

RECORDES INDIVIDUAIS atualizado 22/12/2021

piscina de 25 metros



PROVAS MASCULINAS

50 LIVRES

<u>Infantil B</u>	00:27.10	Alexandre Lages Ribas	97	EDV	02-05-2010	Valongo
<u>Infantil A</u>	00:25.31	Nuno Miguel Graça	98	EDV	07-07-2012	Ponte da Barca
<u>Juvenil B</u>	00:24.79	Nuno Tiago Coelho	02	AMAMB	18-06-2017	Braga
<u>Juvenil A</u>	00:24.66	Alexandre Lages Ribas	97	EDV	09-03-2013	Braga
<u>Júnior -17</u>	00:23.95	Rafael Lages Ribas	93	EDV	08-07-2010	Ponte da Barca
<u>Júnior -18</u>	00:24.11	João Francisco Lopes	98	SCB	01-07-2016	Ponte da Barca
<u>Sénior</u>	00:22.87	Alexandre Lages Ribas	97	EDV	21-12-2019	Felgueiras
<u>Absoluto</u>	00:22.87	Alexandre Lages Ribas	97	EDV	21-12-2019	Felgueiras

100 LIVRES

<u>Infantil B</u>	00:58.05	Alexandre Lages Ribas	97	EDV	15-05-2010	Ponte da Barca
<u>Infantil A</u>	00:55.42	Nuno Miguel Graça	98	EDV	18-03-2012	Vila Meã
<u>Juvenil B</u>	00:53.82	Alexandre Lages Ribas	97	EDV	18-02-2012	Estoril
<u>Juvenil A</u>	00:53.41	Alexandre Lages Ribas	97	EDV	12-05-2013	Barcelos
<u>Júnior -17</u>	00:52.51	Alexandre Lages Ribas	97	EDV	09-02-2014	Felgueiras
<u>Júnior -18</u>	00:52.24	José Pedro Fernandes	99	SCB	09-12-2016	Funchal
<u>Sénior</u>	00:49.53	Alexandre Lages Ribas	97	EDV	20-12-2019	Felgueiras
<u>Absoluto</u>	00:49.53	Alexandre Lages Ribas	97	EDV	20-12-2019	Felgueiras

200 LIVRES

<u>Infantil B</u>	02:08.12	Hugo Miguel Neves	02	SCB	16-05-2015	Vila Praia de �ncora
<u>Infantil A</u>	02:00.33	Hugo Miguel Neves	02	SCB	19-03-2016	Bragança
<u>Juvenil B</u>	01:57.33	Alexandre Lages Ribas	97	EDV	03-03-2012	Braga
<u>Juvenil A</u>	01:55.19	Duarte Jo�o Dantas	84	EDV	18-03-2000	Braga
<u>Júnior -17</u>	01:54.00	Ricardo Manuel Machado	93	SCB	06-12-2009	Leiria
<u>Júnior -18</u>	01:50.41	José Paulo Lopes	00	SCB	15-04-2018	Felgueiras
<u>Sénior</u>	01:48.75	José Paulo Lopes	00	SCB	11-04-2018	Felgueiras
<u>Absoluto</u>	01:48.75	José Paulo Lopes	00	SCB	11-04-2018	Felgueiras

400 LIVRES

<u>Infantil B</u>	04:26.63	Hugo Miguel Neves	02	SCB	02-07-2015	Ponte da Barca
<u>Infantil A</u>	04:17.89	Hugo Miguel Neves	02	SCB	19-03-2016	Bragança
<u>Juvenil B</u>	04:05.48	José Paulo Lopes	00	SCB	14-06-2015	Braga
<u>Juvenil A</u>	04:02.24	José Paulo Lopes	00	SCB	30-06-2016	Ponte da Barca
<u>Júnior -17</u>	03:58.55	José Paulo Lopes	00	SCB	10-12-2016	Funchal
<u>Júnior -18</u>	03:52.06	José Paulo Lopes	00	SCB	09-12-2017	Porto
<u>Sénior</u>	03:42.57	José Paulo Lopes	00	SCB	16-12-2021	Abu Dhabi
<u>Absoluto</u>	03:42.57	José Paulo Lopes	00	SCB	16-12-2021	Abu Dhabi

