	50m	07-07-19	Famalicao	399
16.	PIRES Andre Branco	05	AVFC	2:51.97	50m	27-07-19	Loulé	394
17.	DURO Tomas Ferreira	05	ADRCIMM	2:52.15	50m	27-07-19	Loulé	393
18.	RIBEIRO Pedro Pinheiro	05	BSCN	2:52.52	50m	27-07-19	Loulé	390
19.	CEPELEAGA Marin	05	PORTIN	2:52.82	50m	09-02-20	Lisboa	388
20.	CARVALHO Guilherme Jesus	05	FOCA	2:53.09	50m	27-07-19	Loulé	386
21.	BATISTA Henrique Maria	05	SAD	2:53.48	50m	27-07-19	Loulé	384
22.	GONCALVES Jose Luis	05	ADF	2:53.84	50m	07-07-19	Famalicao	381
23.	AMADO Pedro Maria	05	SAD	2:54.29	50m	27-07-19	Loulé	378
24.	RODRIGUES Rodrigo Fernando	05	VSC	2:54.81	50m	27-07-19	Loulé	375
25.	RODRIGUES Joao Luis	05	CNF	2:55.03	50m	06-07-19	Funchal	374
26.	ASCENSO Afonso Manuel	05	DNMG	2:55.37	50m	27-07-19	Loulé	371
27.	LAFUENTE Miguel Teixeira	05	FCP	2:55.38	50m	27-07-19	Loulé	371
28.	SILVA Dinis Raimundo	05	AAC	2:55.50	50m	22-02-20	Coimbra	371
29.	ANSELMO Raul Sousa	05	CAFBDP	2:55.56	50m	27-07-19	Loulé	370
30.	SOUSA Lourenco Quintas	05	CNF	2:56.02	50m	01-03-20	Funchal	367
31.	CUNHA Vasco Goncalves	05	CFP	2:56.60	50m	27-07-19	Loulé	364
32.	AMORIM Samuel Filipe	05	DNMG	2:56.80	50m	07-07-19	Coimbra	362
33.	MONTEIRO Jose Alves	05	INDANL	2:57.20	50m	01-03-20	Vila Franca de Xira	360

**200 Bruços (desde 34)**

34.	GUTUTUI Francisc	05	SAD	2:57.38	50m	01-03-20	Vila Franca de Xira	359
35.	VENTURA Diogo Miguel	05	FOCA	2:57.61	50m	07-07-19	Famalicao	358
36.	FONSECA Afonso Valente	05	ATG	2:57.62	50m	07-07-19	Famalicao	357
37.	CARNEIRO Henrique Rocha	05	CAP	2:57.75	50m	07-07-19	Famalicao	357
38.	CARDOSO Tiago Pereira	05	GDNFAMA	2:57.80	50m	27-07-19	Loulé	356
39.	LEITAO Andre Freitas	05	CNF	2:57.81	50m	06-07-19	Funchal	356
40.	FRANCISCO Tomas Jose	05	CNMC	2:57.83	50m	27-07-19	Loulé	356
41.	LIMA Ruben Leal	05	CAP	2:57.92	50m	07-07-19	Famalicao	356
42.	ALVES Afonso Pires	05	JACL	2:58.11	50m	01-03-20	Funchal	355
42.	ALBUQUERQUE Afonso Costa	05	CFB	2:58.11	50m	01-03-20	Vila Franca de Xira	355
44.	ALVES Pedro Martins	05	GDNFAMA	2:58.36	50m	27-07-19	Loulé	353
45.	PINHO Celso Rodrigues	05	SCE	2:58.67	50m	07-07-19	Coimbra	351
46.	MATEUS Guilherme Fernandes	05	GDNFAMA	2:58.69	50m	27-07-19	Loulé	351
47.	ROSETE Diogo Miguel	05	DNMG	2:58.83	50m	07-07-19	Coimbra	350
48.	VOLOZHENIN Alexandre	05	CNF	2:58.97	50m	27-07-19	Loulé	349
49.	PINTO Andre Miguel	05	CNLA	2:59.06	50m	27-07-19	Loulé	349
50.	LOPES Andre Prates	05	EFC	2:59.58	50m	27-07-19	Loulé	346

