

1 - 1ª Jornada - Sessão Única

11.03.2022 - 15:00

| Prova 1 | Masc., 1500m Livres | | | | Absolutos |
|-----------------------|---------------------|-------------------------|---------|-------------|------------|
| 11.03.2022 - 15:00 | | | | | Resultados |
| Rec Nacional Absoluto | 15:15.12 | Guilherme Filipe Pina | SCP | Coimbra | 2017 |
| Rec Regional Absoluto | 15:15.12 | Guilherme Filipe Pina | SCP | Coimbra | 2017 |
| Rec Regional Sen | 15:15.12 | Guilherme Filipe Pina | SCP | Coimbra | 2017 |
| Rec Regional Jun 2 | 15:32.05 | Filipe Miguel Santo | SLB | Funchal | 2018 |
| Rec Regional Jun 1 | 15:52.30 | Roberto Donald Gomes | SAD | Coimbra | 2017 |
| Rec Regional Juv A | 15:52.62 | Diogo Santos Cardoso | ADRCIMM | Gyoer (HUN) | 2017 |
| Rec Regional Juv B | 16:31.97 | Pedro Fontoura Oliveira | CFB | Lisboa | 2005 |

TAC - Masc Juv B: 19:59.88; Juv A: 19:38.06; Jun 1: 18:54.92; Jun 2: 18:38.71; Sen: 18:17.10

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---------|-----|-------|----------|-------|-----|
|------|---------|-----|-------|----------|-------|-----|

Juvenis B

| | | | | | | |
|----|-----------------------------------|----------------|-------------------------------------|-----------------|-----------------|-----|
| 1. | Miguel Braga Gomes | 07 | Sporting Clube de Portugal | 19:59.88 | 18:18.26 | 498 |
| | <i>Campeão Regional Juvenis B</i> | | | | | |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:09.17 | 500m: 6:02.31 | 900m: 10:57.05 | 1300m: 15:52.54 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:22.83 | 600m: 7:15.89 | 1000m: 12:10.83 | 1400m: 17:06.49 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:35.21 | 700m: 8:29.70 | 1100m: 13:24.77 | 1500m: 18:18.26 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:49.08 | 800m: 9:43.44 | 1200m: 14:38.58 | | | |
| 2. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 19:59.88 | 19:51.45 | 390 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:10.48 | 500m: 6:28.61 | 900m: 11:49.69 | 1300m: 17:14.20 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:29.46 | 600m: 7:48.54 | 1000m: 13:10.35 | 1400m: 18:32.07 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:49.02 | 700m: 9:08.25 | 1100m: 14:31.64 | 1500m: 19:51.45 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 5:08.25 | 800m: 10:28.64 | 1200m: 15:54.30 | | | |

Juvenis A

| | | | | | | |
|----|-----------------------------------|---------------|-----------------------------------|-----------------|-----------------|-----|
| 1. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 17:39.17 | 17:51.59 | 537 |
| | <i>Campeão Regional Juvenis A</i> | | | | | |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:03.73 | 500m: 5:44.48 | 900m: 10:36.23 | 1300m: 15:28.52 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:12.60 | 600m: 6:56.55 | 1000m: 11:49.47 | 1400m: 16:41.54 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:22.12 | 700m: 8:08.91 | 1100m: 13:02.72 | 1500m: 17:51.59 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:32.91 | 800m: 9:22.44 | 1200m: 14:15.38 | | | |
| 2. | Ricardo Freitas Neto | 06 | Sporting Clube de Portugal | 18:23.97 | 18:27.60 | 486 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:06.72 | 500m: 5:56.79 | 900m: 10:53.69 | 1300m: 15:58.16 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:18.06 | 600m: 7:10.22 | 1000m: 12:09.46 | 1400m: 17:13.28 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:30.12 | 700m: 8:23.91 | 1100m: 13:25.51 | 1500m: 18:27.60 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:43.23 | 800m: 9:38.60 | 1200m: 14:42.06 | | | |
| 3. | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 17:55.07 | 18:29.85 | 483 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:07.90 | 500m: 6:00.48 | 900m: 10:57.79 | 1300m: 15:59.49 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:20.25 | 600m: 7:14.13 | 1000m: 12:12.66 | 1400m: 17:16.02 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:33.08 | 700m: 8:28.66 | 1100m: 13:28.42 | 1500m: 18:29.85 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:46.32 | 800m: 9:43.01 | 1200m: 14:43.64 | | | |

Prova 1, Masc., 1500m Livres, Juvenis A

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--------------------|---------------|-------------------------|-----------------|-----------------|-----|
| 4. | Tiago Ventura Chao | 06 | Clube Naval Setubalense | 18:11.08 | 18:35.72 | 475 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:08.30 | 500m: 6:03.77 | 900m: 11:04.41 | 1300m: 16:07.52 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:22.02 | 600m: 7:18.22 | 1000m: 12:19.73 | 1400m: 17:23.14 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:36.24 | 700m: 8:33.23 | 1100m: 13:35.90 | 1500m: 18:35.72 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:49.85 | 800m: 9:48.65 | 1200m: 14:51.33 | | | |

Juniores

| | | | | | | |
|----|--|---------------|-----------------------------------|-----------------|-----------------|-----|
| 1. | Bernardo Victorino Almeida <i>Campeão Regional Junior</i> | 04 | Sporting Clube de Portugal | 16:14.62 | 17:13.19 | 599 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:01.59 | 500m: 5:32.00 | 900m: 10:11.58 | 1300m: 14:53.09 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:07.99 | 600m: 6:41.26 | 1000m: 11:22.14 | 1400m: 16:03.72 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:14.97 | 700m: 7:51.18 | 1100m: 12:32.51 | 1500m: 17:13.19 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:23.03 | 800m: 9:01.10 | 1200m: 13:42.80 | | | |
| 2. | Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 17:13.96 | 17:25.84 | 577 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:04.71 | 500m: 5:41.55 | 900m: 10:23.86 | 1300m: 15:07.14 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:12.91 | 600m: 6:51.51 | 1000m: 11:34.60 | 1400m: 16:17.50 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:22.02 | 700m: 8:02.16 | 1100m: 12:45.51 | 1500m: 17:25.84 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:31.36 | 800m: 9:13.06 | 1200m: 13:56.29 | | | |
| 3. | Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 18:38.71 | 17:35.80 | 561 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:08.84 | 500m: 5:49.64 | 900m: 10:31.92 | 1300m: 15:15.99 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:16.29 | 600m: 6:59.64 | 1000m: 11:43.04 | 1400m: 16:26.80 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:27.98 | 700m: 8:10.28 | 1100m: 12:53.62 | 1500m: 17:35.80 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:38.48 | 800m: 9:21.22 | 1200m: 14:04.81 | | | |
| 4. | Miguel Cordeiro Almeida | 05 | Sport Alges e Dafundo | 18:54.92 | 17:46.89 | 544 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:05.49 | 500m: 5:48.24 | 900m: 10:33.17 | 1300m: 15:22.36 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:15.87 | 600m: 6:59.27 | 1000m: 11:44.84 | 1400m: 16:35.02 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:26.54 | 700m: 8:10.35 | 1100m: 12:57.14 | 1500m: 17:46.89 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:37.61 | 800m: 9:21.63 | 1200m: 14:09.71 | | | |
| 5. | Francisco Sousa Uva | 04 | Sport Alges e Dafundo | 18:01.08 | 18:16.23 | 501 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:05.70 | 500m: 5:54.66 | 900m: 10:49.17 | 1300m: 15:47.71 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:17.16 | 600m: 7:07.68 | 1000m: 12:03.60 | 1400m: 17:02.53 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:29.26 | 700m: 8:21.47 | 1100m: 13:17.57 | 1500m: 18:16.23 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:41.89 | 800m: 9:35.42 | 1200m: 14:32.57 | | | |

Seniores

| | | | | | | |
|----|---|---------------|----------------------------|-----------------|-----------------|-----|
| 1. | Alexandre Martinenko Spiess <i>Campeão Regional Sénior</i> | 98 | Sporting Clube de Portugal | 18:17.10 | 16:45.15 | 650 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:01.85 | 500m: 5:25.09 | 900m: 9:58.27 | 1300m: 14:28.56 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:06.39 | 600m: 6:33.09 | 1000m: 11:06.92 | 1400m: 15:34.28 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:11.84 | 700m: 7:41.29 | 1100m: 12:14.79 | 1500m: 16:45.15 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:17.79 | 800m: 8:49.97 | 1200m: 13:22.44 | | | |

Prova 1, Masc., 1500m Livres, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|----------------|--------------------------------------|-----------------|-----------------|-----|
| 2. | Daniel Alexandre Ascenso | 03 | Gesloures - Gestão Equipamentos E.M. | 17:29.14 | 17:45.19 | 546 |
| | 50m: 1:03.27 | 450m: 5:42.78 | 850m: 10:32.62 | 1250m: 15:23.40 | | |
| | 100m: 2:11.68 | 500m: 6:55.47 | 900m: 11:45.09 | 1300m: 16:35.72 | | |
| | 150m: 3:21.36 | 600m: 8:08.07 | 1000m: 12:57.76 | 1400m: 17:45.19 | | |
| | 200m: 4:31.54 | 650m: 9:20.39 | 1050m: 14:10.43 | 1450m: 15:00m: | | |
| 3. | Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | Clube Futebol Os Belenenses | 18:17.10 | 18:43.95 | 465 |
| | 50m: 1:10.47 | 450m: 6:13.20 | 850m: 11:14.51 | 1250m: 16:16.52 | | |
| | 100m: 2:25.58 | 500m: 7:28.33 | 900m: 12:29.53 | 1300m: 17:31.75 | | |
| | 150m: 3:41.36 | 600m: 8:44.17 | 1000m: 13:45.12 | 1400m: 18:43.95 | | |
| | 200m: 4:56.99 | 650m: 9:59.87 | 1050m: 15:01.01 | 1450m: 15:00m: | | |
| 4. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 18:17.10 | 21:07.06 | 324 |
| | 50m: 1:13.63 | 450m: 6:47.21 | 850m: 12:30.73 | 1250m: 18:16.29 | | |
| | 100m: 2:34.01 | 500m: 8:13.27 | 900m: 13:57.13 | 1300m: 19:43.80 | | |
| | 150m: 3:56.22 | 600m: 9:39.95 | 1000m: 15:23.40 | 1400m: 21:07.06 | | |
| | 200m: 5:21.68 | 650m: 11:05.31 | 1050m: 16:50.12 | 1450m: 15:00m: | | |

Absolutos

| | | | | | | |
|----|-----------------------------|---------------|-----------------------------------|-----------------|-----------------|-----|
| 1. | Alexandre Martinenko Spiess | 98 | Sporting Clube de Portugal | 18:17.10 | 16:45.15 | 650 |
| | 50m: 1:01.85 | 450m: 5:25.09 | 850m: 9:58.27 | 1250m: 14:28.56 | | |
| | 100m: 2:06.39 | 500m: 6:33.09 | 900m: 11:06.92 | 1300m: 15:34.28 | | |
| | 150m: 3:11.84 | 600m: 7:41.29 | 1000m: 12:14.79 | 1400m: 16:45.15 | | |
| | 200m: 4:17.79 | 650m: 8:49.97 | 1050m: 13:22.44 | 1450m: 15:00m: | | |
| 2. | Bernardo Victorino Almeida | 04 | Sporting Clube de Portugal | 16:14.62 | 17:13.19 | 599 |
| | 50m: 1:01.59 | 450m: 5:32.00 | 850m: 10:11.58 | 1250m: 14:53.09 | | |
| | 100m: 2:07.99 | 500m: 6:41.26 | 900m: 11:22.14 | 1300m: 16:03.72 | | |
| | 150m: 3:14.97 | 600m: 7:51.18 | 1000m: 12:32.51 | 1400m: 17:13.19 | | |
| | 200m: 4:23.03 | 650m: 9:01.10 | 1050m: 13:42.80 | 1450m: 15:00m: | | |
| 3. | Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 17:13.96 | 17:25.84 | 577 |
| | 50m: 1:04.71 | 450m: 5:41.55 | 850m: 10:23.86 | 1250m: 15:07.14 | | |
| | 100m: 2:12.91 | 500m: 6:51.51 | 900m: 11:34.60 | 1300m: 16:17.50 | | |
| | 150m: 3:22.02 | 600m: 8:02.16 | 1000m: 12:45.51 | 1400m: 17:25.84 | | |
| | 200m: 4:31.36 | 650m: 9:13.06 | 1050m: 13:56.29 | 1450m: 15:00m: | | |
| 4. | Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 18:38.71 | 17:35.80 | 561 |
| | 50m: 1:08.84 | 450m: 5:49.64 | 850m: 10:31.92 | 1250m: 15:15.99 | | |
| | 100m: 2:16.29 | 500m: 6:59.64 | 900m: 11:43.04 | 1300m: 16:26.80 | | |
| | 150m: 3:27.98 | 600m: 8:10.28 | 1000m: 12:53.62 | 1400m: 17:35.80 | | |
| | 200m: 4:38.48 | 650m: 9:21.22 | 1050m: 14:04.81 | 1450m: 15:00m: | | |

Prova 1, Masc., 1500m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--------------------------|---------------|--------------------------------------|-----------------|-----------------|-----|
| 5. | Daniel Alexandre Ascenso | 03 | Gesloures - Gestão Equipamentos E.M. | 17:29.14 | 17:45.19 | 546 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:03.27 | 500m: 5:42.78 | 900m: 10:32.62 | 1300m: 15:23.40 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:11.68 | 600m: 6:55.47 | 1000m: 11:45.09 | 1400m: 16:35.72 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:21.36 | 700m: 8:08.07 | 1100m: 12:57.76 | 1500m: 17:45.19 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:31.54 | 800m: 9:20.39 | 1200m: 14:10.43 | | | |
| 6. | Miguel Cordeiro Almeida | 05 | Sport Alges e Dafundo | 18:54.92 | 17:46.89 | 544 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:05.49 | 500m: 5:48.24 | 900m: 10:33.17 | 1300m: 15:22.36 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:15.87 | 600m: 6:59.27 | 1000m: 11:44.84 | 1400m: 16:35.02 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:26.54 | 700m: 8:10.35 | 1100m: 12:57.14 | 1500m: 17:46.89 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:37.61 | 800m: 9:21.63 | 1200m: 14:09.71 | | | |
| 7. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 17:39.17 | 17:51.59 | 537 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:03.73 | 500m: 5:44.48 | 900m: 10:36.23 | 1300m: 15:28.52 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:12.60 | 600m: 6:56.55 | 1000m: 11:49.47 | 1400m: 16:41.54 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:22.12 | 700m: 8:08.91 | 1100m: 13:02.72 | 1500m: 17:51.59 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:32.91 | 800m: 9:22.44 | 1200m: 14:15.38 | | | |
| 8. | Francisco Sousa Uva | 04 | Sport Alges e Dafundo | 18:01.08 | 18:16.23 | 501 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:05.70 | 500m: 5:54.66 | 900m: 10:49.17 | 1300m: 15:47.71 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:17.16 | 600m: 7:07.68 | 1000m: 12:03.60 | 1400m: 17:02.53 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:29.26 | 700m: 8:21.47 | 1100m: 13:17.57 | 1500m: 18:16.23 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:41.89 | 800m: 9:35.42 | 1200m: 14:32.57 | | | |
| 9. | Miguel Braga Gomes | 07 | Sporting Clube de Portugal | 19:59.88 | 18:18.26 | 498 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:09.17 | 500m: 6:02.31 | 900m: 10:57.05 | 1300m: 15:52.54 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:22.83 | 600m: 7:15.89 | 1000m: 12:10.83 | 1400m: 17:06.49 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:35.21 | 700m: 8:29.70 | 1100m: 13:24.77 | 1500m: 18:18.26 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:49.08 | 800m: 9:43.44 | 1200m: 14:38.58 | | | |
| 10. | Ricardo Freitas Neto | 06 | Sporting Clube de Portugal | 18:23.97 | 18:27.60 | 486 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:06.72 | 500m: 5:56.79 | 900m: 10:53.69 | 1300m: 15:58.16 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:18.06 | 600m: 7:10.22 | 1000m: 12:09.46 | 1400m: 17:13.28 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:30.12 | 700m: 8:23.91 | 1100m: 13:25.51 | 1500m: 18:27.60 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:43.23 | 800m: 9:38.60 | 1200m: 14:42.06 | | | |
| 11. | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 17:55.07 | 18:29.85 | 483 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:07.90 | 500m: 6:00.48 | 900m: 10:57.79 | 1300m: 15:59.49 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:20.25 | 600m: 7:14.13 | 1000m: 12:12.66 | 1400m: 17:16.02 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:33.08 | 700m: 8:28.66 | 1100m: 13:28.42 | 1500m: 18:29.85 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:46.32 | 800m: 9:43.01 | 1200m: 14:43.64 | | | |
| 12. | Tiago Ventura Chao | 06 | Clube Naval Setubalense | 18:11.08 | 18:35.72 | 475 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:08.30 | 500m: 6:03.77 | 900m: 11:04.41 | 1300m: 16:07.52 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:22.02 | 600m: 7:18.22 | 1000m: 12:19.73 | 1400m: 17:23.14 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:36.24 | 700m: 8:33.23 | 1100m: 13:35.90 | 1500m: 18:35.72 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:49.85 | 800m: 9:48.65 | 1200m: 14:51.33 | | | |

Prova 1, Masc., 1500m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|----------------|-------------------------------------|-----------------|-----------------|-----|
| 13. | Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | Clube Futebol Os Belenenses | 18:17.10 | 18:43.95 | 465 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:10.47 | 500m: 6:13.20 | 900m: 11:14.51 | 1300m: 16:16.52 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:25.58 | 600m: 7:28.33 | 1000m: 12:29.53 | 1400m: 17:31.75 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:41.36 | 700m: 8:44.17 | 1100m: 13:45.12 | 1500m: 18:43.95 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 4:56.99 | 800m: 9:59.87 | 1200m: 15:01.01 | | | |
| 14. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 19:59.88 | 19:51.45 | 390 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:10.48 | 500m: 6:28.61 | 900m: 11:49.69 | 1300m: 17:14.20 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:29.46 | 600m: 7:48.54 | 1000m: 13:10.35 | 1400m: 18:32.07 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:49.02 | 700m: 9:08.25 | 1100m: 14:31.64 | 1500m: 19:51.45 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 5:08.25 | 800m: 10:28.64 | 1200m: 15:54.30 | | | |
| 15. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 18:17.10 | 21:07.06 | 324 |
| | 50m: | 450m: | 850m: | 1250m: | | |
| | 100m: 1:13.63 | 500m: 6:47.21 | 900m: 12:30.73 | 1300m: 18:16.29 | | |
| | 150m: | 550m: | 950m: | 1350m: | | |
| | 200m: 2:34.01 | 600m: 8:13.27 | 1000m: 13:57.13 | 1400m: 19:43.80 | | |
| | 250m: | 650m: | 1050m: | 1450m: | | |
| | 300m: 3:56.22 | 700m: 9:39.95 | 1100m: 15:23.40 | 1500m: 21:07.06 | | |
| | 350m: | 750m: | 1150m: | | | |
| | 400m: 5:21.68 | 800m: 11:05.31 | 1200m: 16:50.12 | | | |

Prova 2

Femin., 800m Livres

Absolutos

11.03.2022 - 15:40

Resultados

| | | | | | |
|-----------------------|---------|------------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 8:29.33 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Absoluto | 8:29.33 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Sen | 8:29.33 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Jun 2 | 9:05.04 | Marta Andreia Lopes Ferreira | SCP | Lisboa | 2003 |
| Rec Regional Jun 1 | 8:57.14 | Marta Andreia Lopes Ferreira | SCP | | 2002 |
| Rec Regional Juv A | 9:03.83 | Ana Cláudia Correia Santos | SFUAP | Jamor | 2005 |
| Rec Regional Juv B | 9:06.60 | Ana Cláudia Correia Santos | SFUAP | Lisboa | 2004 |

TAC - Fem Juv B: 11:09.43; Juv A: 10:50.83; Jun 2: 10:26.49; Jun 1: 10:32.63; Sen: 10:23.41

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|---------------|-----------------------------------|----------------|-----------------|-----|
| Juvenis B | | | | | | |
| 1. | Constanca Santos Ferreira <i>Campeã Regional Juvenil B</i> | 08 | Sport Alges e Dafundo | 10:11.56 | 10:21.07 | 475 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.34 | 300m: 3:47.90 | 500m: 6:25.55 | 700m: 9:03.49 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.49 | 400m: 5:06.60 | 600m: 7:44.63 | 800m: 10:21.07 | | |
| 2. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 11:09.43 | 10:23.25 | 470 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.05 | 300m: 3:51.27 | 500m: 6:27.31 | 700m: 9:05.77 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:32.98 | 400m: 5:10.00 | 600m: 7:46.24 | 800m: 10:23.25 | | |
| 3. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 11:09.43 | 10:30.92 | 453 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.27 | 300m: 3:52.10 | 500m: 6:32.01 | 700m: 9:13.23 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:33.06 | 400m: 5:12.05 | 600m: 7:52.56 | 800m: 10:30.92 | | |

Prova 2, Femin., 800m Livres, Juvenis B

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------|--------------------------------------|----------------|-----------------|-----|
| 4. | Patricia Subtil Henriques | 08 | Gesloures - Gestão Equipamentos E.M. | 11:09.43 | 10:42.53 | 429 |
| | 50m: 1:14.55 | 250m: 3:54.18 | 450m: 6:38.55 | 650m: 9:23.98 | | |
| | 100m: 2:33.66 | 300m: 5:16.77 | 500m: 8:01.19 | 700m: 10:42.53 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 5. | Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Centro Popular de Cultura e Desporto | 11:09.26 | 11:30.87 | 345 |
| | 50m: 1:14.98 | 250m: 4:08.69 | 450m: 7:07.59 | 650m: 10:06.20 | | |
| | 100m: 2:40.12 | 300m: 5:38.04 | 500m: 8:37.44 | 700m: 11:30.87 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |

Juvenis A

| | | | | | | |
|----|--|---------------|----------------------------|----------------|-----------------|-----|
| 1. | Leonor Castanho Santos <i>Campeã Regional Juvenil A</i> | 07 | Sporting Clube de Portugal | 10:03.43 | 10:05.26 | 513 |
| | 50m: 1:11.28 | 250m: 3:43.08 | 450m: 6:15.69 | 650m: 8:49.45 | | |
| | 100m: 2:27.03 | 300m: 4:59.35 | 500m: 7:32.59 | 700m: 10:05.26 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 2. | Elena Del Rio Bernat | 07 | Sport Alges e Dafundo | 10:22.62 | 10:11.69 | 497 |
| | 50m: 1:12.39 | 250m: 3:46.51 | 450m: 6:22.03 | 650m: 8:57.29 | | |
| | 100m: 2:28.93 | 300m: 5:04.35 | 500m: 7:39.61 | 700m: 10:11.69 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 3. | Maria Bandarra Matos | 07 | Sporting Clube de Portugal | 10:52.73 | 10:21.26 | 475 |
| | 50m: 1:12.64 | 250m: 3:47.39 | 450m: 6:24.77 | 650m: 9:03.73 | | |
| | 100m: 2:29.83 | 300m: 5:05.60 | 500m: 7:44.48 | 700m: 10:21.26 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |

Juniore

| | | | | | | |
|----|---|---------------|--------------------------------------|----------------|-----------------|-----|
| 1. | Leonor Tavares Catalao <i>Campeã Regional Junior</i> | 06 | Sporting Clube de Portugal | 9:42.33 | 9:41.29 | 580 |
| | 50m: 1:09.51 | 250m: 3:36.80 | 450m: 6:03.91 | 650m: 8:30.96 | | |
| | 100m: 2:23.06 | 300m: 4:50.55 | 500m: 7:17.54 | 700m: 9:41.29 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 2. | Mafalda Santos Costa | 05 | ADR Colegio Int Monte Maior | 9:48.42 | 9:54.46 | 542 |
| | 50m: 1:09.26 | 250m: 3:36.73 | 450m: 6:06.92 | 650m: 8:39.43 | | |
| | 100m: 2:22.50 | 300m: 4:51.59 | 500m: 7:23.36 | 700m: 9:54.46 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 3. | Maria Teresa Fernandes | 05 | Sport Alges e Dafundo | 10:01.13 | 9:58.99 | 530 |
| | 50m: 1:10.22 | 250m: 3:39.88 | 450m: 6:11.42 | 650m: 8:43.54 | | |
| | 100m: 2:25.19 | 300m: 4:55.42 | 500m: 7:27.45 | 700m: 9:58.99 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 4. | Maria Del Rio Bernat | 05 | Sport Alges e Dafundo | 10:26.49 | 10:14.74 | 490 |
| | 50m: 1:10.19 | 250m: 3:42.53 | 450m: 6:18.67 | 650m: 8:57.16 | | |
| | 100m: 2:25.76 | 300m: 4:59.97 | 500m: 7:38.04 | 700m: 10:14.74 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 5. | Margarida Barbara Marques | 06 | Sport Alges e Dafundo | 10:32.63 | 10:24.19 | 468 |
| | 50m: 1:10.52 | 250m: 3:42.49 | 450m: 6:20.53 | 650m: 9:01.94 | | |
| | 100m: 2:25.93 | 300m: 5:00.22 | 500m: 7:41.03 | 700m: 10:24.19 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |
| 6. | Ines Gaspar Silva | 06 | Gesloures - Gestão Equipamentos E.M. | 10:45.56 | 10:27.09 | 462 |
| | 50m: 1:10.97 | 250m: 3:48.69 | 450m: 6:29.90 | 650m: 9:10.95 | | |
| | 100m: 2:29.37 | 300m: 5:08.56 | 500m: 7:50.74 | 700m: 10:27.09 | | |
| | 150m: | 350m: | 600m: | 800m: | | |
| | 200m: | 400m: | | | | |

Prova 2, Femin., 800m Livres, Juniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------|-----------------------------------|----------------|-----------------|-----|
| 7. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | Soc.Filarmónica União A. Piedense | 10:42.98 | 10:59.16 | 397 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.60 | 300m: 3:53.14 | 500m: 6:43.87 | 700m: 9:35.62 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:31.28 | 400m: 5:18.19 | 600m: 8:09.53 | 800m: 10:59.16 | | |

Seniores

| | | | | | | |
|----|--|---------------|-------------------------------------|----------------|-----------------|-----|
| 1. | Maria Ornelas Armas <i>Campeã Regional Sénior</i> | 98 | Vikings Sports Club | 9:36.15 | 9:38.73 | 587 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:07.13 | 300m: 3:31.64 | 500m: 5:58.15 | 700m: 8:25.90 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:19.06 | 400m: 4:44.77 | 600m: 7:11.55 | 800m: 9:38.73 | | |
| 2. | Maria Jardim Fidalgo | 04 | Clube Natacao Colegio Vasco da Gama | 10:13.42 | 10:07.97 | 507 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:11.60 | 300m: 3:44.05 | 500m: 6:16.25 | 700m: 8:52.18 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:28.01 | 400m: 4:59.50 | 600m: 7:34.44 | 800m: 10:07.97 | | |
| 3. | Diana Valadas Horta | 04 | Soc.Filarmónica União A. Piedense | 9:56.03 | 10:11.52 | 498 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:11.57 | 300m: 3:46.43 | 500m: 6:21.33 | 700m: 8:55.59 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.01 | 400m: 5:03.90 | 600m: 7:38.59 | 800m: 10:11.52 | | |

Absolutos

| | | | | | | |
|----|------------------------|---------------|-------------------------------------|----------------|-----------------|-----|
| 1. | Maria Ornelas Armas | 98 | Vikings Sports Club | 9:36.15 | 9:38.73 | 587 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:07.13 | 300m: 3:31.64 | 500m: 5:58.15 | 700m: 8:25.90 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:19.06 | 400m: 4:44.77 | 600m: 7:11.55 | 800m: 9:38.73 | | |
| 2. | Leonor Tavares Catalao | 06 | Sporting Clube de Portugal | 9:42.33 | 9:41.29 | 580 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:09.51 | 300m: 3:36.80 | 500m: 6:03.91 | 700m: 8:30.96 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:23.06 | 400m: 4:50.55 | 600m: 7:17.54 | 800m: 9:41.29 | | |
| 3. | Mafalda Santos Costa | 05 | ADR Colegio Int Monte Maior | 9:48.42 | 9:54.46 | 542 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:09.26 | 300m: 3:36.73 | 500m: 6:06.92 | 700m: 8:39.43 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:22.50 | 400m: 4:51.59 | 600m: 7:23.36 | 800m: 9:54.46 | | |
| 4. | Maria Teresa Fernandes | 05 | Sport Alges e Dafundo | 10:01.13 | 9:58.99 | 530 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:10.22 | 300m: 3:39.88 | 500m: 6:11.42 | 700m: 8:43.54 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:25.19 | 400m: 4:55.42 | 600m: 7:27.45 | 800m: 9:58.99 | | |
| 5. | Leonor Castanho Santos | 07 | Sporting Clube de Portugal | 10:03.43 | 10:05.26 | 513 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:11.28 | 300m: 3:43.08 | 500m: 6:15.69 | 700m: 8:49.45 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:27.03 | 400m: 4:59.35 | 600m: 7:32.59 | 800m: 10:05.26 | | |
| 6. | Maria Jardim Fidalgo | 04 | Clube Natacao Colegio Vasco da Gama | 10:13.42 | 10:07.97 | 507 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:11.60 | 300m: 3:44.05 | 500m: 6:16.25 | 700m: 8:52.18 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:28.01 | 400m: 4:59.50 | 600m: 7:34.44 | 800m: 10:07.97 | | |
| 7. | Diana Valadas Horta | 04 | Soc.Filarmónica União A. Piedense | 9:56.03 | 10:11.52 | 498 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:11.57 | 300m: 3:46.43 | 500m: 6:21.33 | 700m: 8:55.59 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.01 | 400m: 5:03.90 | 600m: 7:38.59 | 800m: 10:11.52 | | |
| 8. | Elena Del Rio Bernat | 07 | Sport Alges e Dafundo | 10:22.62 | 10:11.69 | 497 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.39 | 300m: 3:46.51 | 500m: 6:22.03 | 700m: 8:57.29 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:28.93 | 400m: 5:04.35 | 600m: 7:39.61 | 800m: 10:11.69 | | |

Prova 2, Femin., 800m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------|--------------------------------------|----------------|-----------------|-----|
| 9. | Maria Del Rio Bernat | 05 | Sport Alges e Dafundo | 10:26.49 | 10:14.74 | 490 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:10.19 | 300m: 3:42.53 | 500m: 6:18.67 | 700m: 8:57.16 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:25.76 | 400m: 4:59.97 | 600m: 7:38.04 | 800m: 10:14.74 | | |
| 10. | Constanca Santos Ferreira | 08 | Sport Alges e Dafundo | 10:11.56 | 10:21.07 | 475 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.34 | 300m: 3:47.90 | 500m: 6:25.55 | 700m: 9:03.49 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.49 | 400m: 5:06.60 | 600m: 7:44.63 | 800m: 10:21.07 | | |
| 11. | Maria Bandarra Matos | 07 | Sporting Clube de Portugal | 10:52.73 | 10:21.26 | 475 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.64 | 300m: 3:47.39 | 500m: 6:24.77 | 700m: 9:03.73 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.83 | 400m: 5:05.60 | 600m: 7:44.48 | 800m: 10:21.26 | | |
| 12. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 11:09.43 | 10:23.25 | 470 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.05 | 300m: 3:51.27 | 500m: 6:27.31 | 700m: 9:05.77 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:32.98 | 400m: 5:10.00 | 600m: 7:46.24 | 800m: 10:23.25 | | |
| 13. | Margarida Barbara Marques | 06 | Sport Alges e Dafundo | 10:32.63 | 10:24.19 | 468 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:10.52 | 300m: 3:42.49 | 500m: 6:20.53 | 700m: 9:01.94 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:25.93 | 400m: 5:00.22 | 600m: 7:41.03 | 800m: 10:24.19 | | |
| 14. | Ines Gaspar Silva | 06 | Gesloures - Gestão Equipamentos E.M. | 10:45.56 | 10:27.09 | 462 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:10.97 | 300m: 3:48.69 | 500m: 6:29.90 | 700m: 9:10.95 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:29.37 | 400m: 5:08.56 | 600m: 7:50.74 | 800m: 10:27.09 | | |
| 15. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 11:09.43 | 10:30.92 | 453 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.27 | 300m: 3:52.10 | 500m: 6:32.01 | 700m: 9:13.23 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:33.06 | 400m: 5:12.05 | 600m: 7:52.56 | 800m: 10:30.92 | | |
| 16. | Patricia Subtil Henriques | 08 | Gesloures - Gestão Equipamentos E.M. | 11:09.43 | 10:42.53 | 429 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.55 | 300m: 3:54.18 | 500m: 6:38.55 | 700m: 9:23.98 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:33.66 | 400m: 5:16.77 | 600m: 8:01.19 | 800m: 10:42.53 | | |
| 17. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | Soc.Filarmónica União A. Piedense | 10:42.98 | 10:59.16 | 397 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:12.60 | 300m: 3:53.14 | 500m: 6:43.87 | 700m: 9:35.62 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:31.28 | 400m: 5:18.19 | 600m: 8:09.53 | 800m: 10:59.16 | | |
| 18. | Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Centro Popular de Cultura e Desporto | 11:09.26 | 11:30.87 | 345 |
| | 50m: | 250m: | 450m: | 650m: | | |
| | 100m: 1:14.98 | 300m: 4:08.69 | 500m: 7:07.59 | 700m: 10:06.20 | | |
| | 150m: | 350m: | 550m: | 750m: | | |
| | 200m: 2:40.12 | 400m: 5:38.04 | 600m: 8:37.44 | 800m: 11:30.87 | | |

Prova 3 Masc., 50m Mariposa Absolutos
11.03.2022 - 17:09 Resultados

| | | | | | |
|-----------------------|-------|----------------------|-------|--------------|------|
| Rec Nacional Absoluto | 23.72 | Simao Gomes Morgado | FPN | Málaga (ESP) | 2009 |
| Rec Regional Absoluto | 23.72 | Simao Gomes Morgado | CNA | Malaga (ESP) | 2009 |
| Rec Regional Sen | 23.72 | Simao Gomes Morgado | CNA | Malaga (ESP) | 2009 |
| Rec Regional Jun 2 | 24.02 | Diogo Matos Ribeiro | SLB | Oeiras | 2021 |
| Rec Regional Jun 1 | 24.89 | Tiago Andre Venancio | CNS | Jamor | 2004 |
| Rec Regional Juv A | 25.63 | Tiago André Venâncio | CNS | | 2003 |
| Rec Regional Juv B | 26.67 | David Miguel Ferro | SFUAP | | 1999 |

TAC - Masc Juv B: 30.30; Juv A: 30.30; Jun 1: 30.30; Jun 2: 29.59; Sen: 28.89

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|-----|--------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Rafael Pacheco Godinho <i>Campeão Regional Juvenis B</i> | 07 | Sporting Clube de Portugal | 29.18 | 28.90 | 457 |
| 2. | Caio Salgado Medeiros | 07 | Sport Alges e Dafundo | 31.28 | 28.98 | 453 |
| 3. | Vicente Dias Maia | 07 | Sport Alges e Dafundo | 30.72 | 30.00 | 409 |
| 4. | Daniel Casaca Carvalho | 07 | Clube Natacao Colegio Vasco da Gama | 31.67 | 30.19 | 401 |
| | Guilherme Matias Sousa | 07 | Gesloures - Gestão Equipamentos E.M. | 32.00 | 30.19 | 401 |

Juvenis A

| | | | | | | |
|----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Tiago Ventura Chao <i>Campeão Regional Juvenis A</i> | 06 | Clube Naval Setubalense | 30.34 | 27.75 | 516 |
| 2. | Andre Cunha Ribeiro | 06 | Sport Alges e Dafundo | 29.81 | 28.34 | 485 |
| 3. | Pedro Goncalves Bonnis | 06 | Gesloures - Gestão Equipamentos E.M. | 29.74 | 28.37 | 483 |
| 4. | Manuel Costa Simoes | 06 | Soc.Filarmónica União A. Piedense | 30.75 | 28.43 | 480 |
| 5. | Diogo Morgado Figueira | 06 | Centro Popular de Cultura e Desporto | 29.11 | 28.46 | 479 |
| 6. | Luis Pedro Figueiredo | 06 | Gesloures - Gestão Equipamentos E.M. | 30.09 | 29.15 | 445 |
| 7. | Pedro Miguel Pimentel | 06 | Gesloures - Gestão Equipamentos E.M. | 30.02 | 29.68 | 422 |

Juniores

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Andre Azevedo Baraona <i>Campeão Regional Junior</i> | 04 | Clube Natacao do Montijo | 26.57 | 26.43 | 598 |
| | Bernardo Jorge Simoes <i>Campeão Regional Junior</i> | 04 | Clube Natacao Colegio Vasco da Gama | 25.77 | 26.43 | 598 |
| 3. | Nick Heinio-Widell | 05 | Sport Alges e Dafundo | 25.88 | 26.61 | 586 |
| 4. | Francisco Ribeiro Vieira | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 27.31 | 26.72 | 578 |
| 5. | Felipe Menegassi Maia | 04 | Sport Alges e Dafundo | 29.59 | 27.06 | 557 |
| 6. | Tomas Sa Vieira | 04 | Sport Alges e Dafundo | 26.91 | 27.34 | 540 |
| 7. | Tiago Silva Bartolo | 05 | Sport Alges e Dafundo | 28.01 | 27.62 | 524 |
| 8. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 27.91 | 27.96 | 505 |
| 9. | Tomas Almeida Cordeiro | 05 | Sport Alges e Dafundo | 29.11 | 28.03 | 501 |
| 10. | Tomas Martins Mira | 04 | Clube Naval Setubalense | 28.74 | 28.31 | 486 |
| 11. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 30.14 | 28.47 | 478 |
| 12. | Manuel Angelo Pereira | 05 | Sporting Clube de Portugal | 27.83 | 28.49 | 477 |
| 13. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 30.09 | 28.70 | 467 |
| 14. | Francisc Gututui | 05 | Sport Alges e Dafundo | 29.77 | 28.80 | 462 |
| 15. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 28.60 | 29.04 | 450 |
| 16. | Martim Silva Cortes | 05 | AONDA - Azeitão | 29.76 | 29.06 | 450 |
| 17. | Artur Mesquita Pires <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 32.02 | 30.97 | 371 |
| DSQ | Goncalo Pires Fialho <i>G10 - Não cortou a superfície da água com a cabeça até aos 15 metros após a partida.</i> | 05 | Clube Natacao da Amadora | 30.34 | | |

Prova 3, Masc., 50m Mariposa

Seniores

| | | | | | | |
|-----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Miguel Henriques Marques <i>Campeão Regional Sénior</i> | 00 | Sport Lisboa e Benfica | 24.76 | 24.57 | 744 |
| 2. | Joao Esteves Padrela | 99 | Clube Futebol Os Belenenses | 25.78 | 25.70 | 650 |
| 3. | Joao Diogo Fernandes | 98 | Clube Futebol Os Belenenses | 27.20 | 26.64 | 584 |
| 4. | Henrique Rodrigues Cruz | 02 | ADR Colegio Int Monte Maior | 27.31 | 26.94 | 564 |
| 5. | Filipe Ferrao Melo | 01 | Clube Naval Setubalense | 27.73 | 27.25 | 545 |
| 6. | Rodrigo Serra Farias | 96 | Clube Natação de Lisboa | 27.13 | 27.28 | 544 |
| 7. | David Matias Cristino | 01 | Soc.Filarmónica União A. Piedense | 26.81 | 27.34 | 540 |
| 8. | Ricardo Pinela Ferreira | 01 | Vikings Sports Club | 27.28 | 27.50 | 531 |
| 9. | Rafael Rodrigues Jacinto | 02 | Clube Futebol Os Belenenses | 28.93 | 28.06 | 499 |
| 10. | David Van Ossenbruggen | 03 | Soc.Filarmónica União A. Piedense | 28.89 | 28.16 | 494 |
| 11. | Luis Carlos Correia | 03 | Soc.Filarmónica União A. Piedense | 29.17 | 28.58 | 473 |
| 12. | Daniel Filipe Cazeiro | 97 | Clube de Instr e Rec do Laranjeiro | 28.81 | 28.61 | 471 |
| 13. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 30.64 | 31.40 | 356 |
| DSQ | Goncalo Vieira Almeida <i>M51 - Tocou com uma só mão na parede testa, na chegada (SW 8.4)</i> | 03 | Soc.Filarmónica União A. Piedense | 29.08 | | |

Absolutos

| | | | | | | |
|-----|--------------------------|----|--------------------------------------|-------|--------------|-----|
| 1. | Miguel Henriques Marques | 00 | Sport Lisboa e Benfica | 24.76 | 24.57 | 744 |
| 2. | Joao Esteves Padrela | 99 | Clube Futebol Os Belenenses | 25.78 | 25.70 | 650 |
| 3. | Andre Azevedo Baraona | 04 | Clube Natacao do Montijo | 26.57 | 26.43 | 598 |
| | Bernardo Jorge Simoes | 04 | Clube Natacao Colegio Vasco da Gama | 25.77 | 26.43 | 598 |
| 5. | Nick Heinio-Widell | 05 | Sport Alges e Dafundo | 25.88 | 26.61 | 586 |
| 6. | Joao Diogo Fernandes | 98 | Clube Futebol Os Belenenses | 27.20 | 26.64 | 584 |
| 7. | Francisco Ribeiro Vieira | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 27.31 | 26.72 | 578 |
| 8. | Henrique Rodrigues Cruz | 02 | ADR Colegio Int Monte Maior | 27.31 | 26.94 | 564 |
| 9. | Felipe Menegassi Maia | 04 | Sport Alges e Dafundo | 29.59 | 27.06 | 557 |
| 10. | Filipe Ferrao Melo | 01 | Clube Naval Setubalense | 27.73 | 27.25 | 545 |
| 11. | Rodrigo Serra Farias | 96 | Clube Natação de Lisboa | 27.13 | 27.28 | 544 |
| 12. | Tomas Sa Vieira | 04 | Sport Alges e Dafundo | 26.91 | 27.34 | 540 |
| | David Matias Cristino | 01 | Soc.Filarmónica União A. Piedense | 26.81 | 27.34 | 540 |
| 14. | Ricardo Pinela Ferreira | 01 | Vikings Sports Club | 27.28 | 27.50 | 531 |
| 15. | Tiago Silva Bartolo | 05 | Sport Alges e Dafundo | 28.01 | 27.62 | 524 |
| 16. | Tiago Ventura Chao | 06 | Clube Naval Setubalense | 30.34 | 27.75 | 516 |
| 17. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 27.91 | 27.96 | 505 |
| 18. | Tomas Almeida Cordeiro | 05 | Sport Alges e Dafundo | 29.11 | 28.03 | 501 |
| 19. | Rafael Rodrigues Jacinto | 02 | Clube Futebol Os Belenenses | 28.93 | 28.06 | 499 |
| 20. | David Van Ossenbruggen | 03 | Soc.Filarmónica União A. Piedense | 28.89 | 28.16 | 494 |
| 21. | Tomas Martins Mira | 04 | Clube Naval Setubalense | 28.74 | 28.31 | 486 |
| 22. | Andre Cunha Ribeiro | 06 | Sport Alges e Dafundo | 29.81 | 28.34 | 485 |
| 23. | Pedro Goncalves Bonniz | 06 | Gesloures - Gestão Equipamentos E.M. | 29.74 | 28.37 | 483 |
| 24. | Manuel Costa Simoes | 06 | Soc.Filarmónica União A. Piedense | 30.75 | 28.43 | 480 |
| 25. | Diogo Morgado Figueira | 06 | Centro Popular de Cultura e Desporto | 29.11 | 28.46 | 479 |
| 26. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 30.14 | 28.47 | 478 |
| 27. | Manuel Angelo Pereira | 05 | Sporting Clube de Portugal | 27.83 | 28.49 | 477 |
| 28. | Luis Carlos Correia | 03 | Soc.Filarmónica União A. Piedense | 29.17 | 28.58 | 473 |
| 29. | Daniel Filipe Cazeiro | 97 | Clube de Instr e Rec do Laranjeiro | 28.81 | 28.61 | 471 |
| 30. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 30.09 | 28.70 | 467 |
| 31. | Francisc Gututui | 05 | Sport Alges e Dafundo | 29.77 | 28.80 | 462 |
| 32. | Rafael Pacheco Godinho | 07 | Sporting Clube de Portugal | 29.18 | 28.90 | 457 |
| 33. | Caio Salgado Medeiros | 07 | Sport Alges e Dafundo | 31.28 | 28.98 | 453 |
| 34. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 28.60 | 29.04 | 450 |
| 35. | Martim Silva Cortes | 05 | AONDA - Azeitão | 29.76 | 29.06 | 450 |
| 36. | Luis Pedro Figueiredo | 06 | Gesloures - Gestão Equipamentos E.M. | 30.09 | 29.15 | 445 |
| 37. | Pedro Miguel Pimentel | 06 | Gesloures - Gestão Equipamentos E.M. | 30.02 | 29.68 | 422 |
| 38. | Vicente Dias Maia | 07 | Sport Alges e Dafundo | 30.72 | 30.00 | 409 |
| 39. | Daniel Casaca Carvalho | 07 | Clube Natacao Colegio Vasco da Gama | 31.67 | 30.19 | 401 |
| | Guilherme Matias Sousa | 07 | Gesloures - Gestão Equipamentos E.M. | 32.00 | 30.19 | 401 |