800 LIVRES

<u>Infantil B</u>	09:31.73	Duarte Jo�o Dantas	84	EDV	16-03-1997	Alcobaça
<u>Infantil A</u>	08:55.06	Hugo Miguel Neves	02	SCB	02-07-2016	Ponte da Barca
<u>Juvenil B</u>	08:34.96	José Paulo Lopes	00	SCB	04-07-2015	Ponte da Barca
<u>Juvenil A</u>	08:20.86	José Paulo Lopes	00	SCB	02-07-2016	Ponte da Barca
<u>Júnior -17</u>	08:08.84	José Paulo Lopes	00	SCB	11-12-2016	Funchal
<u>Júnior -18</u>	08:01.21	José Paulo Lopes	00	SCB	08-12-2017	Porto
<u>Sénior</u>	07:42.14	José Paulo Lopes	00	SCB	20-12-2019	Felgueiras
<u>Absoluto</u>	07:42.14	José Paulo Lopes	00	SCB	20-12-2019	Felgueiras

1500 LIVRES

<u>Infantil B</u>	17:54.74	Duarte Jo�o Dantas	84	EDV	16-03-1997	Alcobaça
<u>Infantil A</u>	16:54.06	Hugo Miguel Neves	02	SCB	02-07-2016	Ponte da Barca
<u>Juvenil B</u>	16:10.07	José Paulo Lopes	00	SCB	04-07-2015	Ponte da Barca
<u>Juvenil A</u>	15:46.14	José Paulo Lopes	00	SCB	02-07-2016	Ponte da Barca
<u>Júnior -17</u>	15:21.79	José Paulo Lopes	00	SCB	11-12-2016	Funchal
<u>Júnior -18</u>	15:19.81	José Paulo Lopes	00	SCB	10-12-2017	Porto
<u>Sénior</u>	14:39.82	José Paulo Lopes	00	SCB	20-12-2021	Abu Dhabi
<u>Absoluto</u>	14:39.82	José Paulo Lopes	00	SCB	20-12-2021	Abu Dhabi

50 BRUÇOS

<u>Infantil B</u>	00:33.51	Hugo Miguel Neves	02	SCB	04-07-2015	Ponte da Barca
<u>Infantil A</u>	00:33.22	Cl�udio Miguel Marques	94	VNC	19-04-2008	Ponte da Barca
<u>Juvenil B</u>	00:30.65	Jorge Silva Jesus	00	SCB	14-06-2015	Braga
<u>Juvenil A</u>	00:30.56	Rafael Gomes Sim�es	00	AMAMB	01-07-2016	Ponte da Barca
<u>Júnior -17</u>	00:29.40	Rafael Gomes Sim�es	00	AMAMB	30-06-2017	Ponte da Barca
<u>Júnior -18</u>	00:29.18	Rafael Gomes Sim�es	00	SCB	10-12-2017	Porto
<u>Sénior</u>	00:28.45	Rafael Gomes Sim�es	00	SCB	09-07-2021	Ponte da Barca
<u>Absoluto</u>	00:28.45	Rafael Gomes Sim�es	00	SCB	09-07-2021	Ponte da Barca

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100 BRUÇOS

<u>Infantil B</u>	01:11.80	Hugo Miguel Neves	02	SCB	04-07-2015	Ponte da Barca
<u>Infantil A</u>	01:10.93	Jorge Silva Jesus	00	SCB	29-03-2014	Cantanhede
<u>Juvenil B</u>	01:05.72	Jorge Silva Jesus	00	SCB	04-07-2015	Ponte da Barca
<u>Juvenil A</u>	01:04.97	Jorge Silva Jesus	00	SCB	07-05-2016	VPÂncora
<u>Júnior -17</u>	01:04.06	Rafael Gomes Simões	00	AMAMB	18-06-2017	Braga
<u>Júnior -18</u>	01:02.95	Rafael Gomes Simões	00	SCB	08-12-2017	Porto
<u>Sénior</u>	01:00.35	Rafael Gomes Simões	00	SCB	26-11-2021	Leiria
<u>Absolute</u>	01:00.35	Rafael Gomes Simões	00	SCB	26-11-2021	Leiria

200 BRUÇOS

<u>Infantil B</u>	02:41.42	Nuno Miguel Coto	99	SCB	07-07-2012	Ponte da Barca
<u>Infantil A</u>	02:32.10	Tiago Martim Alves	97	CDAN	02-07-2011	Ponte da Barca
<u>Juvenil B</u>	02:27.92	Sérgio Campainhas Fernandes	82	EDV	02-03-1997	Penafiel
<u>Juvenil A</u>	02:22.45	Mário Jorge Veloso	98	SCB	09-02-2014	Felgueiras
<u>Júnior -17</u>	02:16.24	Jorge Silva Jesus	00	SCB	10-12-2016	Funchal
<u>Júnior -18</u>	02:16.06	Rafael Gomes Simões	00	SCB	09-12-2017	Porto
<u>Sénior</u>	02:10.53	Rafael Gomes Simões	00	SCB	27-11-2021	Leiria
<u>Absolute</u>	02:10.53	Rafael Gomes Simões	00	SCB	27-11-2021	Leiria