**50 Mariposa**

1.	HEINIO-WIDELL Nick	05	SAD	26.68	50m	28-03-21	Coimbra	581
2.	ROSA Simao Dinis	05	CNTN	27.14	50m	01-02-20	Povoa de Varzim	552
3.	OLIVEIRA Miguel Fernandes	05	DNMG	28.15	50m	28-03-21	Coimbra	495
4.	DIAS Andre Vicente	05	CDN	28.49	50m	23-02-20	Funchal	477
5.	RODRIGUES Joao Luis	05	CNF	28.85	50m	23-02-20	Funchal	459
6.	GOUVEIA Luis Galvao	05	CDN	28.88	50m	23-02-20	Funchal	458
7.	ANTUNES Pedro Engracia	05	CLIP	29.41	50m	01-02-20	Povoa de Varzim	434
8.	ROCHA Jose Miguel	05	SCC	30.71	50m	11-01-20	Coimbra	381
9.	SANTOS Tomas Carvalho	05	ALN	30.90	50m	11-01-20	Coimbra	374
10.	SANTOS Goncalo Carvalho	05	ALN	31.31	50m	11-01-20	Coimbra	359
11.	CARDOSO Guilherme Maia	05	SCC	32.31	50m	11-01-20	Coimbra	327
12.	GONCALVES Ruben Miguel	05	LDC	33.00	50m	14-07-19	Loulé	307
13.	ALVES Tiago Pires	05	JACL	33.07	50m	23-02-20	Funchal	305
14.	FERREIRA Abel Renato	05	CSAAXXI	33.48	50m	11-01-20	Coimbra	294
15.	CARVALHO Diogo Rodrigues	05	GRVM	33.60	50m	11-01-20	Coimbra	291
16.	DIAS Diogo Simoes	05	ALN	35.48	50m	11-01-20	Coimbra	247
17.	OLIVEIRA Tiago Batista	05	CNFA	36.11	50m	14-07-19	Loulé	234
18.	ALVES Luis Fernandez	05	CDN	36.96	50m	01-03-20	Funchal	218
19.	PEREIRA Vicente Barros	05	SCP	37.46	50m	13-02-21	Oeiras	210
20.	PATRICIO Rodrigo Oliveira	05	FVCD	40.42	50m	18-01-20	Coimbra	167

**100 Mariposa**

1.	ROSA Simao Dinis	05	CNTN	1:01.99	50m	02-02-20	Povoa de Varzim	509
2.	FERRAO Gabriel Carvalho	05	CDCP	1:02.27	50m	09-02-20	Lisboa	502
3.	PINTO Tiago Rodrigues	05	SCP	1:02.47	50m	09-02-20	Lisboa	497
4.	GONCALVES Jose Luis	05	ADF	1:02.57	50m	27-07-19	Loulé	495
5.	GOUVEIA Luis Galvao	05	CDN	1:02.84	50m	22-02-20	Funchal	488
6.	PERLOIRO Salvador Goya	05	SLB	1:02.88	50m	27-07-19	Loulé	487
7.	DIAS Andre Vicente	05	CDN	1:03.90	50m	25-01-20	Funchal	464
8.	OLIVEIRA Diogo Alexandre	05	CNF	1:03.93	50m	27-07-19	Loulé	464
9.	OLIVEIRA Miguel Fernandes	05	DNMG	1:04.00	50m	27-07-19	Loulé	462
10.	RODRIGUES Joao Luis	05	CNF	1:04.13	50m	22-02-20	Funchal	459
11.	VASCONCELOS Francisco Lourenço	05	GESL	1:04.14	50m	01-03-20	Vila Franca de Xira	459