Prova 3, Masc., 50m Mariposa, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|-------------------------------------|----------|--------------|-----|
| 41. | Artur Mesquita Pires <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 32.02 | 30.97 | 371 |
| 42. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 30.64 | 31.40 | 356 |
| DSQ | Goncalo Pires Fialho <i>G10 - Não cortou a superfície da água com a cabeça até aos 15 metros após a partida.</i> | 05 | Clube Natacao da Amadora | 30.34 | | |
| DSQ | Goncalo Vieira Almeida <i>M51 - Tocou com uma só mão na parede testa, na chegada (SW 8.4)</i> | 03 | Soc.Filarmónica União A. Piedense | 29.08 | | |

Prova 4

Femin., 50m Mariposa

Absolutos

11.03.2022 - 17:16

Resultados

| | | | | | |
|-----------------------|-------|------------------------|------|---------|------|
| Rec Nacional Absoluto | 26.58 | Ana Margarida Guedes | GCVR | Porto | 2021 |
| Rec Regional Absoluto | 27.80 | Filipa Ferreira Silva | CNA | Coimbra | 2008 |
| Rec Regional Sen | 27.80 | Filipa Ferreira Silva | CNA | Coimbra | 2008 |
| Rec Regional Jun 2 | 28.47 | Ines Camacho Fernandes | SCP | Coimbra | 2014 |
| Rec Regional Jun 1 | 28.46 | Filipa Ferreira Silva | CNA | | 2001 |
| Rec Regional Juv A | 28.62 | Maria Ferreira Moura | SCP | Funchal | 2019 |
| Rec Regional Juv B | 29.50 | Sara Alexandra Madeira | CVG | | 2001 |

TAC - Fem Juv B: 34.37; Juv A: 34.37; Jun 2: 34.04; Jun 1: 34.37; Sen: 33.88

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|-----|-------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Eduarda Mendes Bugalho <i>Campeã Regional Juvenil B, FTL (Fora Tempo Limite)</i> | 08 | Assoc Hum dos Bombeiros dos Estoris | 40.17 | 34.93 | 342 |
| 2. | Francisca Ribeiro Farinha <i>FTL (Fora Tempo Limite)</i> | 08 | Clube Natação de Lisboa | 34.37 | 41.85 | 198 |

Juvenis A

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Leonor Peso Parente <i>Campeã Regional Juvenil A</i> | 07 | Palmela Desporto EEM | 31.29 | 31.34 | 473 |
| | Teresa Joao Pires <i>Campeã Regional Juvenil A</i> | 07 | Sport Alges e Dafundo | 32.90 | 31.34 | 473 |
| 3. | Beatriz Heitor Cachaco | 07 | Gesloures - Gestão Equipamentos E.M. | 33.41 | 31.37 | 472 |
| 4. | Rita Machita Santos | 07 | Clube Naval Setubalense | 32.36 | 31.43 | 469 |
| 5. | Luisa Ponte Jorge | 07 | Soc.Filarmónica União A. Piedense | 31.61 | 31.70 | 457 |
| | Maria Bandarra Matos | 07 | Sporting Clube de Portugal | 33.49 | 31.70 | 457 |
| 7. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 32.86 | 32.05 | 442 |
| 8. | Catarina Alexandra Alves | 07 | Gesloures - Gestão Equipamentos E.M. | 34.24 | 33.00 | 405 |
| 9. | Matilde Nunes Ribeiro | 07 | Despertarecorde | 33.82 | 34.21 | 364 |
| 10. | Margarida Santos Botelho | 07 | Clube Naval Setubalense | 34.58 | 34.37 | 359 |
| 11. | Ines Azevedo Baraona <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao do Montijo | 35.72 | 34.83 | 345 |

Prova 4, Femin., 50m Mariposa

Juniores

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Ines Correia Teixeira <i>Campeã Regional Junior</i> | 06 | Clube Natacao da Amadora | 31.78 | 30.43 | 517 |
| 2. | Neuza Velho Magalhaes | 05 | Sport Alges e Dafundo | 31.75 | 30.50 | 513 |
| 3. | Joana Rocha Ferreira | 05 | Sport Lisboa e Benfica | 30.93 | 30.92 | 493 |
| 4. | Margarida Martins Pereira | 05 | Centro Popular de Cultura e Desporto | 32.34 | 31.26 | 477 |
| 5. | Maria Esteves Valente | 06 | Sport Lisboa e Benfica | 33.03 | 31.39 | 471 |
| 6. | Soraia Maria Salgado | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 31.82 | 31.46 | 468 |
| 7. | Beatriz Mocego Niza | 06 | Clube Natacao da Amadora | 32.57 | 31.90 | 449 |
| 8. | Luana Cardoso Magalhaes | 06 | Sport Alges e Dafundo | 33.78 | 32.37 | 429 |
| 9. | Joana Rita Semedo | 06 | Associação Desportiva SwimTurtles | 34.37 | 34.28 | 361 |
| 10. | Madalena Sampaio Torgal <i>FTL (Fora Tempo Limite)</i> | 05 | Assoc Hum dos Bombeiros dos Estoris | 32.99 | 34.59 | 352 |
| 11. | Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i> | 06 | ADR Colegio Int Monte Maior | 35.94 | 35.12 | 336 |

Seniores

| | | | | | | |
|-----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Rita Barros Frischknecht <i>Campeã Regional Sénior</i> | 98 | Sporting Clube de Portugal | 29.71 | 29.35 | 576 |
| 2. | Bruna Martins Riesenberger | 97 | Clube de Instr e Rec do Laranjeiro | 29.64 | 29.51 | 567 |
| 3. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 29.71 | 30.37 | 520 |
| 4. | Francisca Gomes Azevedo | 97 | Sport Alges e Dafundo | 33.88 | 30.42 | 517 |
| 5. | Beatriz Quintao Amantes | 03 | Soc.Filarmónica União A. Piedense | 30.28 | 30.57 | 510 |
| 6. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 29.92 | 30.59 | 509 |
| 7. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 30.15 | 30.87 | 495 |
| 8. | Filipa Inacio Cazeiro | 02 | Clube de Instr e Rec do Laranjeiro | 30.66 | 31.00 | 489 |
| 9. | Maria Jardim Fidalgo | 04 | Clube Natacao Colegio Vasco da Gama | 30.36 | 31.65 | 459 |
| 10. | Maria Joao Freitas | 97 | Soc.Filarmónica União A. Piedense | 33.88 | 32.06 | 442 |
| 11. | Joana Isabel Pulquerio | 03 | Soc.Filarmónica União A. Piedense | 33.58 | 32.43 | 427 |
| 12. | Constanca Dias Baptista | 01 | Clube Futebol Os Belenenses | 31.85 | 32.71 | 416 |
| 13. | Ana Sofia Inácio | 04 | Vikings Sports Club | 33.66 | 33.03 | 404 |
| 14. | Ana Burguete Tavares | 00 | Fundacao Salesianos | 33.37 | 33.25 | 396 |
| 15. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 33.88 | 34.50 | 355 |
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 31.88 | | |
| DNS | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 32.24 | | |
| DNS | Margarida Filipe Ferreira | 04 | Soc.Filarmónica União A. Piedense | 31.81 | | |

Absolutos

| | | | | | | |
|-----|----------------------------|----|--------------------------------------|-------|--------------|-----|
| 1. | Rita Barros Frischknecht | 98 | Sporting Clube de Portugal | 29.71 | 29.35 | 576 |
| 2. | Bruna Martins Riesenberger | 97 | Clube de Instr e Rec do Laranjeiro | 29.64 | 29.51 | 567 |
| 3. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 29.71 | 30.37 | 520 |
| 4. | Francisca Gomes Azevedo | 97 | Sport Alges e Dafundo | 33.88 | 30.42 | 517 |
| 5. | Ines Correia Teixeira | 06 | Clube Natacao da Amadora | 31.78 | 30.43 | 517 |
| 6. | Neuza Velho Magalhaes | 05 | Sport Alges e Dafundo | 31.75 | 30.50 | 513 |
| 7. | Beatriz Quintao Amantes | 03 | Soc.Filarmónica União A. Piedense | 30.28 | 30.57 | 510 |
| 8. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 29.92 | 30.59 | 509 |
| 9. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 30.15 | 30.87 | 495 |
| 10. | Joana Rocha Ferreira | 05 | Sport Lisboa e Benfica | 30.93 | 30.92 | 493 |
| 11. | Filipa Inacio Cazeiro | 02 | Clube de Instr e Rec do Laranjeiro | 30.66 | 31.00 | 489 |
| 12. | Margarida Martins Pereira | 05 | Centro Popular de Cultura e Desporto | 32.34 | 31.26 | 477 |
| 13. | Leonor Peso Parente | 07 | Palmela Desporto EEM | 31.29 | 31.34 | 473 |
| | Teresa Joao Pires | 07 | Sport Alges e Dafundo | 32.90 | 31.34 | 473 |
| 15. | Beatriz Heitor Cachaco | 07 | Geslours - Gestão Equipamentos E.M. | 33.41 | 31.37 | 472 |
| 16. | Maria Esteves Valente | 06 | Sport Lisboa e Benfica | 33.03 | 31.39 | 471 |
| 17. | Rita Machita Santos | 07 | Clube Naval Setubalense | 32.36 | 31.43 | 469 |
| 18. | Soraia Maria Salgado | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 31.82 | 31.46 | 468 |
| 19. | Maria Jardim Fidalgo | 04 | Clube Natacao Colegio Vasco da Gama | 30.36 | 31.65 | 459 |
| 20. | Luisa Ponte Jorge | 07 | Soc.Filarmónica União A. Piedense | 31.61 | 31.70 | 457 |

Prova 4, Femin., 50m Mariposa, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|-------------------------------------|----------|--------------|-----|
| 20. | Maria Bandarra Matos | 07 | Sporting Clube de Portugal | 33.49 | 31.70 | 457 |
| 22. | Beatriz Mocego Niza | 06 | Clube Natacao da Amadora | 32.57 | 31.90 | 449 |
| 23. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 32.86 | 32.05 | 442 |
| 24. | Maria Joao Freitas | 97 | Soc.Filarmónica União A. Piedense | 33.88 | 32.06 | 442 |
| 25. | Luana Cardoso Magalhaes | 06 | Sport Alges e Dafundo | 33.78 | 32.37 | 429 |
| 26. | Joana Isabel Pulquerio | 03 | Soc.Filarmónica União A. Piedense | 33.58 | 32.43 | 427 |
| 27. | Constanca Dias Baptista | 01 | Clube Futebol Os Belenenses | 31.85 | 32.71 | 416 |
| 28. | Catarina Alexandra Alves | 07 | Geslours - Gestão Equipamentos E.M. | 34.24 | 33.00 | 405 |
| 29. | Ana Sofia Inácio | 04 | Vikings Sports Club | 33.66 | 33.03 | 404 |
| 30. | Ana Burguete Tavares | 00 | Fundacao Salesianos | 33.37 | 33.25 | 396 |
| 31. | Matilde Nunes Ribeiro | 07 | Despertarecorde | 33.82 | 34.21 | 364 |
| 32. | Joana Rita Semedo | 06 | Associação Desportiva SwimTurtles | 34.37 | 34.28 | 361 |
| 33. | Margarida Santos Botelho | 07 | Clube Naval Setubalense | 34.58 | 34.37 | 359 |
| 34. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 33.88 | 34.50 | 355 |
| 35. | Madalena Sampaio Torgal <i>FTL (Fora Tempo Limite)</i> | 05 | Assoc Hum dos Bombeiros dos Estoris | 32.99 | 34.59 | 352 |
| 36. | Ines Azevedo Baraona <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao do Montijo | 35.72 | 34.83 | 345 |
| 37. | Eduarda Mendes Bugalho <i>FTL (Fora Tempo Limite)</i> | 08 | Assoc Hum dos Bombeiros dos Estoris | 40.17 | 34.93 | 342 |
| 38. | Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i> | 06 | ADR Colegio Int Monte Maior | 35.94 | 35.12 | 336 |
| 39. | Francisca Ribeiro Farinha <i>FTL (Fora Tempo Limite)</i> | 08 | Clube Natação de Lisboa | 34.37 | 41.85 | 198 |
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 31.88 | | |
| DNS | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 32.24 | | |
| DNS | Margarida Filipe Ferreira | 04 | Soc.Filarmónica União A. Piedense | 31.81 | | |

Prova 5

Masc., 100m Bruços

Absolutos

11.03.2022 - 17:23

Resultados

| Rec | Tempo | Nadador | Clube | Associação | Local | Ano |
|-----------------------|---------|------------------------|-------|-----------------|-------|-----|
| Rec Nacional Absoluto | 1:01.01 | Carlos Esteves Almeida | FPN | Barcelona (ESP) | 2013 | |
| Rec Regional Absoluto | 1:01.19 | Carlos Esteves Almeida | CNA | Debrecen (HUN) | 2012 | |
| Rec Regional Sen | 1:01.19 | Carlos Esteves Almeida | CNA | Debrecen (HUN) | 2012 | |
| Rec Regional Jun 2 | 1:02.87 | Andre Miguel Silva | PDEM | Faro | 2009 | |
| Rec Regional Jun 1 | 1:04.54 | Andre Miguel Silva | PDEM | Belgrade (SRB) | 2008 | |
| Rec Regional Juv A | 1:04.48 | Ricardo Samuel Pereira | SLB | Baku (AZE) | 2019 | |
| Rec Regional Juv B | 1:06.16 | Ricardo Samuel Pereira | SLB | Oeiras | 2018 | |

TAC - Masc Juv B: 1:21.47; Juv A: 1:19.98; Jun 1: 1:17.05; Jun 2: 1:15.95; Sen: 1:14.49

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|---|-----|-----------------------------|----------|----------------|-----|-----|------|
| 1. | Daniel Ionas <i>Campeão Regional Juvenis B</i> | 07 | Clube Natacao da Amadora | 1:13.37 | 1:17.19 | 400 | | |
| 2. | Antonio Rego Arsenio | 07 | Algés | 1:21.47 | 1:17.68 | 392 | | |
| 3. | Dinis Silva Lopes | 07 | Algés | 1:21.12 | 1:17.83 | 390 | | |
| 4. | Afonso Jose Fernandes | 07 | Natação e Triatlo de Lisboa | 1:21.49 | 1:17.88 | 389 | | |
| 5. | Joao Dinis Roque | 07 | Sporting | 1:19.65 | 1:18.27 | 383 | | |
| 6. | Joao Pedro Carapinha | 07 | União Piedense | 1:22.80 | 1:18.68 | 377 | | |
| 7. | Vicente Dias Maia | 07 | Algés | 1:18.64 | 1:20.68 | 350 | | |
| 8. | Goncalo Miguel Carneiro | 07 | CPCD - Póvoa Sta Iria | 1:20.56 | 1:20.99 | 346 | | |
| DSQ | Diogo Tavares Andrade | 07 | Algés | 1:21.29 | | | | |

B3 - Efectuou múltiplas pernadas de golfinho após a partida (SW 7.1)

Prova 5, Masc., 100m Bruços, Juvenis B

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|----------------------|-----|-----------------|----------|-------------|-----|-----|------|
| DNS | Rodrigo Santos Perry | 07 | Despertarecorde | 1:20.94 | | | | |

Juvenis A

| | | | | | | | | |
|----|---|----|--------------------------|---------|----------------|-----|--|--|
| 1. | Afonso Silvestre Almeida <i>Campeão Regional Juvenis A</i> | 06 | Clube Natacao da Amadora | 1:13.98 | 1:13.20 | 469 | | |
| 2. | Kaio Araujo Fafine | 06 | Sporting | 1:19.98 | 1:13.26 | 468 | | |
| 3. | Luis Pedro Figueiredo | 06 | Geslours | 1:18.56 | 1:18.41 | 381 | | |
| 4. | Miguel Guilherme Sousa <i>FTL (Fora Tempo Limite)</i> | 06 | Sporting | 1:19.60 | 1:21.38 | 341 | | |
| 5. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | União Piedense | 1:24.76 | 1:23.58 | 315 | | |

Juniores

| | | | | | | | | |
|-----|--|----|-----------------------|---------|----------------|-----|--|--|
| 1. | Joao Lourenco Rebelo <i>Campeão Regional Junior</i> | 04 | Algés | 1:06.05 | 1:07.42 | 600 | | |
| 2. | Miguel Filipe Anjo | 04 | União Piedense | 1:10.16 | 1:09.92 | 538 | | |
| 3. | Francisco Lourenco Vasconcelos | 05 | Geslours | 1:14.60 | 1:11.39 | 505 | | |
| 4. | Goncalo Ramos Costa | 05 | CPCD - Póvoa Sta Iria | 1:10.75 | 1:11.89 | 495 | | |
| 5. | Vasco Alves Morgado | 05 | Algés | 1:16.49 | 1:11.92 | 494 | | |
| 6. | Jose Alves Monteiro | 05 | Belenenses | 1:13.59 | 1:12.27 | 487 | | |
| 7. | Antonio Lombardi Carvalho | 04 | Sporting | 1:08.52 | 1:12.66 | 479 | | |
| 8. | Diogo Miguel Monteiro | 04 | Despertarecorde | 1:11.64 | 1:13.02 | 472 | | |
| 9. | Pedro Maria Amado | 05 | Algés | 1:17.05 | 1:15.14 | 433 | | |
| 10. | Henrique Maria Batista <i>FTL (Fora Tempo Limite)</i> | 05 | Algés | 1:15.72 | 1:19.99 | 359 | | |

Seniores

| | | | | | | | | |
|-----|---|----|---------------------|---------|----------------|-----|--|--|
| 1. | Diogo Garcez Mateus <i>Campeão Regional Sénior</i> | 02 | Sporting | 1:06.30 | 1:07.65 | 594 | | |
| 2. | Joao Manuel Vargas | 00 | Benfica | 1:07.83 | 1:09.59 | 546 | | |
| 3. | Andre Filipe Magalhaes | 98 | Despertarecorde | 1:08.49 | 1:09.66 | 544 | | |
| 4. | Francisco Lopes Afonso | 03 | Algés | 1:08.03 | 1:10.11 | 533 | | |
| 5. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 1:09.24 | 1:11.90 | 495 | | |
| 6. | Guilherme Matias Cristino | 03 | União Piedense | 1:08.32 | 1:12.24 | 488 | | |
| 7. | Ricardo Martins Bras | 01 | Vikings Sports Club | 1:09.72 | 1:12.87 | 475 | | |
| 8. | David Van Ossenbruggen <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 1:11.91 | 1:14.62 | 442 | | |
| 9. | Tiago Correia Neves <i>FTL (Fora Tempo Limite)</i> | 97 | Belenenses | 1:11.94 | 1:16.43 | 412 | | |
| DSQ | Renato Barros Frischknecht <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 01 | Sporting | 1:05.43 | | | | |
| DNS | João Costa Fonseca | 00 | Natação de Lisboa | 1:07.42 | | | | |

Absolutos

| | | | | | | | | |
|----|--------------------------------|----|-----------------------|---------|----------------|-----|--|--|
| 1. | Joao Lourenco Rebelo | 04 | Algés | 1:06.05 | 1:07.42 | 600 | | |
| 2. | Diogo Garcez Mateus | 02 | Sporting | 1:06.30 | 1:07.65 | 594 | | |
| 3. | Joao Manuel Vargas | 00 | Benfica | 1:07.83 | 1:09.59 | 546 | | |
| 4. | Andre Filipe Magalhaes | 98 | Despertarecorde | 1:08.49 | 1:09.66 | 544 | | |
| 5. | Miguel Filipe Anjo | 04 | União Piedense | 1:10.16 | 1:09.92 | 538 | | |
| 6. | Francisco Lopes Afonso | 03 | Algés | 1:08.03 | 1:10.11 | 533 | | |
| 7. | Francisco Lourenco Vasconcelos | 05 | Geslours | 1:14.60 | 1:11.39 | 505 | | |
| 8. | Goncalo Ramos Costa | 05 | CPCD - Póvoa Sta Iria | 1:10.75 | 1:11.89 | 495 | | |