50 COSTAS

<u>Infantil B</u>	00:30.88	Alexandre Lages Ribas	97	EDV	15-05-2010	Ponte da Barca
	00:30.88	Jorge Jesus Silva	00	SCB	25-04-2013	Vila do Conde
<u>Infantil A</u>	00:29.65	Alexandre Lages Ribas	97	EDV	11-03-2011	Viseu
<u>Juvenil B</u>	00:27.57	Alexandre Lages Ribas	97	EDV	05-07-2012	Ponte da Barca
<u>Juvenil A</u>	00:27.45	Alexandre Lages Ribas	97	EDV	29-06-2013	VPÂncora
<u>Júnior -17</u>	00:26.46	João Francisco Lopes	98	SCB	13-06-2015	Braga
<u>Júnior -18</u>	00:26.09	João Francisco Lopes	98	SCB	11-12-2015	Fluvial Portuen
<u>Sénior</u>	00:26.13	Daniel Aparício Pereira	83	SCB	07-12-2012	Fluvial Portuen
<u>Absolute</u>	00:26.09	João Francisco Lopes	98	SCB	11-12-2015	Fluvial Portuen

100 COSTAS

<u>Infantil B</u>	01:04.76	Alexandre Lages Ribas	97	EDV	09-05-2010	Ponte da Barca
<u>Infantil A</u>	01:00.97	Alexandre Lages Ribas	97	EDV	11-03-2011	Viseu
<u>Juvenil B</u>	00:58.46	Alexandre Lages Ribas	97	EDV	19-02-2012	Estoril
<u>Juvenil A</u>	00:57.72	Alexandre Lages Ribas	97	EDV	12-05-2013	Barcelos
<u>Júnior -17</u>	00:56.94	Alexandre Lages Ribas	97	EDV	06-07-2014	Ponte da Barca
<u>Júnior -18</u>	00:55.52	José Paulo Lopes	00	SCB	14-04-2018	Felgueiras
<u>Sénior</u>	00:55.54	Daniel Aparício Pereira	83	SCB	19-12-2004	Cantanhede
<u>Absolute</u>	00:55.52	José Paulo Lopes	00	SCB	14-04-2018	Felgueiras

200 COSTAS

<u>Infantil B</u>	02:18.15	Alexandre Lages Ribas	97	EDV	03-07-2010	Ponte da Barca
<u>Infantil A</u>	02:12.72	Alexandre Lages Ribas	97	EDV	12-03-2011	Viseu
<u>Juvenil B</u>	02:06.53	Alexandre Lages Ribas	97	EDV	06-07-2012	Ponte da Barca
<u>Juvenil A</u>	02:07.42	Alexandre Lages Ribas	97	EDV	22-12-2012	SA Cavaleiros
<u>Júnior -17</u>	02:03.32	José Paulo Lopes	00	SCB	09-12-2016	Funchal
<u>Júnior -18</u>	02:02.45	Tomás Machado Vale	97	VNC	07-12-2014	Ponte da Barca
<u>Sénior</u>	01:58.96	Daniel Aparício Pereira	83	SCB	23-11-2003	Paços de Ferreira
<u>Absolute</u>	01:58.96	Daniel Aparício Pereira	83	SCB	23-11-2003	Paços de Ferreira

50 MARIPOSA

<u>Infantil B</u>	00:28.97	Jorge Jesus Silva	00	SCB	28-06-2013	VPÂncora
<u>Infantil A</u>	00:27.88	Lucas Medeiros Pereira	03	SCB	08-04-2017	Mealhada
<u>Juvenil B</u>	00:26.94	Nuno Miguel Graça	98	EDV	28-06-2013	VPÂncora
<u>Juvenil A</u>	00:26.22	Nuno Miguel Graça	98	EDV	05-07-2014	Ponte da Barca
<u>Júnior -17</u>	00:25.43	Nuno Miguel Graça	98	EDV	13-06-2015	Braga
<u>Júnior -18</u>	00:25.16	João Francisco Lopes	98	SCB	13-12-2015	Fluvial Portuense
<u>Sénior</u>	00:24.74	Alexandre Lages Ribas	97	EDV	20-12-2019	Felgueiras
<u>Absolute</u>	00:24.74	Alexandre Lages Ribas	97	EDV	20-12-2019	Felgueiras