**100 Mariposa (desde 12)**

12.	PEREIRA Manuel Angelo	05	SCP	1:04.21	50m	01-03-20	Vila Franca de Xira	458
13.	DURO Tomas Ferreira	05	ADRCIMM	1:04.34	50m	01-03-20	Vila Franca de Xira	455
14.	ALVES Vasco Soares	05	CFP	1:04.62	50m	27-07-19	Loulé	449
15.	CARVALHO Goncalo Duarte	05	SLB	1:04.86	50m	01-03-20	Vila Franca de Xira	444
16.	SOUSA David Joao	05	ACRTCMV	1:05.07	50m	06-07-19	Coimbra	440
17.	AMADO Afonso Miguel	05	CNMC	1:05.11	50m	27-07-19	Loulé	439
18.	CABRAL Jose Pinto	05	VS	1:05.33	50m	13-07-19	Rio Maior	434
19.	MENDES Diogo Alexandre	05	CNVA	1:05.74	50m	22-02-20	Coimbra	426
20.	SOUSA Afonso Coelho	05	NSIT	1:05.79	50m	09-02-20	Lisboa	425
21.	GRACIOSO Goncalo Pereira	05	AONDA	1:05.82	50m	09-02-20	Lisboa	425
22.	ROCHA Jose Miguel	05	SCC	1:05.90	50m	22-02-20	Coimbra	423
23.	BARTOLO Tiago Silva	05	SAD	1:06.02	50m	01-03-20	Vila Franca de Xira	421
24.	SANTOS Tomas Carvalho	05	ALN	1:06.08	50m	22-02-20	Coimbra	420
25.	SARREIRA Tomas Amor	05	DNMG	1:06.11	50m	06-07-19	Coimbra	419
26.	PINTO Rodrigo Barroso	05	FCP	1:06.36	50m	27-07-19	Loulé	415
27.	GUTUTUI Francisc	05	SAD	1:06.37	50m	09-02-20	Lisboa	414
28.	SILVA Afonso Carvalho	05	GDNFAMA	1:06.46	50m	27-07-19	Loulé	413
29.	VIEIRA Eduardo Gabriel	05	NBM	1:06.51	50m	22-02-20	Coimbra	412
30.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	1:06.55	50m	07-07-19	Famalicao	411
31.	NUNES Jose Pedro	05	GCVR	1:06.91	50m	22-02-20	Coimbra	404
32.	ANACLETO Miguel Correia	05	SCP	1:06.94	50m	06-07-19	Setúbal	404
33.	CORTES Martim Silva	05	AONDA	1:07.72	50m	01-03-20	Vila Franca de Xira	390
34.	GABOLEIRO Guilherme Filipe	05	CNRM	1:07.87	50m	13-07-19	Rio Maior	387
35.	PESSOA Rafael Pereira	05	NBM	1:08.57	50m	22-02-20	Coimbra	376
36.	SILVA Guilherme Gomes	05	AEJ	1:08.75	50m	06-07-19	Coimbra	373
37.	ALEKSYEYEV Artur Paulo	05	VS	1:08.84	50m	27-07-19	Loulé	371
38.	OLIVEIRA Manuel Pires	05	PDEM	1:08.86	50m	01-03-20	Vila Franca de Xira	371
39.	CASTRO Guilherme Coutinho	05	GDNFAMA	1:09.53	50m	27-07-19	Loulé	360
40.	LEITAO Andre Freitas	05	CNF	1:09.54	50m	29-02-20	Funchal	360
41.	GONCALVES Alexandre Ramo	05	CCLAMAS	1:09.72	50m	27-07-19	Loulé	357
42.	CARNEIRO Henrique Rocha	05	CAP	1:09.73	50m	07-07-19	Famalicao	357
43.	OLIVEIRA Simao Lopes	05	CNS	1:09.77	50m	27-07-19	Loulé	357
44.	GABOLEIRO Ricardo Filipe	05	CNRM	1:09.83	50m	27-07-19	Loulé	356
45.	SILVA Tomas Caineta	05	CDE	1:09.84	50m	27-07-19	Loulé	356
46.	GONCALVES Diogo Antunes	05	CNG	1:09.95	50m	27-07-19	Loulé	354
46.	SANTOS Goncalo Carvalho	05	ALN	1:09.95	50m	22-02-20	Coimbra	354
48.	FREITAS Filipe Simoes	05	SCP	1:10.05	50m	06-07-19	Setúbal	352
49.	BENTO Carlos Eduardo	05	CNMC	1:10.09	50m	06-07-19	Coimbra	352
50.	FERREIRA Alexandre Sousa	05	GDNFAMA	1:10.10	50m	27-07-19	Loulé	352