Prova 5, Masc., 100m Bruços, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|--|-----|-----------------------------|----------|----------------|-----|-----|------|
| 9. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 1:09.24 | 1:11.90 | 495 | | |
| 10. | Vasco Alves Morgado | 05 | Algés | 1:16.49 | 1:11.92 | 494 | | |
| 11. | Guilherme Matias Cristino | 03 | União Piedense | 1:08.32 | 1:12.24 | 488 | | |
| 12. | Jose Alves Monteiro | 05 | Belenenses | 1:13.59 | 1:12.27 | 487 | | |
| 13. | Antonio Lombardi Carvalho | 04 | Sporting | 1:08.52 | 1:12.66 | 479 | | |
| 14. | Ricardo Martins Bras | 01 | Vikings Sports Club | 1:09.72 | 1:12.87 | 475 | | |
| 15. | Diogo Miguel Monteiro | 04 | Despertarecorde | 1:11.64 | 1:13.02 | 472 | | |
| 16. | Afonso Silvestre Almeida | 06 | Clube Natacao da Amadora | 1:13.98 | 1:13.20 | 469 | | |
| 17. | Kaio Araujo Faftine | 06 | Sporting | 1:19.98 | 1:13.26 | 468 | | |
| 18. | David Van Ossenbruggen <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 1:11.91 | 1:14.62 | 442 | | |
| 19. | Pedro Maria Amado | 05 | Algés | 1:17.05 | 1:15.14 | 433 | | |
| 20. | Tiago Correia Neves <i>FTL (Fora Tempo Limite)</i> | 97 | Belenenses | 1:11.94 | 1:16.43 | 412 | | |
| 21. | Daniel Ionas | 07 | Clube Natacao da Amadora | 1:13.37 | 1:17.19 | 400 | | |
| 22. | Antonio Rego Arsenio | 07 | Algés | 1:21.47 | 1:17.68 | 392 | | |
| 23. | Dinis Silva Lopes | 07 | Algés | 1:21.12 | 1:17.83 | 390 | | |
| 24. | Afonso Jose Fernandes | 07 | Natação e Triatlo de Lisboa | 1:21.49 | 1:17.88 | 389 | | |
| 25. | Joao Dinis Roque | 07 | Sporting | 1:19.65 | 1:18.27 | 383 | | |
| 26. | Luis Pedro Figueiredo | 06 | Geslours | 1:18.56 | 1:18.41 | 381 | | |
| 27. | Joao Pedro Carapinha | 07 | União Piedense | 1:22.80 | 1:18.68 | 377 | | |
| 28. | Henrique Maria Batista <i>FTL (Fora Tempo Limite)</i> | 05 | Algés | 1:15.72 | 1:19.99 | 359 | | |
| 29. | Vicente Dias Maia | 07 | Algés | 1:18.64 | 1:20.68 | 350 | | |
| 30. | Goncalo Miguel Carneiro | 07 | CPCD - Póvoa Sta Iria | 1:20.56 | 1:20.99 | 346 | | |
| 31. | Miguel Guilherme Sousa <i>FTL (Fora Tempo Limite)</i> | 06 | Sporting | 1:19.60 | 1:21.38 | 341 | | |
| 32. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | União Piedense | 1:24.76 | 1:23.58 | 315 | | |
| DSQ | Diogo Tavares Andrade <i>B3 - Efectuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i> | 07 | Algés | 1:21.29 | | | | |
| DSQ | Renato Barros Frischknecht <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 01 | Sporting | 1:05.43 | | | | |
| DNS | João Costa Fonseca | 00 | Natação de Lisboa | 1:07.42 | | | | |
| DNS | Rodrigo Santos Perry | 07 | Despertarecorde | 1:20.94 | | | | |

Prova 6 Femin., 100m Bruços Absolutos
11.03.2022 - 17:33 Resultados

| | | | | | |
|-----------------------|---------|----------------------|--------|----------------|------|
| Rec Nacional Absoluto | 1:08.69 | Ana Pinho Rodrigues | EDV | Oeiras | 2021 |
| Rec Regional Absoluto | 1:09.47 | Diana Duarte Gomes | CNA | Loule | 2009 |
| Rec Regional Sen | 1:09.47 | Diana Duarte Gomes | CNA | Loule | 2009 |
| Rec Regional Jun 2 | 1:10.00 | Raquel Gomes Pereira | SAD | Coimbra | 2017 |
| Rec Regional Jun 1 | 1:10.09 | Diana Duarte Gomes | INDANL | Budapest (HUN) | 2005 |
| Rec Regional Juv A | 1:10.82 | Diana Duarte Gomes | ABVE | Lisboa | 2004 |
| Rec Regional Juv B | 1:12.97 | Raquel Gomes Pereira | SAD | Oeiras | 2014 |

TAC - Fem Juv B: 1:32.05; Juv A: 1:29.52; Jun 2: 1:26.20; Jun 1: 1:27.03; Sen: 1:25.77

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|

Juvenis B

| | | | | | | | | |
|-----|--|----|-----------------------------|---------|----------------|-----|--|--|
| 1. | Matilde Militao Guerra <i>Campeã Regional Juvenil B</i> | 08 | Colegio Int Monte Maior | 1:20.96 | 1:21.96 | 479 | | |
| 2. | Leonor Serrao Nascimento | 08 | Algés | 1:25.54 | 1:25.19 | 426 | | |
| 3. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:27.38 | 1:26.66 | 405 | | |
| 4. | Barbara Maria Neves | 08 | Algés | 1:32.50 | 1:28.15 | 385 | | |
| 5. | Yasmin Ruth Bexigas | 08 | Geslours | 1:29.02 | 1:28.73 | 377 | | |
| 6. | Teresa Bonita Oliveira | 08 | Naval Setubalense | 1:31.03 | 1:29.16 | 372 | | |
| 7. | Marta Matos Laranjeira | 08 | Fisica Torres Vedras | 1:32.95 | 1:31.02 | 349 | | |
| 8. | Marta Oliveira Ferreira | 08 | Vasco da Gama | 1:32.02 | 1:31.34 | 346 | | |
| 9. | Mariana Filipa Guedes | 08 | Sporting | 1:30.31 | 1:31.92 | 339 | | |
| 10. | Beatriz Silva Gomes <i>FTL (Fora Tempo Limite)</i> | 08 | Geslours | 1:31.41 | 1:32.59 | 332 | | |
| 11. | Mariana Vale Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Natação e Triatlo de Lisboa | 1:37.95 | 1:35.27 | 305 | | |

Juvenis A

| | | | | | | | | |
|----|---|----|-------------------|---------|----------------|-----|--|--|
| 1. | Leticia Rodrigues Magalhaes <i>Campeã Regional Juvenil A</i> | 07 | Naval Setubalense | 1:20.14 | 1:21.97 | 478 | | |
| 2. | Alice Gomes Durao | 07 | Benfica | 1:24.17 | 1:25.37 | 423 | | |
| 3. | Matilde Anjos Frischknecht | 07 | Naval Setubalense | 1:23.38 | 1:25.60 | 420 | | |
| 4. | Ana Madalena Simoes | 07 | Geslours | 1:25.38 | 1:26.30 | 410 | | |
| 5. | Beatriz Santos Pinto | 07 | Naval Setubalense | 1:29.61 | 1:29.25 | 370 | | |
| 6. | Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:31.45 | 1:29.59 | 366 | | |
| 7. | Leonor Carvalho Oliveira <i>FTL (Fora Tempo Limite)</i> | 07 | Despertarecorde | 1:26.74 | 1:30.16 | 359 | | |

Juniores

| | | | | | | | | |
|-----|---|----|--------------------------|---------|----------------|-----|--|--|
| 1. | Rebeca Leonor Antunes <i>Campeã Regional Junior</i> | 06 | Algés | 1:13.96 | 1:14.76 | 631 | | |
| 2. | Erica Cristina Reis | 05 | Sporting | 1:16.51 | 1:21.09 | 494 | | |
| 3. | Maria Carolina Vargas | 05 | Benfica | 1:21.58 | 1:23.76 | 448 | | |
| 4. | Matilde Aparicio Pereira | 06 | Clube Natacao da Amadora | 1:24.84 | 1:25.02 | 429 | | |
| 5. | Catarina Maria Santos | 05 | CPCD - Póvoa Sta Iria | 1:24.72 | 1:25.89 | 416 | | |
| 6. | Beatriz Fernandes Gama | 06 | Sporting | 1:22.98 | 1:26.20 | 411 | | |
| 7. | Matilde Aleixo Duarte <i>FTL (Fora Tempo Limite)</i> | 05 | Naval Setubalense | 1:37.49 | 1:38.02 | 280 | | |
| DNS | Madalena Correa Sa | 06 | Benfica | 1:20.19 | | | | |

Prova 6, Femin., 100m Bruços

Seniores

| | | | | | | |
|-----|--|----|-------------------------|---------|----------------|-----|
| 1. | Francisca Salvador Mesquita <i>Campeã Regional Sénior</i> | 02 | Sporting | 1:18.73 | 1:17.06 | 576 |
| 2. | Luana Correia Rodrigues | 01 | Belenenses | 1:16.37 | 1:17.83 | 559 |
| 3. | Catarina Nunes Costa | 04 | Geslours | 1:21.29 | 1:21.61 | 485 |
| 4. | Natacha Sofia Silva | 02 | Benfica | 1:21.39 | 1:21.93 | 479 |
| 5. | Manoella Saad Barbosa | 02 | Natação de Lisboa | 1:25.77 | 1:23.56 | 452 |
| 6. | Andreia Wongsangnoi Alves | 03 | Colegio Int Monte Maior | 1:18.66 | 1:23.90 | 446 |
| 7. | Claudia Beatriz Martins | 03 | Geslours | 1:25.58 | 1:23.91 | 446 |
| 8. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 1:25.77 | 1:29.03 | 373 |
| DNS | Margarida Filipe Ferreira | 04 | União Piedense | 1:14.89 | | |

Absolutos

| | | | | | | |
|-----|--|----|-----------------------------|---------|----------------|-----|
| 1. | Rebeca Leonor Antunes | 06 | Algés | 1:13.96 | 1:14.76 | 631 |
| 2. | Francisca Salvador Mesquita | 02 | Sporting | 1:18.73 | 1:17.06 | 576 |
| 3. | Luana Correia Rodrigues | 01 | Belenenses | 1:16.37 | 1:17.83 | 559 |
| 4. | Erica Cristina Reis | 05 | Sporting | 1:16.51 | 1:21.09 | 494 |
| 5. | Catarina Nunes Costa | 04 | Geslours | 1:21.29 | 1:21.61 | 485 |
| 6. | Natacha Sofia Silva | 02 | Benfica | 1:21.39 | 1:21.93 | 479 |
| 7. | Matilde Militao Guerra | 08 | Colegio Int Monte Maior | 1:20.96 | 1:21.96 | 479 |
| 8. | Leticia Rodrigues Magalhaes | 07 | Naval Setubalense | 1:20.14 | 1:21.97 | 478 |
| 9. | Manoella Saad Barbosa | 02 | Natação de Lisboa | 1:25.77 | 1:23.56 | 452 |
| 10. | Maria Carolina Vargas | 05 | Benfica | 1:21.58 | 1:23.76 | 448 |
| 11. | Andreia Wongsangnoi Alves | 03 | Colegio Int Monte Maior | 1:18.66 | 1:23.90 | 446 |
| 12. | Claudia Beatriz Martins | 03 | Geslours | 1:25.58 | 1:23.91 | 446 |
| 13. | Matilde Aparicio Pereira | 06 | Clube Natacao da Amadora | 1:24.84 | 1:25.02 | 429 |
| 14. | Leonor Serrao Nascimento | 08 | Algés | 1:25.54 | 1:25.19 | 426 |
| 15. | Alice Gomes Durao | 07 | Benfica | 1:24.17 | 1:25.37 | 423 |
| 16. | Matilde Anjos Frischknecht | 07 | Naval Setubalense | 1:23.38 | 1:25.60 | 420 |
| 17. | Catarina Maria Santos | 05 | CPCD - Póvoa Sta Iria | 1:24.72 | 1:25.89 | 416 |
| 18. | Beatriz Fernandes Gama | 06 | Sporting | 1:22.98 | 1:26.20 | 411 |
| 19. | Ana Madalena Simoes | 07 | Geslours | 1:25.38 | 1:26.30 | 410 |
| 20. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:27.38 | 1:26.66 | 405 |
| 21. | Barbara Maria Neves | 08 | Algés | 1:32.50 | 1:28.15 | 385 |
| 22. | Yasmin Ruth Bexigas | 08 | Geslours | 1:29.02 | 1:28.73 | 377 |
| 23. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 1:25.77 | 1:29.03 | 373 |
| 24. | Teresa Bonita Oliveira | 08 | Naval Setubalense | 1:31.03 | 1:29.16 | 372 |
| 25. | Beatriz Santos Pinto | 07 | Naval Setubalense | 1:29.61 | 1:29.25 | 370 |
| 26. | Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:31.45 | 1:29.59 | 366 |
| 27. | Leonor Carvalho Oliveira <i>FTL (Fora Tempo Limite)</i> | 07 | Despertarecorde | 1:26.74 | 1:30.16 | 359 |
| 28. | Marta Matos Laranjeira | 08 | Fisica Torres Vedras | 1:32.95 | 1:31.02 | 349 |
| 29. | Marta Oliveira Ferreira | 08 | Vasco da Gama | 1:32.02 | 1:31.34 | 346 |
| 30. | Mariana Filipa Guedes | 08 | Sporting | 1:30.31 | 1:31.92 | 339 |
| 31. | Beatriz Silva Gomes <i>FTL (Fora Tempo Limite)</i> | 08 | Geslours | 1:31.41 | 1:32.59 | 332 |
| 32. | Mariana Vale Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Natação e Triatlo de Lisboa | 1:37.95 | 1:35.27 | 305 |
| 33. | Matilde Aleixo Duarte <i>FTL (Fora Tempo Limite)</i> | 05 | Naval Setubalense | 1:37.49 | 1:38.02 | 280 |
| DNS | Madalena Correa Sa | 06 | Benfica | 1:20.19 | | |
| DNS | Margarida Filipe Ferreira | 04 | União Piedense | 1:14.89 | | |

Prova 7 Masc., 50m Costas Absolutos
11.03.2022 - 17:44 Resultados

| | | | | | |
|-----------------------|-------|-----------------------------|---------|----------------|------|
| Rec Nacional Absoluto | 25.28 | Alexis Manacas Santos | SCP | Budapest (HUN) | 2021 |
| Rec Regional Absoluto | 25.28 | Alexis Manacas Santos | SCP | Budapest (HUN) | 2021 |
| Rec Regional Sen | 25.28 | Alexis Manacas Santos | SCP | Budapest (HUN) | 2021 |
| Rec Regional Jun 2 | 26.58 | Alexis Manacas Santos | SCP | Coimbra | 2010 |
| Rec Regional Jun 1 | 26.67 | Diogo Santos Costa | ADRCIMM | Oeiras | 2019 |
| Rec Regional Juv A | 27.65 | Diogo Santos Costa | ADRCIMM | Coimbra | 2018 |
| Rec Regional Juv B | 28.73 | Goncalo Henriques Wanzeller | CFB | Oeiras | 2018 |

TAC - Masc Juv B: 32.46; Juv A: 32.46; Jun 1: 32.46; Jun 2: 31.99; Sen: 31.37

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|--|-----|--------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Afonso Rodrigues Calhella <i>Campeão Regional Juvenis B</i> | 07 | ADR Colegio Int Monte Maior | 30.63 | 30.96 | 465 |
| 2. | Lourenco Lopes Silva | 07 | Soc.Filarmónica União A. Piedense | 30.64 | 31.07 | 460 |
| 3. | Leonardo Conceicao Reis | 07 | Sporting Clube de Portugal | 30.00 | 31.28 | 451 |
| 4. | Andre Miguel Ramos | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 31.34 | 31.34 | 449 |
| 5. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 31.83 | 32.41 | 406 |
| 6. | Henrique Ribeiro Martins <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting Clube de Portugal | 33.84 | 33.37 | 372 |

Juvenis A

| | | | | | | |
|----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Miguel Mera Herrero <i>Campeão Regional Juvenis A</i> | 06 | Sporting Clube de Portugal | 30.09 | 30.36 | 494 |
| 2. | Martim Barata Antunes | 06 | Sport Lisboa e Benfica | 30.51 | 30.66 | 479 |
| 3. | Rafael Duarte Beato | 06 | Geslours - Gestão Equipamentos E.M. | 34.27 | 30.94 | 466 |
| 4. | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 30.83 | 31.46 | 443 |
| 5. | Rodrigo Franco Palare | 06 | Geslours - Gestão Equipamentos E.M. | 31.33 | 31.82 | 429 |
| 6. | Pedro Crispim Jorge | 06 | Soc.Filarmónica União A. Piedense | 34.74 | 31.84 | 428 |
| 7. | Pedro Goncalves Bonniz | 06 | Geslours - Gestão Equipamentos E.M. | 31.29 | 32.31 | 409 |

Juniores

| | | | | | | |
|----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Andre Azevedo Baraona <i>Campeão Regional Junior</i> | 04 | Clube Natacao do Montijo | 26.89 | 27.98 | 631 |
| 2. | Francisco Ribeiro Vieira | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 27.91 | 28.31 | 609 |
| 3. | Jose Manuel Sa | 05 | Sporting Clube de Portugal | 29.34 | 29.28 | 550 |
| 4. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 30.36 | 31.48 | 443 |
| 5. | Joao Pedro Penelas | 04 | Geslours - Gestão Equipamentos E.M. | 30.12 | 31.65 | 436 |
| 6. | Eduard Daniel Milanov | 05 | Clube Naval Setubalense | 31.71 | 31.68 | 434 |
| 7. | Diogo Miguel Monteiro <i>FTL (Fora Tempo Limite)</i> | 04 | Despertarecorde | 31.99 | 32.46 | 404 |
| 8. | Rihards Bunkovskis <i>FTL (Fora Tempo Limite)</i> | 05 | Geslours - Gestão Equipamentos E.M. | 31.95 | 32.62 | 398 |

Seniores

| | | | | | | |
|----|--|----|-----------------------------|-------|--------------|-----|
| 1. | Joao Diogo Fernandes <i>Campeão Regional Sénior</i> | 98 | Clube Futebol Os Belenenses | 27.44 | 28.39 | 604 |
| 2. | Miguel Ribeiro Bate | 99 | Sporting Clube de Portugal | 27.42 | 28.40 | 603 |
| 3. | Vicente Oliveira Gomes | 02 | Sporting Clube de Portugal | 31.37 | 28.79 | 579 |
| 4. | Miguel Alexandre Rodrigues <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 31.37 | 31.79 | 430 |
| 5. | Luis Miguel Verissimo <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 33.48 | 34.23 | 344 |

Prova 7, Masc., 50m Costas, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|----------------------------|----------|-------|-----|
| DSQ | Renato Barros Frischknecht <i>G10 - Não cortou a superfície da água com a cabeça até aos 15 metros após a partida.</i> | 01 | Sporting Clube de Portugal | 29.75 | | |
| DNS | Tiago Miguel Dias | 03 | Clube Natação de Lisboa | 29.00 | | |

Absolutos

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Andre Azevedo Baraona | 04 | Clube Natacao do Montijo | 26.89 | 27.98 | 631 |
| 2. | Francisco Ribeiro Vieira | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 27.91 | 28.31 | 609 |
| 3. | Joao Diogo Fernandes | 98 | Clube Futebol Os Belenenses | 27.44 | 28.39 | 604 |
| 4. | Miguel Ribeiro Bate | 99 | Sporting Clube de Portugal | 27.42 | 28.40 | 603 |
| 5. | Vicente Oliveira Gomes | 02 | Sporting Clube de Portugal | 31.37 | 28.79 | 579 |
| 6. | Jose Manuel Sa | 05 | Sporting Clube de Portugal | 29.34 | 29.28 | 550 |
| 7. | Miguel Mera Herrero | 06 | Sporting Clube de Portugal | 30.09 | 30.36 | 494 |
| 8. | Martim Barata Antunes | 06 | Sport Lisboa e Benfica | 30.51 | 30.66 | 479 |
| 9. | Rafael Duarte Beato | 06 | Geslours - Gestão Equipamentos E.M. | 34.27 | 30.94 | 466 |
| 10. | Afonso Rodrigues Calhelha | 07 | ADR Colegio Int Monte Maior | 30.63 | 30.96 | 465 |
| 11. | Lourenco Lopes Silva | 07 | Soc.Filarmónica União A. Piedense | 30.64 | 31.07 | 460 |
| 12. | Leonardo Conceicao Reis | 07 | Sporting Clube de Portugal | 30.00 | 31.28 | 451 |
| 13. | Andre Miguel Ramos | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 31.34 | 31.34 | 449 |
| 14. | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 30.83 | 31.46 | 443 |
| 15. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 30.36 | 31.48 | 443 |
| 16. | Joao Pedro Penelas | 04 | Geslours - Gestão Equipamentos E.M. | 30.12 | 31.65 | 436 |
| 17. | Eduard Daniel Milanov | 05 | Clube Naval Setubalense | 31.71 | 31.68 | 434 |
| 18. | Miguel Alexandre Rodrigues <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 31.37 | 31.79 | 430 |
| 19. | Rodrigo Franco Palare | 06 | Geslours - Gestão Equipamentos E.M. | 31.33 | 31.82 | 429 |
| 20. | Pedro Crispim Jorge | 06 | Soc.Filarmónica União A. Piedense | 34.74 | 31.84 | 428 |
| 21. | Pedro Goncalves Bonniz | 06 | Geslours - Gestão Equipamentos E.M. | 31.29 | 32.31 | 409 |
| 22. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 31.83 | 32.41 | 406 |
| 23. | Diogo Miguel Monteiro <i>FTL (Fora Tempo Limite)</i> | 04 | Despertarecorde | 31.99 | 32.46 | 404 |
| 24. | Rihards Bunkovskis <i>FTL (Fora Tempo Limite)</i> | 05 | Geslours - Gestão Equipamentos E.M. | 31.95 | 32.62 | 398 |
| 25. | Henrique Ribeiro Martins <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting Clube de Portugal | 33.84 | 33.37 | 372 |
| 26. | Luis Miguel Verissimo <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 33.48 | 34.23 | 344 |
| DSQ | Renato Barros Frischknecht <i>G10 - Não cortou a superfície da água com a cabeça até aos 15 metros após a partida.</i> | 01 | Sporting Clube de Portugal | 29.75 | | |
| DNS | Tiago Miguel Dias | 03 | Clube Natação de Lisboa | 29.00 | | |