100 MARIPOSA

<u>Infantil B</u>	01:03.98	Jorge Jesus Silva	00	SCB	01-06-2013	VPÂncora
<u>Infantil A</u>	00:59.65	Lucas Medeiros Pereira	03	SCB	29-06-2017	Ponte da Barca
<u>Juvenil B</u>	00:59.02	Alexandre Lages Ribas	97	EDV	07-07-2012	Ponte da Barca
<u>Juvenil A</u>	00:58.24	Alexandre Lages Ribas	97	EDV	12-05-2013	Barcelos
<u>Júnior -17</u>	00:56.47	João Francisco Lopes	98	SCB	02-07-2015	Ponte da Barca
<u>Júnior -18</u>	00:55.08	João Francisco Lopes	98	SCB	12-12-2015	Fluvial Portuense
<u>Sénior</u>	00:55.49	João Francisco Lopes	98	SCB	23-11-2019	Braga
<u>Absolute</u>	00:55.08	João Francisco Lopes	98	SCB	12-12-2015	Fluvial Portuense

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200 MARIPOSA

<u>Infantil B</u>	02:24.09	Jorge Jesus Silva	00	SCB	27-04-2013	Arcos Valdevez
<u>Infantil A</u>	02:15.52	Lucas Medeiros Pereira	03	SCB	22-04-2017	Felgueiras
<u>Juvenil B</u>	02:09.74	Jorge Jesus Silva	00	SCB	14-12-2014	Estarreja
<u>Juvenil A</u>	02:07.17	Jorge Jesus Silva	00	SCB	06-12-2015	Cantanhede
<u>Júnior -17</u>	02:02.59	Jorge Jesus Silva	00	SCB	11-12-2016	Funchal
<u>Júnior -18</u>	02:02.93	José Paulo Lopes	00	SCB	14-04-2018	Felgueiras
<u>Sénior</u>	01:59.75	José Paulo Lopes	00	SCB	10-04-2021	Felgueiras
<u>Absoluto</u>	01:59.75	José Paulo Lopes	00	SCB	10-04-2021	Felgueiras

100 ESTILOS

<u>Infantil B</u>	01:06.44	Jorge Jesus Silva	00	SCB	28-04-2013	Arcos Valdevez
<u>Infantil A</u>	01:04.97	Nuno Miguel Graça	98	EDV	29-04-2012	Barcelos
<u>Juvenil B</u>	01:01.70	Alexandre Lages Ribas	97	EDV	29-04-2012	Barcelos
<u>Juvenil A</u>	01:02.59	Triago Martim Alves	97	EDV	28-04-2013	Arcos Valdevez
<u>Júnior -17</u>	00:58.01	Jorge Jesus Silva	00	SCB	11-12-2016	Funchal
<u>Júnior -18</u>	00:57.54	João Francisco Lopes	98	SCB	13-12-2015	Fluvial Portuense
<u>Sénior</u>	00:55.86	José Paulo Lopes	00	SCB	10-04-2021	Felgueiras
<u>Absoluto</u>	00:55.86	José Paulo Lopes	00	SCB	10-04-2021	Felgueiras

200 ESTILOS

<u>Infantil B</u>	02:21.85	Hugo Miguel Neves	02	SCB	05-07-2015	Ponte da Barca
<u>Infantil A</u>	02:15.88	Hugo Miguel Neves	02	SCB	03-07-2016	Ponte da Barca
<u>Juvenil B</u>	02:12.16	Jorge Jesus Silva	00	SCB	09-05-2015	Ponte da Barca
<u>Juvenil A</u>	02:09.65	Alexandre Lages Ribas	97	EDV	13-04-2013	Abrantes
<u>Júnior -17</u>	02:04.84	José Paulo Lopes	00	SCB	10-12-2016	Funchal
<u>Júnior -18</u>	02:01.87	José Paulo Lopes	00	SCB	09-12-2017	Porto
<u>Sénior</u>	01:58.89	José Paulo Lopes	00	SCB	21-12-2019	Felgueiras
<u>Absoluto</u>	01:58.89	José Paulo Lopes	00	SCB	21-12-2019	Felgueiras

400 ESTILOS

<u>Infantil B</u>	05:00.74	Hugo Miguel Neves	02	SCB	03-07-2015	Ponte da Barca
<u>Infantil A</u>	04:42.24	Hugo Miguel Neves	02	SCB	01-07-2016	Ponte da Barca
<u>Juvenil B</u>	04:40.84	José Paulo Lopes	00	SCB	03-07-2015	Ponte da Barca
<u>Juvenil A</u>	04:32.72	José Paulo Lopes	00	SCB	01-07-2016	Ponte da Barca
<u>Júnior -17</u>	04:29.42	José Paulo Lopes	00	SCB	14-01-2017	Maia
<u>Júnior -18</u>	04:24.17	José Paulo Lopes	00	SCB	13-01-2018	Águas Santas
<u>Sénior</u>	04:09.05	José Paulo Lopes	00	SCB	05-12-2019	Glasgow
<u>Absoluto</u>	04:09.05	José Paulo Lopes	00	SCB	05-12-2019	Glasgow