**200 Mariposa**

1.	GOUVEIA Luis Galvao	05	SANMAD	2:17.13	50m	08-02-20	Lisboa	526
2.	FERRAO Gabriel Carvalho	05	CDCP	2:20.17	50m	08-02-20	Lisboa	492
3.	GONCALVES Jose Luis	05	ADF	2:22.64	50m	01-02-20	Povoa de Varzim	467
4.	PINTO Tiago Rodrigues	05	SCP	2:25.30	50m	08-02-20	Lisboa	442
5.	SARREIRA Tomas Amor	05	DNMG	2:25.88	50m	07-07-19	Coimbra	437
6.	DIAS Andre Vicente	05	CDN	2:26.20	50m	22-02-20	Funchal	434
7.	SILVA Afonso Carvalho	05	GDNFAMA	2:26.40	50m	06-07-19	Famalicao	432
8.	ROCHA Jose Miguel	05	SCC	2:26.58	50m	08-02-20	Lisboa	431
9.	PEREIRA Manuel Angelo	05	SCP	2:27.00	50m	27-07-19	Loulé	427
10.	RODRIGUES Joao Luis	05	CNF	2:27.12	50m	22-02-20	Funchal	426
11.	OLIVEIRA Simao Lopes	05	CNS	2:27.70	50m	08-02-20	Lisboa	421
12.	MORGADO Vasco Alves	05	SAD	2:28.41	50m	08-02-20	Lisboa	415

**200 Mariposa (desde 13)**

13.	BARTOLO Tiago Silva	05	SAD	2:28.44	50m	01-03-20	Vila Franca de Xira	415
14.	CARNEIRO Henrique Rocha	05	CAP	2:28.62	50m	01-02-20	Povoa de Varzim	413
15.	CABRAL Jose Pinto	05	VS	2:28.69	50m	14-07-19	Rio Maior	413
16.	GUTUTUI Francisc	05	SAD	2:29.28	50m	08-02-20	Lisboa	408
17.	SILVA Guilherme Gomes	05	AEJ	2:29.33	50m	07-07-19	Coimbra	407
18.	SOUSA David Joao	05	ACRTCMV	2:29.68	50m	27-07-19	Loulé	404
19.	AMADO Afonso Miguel	05	CNMC	2:31.21	50m	07-07-19	Coimbra	392
20.	TEIXEIRA Tomas Borges	05	NSIT	2:31.88	50m	08-02-20	Lisboa	387
21.	LOPES Afonso Teixeira	05	FOCA	2:32.59	50m	01-02-20	Povoa de Varzim	382
22.	ALMEIDA Joao Neves	05	FBSC	2:32.77	50m	22-02-20	Coimbra	380
23.	ROSA Simao Dinis	05	CNTN	2:32.97	50m	27-07-19	Loulé	379
24.	GABOLEIRO Guilherme Filipe	05	CNRM	2:33.45	50m	27-07-19	Loulé	375
25.	NETO Vasco Goncalves	05	FCP	2:33.99	50m	27-07-19	Loulé	371
26.	OLIVEIRA Jose Francisco	05	ADBA	2:34.21	50m	22-02-20	Coimbra	370
27.	PIRES Jose Pedro	05	LDC	2:34.46	50m	27-07-19	Loulé	368
28.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	2:34.72	50m	06-07-19	Famalicao	366
29.	MAGALHAES Andre Lima	05	FCP	2:37.29	50m	27-07-19	Loulé	348
30.	GUERRA Joao Carlos	05	FCP	2:37.65	50m	06-07-19	Famalicao	346
31.	NUNES Carlos Daniel	05	CCDSM	2:39.23	50m	27-07-19	Loulé	336
32.	PINHO Celso Rodrigues	05	SCE	2:39.49	50m	27-07-19	Loulé	334
33.	ALVES Vasco Soares	05	CFP	2:40.40	50m	06-07-19	Famalicao	328
34.	BENTO Carlos Eduardo	05	CNMC	2:40.50	50m	22-02-20	Coimbra	328
35.	ASCENSO Afonso Manuel	05	DNMG	2:41.63	50m	07-07-19	Coimbra	321
36.	REMELHE Joao Anibal	05	AMAMB	2:42.83	50m	27-07-19	Loulé	314
37.	LEAO Joao Goncalo	05	CAP	2:42.86	50m	06-07-19	Famalicao	314
38.	FALCAO Manuel Maria	05	AMINATA	2:43.02	50m	27-07-19	Loulé	313
39.	FERREIRA Abel Renato	05	CSAAXXI	2:43.93	50m	07-07-19	Coimbra	308
40.	GABOLEIRO Ricardo Filipe	05	CNRM	2:44.04	50m	14-07-19	Rio Maior	307
41.	NUNES Jose Pedro	05	GCVR	2:44.19	50m	27-07-19	Loulé	306
42.	GRACIOSO Goncalo Pereira	05	AONDA	2:44.50	50m	27-07-19	Loulé	304
43.	SILVA Vasco Antela	05	SCP	2:48.54	50m	07-07-19	Setúbal	283
44.	RABECA Ivan Manuel	05	EDV	2:51.14	50m	27-07-19	Loulé	270
45.	ALVES Andre Camara	05	CDN	2:51.24	50m	07-07-19	Funchal	270
46.	GONCALVES Diogo Antunes	05	CNG	2:51.31	50m	06-07-19	Reguengos de Monsaraz	270
47.	RIBEIRO Pedro Pinheiro	05	BSCN	2:57.22	50m	07-07-19	Coimbra	243
48.	SILVEIRA Tomas Portugal	05	CNAL	3:04.76	50m	07-07-19	Coimbra	215
49.	RODRIGUES Rodrigo Ferreira	05	CRASTO	3:13.79	50m	07-07-19	Coimbra	186
50.	VIEIRA Tomas Martins	05	CNV	3:14.93	50m	06-07-19	Famalicao	183