Prova 8
11.03.2022 - 17:50

Femin., 50m Costas

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|------------------------|-----|-----------------|------|
| Rec Nacional Absoluto | 28.24 | Rafaela Gomes Azevedo | SAD | Oeiras | 2021 |
| Rec Regional Absoluto | 28.24 | Rafaela Gomes Azevedo | SAD | Oeiras | 2021 |
| Rec Regional Sen | 28.24 | Rafaela Gomes Azevedo | SAD | Oeiras | 2021 |
| Rec Regional Jun 2 | 28.55 | Rafaela Gomes Azevedo | SAD | Kazan (RUS) | 2019 |
| Rec Regional Jun 2 | 28.55 | Rafaela Gomes Azevedo | SAD | Budapeste (HUN) | 2019 |
| Rec Regional Jun 1 | 29.33 | Rafaela Gomes Azevedo | SAD | Oeiras | 2018 |
| Rec Regional Juv A | 29.42 | Ines Camacho Fernandes | SCP | Coimbra | 2012 |
| Rec Regional Juv B | 30.52 | Rafaela Gomes Azevedo | SAD | Coimbra | 2016 |

TAC - Fem Juv B: 36.04; Juv A: 36.04; Jun 2: 35.69; Jun 1: 36.04; Sen: 35.51

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|-----|-----------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Matilde Catroga Marques <i>Campeã Regional Juvenil B</i> | 08 | ADR Colegio Int Monte Maior | 34.62 | 34.20 | 490 |
| 2. | Barbara Maria Neves | 08 | Sport Alges e Dafundo | 35.23 | 34.62 | 473 |
| 3. | Carolina Fernandes Rodrigues | 08 | Soc.Filarmónica União A. Piedense | 36.68 | 34.76 | 467 |
| 4. | Margarida Catroga Marques | 08 | ADR Colegio Int Monte Maior | 34.84 | 34.86 | 463 |

Juvenis A

| | | | | | | |
|-----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Leonor Peso Parente <i>Campeã Regional Juvenil A</i> | 07 | Palmela Desporto EEM | 32.25 | 32.84 | 554 |
| 2. | Sara Sofia Alves | 07 | Clube Naval Setubalense | 32.71 | 32.90 | 551 |
| 3. | Teresa Joao Pires | 07 | Sport Alges e Dafundo | 34.50 | 32.96 | 548 |
| 4. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 33.77 | 33.50 | 522 |
| 5. | Catarina Andrade Franco | 07 | Geslours - Gestão Equipamentos E.M. | 33.29 | 34.18 | 491 |
| 6. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 34.18 | 34.23 | 489 |
| 7. | Anastacia Tshesnovska | 07 | Sporting Clube de Portugal | 33.69 | 34.49 | 478 |
| 8. | Luisa Ponte Jorge | 07 | Soc.Filarmónica União A. Piedense | 33.52 | 34.55 | 476 |
| 9. | Rita Lima Batista | 07 | Clube Naval Setubalense | 35.88 | 35.03 | 456 |
| 10. | Marta Nascimento Ribeiro <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natação e Triatlo de Lisboa | 38.59 | 36.66 | 398 |
| 11. | Luana Ababii <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao da Amadora | 38.04 | 38.18 | 352 |

Juniores

| | | | | | | |
|----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Soraia Maria Salgado <i>Campeã Regional Junior</i> | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 30.62 | 32.12 | 592 |
| 2. | Carolina Martins Camacho | 06 | Soc.Filarmónica União A. Piedense | 32.44 | 32.48 | 573 |
| 3. | Ines Correia Teixeira | 06 | Clube Natacao da Amadora | 33.59 | 32.62 | 565 |
| 4. | Barbara Cunha Ventura | 05 | Sport Lisboa e Benfica | 33.11 | 33.59 | 518 |
| 5. | Francisca Otao Tribuna | 05 | Clube Futebol Os Belenenses | 35.18 | 35.53 | 437 |
| 6. | Marina Alexandra Oliveira <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Naval Setubalense | 35.87 | 37.12 | 383 |

Seniores

| | | | | | | |
|----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Rita Barros Frischknecht <i>Campeã Regional Sénior</i> | 98 | Sporting Clube de Portugal | 29.54 | 30.09 | 720 |
| 2. | Catarina Martins Mestre | 00 | Clube Natação de Lisboa | 29.37 | 30.32 | 704 |
| 3. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 31.56 | 32.58 | 567 |
| 4. | Francisca Gomes Azevedo | 97 | Sport Alges e Dafundo | 33.34 | 33.07 | 543 |
| 5. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 35.51 | 33.86 | 505 |
| 6. | Leonor Maria Neves | 03 | Centro Popular de Cultura e Desporto | 33.85 | 34.25 | 488 |
| 7. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 35.51 | 34.37 | 483 |
| 8. | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 33.22 | 34.42 | 481 |

<http://anlisboa.pt>

Resultados online: bit.ly/cinvlis2122

facebook.com/assocnatacaolisboa

Prova 8, Femin., 50m Costas, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|------------------------------------|----------|--------------|-----|
| 9. | Constanca Dias Baptista | 01 | Clube Futebol Os Belenenses | 35.51 | 34.50 | 478 |
| 10. | Ana Sofia Inácio | 04 | Vikings Sports Club | 35.23 | 35.34 | 444 |
| 11. | Ana Fernandes Costa | 00 | Clube Natacao do Montijo | 35.96 | 35.40 | 442 |
| | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 35.48 | 35.40 | 442 |
| 13. | Andreia Wongsangnoi Alves <i>FTL (Fora Tempo Limite)</i> | 03 | ADR Colegio Int Monte Maior | 35.60 | 36.90 | 390 |

Absolutos

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Rita Barros Frischknecht | 98 | Sporting Clube de Portugal | 29.54 | 30.09 | 720 |
| 2. | Catarina Martins Mestre | 00 | Clube Natação de Lisboa | 29.37 | 30.32 | 704 |
| 3. | Soraia Maria Salgado | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 30.62 | 32.12 | 592 |
| 4. | Carolina Martins Camacho | 06 | Soc.Filarmónica União A. Piedense | 32.44 | 32.48 | 573 |
| 5. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 31.56 | 32.58 | 567 |
| 6. | Ines Correia Teixeira | 06 | Clube Natacao da Amadora | 33.59 | 32.62 | 565 |
| 7. | Leonor Peso Parente | 07 | Palmela Desporto EEM | 32.25 | 32.84 | 554 |
| 8. | Sara Sofia Alves | 07 | Clube Naval Setubalense | 32.71 | 32.90 | 551 |
| 9. | Teresa Joao Pires | 07 | Sport Alges e Dafundo | 34.50 | 32.96 | 548 |
| 10. | Francisca Gomes Azevedo | 97 | Sport Alges e Dafundo | 33.34 | 33.07 | 543 |
| 11. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 33.77 | 33.50 | 522 |
| 12. | Barbara Cunha Ventura | 05 | Sport Lisboa e Benfica | 33.11 | 33.59 | 518 |
| 13. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 35.51 | 33.86 | 505 |
| 14. | Catarina Andrade Franco | 07 | Geslours - Gestão Equipamentos E.M. | 33.29 | 34.18 | 491 |
| 15. | Matilde Catroga Marques | 08 | ADR Colegio Int Monte Maior | 34.62 | 34.20 | 490 |
| 16. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 34.18 | 34.23 | 489 |
| 17. | Leonor Maria Neves | 03 | Centro Popular de Cultura e Desporto | 33.85 | 34.25 | 488 |
| 18. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 35.51 | 34.37 | 483 |
| 19. | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 33.22 | 34.42 | 481 |
| 20. | Anastacia Tshesnovska | 07 | Sporting Clube de Portugal | 33.69 | 34.49 | 478 |
| 21. | Constanca Dias Baptista | 01 | Clube Futebol Os Belenenses | 35.51 | 34.50 | 478 |
| 22. | Luisa Ponte Jorge | 07 | Soc.Filarmónica União A. Piedense | 33.52 | 34.55 | 476 |
| 23. | Barbara Maria Neves | 08 | Sport Alges e Dafundo | 35.23 | 34.62 | 473 |
| 24. | Carolina Fernandes Rodrigues | 08 | Soc.Filarmónica União A. Piedense | 36.68 | 34.76 | 467 |
| 25. | Margarida Catroga Marques | 08 | ADR Colegio Int Monte Maior | 34.84 | 34.86 | 463 |
| 26. | Rita Lima Batista | 07 | Clube Naval Setubalense | 35.88 | 35.03 | 456 |
| 27. | Ana Sofia Inácio | 04 | Vikings Sports Club | 35.23 | 35.34 | 444 |
| 28. | Ana Fernandes Costa | 00 | Clube Natacao do Montijo | 35.96 | 35.40 | 442 |
| | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 35.48 | 35.40 | 442 |
| 30. | Francisca Otao Tribuna | 05 | Clube Futebol Os Belenenses | 35.18 | 35.53 | 437 |
| 31. | Marta Nascimento Ribeiro <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natação e Triatlo de Lisboa | 38.59 | 36.66 | 398 |
| 32. | Andreia Wongsangnoi Alves <i>FTL (Fora Tempo Limite)</i> | 03 | ADR Colegio Int Monte Maior | 35.60 | 36.90 | 390 |
| 33. | Marina Alexandra Oliveira <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Naval Setubalense | 35.87 | 37.12 | 383 |
| 34. | Luana Ababii <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao da Amadora | 38.04 | 38.18 | 352 |

| Prova 9 | Masc., 4 x 200m Livres | | | | Absolutos |
|-----------------------|------------------------|----------------------------|------|-----------------|------------|
| 11.03.2022 - 18:23 | | | | | Resultados |
| Rec Nacional Absoluto | 7:26.26 | Sporting Clube de Portugal | SCP | Oeiras | 2019 |
| Rec Nacional Sen | 7:27.46 | Sporting Clube de Portugal | SCP | Coimbra | 2017 |
| Rec Nacional Jun | 7:49.68 | Clube Fluvial Vilacondense | CFV | Lisboa | 2004 |
| Rec Nacional Juv A | 7:58.57 | Associação Naval Amorense | ANAM | Jamor | 2012 |
| Rec Nacional Juv B | 8:15.48 | Viana Natacao Clube | VNC | Povoa de Varzim | 2011 |

TAC - Masc Juv: 9:30.48; Jun: 9:16.45; Sen: 8:54.10

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|----------------|-----|-------------------------------------|----------|----------------|-----|
| Juvenis | | | | | |
| 1. | | Soc.Filarmónica União A. Piedense | 8:58.00 | 8:43.39 | 511 |
| | 06 | Andre Correia Alves | | 2:09.15 | |
| | 06 | Pedro Crispim Jorge | | 2:07.94 | |
| | 06 | Lucas Vilaca Casimiro | | 2:19.71 | |
| | 06 | Manuel Costa Simoes | | 2:06.59 | |
| 2. | | Sporting Clube de Portugal | 9:19.36 | 8:46.89 | 501 |
| | 07 | Miguel Braga Gomes | | 2:13.77 | |
| | 07 | Axel Guedes Asmar | | 2:08.64 | |
| | 07 | Rafael Pacheco Godinho | | 2:17.48 | |
| | 07 | Leonardo Conceicao Reis | | 2:07.00 | |
| 3. | | Geslours - Gestão Equipamentos E.M. | 9:40.47 | 8:56.41 | 475 |
| | 06 | Pedro Goncalves Bonniz | | 2:10.67 | |
| | 06 | Luis Pedro Figueiredo | | 2:11.73 | |
| | 06 | Pedro Miguel Pimentel | | 2:14.01 | |
| | 06 | Rodrigo Franco Palare | | 2:20.00 | |
| 4. | | Sport Alges e Dafundo | 8:53.21 | 9:20.73 | 415 |
| | 07 | Antonio Rego Arsenio | | 2:20.87 | |
| | 07 | Caio Salgado Medeiros | | 2:15.44 | |
| | 07 | Vicente Dias Maia | | 2:19.90 | |
| | 07 | Dinis Silva Lopes | | 2:24.52 | |
| 5. | | Clube Futebol Os Belenenses | 9:30.48 | 9:23.69 | 409 |
| | 06 | Rodrigo Onofre Matos | | 2:15.43 | |
| | 06 | Goncalo Alves Costa | | 2:25.47 | |
| | 06 | Rodrigo Piteira Maio | | 2:14.84 | |
| | 07 | Antonio Ricardo Alves | | 2:27.95 | |

Absolutos

| | | | | | |
|----|----|-----------------------------------|---------|----------------|-----|
| 1. | | Soc.Filarmónica União A. Piedense | 8:25.00 | 8:04.66 | 644 |
| | 96 | Joao Carlos Santos | | 2:01.48 | |
| | 04 | Miguel Costa Simoes | | 1:59.77 | |
| | 01 | David Matias Cristino | | 2:01.39 | |
| | 05 | Gabriel Carvalho Ferrao | | 2:02.02 | |
| 2. | | Sport Alges e Dafundo | 8:15.00 | 8:12.43 | 614 |
| | 04 | Felipe Menegassi Maia | | 2:02.60 | |
| | 04 | Joao Lourenco Rebelo | | 2:01.57 | |
| | 05 | Nick Heinio-Widell | | 2:04.47 | |
| | 05 | Vasco Alves Morgado | | 2:03.79 | |
| 3. | | Sporting Clube de Portugal | 8:45.82 | 8:33.46 | 541 |
| | 06 | Miguel Mera Herrero | | 2:09.11 | |
| | 06 | Kaio Araujo Faltine | | 2:02.78 | |
| | 06 | Rodrigo Andrade Mesquita | | 2:15.02 | |
| | 06 | Antonio Coelho Vieira | | 2:06.55 | |
| 4. | | Clube Naval Setubalense | 9:07.05 | 8:40.27 | 520 |
| | 05 | Simao Lopes Oliveira | | 2:13.20 | |
| | 04 | Tomas Martins Mira | | 2:11.10 | |
| | 06 | Tiago Ventura Chao | | 2:10.79 | |
| | 01 | Filipe Ferrao Melo | | 2:05.18 | |
| 5. | | ADR Colegio Int Monte Maior | 9:12.49 | 8:41.45 | 517 |
| | 07 | Afonso Rodrigues Calhelha | | 2:16.45 | |
| | 06 | Afonso Silva Carvalho | | 2:14.46 | |
| | 02 | Henrique Rodrigues Cruz | | 2:04.95 | |
| | 04 | Tiago Miguel Trombinhas | | 2:05.59 | |

Prova 9, Masc., 4 x 200m Livres, Absolutos

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|-----|--------------------------------------|----------|----------------|-----|
| 6. | | Gesloures - Gestão Equipamentos E.M. | 9:07.70 | 8:54.80 | 479 |
| | 05 | Francisco Lourenco Vasconcelos | | 2:10.10 | |
| | 03 | Daniel Alexandre Ascenso | | 2:05.70 | |
| | 04 | Joao Pedro Penelas | | 2:17.91 | |
| | 05 | Rihards Bunkovskis | | 2:21.09 | |
| 7. | | Clube Futebol Os Belenenses | 9:16.45 | 9:15.28 | 428 |
| | 05 | Rodrigo Martins Bras | | 2:20.47 | |
| | 05 | Jose Alves Monteiro | | 2:12.76 | |
| | 05 | Afonso Costa Albuquerque | | 2:24.89 | |
| | 05 | Alfredo Cabrita Soudo | | 2:17.16 | |

Prova 10

Femin., 4 x 200m Livres

Absolutos

11.03.2022 - 18:43

Resultados

| | | | | | |
|-----------------------|---------|----------------------------|-----|---------|------|
| Rec Nacional Absoluto | 8:22.93 | Sport Alges e Dafundo | SAD | Oeiras | 2019 |
| Rec Nacional Sen | 8:25.04 | Sport Alges e Dafundo | SAD | Coimbra | 2018 |
| Rec Nacional Jun | 8:39.85 | Sporting Clube de Portugal | SCP | Coimbra | 2010 |
| Rec Nacional Juv A | 9:01.51 | tempo limite | | | |
| Rec Nacional Juv | 9:01.51 | tempo limite | | | |
| Rec Nacional Juv B | 9:01.51 | Sporting Clube de Portugal | SCP | Oeiras | 2012 |

TAC - Fem Juv: 10:22.55; Jun: 9:48.00; Sen: 9:52.90

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|----------------|-----|--------------------------------------|----------|-----------------|-----|
| Juvenis | | | | | |
| 1. | | Gesloures - Gestão Equipamentos E.M. | 9:28.71 | 9:18.37 | 564 |
| | 08 | Patricia Subtil Henriques | | 2:24.15 | |
| | 07 | Beatriz Heitor Cachaco | | 2:17.97 | |
| | 07 | Ana Madalena Simoes | | 2:24.42 | |
| | 07 | Catarina Andrade Franco | | 2:11.83 | |
| 2. | | Clube Naval Setubalense | 9:47.56 | 9:24.70 | 545 |
| | 07 | Rita Machita Santos | | 2:18.94 | |
| | 07 | Leticia Rodrigues Magalhaes | | 2:21.43 | |
| | 07 | Margarida Santos Botelho | | 2:27.12 | |
| | 07 | Sara Sofia Alves | | 2:17.21 | |
| 3. | | Soc.Filarmónica União A. Piedense | 9:42.00 | 9:24.95 | 545 |
| | 08 | Carolina Fernandes Rodrigues | | 2:20.39 | |
| | 08 | Beatriz Alexandra Rolim | | 2:21.70 | |
| | 08 | Ana Beatriz Pires | | 2:23.62 | |
| | 07 | Luisa Ponte Jorge | | 2:19.24 | |
| 4. | | Sport Alges e Dafundo | 10:01.46 | 9:48.03 | 483 |
| | 08 | Barbara Maria Neves | | 2:27.13 | |
| | 08 | Constanca Santos Ferreira | | 2:25.11 | |
| | 08 | Constanca Isabel Carvalho | | 2:28.66 | |
| | 08 | Leonor Serrao Nascimento | | 2:27.13 | |
| 5. | | ADR Colegio Int Monte Maior | 10:33.24 | 10:11.63 | 429 |
| | 08 | Raquel Santos Baiona | | 2:32.28 | |
| | 08 | Margarida Catroga Marques | | 2:44.92 | |
| | 08 | Matilde Militao Guerra | | 2:30.33 | |
| | 08 | Matilde Catroga Marques | | 2:24.10 | |

Absolutos

| | | | | | |
|----|----|-----------------------------------|---------|----------------|-----|
| 1. | | Sport Alges e Dafundo | 9:15.00 | 9:05.92 | 604 |
| | 05 | Marta Joao Pires | | 2:09.41 | |
| | 06 | Rebeca Leonor Antunes | | 2:17.24 | |
| | 05 | Maria Teresa Fernandes | | 2:16.88 | |
| | 06 | Margarida Barbara Marques | | 2:22.39 | |
| 2. | | Soc.Filarmónica União A. Piedense | 9:20.00 | 9:16.17 | 571 |
| | 97 | Maria Joao Freitas | | 2:16.37 | |
| | 03 | Francisca Razina Oliveira | | 2:21.13 | |
| | 03 | Beatriz Quintao Amantes | | 2:18.89 | |
| | 04 | Diana Valadas Horta | | 2:19.78 | |

Prova 10, Femin., 4 x 200m Livres, Absolutos

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|-----|------------------------|----------|----------------|-----|
| 3. | | Sport Lisboa e Benfica | 9:00.50 | 9:20.53 | 558 |
| | | Joana Rocha Ferreira | | 2:16.68 | |
| | | Maria Esteves Valente | | 2:19.20 | |
| | | Barbara Cunha Ventura | | 2:22.18 | |
| | | Natacha Sofia Silva | | 2:22.47 | |

2 - 2ª Jornada - Sessão Única

12.03.2022 - 15:30

Prova 11 Masc., 400m Estilos Absolutos
12.03.2022 - 15:30 Resultados

| | | | | | |
|-----------------------|---------|-----------------------|---------|---------------|------|
| Rec Nacional Absoluto | 4:15.84 | Alexis Manacas Santos | SCP | Rio (BRA) | 2016 |
| Rec Regional Absoluto | 4:15.84 | Alexis Manacas Santos | SCP | Rio (BRA) | 2016 |
| Rec Regional Sen | 4:15.84 | Alexis Manacas Santos | SCP | Rio (BRA) | 2016 |
| Rec Regional Jun 2 | 4:22.25 | Joao Alexandre Vital | SCP | Oeiras | 2016 |
| Rec Regional Jun 1 | 4:25.23 | Joao Alexandre Vital | ADRCIMM | Singapore | 2015 |
| Rec Regional Juv A | 4:32.66 | Joao Alexandre Vital | ADRCIMM | Coimbra | 2014 |
| Rec Regional Juv B | 4:37.06 | Joao Alexandre Vital | ADRCIMM | Utrecht (NED) | 2013 |

TAC - Masc Juv B: 5:40.44; Juv A: 5:34.26; Jun 1: 5:22.02; Jun 2: 5:17.42; Sen: 5:11.28

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------------|----------------------------|---------------------|----------------|-----|
| 1. | Axel Guedes Asmar <i>Campeão Regional Juvenis B</i> | 07 | Sporting Clube de Portugal | 5:27.72 | 5:08.48 | 493 |
| | 50m: 31.30 31.30 | 150m: 1:49.71 42.12 | 250m: 3:15.90 44.46 | 350m: 4:35.67 34.45 | | |
| | 100m: 1:07.59 36.29 | 200m: 2:31.44 41.73 | 300m: 4:01.22 45.32 | 400m: 5:08.48 32.81 | | |