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PROVAS FEMININAS

50 LIVRES

<u>Infantil B</u>	00:30.25	Ana Miguel Pinto	99	VNC	01-05-2011	Barcelos
<u>Infantil A</u>	00:28.90	Ana Miguel Pinto	99	VNC	29-04-2012	Barcelos
<u>Juvenil - 14</u>	00:28.27	Sara Faria Costa	97	SCB	05-12-2010	Porto
<u>Juvenil - 15</u>	00:27.55	Catarina Maria Ferreira	98	EDL	16-12-2012	Mealhada
<u>J�nior - 16</u>	00:27.07	Catarina Maria Ferreira	98	EDL	05-07-2014	Ponte da Barca
<u>J�nior - 17</u>	00:25.99	Catarina Maria Ferreira	98	EDV	02-07-2015	Ponte da Barca
<u>S�nior</u>	00:25.49	Ana Pinho Rodrigues	94	EDV	15-11-2020	Mealhada
<u>Absolute</u>	00:25.49	Ana Pinho Rodrigues	94	EDV	15-11-2020	Mealhada

100 LIVRES

<u>Infantil B</u>	01:04.85	Ana Miguel Pinto	99	VNC	21-05-2011	Ponte da Barca
<u>Infantil A</u>	01:01.40	Ariana Borlido Loureiro	89	EDV	30-06-2002	Braga
<u>Juvenil - 14</u>	01:00.52	Sara Faria Costa	97	SCB	14-05-2011	Ponte da Barca
<u>Juvenil - 15</u>	00:59.40	Marisa Alexandra Lage	94	VNC	20-12-2008	Sines
<u>J�nior - 16</u>	00:59.11	Tamila Hryhorivna Holub	99	SCB	15-11-2014	Felgueiras
<u>J�nior - 17</u>	00:57.29	Catarina Maria Ferreira	98	EDV	05-07-2015	Ponte da Barca
<u>S�nior</u>	00:56.48	Ana Pinho Rodrigues	94	EDV	14-11-2020	Mealhada
<u>Absolute</u>	00:56.48	Ana Pinho Rodrigues	94	EDV	14-11-2020	Mealhada

200 LIVRES

<u>Infantil B</u>	02:19.51	Ana Miguel Pinto	99	VNC	02-07-2011	Ponte da Barca
<u>Infantil A</u>	02:10.97	Diana Ramos Rocha	94	EDV	05-07-2007	Ponte da Barca
<u>Juvenil - 14</u>	02:08.84	Diana Ramos Rocha	94	EDV	24-02-2008	Braga
<u>Juvenil - 15</u>	02:05.80	Tamila Hryhorivna Holub	99	SCB	16-03-2014	VP�ncora
<u>J�nior - 16</u>	02:04.73	Tamila Hryhorivna Holub	99	SCB	21-12-2014	Fluvial Portuense
<u>J�nior - 17</u>	02:04.24	Tamila Hryhorivna Holub	99	SCB	14-11-2015	Felgueiras
<u>S�nior</u>	02:01.11	Tamila Hryhorivna Holub	99	SCB	14-12-2019	Leiria
<u>Absolute</u>	02:01.11	Tamila Hryhorivna Holub	99	SCB	14-12-2019	Leiria

400 LIVRES

<u>Infantil B</u>	04:51.13	Diana Ramos Rocha	94	EDV	06-07-2006	Arcos de Valdevez
<u>Infantil A</u>	04:35.75	Diana Ramos Rocha	94	EDV	21-04-2007	Torres Novas
<u>Juvenil - 14</u>	04:25.47	Tamila Hryhorivna Holub	99	SCB	13-04-2013	Abrantes
<u>Juvenil - 15</u>	04:20.32	Tamila Hryhorivna Holub	99	SCB	15-03-2014	VP�ncora
<u>J�nior - 16</u>	04:15.43	Tamila Hryhorivna Holub	99	SCB	20-12-2014	Fluvial Portuense
<u>J�nior - 17</u>	04:10.52	Tamila Hryhorivna Holub	99	SCB	12-12-2015	Fluvial Portuense
<u>S�nior</u>	04:08.53	Tamila Hryhorivna Holub	99	SCB	22-12-2018	Felgueiras
<u>Absolute</u>	04:08.53	Tamila Hryhorivna Holub	99	SCB	22-12-2018	Felgueiras