**200 Estilos**

1.	SILVA Afonso Carvalho	05	GDNFAMA	2:16.94	50m	28-03-21	Coimbra	576
2.	SARREIRA Tomas Amor	05	DNMG	2:19.50	50m	28-03-21	Coimbra	545
3.	SOUSA Joao Maria	05	SCB	2:21.55	50m	02-02-20	Povoa de Varzim	522
4.	OLIVEIRA Diogo Alexandre	05	CNF	2:22.41	50m	09-02-20	Lisboa	512
5.	CARVALHO Goncalo Duarte	05	SLB	2:23.26	50m	09-02-20	Lisboa	503
6.	GOUVEIA Luis Galvao	05	CDN	2:23.38	50m	22-02-20	Funchal	502
7.	PERLOIRO Salvador Goya	05	SLB	2:24.07	50m	28-07-19	Loulé	495
7.	GONCALVES Jose Luis	05	ADF	2:24.07	50m	02-02-20	Povoa de Varzim	495
9.	ANACLETO Miguel Correia	05	SCP	2:24.19	50m	28-07-19	Loulé	494
10.	ALVAREZ Pedro Mahua	05	SCP	2:24.35	50m	01-03-20	Vila Franca de Xira	492
11.	PINTO Tiago Rodrigues	05	SCP	2:24.46	50m	01-03-20	Vila Franca de Xira	491
12.	MARQUES Andre Henriques	05	SLB	2:25.04	50m	09-02-20	Lisboa	485
13.	AMADO Pedro Maria	05	SAD	2:25.64	50m	01-03-20	Vila Franca de Xira	479