Juvenis A

| | | | | | | |
|-----|--|---------------------|--------------------------------------|---------------------|----------------|-----|
| 1. | Kaio Araujo Faftine <i>Campeão Regional Juvenis A</i> | 06 | Sporting Clube de Portugal | 4:57.38 | 4:57.70 | 549 |
| | 50m: 29.64 29.64 | 150m: 1:44.21 38.58 | 250m: 3:05.18 42.67 | 350m: 4:24.21 35.56 | | |
| | 100m: 1:05.63 35.99 | 200m: 2:22.51 38.30 | 300m: 3:48.65 43.47 | 400m: 4:57.70 33.49 | | |
| 2. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 5:00.93 | 4:59.87 | 537 |
| | 50m: 31.02 31.02 | 150m: 1:47.22 40.44 | 250m: 3:09.34 43.94 | 350m: 4:27.28 33.66 | | |
| | 100m: 1:06.78 35.76 | 200m: 2:25.40 38.18 | 300m: 3:53.62 44.28 | 400m: 4:59.87 32.59 | | |
| 3. | Guilherme Fernandes Baptista | 06 | Sport Lisboa e Benfica | 5:01.78 | 5:02.31 | 524 |
| | 50m: 30.95 30.95 | 150m: 1:46.82 40.83 | 250m: 3:09.93 43.46 | 350m: 4:28.63 33.04 | | |
| | 100m: 1:05.99 35.04 | 200m: 2:26.47 39.65 | 300m: 3:55.59 45.66 | 400m: 5:02.31 33.68 | | |
| 4. | Tomas Nunes Roque | 06 | Sport Lisboa e Benfica | 5:34.26 | 5:07.23 | 499 |
| | 50m: 30.65 30.65 | 150m: 1:48.15 42.28 | 250m: 3:13.19 43.97 | 350m: 4:33.87 35.06 | | |
| | 100m: 1:05.87 35.22 | 200m: 2:29.22 41.07 | 300m: 3:58.81 45.62 | 400m: 5:07.23 33.36 | | |
| 5. | Rodrigo Andrade Mesquita | 06 | Sporting Clube de Portugal | 5:06.47 | 5:13.43 | 470 |
| | 50m: 31.97 31.97 | 150m: 1:52.56 43.62 | 250m: 3:17.38 44.07 | 350m: 4:39.37 37.53 | | |
| | 100m: 1:08.94 36.97 | 200m: 2:33.31 40.75 | 300m: 4:01.84 44.46 | 400m: 5:13.43 34.06 | | |
| 6. | Diogo Morgado Figueira | 06 | Centro Popular de Cultura e Desporto | 5:07.41 | 5:17.00 | 455 |
| | 50m: 30.49 30.49 | 150m: 1:47.07 40.51 | 250m: 3:15.16 47.60 | 350m: 4:40.32 36.10 | | |
| | 100m: 1:06.56 36.07 | 200m: 2:27.56 40.49 | 300m: 4:04.22 49.06 | 400m: 5:17.00 36.68 | | |
| 7. | Rodrigo Piteira Maio | 06 | Clube Futebol Os Belenenses | 5:19.18 | 5:31.23 | 398 |
| | 50m: 33.95 33.95 | 150m: 1:57.13 44.57 | 250m: 3:30.09 48.36 | 350m: 4:56.24 35.59 | | |
| | 100m: 1:12.56 38.61 | 200m: 2:41.73 44.60 | 300m: 4:20.65 50.56 | 400m: 5:31.23 34.99 | | |
| DSQ | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 4:51.56 | | |
| | <i>E-B35 - No percurso de braços, efect. múltiplas pernadas de golfinho após a viragem aos 250 metros (SW 7.1)</i> | | | | | |

Prova 11, Masc., 400m Estilos

Juniores

| | | | | | | |
|-----|--|----|--|--|--|-----|
| 1. | Bernardo Victorino Almeida <i>Campeão Regional Junior</i> | 04 | Sporting Clube de Portugal | 4:46.65 | 4:43.05 | 639 |
| | 50m: 29.54 29.54 100m: 1:03.28 33.74 | | 150m: 1:42.62 39.34 200m: 2:19.77 37.15 | 250m: 3:01.83 42.06 300m: 3:42.90 41.07 | 350m: 4:13.13 30.23 400m: 4:43.05 29.92 | |
| 2. | Vasco Alves Morgado | 05 | Sport Alges e Dafundo | 4:57.08 | 4:51.48 | 585 |
| | 50m: 30.30 30.30 100m: 1:05.51 35.21 | | 150m: 1:44.50 38.99 200m: 2:23.92 39.42 | 250m: 3:04.70 40.78 300m: 3:46.58 41.88 | 350m: 4:19.37 32.79 400m: 4:51.48 32.11 | |
| 3. | Joao Lourenco Rebelo | 04 | Sport Alges e Dafundo | 5:17.42 | 4:52.01 | 582 |
| | 50m: 29.77 29.77 100m: 1:05.37 35.60 | | 150m: 1:45.41 40.04 200m: 2:25.86 40.45 | 250m: 3:04.62 38.76 300m: 3:44.87 40.25 | 350m: 4:19.22 34.35 400m: 4:52.01 32.79 | |
| 4. | Manuel Angelo Pereira | 05 | Sporting Clube de Portugal | 4:47.49 | 4:55.11 | 564 |
| | 50m: 30.15 30.15 100m: 1:05.63 35.48 | | 150m: 1:43.50 37.87 200m: 2:21.45 37.95 | 250m: 3:04.38 42.93 300m: 3:49.58 45.20 | 350m: 4:22.75 33.17 400m: 4:55.11 32.36 | |
| 5. | Goncalo Duarte Carvalho | 05 | Sport Lisboa e Benfica | 5:28.93 | 4:57.82 | 548 |
| | 50m: 30.70 30.70 100m: 1:06.44 35.74 | | 150m: 1:47.77 41.33 200m: 2:27.69 39.92 | 250m: 3:08.38 40.69 300m: 3:50.30 41.92 | 350m: 4:24.51 34.21 400m: 4:57.82 33.31 | |
| 6. | Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 5:17.42 | 5:00.89 | 532 |
| | 50m: 30.27 30.27 100m: 1:07.29 37.02 | | 150m: 1:48.47 41.18 200m: 2:28.59 40.12 | 250m: 3:12.13 43.54 300m: 3:55.82 43.69 | 350m: 4:28.95 33.13 400m: 5:00.89 31.94 | |
| 7. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 4:59.96 | 5:00.99 | 531 |
| | 50m: 30.70 30.70 100m: 1:06.13 35.43 | | 150m: 1:47.16 41.03 200m: 2:27.62 40.46 | 250m: 3:09.03 41.41 300m: 3:51.41 42.38 | 350m: 4:26.27 34.86 400m: 5:00.99 34.72 | |
| 8. | Jose Alves Monteiro | 05 | Clube Futebol Os Belenenses | 5:13.46 | 5:05.67 | 507 |
| | 50m: 30.35 30.35 100m: 1:07.00 36.65 | | 150m: 1:47.84 40.84 200m: 2:27.15 39.31 | 250m: 3:10.50 43.35 300m: 3:55.15 44.65 | 350m: 4:31.17 36.02 400m: 5:05.67 34.50 | |
| 9. | Nick Heinio-Widell | 05 | Sport Alges e Dafundo | 5:22.02 | 5:06.92 | 501 |
| | 50m: 30.26 30.26 100m: 1:05.64 35.38 | | 150m: 1:46.22 40.58 200m: 2:26.80 40.58 | 250m: 3:10.52 43.72 300m: 3:55.84 45.32 | 350m: 4:32.46 36.62 400m: 5:06.92 34.46 | |
| 10. | Francisc Gututui | 05 | Sport Alges e Dafundo | 5:09.40 | 5:12.10 | 476 |
| | 50m: 31.53 31.53 100m: 1:07.93 36.40 | | 150m: 1:50.20 42.27 200m: 2:31.55 41.35 | 250m: 3:14.36 42.81 300m: 3:58.08 43.72 | 350m: 4:35.56 37.48 400m: 5:12.10 36.54 | |

Seniores

| | | | | | | |
|----|--|----|--|--|--|-----|
| 1. | Hugo Pon <i>Campeão Regional Sénior</i> | 98 | Sport Alges e Dafundo | 5:11.28 | 4:53.00 | 576 |
| | 50m: 30.71 30.71 100m: 1:07.36 36.65 | | 150m: 1:47.79 40.43 200m: 2:27.11 39.32 | 250m: 3:04.57 37.46 300m: 3:43.66 39.09 | 350m: 4:19.15 35.49 400m: 4:53.00 33.85 | |
| 2. | David Matias Cristino | 01 | Soc.Filarmónica União A. Piedense | 4:41.69 | 4:54.01 | 570 |
| | 50m: 29.57 29.57 100m: 1:03.61 34.04 | | 150m: 1:41.79 38.18 200m: 2:18.62 36.83 | 250m: 3:01.42 42.80 300m: 3:45.33 43.91 | 350m: 4:20.39 35.06 400m: 4:54.01 33.62 | |
| 3. | Ricardo Martins Bras | 01 | Vikings Sports Club | 5:11.28 | 4:55.17 | 563 |
| | 50m: 31.09 31.09 100m: 1:08.52 37.43 | | 150m: 1:46.38 37.86 200m: 2:24.13 37.75 | 250m: 3:04.40 40.27 300m: 3:47.74 43.34 | 350m: 4:21.96 34.22 400m: 4:55.17 33.21 | |
| 4. | Joao Carlos Santos | 96 | Soc.Filarmónica União A. Piedense | 5:11.28 | 5:09.65 | 488 |
| | 50m: 31.31 31.31 100m: 1:07.43 36.12 | | 150m: 1:48.21 40.78 200m: 2:28.29 40.08 | 250m: 3:13.77 45.48 300m: 3:59.85 46.08 | 350m: 4:35.58 35.73 400m: 5:09.65 34.07 | |

Absolutos

| | | | | | | |
|----|---|----|--|--|--|-----|
| 1. | Bernardo Victorino Almeida | 04 | Sporting Clube de Portugal | 4:46.65 | 4:43.05 | 639 |
| | 50m: 29.54 29.54 100m: 1:03.28 33.74 | | 150m: 1:42.62 39.34 200m: 2:19.77 37.15 | 250m: 3:01.83 42.06 300m: 3:42.90 41.07 | 350m: 4:13.13 30.23 400m: 4:43.05 29.92 | |
| 2. | Vasco Alves Morgado | 05 | Sport Alges e Dafundo | 4:57.08 | 4:51.48 | 585 |
| | 50m: 30.30 30.30 100m: 1:05.51 35.21 | | 150m: 1:44.50 38.99 200m: 2:23.92 39.42 | 250m: 3:04.70 40.78 300m: 3:46.58 41.88 | 350m: 4:19.37 32.79 400m: 4:51.48 32.11 | |
| 3. | Joao Lourenco Rebelo | 04 | Sport Alges e Dafundo | 5:17.42 | 4:52.01 | 582 |
| | 50m: 29.77 29.77 100m: 1:05.37 35.60 | | 150m: 1:45.41 40.04 200m: 2:25.86 40.45 | 250m: 3:04.62 38.76 300m: 3:44.87 40.25 | 350m: 4:19.22 34.35 400m: 4:52.01 32.79 | |
| 4. | Hugo Pon | 98 | Sport Alges e Dafundo | 5:11.28 | 4:53.00 | 576 |
| | 50m: 30.71 30.71 100m: 1:07.36 36.65 | | 150m: 1:47.79 40.43 200m: 2:27.11 39.32 | 250m: 3:04.57 37.46 300m: 3:43.66 39.09 | 350m: 4:19.15 35.49 400m: 4:53.00 33.85 | |

Prova 11, Masc., 400m Estilos, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|------------------------------|---------------------|--------------------------------------|---------------------|----------------|-----|
| 5. | David Matias Cristino | 01 | Soc.Filarmónica União A. Piedense | 4:41.69 | 4:54.01 | 570 |
| | 50m: 29.57 29.57 | 150m: 1:41.79 38.18 | 250m: 3:01.42 42.80 | 350m: 4:20.39 35.06 | | |
| | 100m: 1:03.61 34.04 | 200m: 2:18.62 36.83 | 300m: 3:45.33 43.91 | 400m: 4:54.01 33.62 | | |
| 6. | Manuel Angelo Pereira | 05 | Sporting Clube de Portugal | 4:47.49 | 4:55.11 | 564 |
| | 50m: 30.15 30.15 | 150m: 1:43.50 37.87 | 250m: 3:04.38 42.93 | 350m: 4:22.75 33.17 | | |
| | 100m: 1:05.63 35.48 | 200m: 2:21.45 37.95 | 300m: 3:49.58 45.20 | 400m: 4:55.11 32.36 | | |
| 7. | Ricardo Martins Bras | 01 | Vikings Sports Club | 5:11.28 | 4:55.17 | 563 |
| | 50m: 31.09 31.09 | 150m: 1:46.38 37.86 | 250m: 3:04.40 40.27 | 350m: 4:21.96 34.22 | | |
| | 100m: 1:08.52 37.43 | 200m: 2:24.13 37.75 | 300m: 3:47.74 43.34 | 400m: 4:55.17 33.21 | | |
| 8. | Kaio Araujo Faftine | 06 | Sporting Clube de Portugal | 4:57.38 | 4:57.70 | 549 |
| | 50m: 29.64 29.64 | 150m: 1:44.21 38.58 | 250m: 3:05.18 42.67 | 350m: 4:24.21 35.56 | | |
| | 100m: 1:05.63 35.99 | 200m: 2:22.51 38.30 | 300m: 3:48.65 43.47 | 400m: 4:57.70 33.49 | | |
| 9. | Goncalo Duarte Carvalho | 05 | Sport Lisboa e Benfica | 5:28.93 | 4:57.82 | 548 |
| | 50m: 30.70 30.70 | 150m: 1:47.77 41.33 | 250m: 3:08.38 40.69 | 350m: 4:24.51 34.21 | | |
| | 100m: 1:06.44 35.74 | 200m: 2:27.69 39.92 | 300m: 3:50.30 41.92 | 400m: 4:57.82 33.31 | | |
| 10. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 5:00.93 | 4:59.87 | 537 |
| | 50m: 31.02 31.02 | 150m: 1:47.22 40.44 | 250m: 3:09.34 43.94 | 350m: 4:27.28 33.66 | | |
| | 100m: 1:06.78 35.76 | 200m: 2:25.40 38.18 | 300m: 3:53.62 44.28 | 400m: 4:59.87 32.59 | | |
| 11. | Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 5:17.42 | 5:00.89 | 532 |
| | 50m: 30.27 30.27 | 150m: 1:48.47 41.18 | 250m: 3:12.13 43.54 | 350m: 4:28.95 33.13 | | |
| | 100m: 1:07.29 37.02 | 200m: 2:28.59 40.12 | 300m: 3:55.82 43.69 | 400m: 5:00.89 31.94 | | |
| 12. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 4:59.96 | 5:00.99 | 531 |
| | 50m: 30.70 30.70 | 150m: 1:47.16 41.03 | 250m: 3:09.03 41.41 | 350m: 4:26.27 34.86 | | |
| | 100m: 1:06.13 35.43 | 200m: 2:27.62 40.46 | 300m: 3:51.41 42.38 | 400m: 5:00.99 34.72 | | |
| 13. | Guilherme Fernandes Baptista | 06 | Sport Lisboa e Benfica | 5:01.78 | 5:02.31 | 524 |
| | 50m: 30.95 30.95 | 150m: 1:46.82 40.83 | 250m: 3:09.93 43.46 | 350m: 4:28.33 33.04 | | |
| | 100m: 1:05.99 35.04 | 200m: 2:26.47 39.65 | 300m: 3:55.59 45.66 | 400m: 5:02.31 33.68 | | |
| 14. | Jose Alves Monteiro | 05 | Clube Futebol Os Belenenses | 5:13.46 | 5:05.67 | 507 |
| | 50m: 30.35 30.35 | 150m: 1:47.84 40.84 | 250m: 3:10.50 43.35 | 350m: 4:31.17 36.02 | | |
| | 100m: 1:07.00 36.65 | 200m: 2:27.15 39.31 | 300m: 3:55.15 44.65 | 400m: 5:05.67 34.50 | | |
| 15. | Nick Heinio-Widell | 05 | Sport Alges e Dafundo | 5:22.02 | 5:06.92 | 501 |
| | 50m: 30.26 30.26 | 150m: 1:46.22 40.58 | 250m: 3:10.52 43.72 | 350m: 4:32.46 36.62 | | |
| | 100m: 1:05.64 35.38 | 200m: 2:26.80 40.58 | 300m: 3:55.84 45.32 | 400m: 5:06.92 34.46 | | |
| 16. | Tomas Nunes Roque | 06 | Sport Lisboa e Benfica | 5:34.26 | 5:07.23 | 499 |
| | 50m: 30.65 30.65 | 150m: 1:48.15 42.28 | 250m: 3:13.19 43.97 | 350m: 4:33.87 35.06 | | |
| | 100m: 1:05.87 35.22 | 200m: 2:29.22 41.07 | 300m: 3:58.81 45.62 | 400m: 5:07.23 33.36 | | |
| 17. | Axel Guedes Asmar | 07 | Sporting Clube de Portugal | 5:27.72 | 5:08.48 | 493 |
| | 50m: 31.30 31.30 | 150m: 1:49.71 42.12 | 250m: 3:15.90 44.46 | 350m: 4:35.67 34.45 | | |
| | 100m: 1:07.59 36.29 | 200m: 2:31.44 41.73 | 300m: 4:01.22 45.32 | 400m: 5:08.48 32.81 | | |
| 18. | Joao Carlos Santos | 96 | Soc.Filarmónica União A. Piedense | 5:11.28 | 5:09.65 | 488 |
| | 50m: 31.31 31.31 | 150m: 1:48.21 40.78 | 250m: 3:13.77 45.48 | 350m: 4:35.58 35.73 | | |
| | 100m: 1:07.43 36.12 | 200m: 2:28.29 40.08 | 300m: 3:59.85 46.08 | 400m: 5:09.65 34.07 | | |
| 19. | Francisc Gututui | 05 | Sport Alges e Dafundo | 5:09.40 | 5:12.10 | 476 |
| | 50m: 31.53 31.53 | 150m: 1:50.20 42.27 | 250m: 3:14.36 42.81 | 350m: 4:35.56 37.48 | | |
| | 100m: 1:07.93 36.40 | 200m: 2:31.55 41.35 | 300m: 3:58.08 43.72 | 400m: 5:12.10 36.54 | | |
| 20. | Rodrigo Andrade Mesquita | 06 | Sporting Clube de Portugal | 5:06.47 | 5:13.43 | 470 |
| | 50m: 31.97 31.97 | 150m: 1:52.56 43.62 | 250m: 3:17.38 44.07 | 350m: 4:39.37 37.53 | | |
| | 100m: 1:08.94 36.97 | 200m: 2:33.31 40.75 | 300m: 4:01.84 44.46 | 400m: 5:13.43 34.06 | | |
| 21. | Diogo Morgado Figueira | 06 | Centro Popular de Cultura e Desporto | 5:07.41 | 5:17.00 | 455 |
| | 50m: 30.49 30.49 | 150m: 1:47.07 40.51 | 250m: 3:15.16 47.60 | 350m: 4:40.32 36.10 | | |
| | 100m: 1:06.56 36.07 | 200m: 2:27.56 40.49 | 300m: 4:04.22 49.06 | 400m: 5:17.00 36.68 | | |
| 22. | Rodrigo Piteira Maio | 06 | Clube Futebol Os Belenenses | 5:19.18 | 5:31.23 | 398 |
| | 50m: 33.95 33.95 | 150m: 1:57.13 44.57 | 250m: 3:30.09 48.36 | 350m: 4:56.24 35.59 | | |
| | 100m: 1:12.56 38.61 | 200m: 2:41.73 44.60 | 300m: 4:20.65 50.56 | 400m: 5:31.23 34.99 | | |
| DSQ | Andre Correia Alves | 06 | Soc.Filarmónica União A. Piedense | 4:51.56 | | |

E-B35 - No percurso de bruços, efect. múltiplas pernas de golfinho após a viragem aos 250 metros (SW 7.1)

Prova 12 Femin., 400m Estilos Absolutos
12.03.2022 - 15:48 Resultados

| | | | | | |
|-----------------------|---------|-----------------------------|---------|-------------------------|------|
| Rec Nacional Absoluto | 4:40.11 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Absoluto | 4:40.11 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Sen | 4:40.11 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Jun 2 | 4:55.04 | Francisca Salvador Mesquita | ADRCIMM | Coimbra | 2019 |
| Rec Regional Jun 1 | 4:58.87 | Susana Patricia Miguel | SFUAP | Palma de Mallorca (ESP) | 2006 |
| Rec Regional Juv A | 5:01.32 | Francisca Salvador Mesquita | ADRCIMM | Coimbra | 2017 |
| Rec Regional Juv B | 5:01.04 | Susana Patricia Miguel | SFUAP | Lisboa | 2004 |

TAC - Fem Juv B: 6:10.60; Juv A: 6:00.31; Jun 2: 5:46.83; Jun 1: 5:50.23; Sen: 5:45.13

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|---------------------|-----------------------------------|---------------------|----------------|-----|
| Juvenis B | | | | | | |
| 1. | Constanca Santos Ferreira <i>Campeã Regional Juvenil B</i> | 08 | Sport Alges e Dafundo | 5:27.98 | 5:26.82 | 541 |
| | 50m: 32.47 32.47 | 150m: 1:53.89 43.23 | 250m: 3:22.42 46.53 | 350m: 4:49.65 38.08 | | |
| | 100m: 1:10.66 38.19 | 200m: 2:35.89 42.00 | 300m: 4:11.57 49.15 | 400m: 5:26.82 37.17 | | |
| 2. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 5:45.54 | 5:52.57 | 431 |
| | 50m: 36.39 36.39 | 150m: 2:08.35 48.33 | 250m: 3:45.31 51.49 | 350m: 5:14.46 38.31 | | |
| | 100m: 1:20.02 43.63 | 200m: 2:53.82 45.47 | 300m: 4:36.15 50.84 | 400m: 5:52.57 38.11 | | |
| 3. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 5:54.98 | 6:03.70 | 392 |
| | 50m: 35.22 35.22 | 150m: 2:05.05 46.23 | 250m: 3:43.23 52.23 | 350m: 5:21.78 41.81 | | |
| | 100m: 1:18.82 43.60 | 200m: 2:51.00 45.95 | 300m: 4:39.97 56.74 | 400m: 6:03.70 41.92 | | |