800 LIVRES

<u>Infantil B</u>	09:38.19	Diana Ramos Rocha	94	EDV	06-07-2006	Arcos Valdevez
<u>Infantil A</u>	09:22.24	Tamila Hryhorivna Holub	99	SCB	05-07-2012	Ponte da Barca
<u>Juvenil - 14</u>	09:02.89	Tamila Hryhorivna Holub	99	SCB	28-06-2013	VP�ncora
<u>Juvenil - 15</u>	08:55.35	Tamila Hryhorivna Holub	99	SCB	15-03-2014	VP�ncora
<u>J�nior - 16</u>	08:45.41	Tamila Hryhorivna Holub	99	SCB	21-12-2014	Fluvial Portuense
<u>J�nior - 17</u>	08:32.83	Tamila Hryhorivna Holub	99	SCB	13-12-2015	Fluvial Portuense
<u>S�nior</u>	08:25.00	Tamila Hryhorivna Holub	99	SCB	04-12-2019	Glasgow
<u>Absolute</u>	08:25.00	Tamila Hryhorivna Holub	99	SCB	04-12-2019	Glasgow

1500 LIVRES

<u>Infantil B</u>	18:59.38	Diana Ramos Rocha	94	EDV	09-07-2006	Arcos de Valdevez
<u>Infantil A</u>	18:20.92	V�nia Soares Neves	90	VNC	19-01-2003	Cerveira
<u>Juvenil - 14</u>	17:17.43	Tamila Hryhorivna Holub	99	SCB	30-06-2013	VP�ncora
<u>Juvenil - 15</u>	16:54.39	Tamila Hryhorivna Holub	99	SCB	16-03-2014	VP�ncora
<u>J�nior - 16</u>	16:44.26	Tamila Hryhorivna Holub	99	SCB	19-12-2014	Fluvial Portuense
<u>J�nior - 17</u>	16:11.67	Tamila Hryhorivna Holub	99	SCB	11-12-2015	Fluvial Portuense
<u>S�nior</u>	16:17.11	Tamila Hryhorivna Holub	99	SCB	21-12-2018	Felgueiras
<u>Absolute</u>	16:11.67	Tamila Hryhorivna Holub	99	SCB	11-12-2015	Fluvial Portuense

50 BRU OS

<u>Infantil B</u>	00:39.73	Maria Jo�o Amaral	96	VNC	09-03-2008	Mealhada
<u>Infantil A</u>	00:36.72	Diana Ramos Rocha	94	EDV	05-07-2007	Ponte da Barca
<u>Juvenil - 14</u>	00:36.08	Marta Rola Az�do	91	VNC	17-11-2004	Cantanhede
<u>Juvenil - 15</u>	00:35.22	Marta Rola Azedo	91	VNC	07-07-2006	Arcos de Valdevez
<u>J�nior - 16</u>	00:34.79	Marta Rola Az�do	91	VNC	06-07-2007	Ponte da Barca
<u>J�nior - 17</u>	00:34.41	Beatriz Carvalho Ribeiro	97	EMDB	29-11-2013	VP�ncora
<u>S�nior</u>	00:30.70	Ana Pinho Rodrigues	94	EDV	05-12-2021	Estarreja
<u>Absolute</u>	00:30.70	Ana Pinho Rodrigues	94	EDV	05-12-2021	Estarreja

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100 BRUÇOS

<u>Infantil B</u>	01:24.26	Sara Beatriz Loureiro	87	SCB	1999	
<u>Infantil A</u>	01:18.41	Diana Ramos Rocha	94	EDV	05-07-2007	Ponte da Barca
<u>Juvenil - 14</u>	01:16.57	Marta Rola Azêdo	91	VNC	17-12-2004	Cantanhede
<u>Juvenil - 15</u>	01:13.44	Marta Rola Azêdo	91	VNC	12-02-2006	Estoril
<u>Júnior - 16</u>	01:14.62	Marta Rola Azêdo	91	VNC	16-12-2006	SA Cavaleiros
<u>Júnior -17</u>	01:14.41	Rita Catarina Miranda	97	SCB	21-12-2013	Felgueiras
<u>Sénior</u>	01:06.82	Ana Pinho Rodrigues	94	EDV	04-12-2021	Estarreja
<u>Absolute</u>	01:06.82	Ana Pinho Rodrigues	94	EDV	04-12-2021	Estarreja

200 BRUÇOS

<u>Infantil B</u>	03:00.76	Marta Rola Azêdo	91	VNC	05-07-2003	Viana do Castelo
<u>Infantil A</u>	02:44.22	Diana Ramos Rocha	94	EDV	05-07-2007	Ponte da Barca
<u>Juvenil - 14</u>	02:45.37	Tatiana Martins Soares	82	SCB	01-03-1996	Felgueiras
<u>Juvenil - 15</u>	02:43.56	Ana Filipa Teixeira	95	CDAN	09-01-2010	Benedita
<u>Júnior - 16</u>	02:38.34	Maria Seixeira Silva	06	VNC	05-12-2021	Estarreja
<u>Júnior -17</u>	02:39.74	Rita Catarina Miranda	97	SCB	22-12-2013	Felgueiras
<u>Sénior</u>	02:30.64	Ana Pinho Rodrigues	94	EDV	05-12-2021	Estarreja
<u>Absolute</u>	02:30.64	Ana Pinho Rodrigues	94	EDV	05-12-2021	Estarreja