**200 Estilos (desde 14)**

14.	CORTES Martim Silva	05	AONDA	2:25.65	50m	09-02-20	Lisboa	479
15.	OLIVEIRA Miguel Fernandes	05	DNMG	2:25.85	50m	07-07-19	Coimbra	477
15.	ALMEIDA Miguel Cordeiro	05	SAD	2:25.85	50m	09-02-20	Lisboa	477
17.	CEPELEAGA Marin	05	PORTIN	2:26.02	50m	09-02-20	Lisboa	475
18.	AMADO Afonso Miguel	05	CNMC	2:26.73	50m	28-07-19	Loulé	468
19.	OLIVEIRA Simao Lopes	05	CNS	2:27.23	50m	09-02-20	Lisboa	464
20.	ROSA Simao Dinis	05	CNTN	2:27.25	50m	28-07-19	Loulé	464
21.	PEREIRA Manuel Angelo	05	SCP	2:27.87	50m	01-03-20	Vila Franca de Xira	458
22.	CABRAL Jose Pinto	05	VS	2:27.94	50m	28-07-19	Loulé	457
23.	CARNEIRO Nuno Soares	05	SLB	2:28.04	50m	28-07-19	Loulé	456
24.	VASCONCELOS Francisco Lou5anc	05	GESL	2:28.06	50m	01-03-20	Vila Franca de Xira	456
25.	FERRAO Gabriel Carvalho	05	CDCP	2:28.16	50m	01-03-20	Vila Franca de Xira	455
26.	CORDEIRO Tomas Almeida	05	SAD	2:28.19	50m	01-03-20	Vila Franca de Xira	455
27.	RIBEIRO Vasco Almeida	05	CCLAMAS	2:28.30	50m	28-07-19	Loulé	454
28.	ROCHA Goncalo Queiroga	05	SCB	2:28.36	50m	02-02-20	Povoa de Varzim	453
29.	FREITAS Filipe Simoes	05	SCP	2:28.46	50m	09-02-20	Lisboa	452
30.	RODRIGUES Joao Luis	05	CNF	2:28.56	50m	29-02-20	Funchal	451
31.	DIAS Andre Vicente	05	CDN	2:28.86	50m	22-02-20	Funchal	449
32.	DURO Tomas Ferreira	05	ADRCIMM	2:29.14	50m	01-03-20	Vila Franca de Xira	446
33.	PINHEIRO Joao Seixedo	05	CNS	2:29.37	50m	09-02-20	Lisboa	444
34.	ANSELMO Raul Sousa	05	CAFBPD	2:29.38	50m	09-02-20	Lisboa	444
35.	PEREIRA Tomas Coelho	05	ADP	2:29.71	50m	28-07-19	Loulé	441
36.	MOUTELA Dinis Amorim	05	CDE	2:29.88	50m	02-02-20	Povoa de Varzim	440
37.	MORGADO Vasco Alves	05	SAD	2:30.97	50m	01-03-20	Vila Franca de Xira	430
38.	ROSARIO Alexandre Rocha	05	LDC	2:30.99	50m	28-07-19	Loulé	430
39.	MIMOSO Rodrigo Ferreira	05	SLB	2:31.05	50m	09-02-20	Lisboa	429
40.	SA Jose Manuel	05	SCP	2:31.26	50m	01-03-20	Vila Franca de Xira	428
41.	GONCALVES Alexandre Ramo	05	CCLAMAS	2:31.33	50m	28-07-19	Loulé	427
42.	SOUSA David Joao	05	ACRTCMV	2:31.34	50m	28-07-19	Loulé	427
43.	COSTA Afonso Lucio	05	SCP	2:31.36	50m	28-07-19	Loulé	427
44.	SILVA Diogo Miguel	05	CGA	2:31.40	50m	07-07-19	Coimbra	426
45.	CAPRICHIO Diogo Botelho	05	SCP	2:31.54	50m	01-03-20	Vila Franca de Xira	425
46.	SILVA Tomas Caineta	05	CDE	2:31.97	50m	02-02-20	Povoa de Varzim	422
47.	SILVA Guilherme Gomes	05	AEJ	2:32.05	50m	28-07-19	Loulé	421
48.	RIBEIRO Filipe Silva	05	LSC	2:32.19	50m	28-07-19	Loulé	420
49.	VIEIRA Eduardo Gabriel	05	NBM	2:32.52	50m	07-07-19	Coimbra	417
50.	SOUSA Afonso Coelho	05	NSIT	2:32.84	50m	28-07-19	Loulé	414

**400 Estilos**

1.	SARREIRA Tomas Amor	05	DNMG	4:50.97	50m	27-03-21	Coimbra	588
2.	SOUSA Joao Maria	05	SCB	4:53.31	50m	27-03-21	Coimbra	574
3.	ANSELMO Raul Sousa	05	CAFBPD	4:54.58	50m	27-03-21	Coimbra	567
4.	OLIVEIRA Miguel Fernandes	05	DNMG	4:56.35	50m	27-03-21	Coimbra	557
5.	GOUVEIA Luis Galvao	05	CDN	5:07.82	50m	28-07-19	Loulé	497
6.	PINTO Rodrigo Barroso	05	FCP	5:09.94	50m	01-02-20	Povoa de Varzim	486
7.	OLIVEIRA Diogo Alexandre	05	CNF	5:10.59	50m	28-07-19	Loulé	483
8.	MARQUES Andre Henriques	05	SLB	5:10.61	50m	28-07-19	Loulé	483
9.	OLIVEIRA Simao Lopes	05	CNS	5:11.44	50m	29-02-20	Vila Franca de Xira	479
10.	GONCALVES Jose Luis	05	ADF	5:12.43	50m	28-07-19	Loulé	475
11.	CARVALHO Joao Carlos	05	SCB	5:12.46	50m	28-07-19	Loulé	475
12.	MOREIRA Lucas Filipe	05	ADBA	5:12.97	50m	28-07-19	Loulé	472
13.	PEREIRA Manuel Angelo	05	SCP	5:13.32	50m	29-02-20	Vila Franca de Xira	471
14.	SA Jose Manuel	05	SCP	5:13.54	50m	29-02-20	Vila Franca de Xira	470