Juvenis A

| | | | | | | |
|----|---|---------------------|-------------------------------------|---------------------|----------------|-----|
| 1. | Leonor Carreiro Rodrigues <i>Campeã Regional Juvenil A</i> | 07 | Sport Lisboa e Benfica | 5:42.61 | 5:23.95 | 555 |
| | 50m: 34.66 34.66 | 150m: 1:59.91 44.21 | 250m: 3:27.29 45.25 | 350m: 4:49.11 35.55 | | |
| | 100m: 1:15.70 41.04 | 200m: 2:42.04 42.13 | 300m: 4:13.56 46.27 | 400m: 5:23.95 34.84 | | |
| 2. | Teresa Joao Pires | 07 | Sport Alges e Dafundo | 5:24.95 | 5:36.52 | 495 |
| | 50m: 33.06 33.06 | 150m: 1:57.99 44.63 | 250m: 3:29.77 49.34 | 350m: 4:59.56 38.72 | | |
| | 100m: 1:13.36 40.30 | 200m: 2:40.43 42.44 | 300m: 4:20.84 51.07 | 400m: 5:36.52 36.96 | | |
| 3. | Catarina Alexandra Alves | 07 | Geslours - Gestão Equipamentos E.M. | 5:45.98 | 5:41.91 | 472 |
| | 50m: 34.37 34.37 | 150m: 2:01.15 44.13 | 250m: 3:32.33 49.19 | 350m: 5:02.33 39.49 | | |
| | 100m: 1:17.02 42.65 | 200m: 2:43.14 41.99 | 300m: 4:22.84 50.51 | 400m: 5:41.91 39.58 | | |

Juniores

| | | | | | | |
|-----|--|---------------------|------------------------|---------------------|----------------|-----|
| 1. | Marta Joao Pires <i>Campeã Regional Junior</i> | 05 | Sport Alges e Dafundo | 5:46.83 | 5:13.96 | 610 |
| | 50m: 32.06 32.06 | 150m: 1:49.10 41.04 | 250m: 3:16.10 46.67 | 350m: 4:38.51 36.04 | | |
| | 100m: 1:08.06 36.00 | 200m: 2:29.43 40.33 | 300m: 4:02.47 46.37 | 400m: 5:13.96 35.45 | | |
| DSQ | Maria Leonor Coelho | 06 | Sport Lisboa e Benfica | 5:25.20 | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | |
| DSQ | Matilde Nunes Lopes | 06 | Sport Lisboa e Benfica | 5:26.53 | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | |

Seniores

| | | | | | | |
|----|---|---------------------|----------------------------|---------------------|----------------|-----|
| 1. | Raquel Gomes Pereira <i>Campeã Regional Sênior</i> | 00 | Sport Lisboa e Benfica | 4:48.46 | 4:55.88 | 729 |
| | 50m: 30.64 30.64 | 150m: 1:45.41 38.85 | 250m: 3:02.44 38.93 | 350m: 4:19.66 37.34 | | |
| | 100m: 1:06.56 35.92 | 200m: 2:23.51 38.10 | 300m: 3:42.32 39.88 | 400m: 4:55.88 36.22 | | |
| 2. | Rita Barros Frischknecht | 98 | Sporting Clube de Portugal | 5:22.10 | 5:06.32 | 657 |
| | 50m: 31.82 31.82 | 150m: 1:46.32 37.53 | 250m: 3:09.37 45.87 | 350m: 4:31.09 35.49 | | |
| | 100m: 1:08.79 36.97 | 200m: 2:23.50 37.18 | 300m: 3:55.60 46.23 | 400m: 5:06.32 35.23 | | |

Prova 12, Femin., 400m Estilos, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---------------------------|---------------------|-----------------------------|---------------------|----------------|-----|
| 3. | Catarina Martins Mestre | 00 | Clube Natação de Lisboa | 5:15.68 | 5:21.92 | 566 |
| | 50m: 31.41 31.41 | 150m: 1:49.59 40.32 | 250m: 3:15.40 46.42 | 350m: 4:44.41 39.77 | | |
| | 100m: 1:09.27 37.86 | 200m: 2:28.98 39.39 | 300m: 4:04.64 49.24 | 400m: 5:21.92 37.51 | | |
| 4. | Alice Jesus Morgado | 04 | Sporting Clube de Portugal | 5:13.33 | 5:23.05 | 560 |
| | 50m: 33.79 33.79 | 150m: 1:54.58 42.28 | 250m: 3:21.29 45.79 | 350m: 4:46.24 37.18 | | |
| | 100m: 1:12.30 38.51 | 200m: 2:35.50 40.92 | 300m: 4:09.06 47.77 | 400m: 5:23.05 36.81 | | |
| 5. | Natacha Sofia Silva | 02 | Sport Lisboa e Benfica | 5:31.30 | 5:34.72 | 503 |
| | 50m: 34.31 34.31 | 150m: 1:59.52 45.71 | 250m: 3:29.07 45.01 | 350m: 4:56.64 40.94 | | |
| | 100m: 1:13.81 39.50 | 200m: 2:44.06 44.54 | 300m: 4:15.70 46.63 | 400m: 5:34.72 38.08 | | |
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 5:21.51 | | |

Absolutos

| | | | | | | |
|-----|--|---------------------|-------------------------------------|---------------------|----------------|-----|
| 1. | Raquel Gomes Pereira | 00 | Sport Lisboa e Benfica | 4:48.46 | 4:55.88 | 729 |
| | 50m: 30.64 30.64 | 150m: 1:45.41 38.85 | 250m: 3:02.44 38.93 | 350m: 4:19.66 37.34 | | |
| | 100m: 1:06.56 35.92 | 200m: 2:23.51 38.10 | 300m: 3:42.32 39.88 | 400m: 4:55.88 36.22 | | |
| 2. | Rita Barros Frischknecht | 98 | Sporting Clube de Portugal | 5:22.10 | 5:06.32 | 657 |
| | 50m: 31.82 31.82 | 150m: 1:46.32 37.53 | 250m: 3:09.37 45.87 | 350m: 4:31.09 35.49 | | |
| | 100m: 1:08.79 36.97 | 200m: 2:23.50 37.18 | 300m: 3:55.60 46.23 | 400m: 5:06.32 35.23 | | |
| 3. | Marta Joao Pires | 05 | Sport Alges e Dafundo | 5:46.83 | 5:13.96 | 610 |
| | 50m: 32.06 32.06 | 150m: 1:49.10 41.04 | 250m: 3:16.10 46.67 | 350m: 4:38.51 36.04 | | |
| | 100m: 1:08.06 36.00 | 200m: 2:29.43 40.33 | 300m: 4:02.47 46.37 | 400m: 5:13.96 35.45 | | |
| 4. | Catarina Martins Mestre | 00 | Clube Natação de Lisboa | 5:15.68 | 5:21.92 | 566 |
| | 50m: 31.41 31.41 | 150m: 1:49.59 40.32 | 250m: 3:15.40 46.42 | 350m: 4:44.41 39.77 | | |
| | 100m: 1:09.27 37.86 | 200m: 2:28.98 39.39 | 300m: 4:04.64 49.24 | 400m: 5:21.92 37.51 | | |
| 5. | Alice Jesus Morgado | 04 | Sporting Clube de Portugal | 5:13.33 | 5:23.05 | 560 |
| | 50m: 33.79 33.79 | 150m: 1:54.58 42.28 | 250m: 3:21.29 45.79 | 350m: 4:46.24 37.18 | | |
| | 100m: 1:12.30 38.51 | 200m: 2:35.50 40.92 | 300m: 4:09.06 47.77 | 400m: 5:23.05 36.81 | | |
| 6. | Leonor Carreiro Rodrigues | 07 | Sport Lisboa e Benfica | 5:42.61 | 5:23.95 | 555 |
| | 50m: 34.66 34.66 | 150m: 1:59.91 44.21 | 250m: 3:27.29 45.25 | 350m: 4:49.11 35.55 | | |
| | 100m: 1:15.70 41.04 | 200m: 2:42.04 42.13 | 300m: 4:13.56 46.27 | 400m: 5:23.95 34.84 | | |
| 7. | Constanca Santos Ferreira | 08 | Sport Alges e Dafundo | 5:27.98 | 5:26.82 | 541 |
| | 50m: 32.47 32.47 | 150m: 1:53.89 43.23 | 250m: 3:22.42 46.53 | 350m: 4:49.65 38.08 | | |
| | 100m: 1:10.66 38.19 | 200m: 2:35.89 42.00 | 300m: 4:11.57 49.15 | 400m: 5:26.82 37.17 | | |
| 8. | Natacha Sofia Silva | 02 | Sport Lisboa e Benfica | 5:31.30 | 5:34.72 | 503 |
| | 50m: 34.31 34.31 | 150m: 1:59.52 45.71 | 250m: 3:29.07 45.01 | 350m: 4:56.64 40.94 | | |
| | 100m: 1:13.81 39.50 | 200m: 2:44.06 44.54 | 300m: 4:15.70 46.63 | 400m: 5:34.72 38.08 | | |
| 9. | Teresa Joao Pires | 07 | Sport Alges e Dafundo | 5:24.95 | 5:36.52 | 495 |
| | 50m: 33.06 33.06 | 150m: 1:57.99 44.63 | 250m: 3:29.77 49.34 | 350m: 4:59.56 38.72 | | |
| | 100m: 1:13.36 40.30 | 200m: 2:40.43 42.44 | 300m: 4:20.84 51.07 | 400m: 5:36.52 36.96 | | |
| 10. | Catarina Alexandra Alves | 07 | Geslours - Gestão Equipamentos E.M. | 5:45.98 | 5:41.91 | 472 |
| | 50m: 34.37 34.37 | 150m: 2:01.15 44.13 | 250m: 3:32.33 49.19 | 350m: 5:02.33 39.49 | | |
| | 100m: 1:17.02 42.65 | 200m: 2:43.14 41.99 | 300m: 4:22.84 50.51 | 400m: 5:41.91 39.58 | | |
| 11. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 5:45.54 | 5:52.57 | 431 |
| | 50m: 36.39 36.39 | 150m: 2:08.35 48.33 | 250m: 3:45.31 51.49 | 350m: 5:14.46 38.31 | | |
| | 100m: 1:20.02 43.63 | 200m: 2:53.82 45.47 | 300m: 4:36.15 50.84 | 400m: 5:52.57 38.11 | | |
| 12. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 5:54.98 | 6:03.70 | 392 |
| | 50m: 35.22 35.22 | 150m: 2:05.05 46.23 | 250m: 3:43.23 52.23 | 350m: 5:21.78 41.81 | | |
| | 100m: 1:18.82 43.60 | 200m: 2:51.00 45.95 | 300m: 4:39.97 56.74 | 400m: 6:03.70 41.92 | | |
| DSQ | Maria Leonor Coelho | 06 | Sport Lisboa e Benfica | 5:25.20 | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | |
| DSQ | Matilde Nunes Lopes | 06 | Sport Lisboa e Benfica | 5:26.53 | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | |
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 5:21.51 | | |

Prova 13
12.03.2022 - 16:00

Masc., 200m Livres

Absolutos
Resultados

| | | | | | |
|-----------------------|---------|--------------------------|-------|-------------------|------|
| Rec Nacional Absoluto | 1:47.97 | Miguel Duarte Nascimento | SLB | Coimbra | 2019 |
| Rec Regional Absoluto | 1:47.97 | Miguel Duarte Nascimento | SLB | Coimbra | 2019 |
| Rec Regional Sen | 1:47.97 | Miguel Duarte Nascimento | SLB | Coimbra | 2019 |
| Rec Regional Jun 2 | 1:49.98 | Tiago André Venâncio | CNS | Budapest (HUN) | 2007 |
| Rec Regional Jun 1 | 1:53.79 | Tiago Andre Venancio | CNS | Lisboa | 2004 |
| Rec Regional Juv A | 1:55.57 | Andre Filipe Farinha | SLB | Torre vieja (ESP) | 2012 |
| Rec Regional Juv B | 1:57.31 | Bernardo Jorge Simoes | CNCVG | Funchal | 2019 |

TAC - Masc Juv B: 2:19.57; Juv A: 2:17.03; Jun 1: 2:12.01; Jun 2: 2:10.12; Sen: 2:07.62

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Andre Miguel Ramos <i>Campeão Regional Juvenis B</i> | 07 | AEFDTV | 2:05.61 | 2:05.39 | 538 | 28.50 | 31.85 | 33.17 | 31.87 |
| 2. | Leonardo Conceicao Reis | 07 | SCP | 2:09.09 | 2:06.02 | 530 | 28.29 | 31.00 | 33.20 | 33.53 |
| 3. | Rafael Miguel Mimoso | 07 | SLB | 2:09.54 | 2:09.33 | 490 | 30.43 | 32.68 | 33.16 | 33.06 |
| 4. | Caio Salgado Medeiros | 07 | SAD | 2:10.24 | 2:11.43 | 467 | 29.86 | 33.91 | 34.31 | 33.35 |
| 5. | Miguel Braga Gomes | 07 | SCP | 2:16.51 | 2:13.07 | 450 | 30.36 | 33.48 | 35.02 | 34.21 |
| 6. | Afonso Jose Fernandes | 07 | CNATRIL | 2:21.54 | 2:13.53 | 445 | 30.49 | 33.70 | 34.39 | 34.95 |
| 7. | Tomas Afonso Mesquita | 07 | SLB | 2:12.02 | 2:14.94 | 431 | 30.76 | 34.15 | 34.89 | 35.14 |
| 8. | Vicente Dias Maia | 07 | SAD | 2:13.83 | 2:16.87 | 413 | 29.38 | 35.01 | 36.29 | 36.19 |
| 9. | Guilherme Matias Sousa | 07 | GESL | 2:16.67 | 2:18.16 | 402 | 30.79 | 35.49 | 36.29 | 35.59 |
| 10. | Lourenco Lopes Silva <i>FTL (Fora Tempo Limite)</i> | 07 | SFUAP | 2:27.66 | 2:24.26 | 353 | 31.13 | 35.82 | 39.37 | 37.94 |
| 11. | Daniel Ionas <i>FTL (Fora Tempo Limite)</i> | 07 | CNA | 2:38.89 | 2:31.39 | 305 | 29.89 | 33.17 | 46.06 | 42.27 |

Juvenis A

| | | | | | | | | | | |
|-----|---|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Tomas Maia Januario <i>Campeão Regional Juvenis A</i> | 06 | SLB | 2:07.04 | 2:04.48 | 550 | 29.25 | 31.70 | 32.54 | 30.99 |
| 2. | Joao Almeida Gomes | 06 | CNN | 2:05.01 | 2:04.99 | 543 | 28.71 | 31.41 | 32.57 | 32.30 |
| 3. | Manuel Costa Simoes | 06 | SFUAP | 2:02.73 | 2:07.50 | 512 | 29.80 | 32.78 | 32.47 | 32.45 |
| 4. | Tiago Ventura Chao | 06 | CNS | 2:13.06 | 2:08.10 | 504 | 29.55 | 32.32 | 34.07 | 32.16 |
| 5. | Pedro Crispim Jorge | 06 | SFUAP | 2:13.13 | 2:08.38 | 501 | 28.87 | 32.61 | 33.85 | 33.05 |
| 6. | David Miguel Morais | 06 | SLB | 2:06.36 | 2:09.08 | 493 | 29.66 | 32.26 | 33.34 | 33.82 |
| 7. | Afonso Silvestre Almeida | 06 | CNA | 2:05.45 | 2:10.35 | 479 | 29.70 | 32.50 | 34.31 | 33.84 |
| 8. | Luis Pedro Figueiredo | 06 | GESL | 2:14.97 | 2:11.01 | 471 | 30.02 | 32.98 | 34.24 | 33.77 |
| 9. | Afonso Silva Carvalho | 06 | ADRCIMM | 2:10.36 | 2:11.65 | 465 | 29.66 | 33.34 | 33.98 | 34.67 |
| 10. | Simao Barros Morao | 06 | SAD | 2:13.42 | 2:13.93 | 441 | 29.55 | 33.16 | 35.79 | 35.43 |
| 11. | Andre Cunha Ribeiro | 06 | SAD | 2:14.23 | 2:13.94 | 441 | 28.59 | 32.65 | 35.86 | 36.84 |
| 12. | Pedro Miguel Pimentel | 06 | GESL | 2:13.55 | 2:14.45 | 436 | 29.42 | 33.48 | 35.28 | 36.27 |
| 13. | Tiago Nunes Silva | 06 | CPCD | 2:16.37 | 2:16.14 | 420 | 30.07 | 34.91 | 36.53 | 34.63 |
| 14. | Diogo Lopes Venceslau | 06 | PDEM | 2:18.40 | 2:16.59 | 416 | 29.89 | 33.93 | 36.03 | 36.74 |
| 15. | Antonio Duarte Carvalho <i>FTL (Fora Tempo Limite)</i> | 06 | SAD | 2:17.03 | 2:18.29 | 401 | 30.88 | 34.77 | 36.72 | 35.92 |
| 16. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | SFUAP | 2:19.16 | 2:18.95 | 395 | 31.42 | 35.82 | 35.84 | 35.87 |

Juniores

| | | | | | | | | | | |
|----|--|----|--------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Afonso Figueiredo Frasilho <i>Campeão Regional Junior</i> | 04 | SCP | 1:59.06 | 2:01.39 | 593 | 27.85 | 30.86 | 31.76 | 30.92 |
| 2. | Francisco Ribeiro Vieira | 04 | AEFDTV | 2:05.92 | 2:01.53 | 591 | 26.86 | 30.91 | 32.52 | 31.24 |
| 3. | Gabriel Carvalho Ferrao | 05 | SFUAP | 1:59.76 | 2:02.46 | 577 | 28.75 | 32.37 | 31.62 | 29.72 |
| 4. | Andre Henriques Marques | 05 | SLB | 2:02.17 | 2:05.63 | 535 | 28.72 | 32.58 | 31.92 | 32.41 |
| 5. | Tomas Martins Mira | 04 | CNS | 2:11.36 | 2:06.79 | 520 | 28.33 | 32.66 | 34.04 | 31.76 |

Prova 13, Masc., 200m Livres, Juniores

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|---|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| 6. | Francisco Sousa Uva | 04 | SAD | 2:11.66 | 2:09.11 | 493 | 28.64 | 32.39 | 33.92 | 34.16 |
| 7. | Jose Manuel Sa | 05 | SCP | 2:05.87 | 2:09.70 | 486 | 29.18 | 33.16 | 33.84 | 33.52 |
| 8. | Martim Silva Cortes <i>FTL (Fora Tempo Limite)</i> | 05 | AONDA | 2:07.78 | 2:14.03 | 440 | 30.13 | 32.65 | 35.19 | 36.06 |
| DNS | Pedro Maria Amado | 05 | SAD | 2:05.38 | | | | | | |

Seniores

| | | | | | | | | | | |
|-----|---|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Pedro Andre Santos <i>Campeão Regional Sénior</i> | 94 | SAD | 2:07.62 | 2:00.56 | 605 | 28.26 | 31.06 | 30.94 | 30.30 |
| 2. | Ricardo Saraiva Pires | 98 | CIRL | 2:04.44 | 2:00.73 | 603 | 27.88 | 30.66 | 30.94 | 31.25 |
| 3. | Rafael Rodrigues Jacinto | 02 | CFB | 1:58.60 | 2:05.02 | 543 | 28.87 | 32.01 | 32.01 | 32.13 |
| 4. | Luis Carlos Correia | 03 | SFUAP | 2:03.56 | 2:05.89 | 531 | 28.71 | 31.89 | 32.83 | 32.46 |
| 5. | Alexandre Coelho Vieira | 03 | SCP | 2:05.46 | 2:07.11 | 516 | 28.39 | 31.99 | 33.26 | 33.47 |
| 6. | Goncalo Duarte Santos <i>FTL (Fora Tempo Limite)</i> | 00 | VKGS | 2:00.24 | 2:07.88 | 507 | 29.59 | 32.55 | 34.19 | 31.55 |
| DNS | Afonso Mateus Ribeiro | 95 | CFB | 2:02.38 | | | | | | |