50 COSTAS

<u>Infantil B</u>	00:35.70	Catarina Marques	93	SCB	30-04-2005	Póvoa do Lanhoso
<u>Infantil A</u>	00:33.22	Ana Sofia Afonso	99	EDV	29-04-2012	Barcelos
<u>Juvenil - 14</u>	00:32.02	Maria Gomes Neves	08	SCB	14-11-2021	Braga
<u>Juvenil - 15</u>	00:30.94	Margarida Teixeira Monteiro	97	EDL	05-07-2012	Ponte da Barca
<u>Júnior - 16</u>	00:30.05	Catarina Maria Ferreira	98	EDL	05-07-2014	Ponte da Barca
<u>Júnior -17</u>	00:29.81	Catarina Maria Ferreira	98	EDV	04-07-2015	Ponte da Barca
<u>Sénior</u>	00:29.46	Filipa Mendes Pinheiro	92	EDV	04-12-2009	Leiria
<u>Absolute</u>	00:29.46	Filipa Mendes Pinheiro	92	EDV	04-12-2009	Leiria

100 COSTAS

<u>Infantil B</u>	01:12.84	Ana Cláudia Dias	92	CNVV	03-07-2004	Braga
<u>Infantil A</u>	01:08.78	Maria Júlia Cunha	96	SCB	14-02-2009	Arcos de Valdevez
<u>Juvenil - 14</u>	01:07.40	Diana Ramos Rocha	94	EDV	05-04-2008	Abraantes
<u>Juvenil - 15</u>	01:06.32	Ana Filipa Gonçalves	92	EDV	20-01-2007	Ponte da Barca
<u>Júnior - 16</u>	01:06.50	Filipa Mendes Pinheiro	93	EDV	16-02-2008	Estoril
<u>Júnior -17</u>	01:05.13	Catarina Maria Ferreira	98	EDV	14-06-2015	Braga
<u>Sénior</u>	01:02.66	Filipa Mendes Pinheiro	92	EDV	05-12-2009	Leiria
<u>Absolute</u>	01:02.66	Filipa Mendes Pinheiro	92	EDV	05-12-2009	Leiria

200 COSTAS

<u>Infantil B</u>	02:36.35	Rute Juliana Araújo	91	SCB	06-07-2003	Viana
<u>Infantil A</u>	02:29.95	Ana Filipa Mendes	89	SCB	30-06-2002	Braga
<u>Juvenil - 14</u>	02:23.92	Ana Filipa Mendes	89	SCB	23-03-2003	Braga
<u>Juvenil - 15</u>	02:23.43	Diana Ramos Rocha	94	VNC	01-05-2009	Matosinhos
<u>Júnior - 16</u>	02:23.43	Leonor Borges Faria	87	SCB	24-11-2002	Felgueiras
<u>Júnior -17</u>	02:20.07	Filipa Mendes Pinheiro	92	EDV	08-12-2008	Guimarães
<u>Sénior</u>	02:15.10	Filipa Mendes Pinheiro	92	EDV	06-12-2009	Leiria
<u>Absolute</u>	02:15.10	Filipa Mendes Pinheiro	92	EDV	06-12-2009	Leiria

50 MARIPOSA

<u>Infantil B</u>	00:33.73	Marta Bonito Cunha	88	EDV	2000	
<u>Infantil A</u>	00:32.12	Alice Carmo Lourenço	02	VNC	09-05-2015	Ponte da Barca
<u>Juvenil - 14</u>	00:30.52	Maria Rita Sousa	07	EDV	10-07-2021	Ponte da Barca
<u>Juvenil - 15</u>	00:29.66	Filipa Mendes Pinheiro	92	EDV	05-07-2007	Ponte da Barca
<u>Júnior - 16</u>	00:29.08	Raquel Maria Felgueiras	80	SCB	02-03-1996	Felgueiras
<u>Júnior -17</u>	00:29.67	Lara Alexandra Vaz	99	EDV	20-11-2015	Ponte da Barca
<u>Sénior</u>	00:28.20	Ana Pinho Rodrigues	94	EDV	10-07-2021	Ponte da Barca
<u>Absolute</u>	00:28.20	Ana Pinho Rodrigues	94	EDV	10-07-2021	Ponte da Barca