400 Estilos (desde 15)

15.	ROCHA Goncalo Queiroga	05	SCB	5:13.63	50m	01-02-20	Povoa de Varzim	469
16.	PINTO Tiago Rodrigues	05	SCP	5:14.35	50m	28-07-19	Loulé	466
17.	FREITAS Filipe Simoes	05	SCP	5:18.95	50m	28-07-19	Loulé	446
18.	SILVA Vasco Antela	05	SCP	5:19.70	50m	29-02-20	Vila Franca de Xira	443
19.	FERNANDES Miguel Alves	05	VNC	5:20.28	50m	01-02-20	Povoa de Varzim	441
20.	SILVA Diogo Miguel	05	CGA	5:21.75	50m	07-07-19	Coimbra	435
21.	NUNES Carlos Daniel	05	CCDSM	5:22.07	50m	13-07-19	Rio Maior	433
22.	RIBEIRO Tomas Carvalhinho	05	CNMAIA	5:22.29	50m	06-07-19	Famalicao	433
23.	ROCHA Jose Miguel	05	SCC	5:22.47	50m	22-02-20	Coimbra	432
24.	CARVALHO Goncalo Duarte	05	SLB	5:22.70	50m	07-07-19	Setúbal	431
25.	GUTUTUI Francisc	05	SAD	5:22.71	50m	28-07-19	Loulé	431
26.	ALMEIDA Joao Neves	05	FBSC	5:22.82	50m	07-07-19	Coimbra	430
27.	MORGADO Vasco Alves	05	SAD	5:23.46	50m	29-02-20	Vila Franca de Xira	428
28.	CAPRICHIO Diogo Botelho	05	SCP	5:23.66	50m	29-02-20	Vila Franca de Xira	427
29.	MIMOSO Rodrigo Ferreira	05	SLB	5:24.32	50m	29-02-20	Vila Franca de Xira	425
30.	CARDOSO Guilherme Maia	05	SCC	5:24.81	50m	07-07-19	Coimbra	423
31.	PIRES Jose Pedro	05	LDC	5:24.88	50m	28-07-19	Loulé	422
32.	GABOLEIRO Ricardo Filipe	05	CNRM	5:25.31	50m	13-07-19	Rio Maior	421
33.	ASCENSO Afonso Manuel	05	DNMG	5:25.56	50m	28-07-19	Loulé	420
34.	SILVA Tomas Caineta	05	CDE	5:25.61	50m	01-02-20	Povoa de Varzim	419
35.	FRANCISCO Tiago Serradas	05	DNMG	5:25.70	50m	07-07-19	Coimbra	419
36.	FIGUEIRA Samuel Baptista	05	CNMC	5:26.65	50m	07-07-19	Coimbra	415
37.	MOUTELA Dinis Amorim	05	CDE	5:26.81	50m	01-02-20	Povoa de Varzim	415
38.	NETO Vasco Goncalves	05	FCP	5:27.25	50m	28-07-19	Loulé	413
39.	PINHO Celso Rodrigues	05	SCE	5:27.31	50m	07-07-19	Coimbra	413
40.	TEIXEIRA Tomas Borges	05	NSIT	5:28.23	50m	28-07-19	Loulé	409
41.	GONCALVES Alexandre Ramo	05	CCLAMAS	5:28.71	50m	06-07-19	Famalicao	408
42.	DIAS Pedro Anselmo	05	AVFC	5:29.81	50m	07-07-19	Coimbra	404
43.	GABOLEIRO Guilherme Filipe	05	CNRM	5:29.92	50m	13-07-19	Rio Maior	403
44.	MACHADO Diogo Pimentel	05	CAFBDP	5:30.03	50m	28-07-19	Loulé	403
45.	PAIVA Ruben Ferreira	05	ADS	5:30.86	50m	13-07-19	Coimbra	400
46.	LAFUENTE Miguel Teixeira	05	FCP	5:31.00	50m	28-07-19	Loulé	399
47.	PIRES Andre Branco	05	AVFC	5:31.21	50m	07-07-19	Coimbra	399
48.	GLAVATSKYY Antonio	05	AAC	5:32.59	50m	22-02-20	Coimbra	394
49.	LEITAO Andre Freitas	05	CNF	5:32.70	50m	06-07-19	Funchal	393
50.	FERREIRA Alexandre Sousa	05	GDNFAMA	5:32.71	50m	28-07-19	Loulé	393