100 MARIPOSA

<u>Infantil B</u>	01:12.46	Eduarda Malheiro Neves	94	SCB	09-04-2006	Felgueiras
<u>Infantil A</u>	01:08.70	Diana Ramos Rocha	94	EDV	05-05-2007	Ponte da Barca
<u>Juvenil - 14</u>	01:06.06	Sara Sofia Carneiro	88	SCB	10-03-2002	Guimarães
<u>Juvenil - 15</u>	01:05.17	Filipa Mendes Pinheiro	92	EDV	24-02-2007	Estoril
<u>Júnior - 16</u>	01:02.83	Raquel Maria Felgueiras	80	SCB	03-03-1996	Felgueiras
<u>Júnior -17</u>	01:04.76	Raquel Maria Felgueiras	80	SCB	10-06-1997	Algés
<u>Sénior</u>	01:01.29	Ana Pinho Rodrigues	94	EDV	08-07-2021	Ponte da Barca
<u>Absolute</u>	01:01.29	Ana Pinho Rodrigues	94	EDV	08-07-2021	Ponte da Barca

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200 MARIPOSA

Infantil B	02:36.56	Elsa Daniel Dias	92	CNVV	03-07-2004	Braga
Infantil A	02:30.44	Elsa Daniel Dias	92	CNVV	19-03-2005	Condeixa
Juvenil - 14	02:25.94	Filipa Mendes Pinheiro	92	EDV	03-06-2006	Braga
Juvenil - 15	02:21.16	Diana Ramos Rocha	94	VNC	20-12-2008	Sines
J�nior - 16	02:17.43	Raquel Maria Felgueiras	80	SCB	01-03-1996	Felgueiras
J�nior - 17	02:19.19	Raquel Maria Felgueiras	80	SCB	07-03-1997	Estoril
S�nior	02:12.34	Raquel Maria Felgueiras	80	SCB	13-12-2001	Antu�rpia
Absoluto	02:12.34	Raquel Maria Felgueiras	80	SCB	13-12-2001	Antu�rpia

100 ESTILOS

Infantil B	01:16.86	Marta Bonito Cunha	88	EDV	2000	
Infantil A	01:10.38	Diana Ramos Rocha	94	EDV	12-05-2007	P�voa de Lanhoso
Juvenil - 14	01:10.36	Diana Ramos Rocha	94	EDV	25-11-2007	Braga
Juvenil - 15	01:10.05	Filipa Mendes Pinheiro	92	EDV	01-05-2007	Sra da Hora
J�nior - 16	01:09.09	In�s Jo�o Costa	95	SCB	30-04-2011	Barcelos
J�nior - 17	01:09.00	Filipa Mendes Pinheiro	92	EDV	08-12-2008	Guimar�es
S�nior	01:03.31	Ana Pinho Rodrigues	94	EDV	13-11-2021	Albufeira
Absoluto	01:03.31	Ana Pinho Rodrigues	94	EDV	13-11-2021	Albufeira

200 ESTILOS

Infantil B	02:38.88	Diana Ramos Rocha	94	EDV	01-07-2006	Braga
Infantil A	02:27.26	Diana Ramos Rocha	94	EDV	08-07-2007	Ponte da Barca
Juvenil - 14	02:24.26	Diana Ramos Rocha	94	VNC	05-04-2008	Abrantes
Juvenil - 15	02:23.39	Diana Ramos Rocha	94	VNC	20-12-2008	Sines
J�nior - 16	02:23.51	V�nia Soares Neves	90	VNC	12-02-2006	Estoril
J�nior - 17	02:23.32	Diana Ramos Rocha	94	EDV	11-12-2010	Guarda
S�nior	02:22.76	Maria Madalena Silva	98	SCB	10-12-2016	Funchal
Absoluto	02:22.76	Maria Madalena Silva	98	SCB	10-12-2016	Funchal

400 ESTILOS

Infantil B	05:25.75	Diana Ramos Rocha	94	EDV	30-06-2006	Braga
Infantil A	05:05.82	Diana Ramos Rocha	94	EDV	06-07-2007	Ponte da Barca
Juvenil - 14	05:01.68	Diana Ramos Rocha	94	EDV	22-02-2008	Braga
Juvenil - 15	05:01.95	Diana Ramos Rocha	94	VNC	21-12-2008	Sines
J�nior - 16	05:03.30	V�nia Soares Neves	90	VNC	18-12-2005	Braga
J�nior - 17	05:02.51	Diana Ramos Rocha	94	EDV	10-12-2010	Guarda
S�nior	04:58.42	V�nia Soares Neves	90	VNC	06-12-2008	Guimar�es
Absoluto	04:58.42	V�nia Soares Neves	90	VNC	06-12-2008	Guimar�es