Absolutos

| | | | | | | | | | | |
|-----|---|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Pedro Andre Santos | 94 | SAD | 2:07.62 | 2:00.56 | 605 | 28.26 | 31.06 | 30.94 | 30.30 |
| 2. | Ricardo Saraiva Pires | 98 | CIRL | 2:04.44 | 2:00.73 | 603 | 27.88 | 30.66 | 30.94 | 31.25 |
| 3. | Afonso Figueiredo Frasquilho | 04 | SCP | 1:59.06 | 2:01.39 | 593 | 27.85 | 30.86 | 31.76 | 30.92 |
| 4. | Francisco Ribeiro Vieira | 04 | AEFDTV | 2:05.92 | 2:01.53 | 591 | 26.86 | 30.91 | 32.52 | 31.24 |
| 5. | Gabriel Carvalho Ferrao | 05 | SFUAP | 1:59.76 | 2:02.46 | 577 | 28.75 | 32.37 | 31.62 | 29.72 |
| 6. | Tomas Maia Januario | 06 | SLB | 2:07.04 | 2:04.48 | 550 | 29.25 | 31.70 | 32.54 | 30.99 |
| 7. | Joao Almeida Gomes | 06 | CNN | 2:05.01 | 2:04.99 | 543 | 28.71 | 31.41 | 32.57 | 32.30 |
| 8. | Rafael Rodrigues Jacinto | 02 | CFB | 1:58.60 | 2:05.02 | 543 | 28.87 | 32.01 | 32.01 | 32.13 |
| 9. | Andre Miguel Ramos | 07 | AEFDTV | 2:05.61 | 2:05.39 | 538 | 28.50 | 31.85 | 33.17 | 31.87 |
| 10. | Andre Henriques Marques | 05 | SLB | 2:02.17 | 2:05.63 | 535 | 28.72 | 32.58 | 31.92 | 32.41 |
| 11. | Luis Carlos Correia | 03 | SFUAP | 2:03.56 | 2:05.89 | 531 | 28.71 | 31.89 | 32.83 | 32.46 |
| 12. | Leonardo Conceicao Reis | 07 | SCP | 2:09.09 | 2:06.02 | 530 | 28.29 | 31.00 | 33.20 | 33.53 |
| 13. | Tomas Martins Mira | 04 | CNS | 2:11.36 | 2:06.79 | 520 | 28.33 | 32.66 | 34.04 | 31.76 |
| 14. | Alexandre Coelho Vieira | 03 | SCP | 2:05.46 | 2:07.11 | 516 | 28.39 | 31.99 | 33.26 | 33.47 |
| 15. | Manuel Costa Simoes | 06 | SFUAP | 2:02.73 | 2:07.50 | 512 | 29.80 | 32.78 | 32.47 | 32.45 |
| 16. | Goncalo Duarte Santos <i>FTL (Fora Tempo Limite)</i> | 00 | VKGS | 2:00.24 | 2:07.88 | 507 | 29.59 | 32.55 | 34.19 | 31.55 |
| 17. | Tiago Ventura Chao | 06 | CNS | 2:13.06 | 2:08.10 | 504 | 29.55 | 32.32 | 34.07 | 32.16 |
| 18. | Pedro Crispim Jorge | 06 | SFUAP | 2:13.13 | 2:08.38 | 501 | 28.87 | 32.61 | 33.85 | 33.05 |
| 19. | David Miguel Morais | 06 | SLB | 2:06.36 | 2:09.08 | 493 | 29.66 | 32.26 | 33.34 | 33.82 |
| 20. | Francisco Sousa Uva | 04 | SAD | 2:11.66 | 2:09.11 | 493 | 28.64 | 32.39 | 33.92 | 34.16 |
| 21. | Rafael Miguel Mimoso | 07 | SLB | 2:09.54 | 2:09.33 | 490 | 30.43 | 32.68 | 33.16 | 33.06 |
| 22. | Jose Manuel Sa | 05 | SCP | 2:05.87 | 2:09.70 | 486 | 29.18 | 33.16 | 33.84 | 33.52 |
| 23. | Afonso Silvestre Almeida | 06 | CNA | 2:05.45 | 2:10.35 | 479 | 29.70 | 32.50 | 34.31 | 33.84 |
| 24. | Luis Pedro Figueiredo | 06 | GESL | 2:14.97 | 2:11.01 | 471 | 30.02 | 32.98 | 34.24 | 33.77 |
| 25. | Caio Salgado Medeiros | 07 | SAD | 2:10.24 | 2:11.43 | 467 | 29.86 | 33.91 | 34.31 | 33.35 |
| 26. | Afonso Silva Carvalho | 06 | ADRCIMM | 2:10.36 | 2:11.65 | 465 | 29.66 | 33.34 | 33.98 | 34.67 |
| 27. | Miguel Braga Gomes | 07 | SCP | 2:16.51 | 2:13.07 | 450 | 30.36 | 33.48 | 35.02 | 34.21 |
| 28. | Afonso Jose Fernandes | 07 | CNATRIL | 2:21.54 | 2:13.53 | 445 | 30.49 | 33.70 | 34.39 | 34.95 |
| 29. | Simao Barros Morao | 06 | SAD | 2:13.42 | 2:13.93 | 441 | 29.55 | 33.16 | 35.79 | 35.43 |
| 30. | Andre Cunha Ribeiro | 06 | SAD | 2:14.23 | 2:13.94 | 441 | 28.59 | 32.65 | 35.86 | 36.84 |
| 31. | Martim Silva Cortes <i>FTL (Fora Tempo Limite)</i> | 05 | AONDA | 2:07.78 | 2:14.03 | 440 | 30.13 | 32.65 | 35.19 | 36.06 |
| 32. | Pedro Miguel Pimentel | 06 | GESL | 2:13.55 | 2:14.45 | 436 | 29.42 | 33.48 | 35.28 | 36.27 |
| 33. | Tomas Afonso Mesquita | 07 | SLB | 2:12.02 | 2:14.94 | 431 | 30.76 | 34.15 | 34.89 | 35.14 |
| 34. | Tiago Nunes Silva | 06 | CPCD | 2:16.37 | 2:16.14 | 420 | 30.07 | 34.91 | 36.53 | 34.63 |
| 35. | Diogo Lopes Venceslau | 06 | PDEM | 2:18.40 | 2:16.59 | 416 | 29.89 | 33.93 | 36.03 | 36.74 |
| 36. | Vicente Dias Maia | 07 | SAD | 2:13.83 | 2:16.87 | 413 | 29.38 | 35.01 | 36.29 | 36.19 |
| 37. | Guilherme Matias Sousa | 07 | GESL | 2:16.67 | 2:18.16 | 402 | 30.79 | 35.49 | 36.29 | 35.59 |

Prova 13, Masc., 200m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|---|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| 38. | Antonio Duarte Carvalho <i>FTL (Fora Tempo Limite)</i> | 06 | SAD | 2:17.03 | 2:18.29 | 401 | 30.88 | 34.77 | 36.72 | 35.92 |
| 39. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | SFUAP | 2:19.16 | 2:18.95 | 395 | 31.42 | 35.82 | 35.84 | 35.87 |
| 40. | Lourenco Lopes Silva <i>FTL (Fora Tempo Limite)</i> | 07 | SFUAP | 2:27.66 | 2:24.26 | 353 | 31.13 | 35.82 | 39.37 | 37.94 |
| 41. | Daniel Ionas <i>FTL (Fora Tempo Limite)</i> | 07 | CNA | 2:38.89 | 2:31.39 | 305 | 29.89 | 33.17 | 46.06 | 42.27 |
| DNS | Afonso Mateus Ribeiro | 95 | CFB | 2:02.38 | | | | | | |
| DNS | Pedro Maria Amado | 05 | SAD | 2:05.38 | | | | | | |

Prova 14

12.03.2022 - 16:18

Femin., 200m Livres

Absolutos

Resultados

| | | | | | |
|-----------------------|---------|------------------------|-----|----------------|------|
| Rec Nacional Absoluto | 2:01.48 | Diana Margarida Duraes | SLB | Budapest (HUN) | 2017 |
| Rec Regional Absoluto | 2:01.48 | Diana Margarida Duraes | SLB | Budapest (HUN) | 2017 |
| Rec Regional Sen | 2:01.48 | Diana Margarida Duraes | SLB | Budapest (HUN) | 2017 |
| Rec Regional Jun 2 | 2:03.18 | Ana Reis Sousa | SAD | Coimbra | 2019 |
| Rec Regional Jun 1 | 2:03.02 | Leticia Maia Andre | SLB | Oeiras | 2018 |
| Rec Regional Juv A | 2:06.08 | Maria Ferreira Moura | SCP | Funchal | 2019 |
| Rec Regional Juv B | 2:07.77 | Maria Ferreira Moura | SCP | Funchal | 2018 |

TAC - Fem Juv B: 2:35.04; Juv A: 2:30.73; Jun 2: 2:25.10; Jun 1: 2:26.52; Sen: 2:24.38

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Beatriz Alexandra Rolim <i>Campeã Regional Juvenil B</i> | 08 | SFUAP | 2:32.66 | 2:20.29 | 522 | 33.03 | 36.52 | 35.81 | 34.93 |
| 2. | Carolina Fernandes Rodrigues | 08 | SFUAP | 2:18.73 | 2:21.11 | 513 | 32.44 | 36.11 | 36.83 | 35.73 |
| 3. | Patricia Subtil Henriques | 08 | GESL | 2:23.09 | 2:23.36 | 489 | 32.18 | 36.67 | 37.68 | 36.83 |
| 4. | Leonor Serrao Nascimento | 08 | SAD | 2:41.77 | 2:26.43 | 459 | 33.03 | 36.93 | 38.32 | 38.15 |
| 5. | Emilly Gabrieli Santos | 08 | CNATRIL | 2:27.81 | 2:29.88 | 428 | 33.44 | 37.76 | 40.74 | 37.94 |
| 6. | Raquel Santos Baiona | 08 | ADRCIMM | 2:34.45 | 2:29.97 | 427 | 35.01 | 38.03 | 39.27 | 37.66 |
| 7. | Teresa Oliveira Santos | 08 | CNATRIL | 2:36.52 | 2:32.08 | 410 | 34.01 | 38.11 | 40.07 | 39.89 |
| 8. | Ines Margarida Fernandes | 08 | CPCD | 2:32.33 | 2:35.02 | 387 | 34.55 | 38.29 | 41.10 | 41.08 |
| 9. | Rita Sofia Amaral <i>FTL (Fora Tempo Limite)</i> | 08 | SAD | 2:37.20 | 2:37.12 | 371 | 35.89 | 39.36 | 41.73 | 40.14 |
| 10. | Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i> | 08 | CNS | 2:44.40 | 2:39.05 | 358 | 35.38 | 39.51 | 42.50 | 41.66 |
| 11. | Carolina Duarte Namora <i>FTL (Fora Tempo Limite)</i> | 08 | SFUAP | 2:46.64 | 2:39.28 | 356 | 35.30 | 41.45 | 41.71 | 40.82 |

Juvenis A

| | | | | | | | | | | |
|----|--|----|------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Rita Machita Santos <i>Campeã Regional Juvenil A</i> | 07 | CNS | 2:21.36 | 2:16.73 | 564 | 32.51 | 34.47 | 35.25 | 34.50 |
| 2. | Sara Sofia Alves | 07 | CNS | 2:19.31 | 2:17.55 | 554 | 32.10 | 34.98 | 35.90 | 34.57 |
| 3. | Leticia Rodrigues Magalhaes | 07 | CNS | 2:23.08 | 2:20.71 | 517 | 32.34 | 34.68 | 37.18 | 36.51 |
| 4. | Elena Del Rio Bernat | 07 | SAD | 2:25.59 | 2:22.66 | 496 | 33.23 | 36.54 | 36.70 | 36.19 |
| 5. | Catarina Alexandra Alves | 07 | GESL | 2:27.96 | 2:29.38 | 432 | 34.18 | 38.65 | 40.08 | 36.47 |
| 6. | Marta Filipa Cruz | 07 | CIRL | 2:29.29 | 2:29.50 | 431 | 33.46 | 38.13 | 39.05 | 38.86 |
| 7. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:22.85 | 2:32.28 | 408 | 33.44 | 37.47 | 41.14 | 40.23 |

Prova 14, Femin., 200m Livres, Juvenis A

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|------------------------|-----|-------|----------|-------------|-----|-----|------|------|------|
| DNS | Maria Carlotta Ferrari | 07 | SLB | 2:21.46 | | | | | | |

Juniores

| | | | | | | | | | | |
|-----|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Ines Correia Teixeira <i>Campeã Regional Junior</i> | 06 | CNA | 2:13.53 | 2:13.92 | 600 | 30.98 | 33.91 | 34.54 | 34.49 |
| 2. | Joana Rocha Ferreira | 05 | SLB | 2:12.89 | 2:14.10 | 598 | 31.69 | 33.46 | 34.93 | 34.02 |
| 3. | Maria Teresa Fernandes | 05 | SAD | 2:15.66 | 2:15.62 | 578 | 31.03 | 34.53 | 35.70 | 34.36 |
| 4. | Iris Pereira Carrao | 05 | CIRL | 2:17.13 | 2:15.82 | 575 | 31.45 | 35.19 | 34.55 | 34.63 |
| 5. | Maria Esteves Valente | 06 | SLB | 2:16.49 | 2:16.85 | 562 | 31.76 | 34.67 | 35.40 | 35.02 |
| 6. | Mafalda Santos Costa | 05 | ADRCIMM | 2:17.14 | 2:16.93 | 561 | 32.35 | 34.49 | 35.44 | 34.65 |
| 7. | Madalena Graça Dias | 06 | CNLX | 2:19.30 | 2:21.05 | 513 | 33.01 | 35.60 | 36.01 | 36.43 |
| 8. | Margarida Barbara Marques | 06 | SAD | 2:21.23 | 2:21.48 | 509 | 31.55 | 34.94 | 37.29 | 37.70 |
| 9. | Carolina Martins Camacho | 06 | SFUAP | 2:26.52 | 2:21.83 | 505 | 32.51 | 36.24 | 36.54 | 36.54 |
| 10. | Rita Borges Silva | 06 | GESL | 2:22.86 | 2:22.38 | 499 | 31.71 | 35.72 | 37.16 | 37.79 |
| 11. | Maria Del Rio Bernat | 05 | SAD | 2:23.62 | 2:23.40 | 489 | 32.59 | 36.09 | 37.77 | 36.95 |
| 12. | Francisca Otao Tribuna <i>FTL (Fora Tempo Limite)</i> | 05 | CFB | 2:20.36 | 2:25.46 | 468 | 34.05 | 36.50 | 37.59 | 37.32 |
| 13. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | SFUAP | 2:27.01 | 2:28.31 | 442 | 32.27 | 37.25 | 38.96 | 39.83 |
| 14. | Catarina Gomes Costa <i>FTL (Fora Tempo Limite)</i> | 06 | SCP | 2:28.41 | 2:28.60 | 439 | 34.00 | 37.16 | 39.49 | 37.95 |
| 15. | Iris Castro Campos <i>FTL (Fora Tempo Limite)</i> | 06 | CNA | 2:22.30 | 2:33.01 | 402 | 32.16 | 35.36 | 45.01 | 40.48 |

Seniores

| | | | | | | | | | | |
|-----|---|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Leticia Maia Andre <i>Campeã Regional Sénior</i> | 02 | SLB | 2:02.41 | 2:06.35 | 714 | 29.04 | 31.90 | 32.63 | 32.78 |
| 2. | Mariana Marques Mercedes | 03 | VKGS | 2:14.00 | 2:13.56 | 605 | 30.40 | 34.11 | 35.17 | 33.88 |
| 3. | Margarida Sobral Pimenta | 99 | CFB | 2:12.71 | 2:13.98 | 599 | 30.18 | 34.04 | 35.19 | 34.57 |
| 4. | Bruna Martins Riesenberger | 97 | CIRL | 2:11.61 | 2:14.93 | 587 | 31.56 | 33.61 | 35.08 | 34.68 |
| 5. | Diana Valadas Horta | 04 | SFUAP | 2:17.89 | 2:20.69 | 517 | 31.33 | 35.84 | 36.50 | 37.02 |
| 6. | Francisca Razina Oliveira | 03 | SFUAP | 2:18.51 | 2:22.09 | 502 | 32.52 | 35.50 | 37.20 | 36.87 |
| 7. | Catarina Trigo Ferreira | 02 | CNLX | 2:21.48 | 2:22.65 | 496 | 33.07 | 36.35 | 36.95 | 36.28 |
| 8. | Joana Isabel Pulquerio | 03 | SFUAP | 2:21.41 | 2:23.03 | 492 | 32.38 | 35.75 | 37.36 | 37.54 |
| 9. | Mafalda Marques Pinto <i>FTL (Fora Tempo Limite)</i> | 02 | SCP | 2:08.43 | 2:28.17 | 443 | 28.16 | 42.37 | 40.07 | 37.57 |
| DNS | Diana Margarida Duraes | 96 | SLB | 2:03.24 | | | | | | |
| DNS | Margarida Filipe Ferreira | 04 | SFUAP | 2:18.18 | | | | | | |

Absolutos

| | | | | | | | | | | |
|-----|-----------------------------|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Leticia Maia Andre | 02 | SLB | 2:02.41 | 2:06.35 | 714 | 29.04 | 31.90 | 32.63 | 32.78 |
| 2. | Mariana Marques Mercedes | 03 | VKGS | 2:14.00 | 2:13.56 | 605 | 30.40 | 34.11 | 35.17 | 33.88 |
| 3. | Ines Correia Teixeira | 06 | CNA | 2:13.53 | 2:13.92 | 600 | 30.98 | 33.91 | 34.54 | 34.49 |
| 4. | Margarida Sobral Pimenta | 99 | CFB | 2:12.71 | 2:13.98 | 599 | 30.18 | 34.04 | 35.19 | 34.57 |
| 5. | Joana Rocha Ferreira | 05 | SLB | 2:12.89 | 2:14.10 | 598 | 31.69 | 33.46 | 34.93 | 34.02 |
| 6. | Bruna Martins Riesenberger | 97 | CIRL | 2:11.61 | 2:14.93 | 587 | 31.56 | 33.61 | 35.08 | 34.68 |
| 7. | Maria Teresa Fernandes | 05 | SAD | 2:15.66 | 2:15.62 | 578 | 31.03 | 34.53 | 35.70 | 34.36 |
| 8. | Iris Pereira Carrao | 05 | CIRL | 2:17.13 | 2:15.82 | 575 | 31.45 | 35.19 | 34.55 | 34.63 |
| 9. | Rita Machita Santos | 07 | CNS | 2:21.36 | 2:16.73 | 564 | 32.51 | 34.47 | 35.25 | 34.50 |
| 10. | Maria Esteves Valente | 06 | SLB | 2:16.49 | 2:16.85 | 562 | 31.76 | 34.67 | 35.40 | 35.02 |
| 11. | Mafalda Santos Costa | 05 | ADRCIMM | 2:17.14 | 2:16.93 | 561 | 32.35 | 34.49 | 35.44 | 34.65 |
| 12. | Sara Sofia Alves | 07 | CNS | 2:19.31 | 2:17.55 | 554 | 32.10 | 34.98 | 35.90 | 34.57 |
| 13. | Beatriz Alexandra Rolim | 08 | SFUAP | 2:32.66 | 2:20.29 | 522 | 33.03 | 36.52 | 35.81 | 34.93 |
| 14. | Diana Valadas Horta | 04 | SFUAP | 2:17.89 | 2:20.69 | 517 | 31.33 | 35.84 | 36.50 | 37.02 |
| 15. | Leticia Rodrigues Magalhaes | 07 | CNS | 2:23.08 | 2:20.71 | 517 | 32.34 | 34.68 | 37.18 | 36.51 |

Prova 14, Femin., 200m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| 16. | Madalena Graça Dias | 06 | CNLX | 2:19.30 | 2:21.05 | 513 | 33.01 | 35.60 | 36.01 | 36.43 |
| 17. | Carolina Fernandes Rodrigues | 08 | SFUAP | 2:18.73 | 2:21.11 | 513 | 32.44 | 36.11 | 36.83 | 35.73 |
| 18. | Margarida Barbara Marques | 06 | SAD | 2:21.23 | 2:21.48 | 509 | 31.55 | 34.94 | 37.29 | 37.70 |
| 19. | Carolina Martins Camacho | 06 | SFUAP | 2:26.52 | 2:21.83 | 505 | 32.51 | 36.24 | 36.54 | 36.54 |
| 20. | Francisca Razina Oliveira | 03 | SFUAP | 2:18.51 | 2:22.09 | 502 | 32.52 | 35.50 | 37.20 | 36.87 |
| 21. | Rita Borges Silva | 06 | GESL | 2:22.86 | 2:22.38 | 499 | 31.71 | 35.72 | 37.16 | 37.79 |
| 22. | Catarina Trigo Ferreira | 02 | CNLX | 2:21.48 | 2:22.65 | 496 | 33.07 | 36.35 | 36.95 | 36.28 |
| 23. | Elena Del Rio Bernat | 07 | SAD | 2:25.59 | 2:22.66 | 496 | 33.23 | 36.54 | 36.70 | 36.19 |
| 24. | Joana Isabel Pulquerio | 03 | SFUAP | 2:21.41 | 2:23.03 | 492 | 32.38 | 35.75 | 37.36 | 37.54 |
| 25. | Patricia Subtil Henriques | 08 | GESL | 2:23.09 | 2:23.36 | 489 | 32.18 | 36.67 | 37.68 | 36.83 |
| 26. | Maria Del Rio Bernat | 05 | SAD | 2:23.62 | 2:23.40 | 489 | 32.59 | 36.09 | 37.77 | 36.95 |
| 27. | Francisca Otao Tribuna <i>FTL (Fora Tempo Limite)</i> | 05 | CFB | 2:20.36 | 2:25.46 | 468 | 34.05 | 36.50 | 37.59 | 37.32 |
| 28. | Leonor Serrao Nascimento | 08 | SAD | 2:41.77 | 2:26.43 | 459 | 33.03 | 36.93 | 38.32 | 38.15 |
| 29. | Mafalda Marques Pinto <i>FTL (Fora Tempo Limite)</i> | 02 | SCP | 2:08.43 | 2:28.17 | 443 | 28.16 | 42.37 | 40.07 | 37.57 |
| 30. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | SFUAP | 2:27.01 | 2:28.31 | 442 | 32.27 | 37.25 | 38.96 | 39.83 |
| 31. | Catarina Gomes Costa <i>FTL (Fora Tempo Limite)</i> | 06 | SCP | 2:28.41 | 2:28.60 | 439 | 34.00 | 37.16 | 39.49 | 37.95 |
| 32. | Catarina Alexandra Alves | 07 | GESL | 2:27.96 | 2:29.38 | 432 | 34.18 | 38.65 | 40.08 | 36.47 |
| 33. | Marta Filipa Cruz | 07 | CIRL | 2:29.29 | 2:29.50 | 431 | 33.46 | 38.13 | 39.05 | 38.86 |
| 34. | Emilly Gabrieli Santos | 08 | CNATRIL | 2:27.81 | 2:29.88 | 428 | 33.44 | 37.76 | 40.74 | 37.94 |
| 35. | Raquel Santos Baiona | 08 | ADRCIMM | 2:34.45 | 2:29.97 | 427 | 35.01 | 38.03 | 39.27 | 37.66 |
| 36. | Teresa Oliveira Santos | 08 | CNATRIL | 2:36.52 | 2:32.08 | 410 | 34.01 | 38.11 | 40.07 | 39.89 |
| 37. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:22.85 | 2:32.28 | 408 | 33.44 | 37.47 | 41.14 | 40.23 |
| 38. | Iris Castro Campos <i>FTL (Fora Tempo Limite)</i> | 06 | CNA | 2:22.30 | 2:33.01 | 402 | 32.16 | 35.36 | 45.01 | 40.48 |
| 39. | Ines Margarida Fernandes | 08 | CPCD | 2:32.33 | 2:35.02 | 387 | 34.55 | 38.29 | 41.10 | 41.08 |
| 40. | Rita Sofia Amaral <i>FTL (Fora Tempo Limite)</i> | 08 | SAD | 2:37.20 | 2:37.12 | 371 | 35.89 | 39.36 | 41.73 | 40.14 |
| 41. | Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i> | 08 | CNS | 2:44.40 | 2:39.05 | 358 | 35.38 | 39.51 | 42.50 | 41.66 |
| 42. | Carolina Duarte Namora <i>FTL (Fora Tempo Limite)</i> | 08 | SFUAP | 2:46.64 | 2:39.28 | 356 | 35.30 | 41.45 | 41.71 | 40.82 |
| DNS | Diana Margarida Duraes | 96 | SLB | 2:03.24 | | | | | | |
| DNS | Maria Carlotta Ferrari | 07 | SLB | 2:21.46 | | | | | | |
| DNS | Margarida Filipe Ferreira | 04 | SFUAP | 2:18.18 | | | | | | |

Prova 15
12.03.2022 - 16:36

Masc., 50m Bruços

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 28.16 | Carlos Esteves Almeida | FPN | Barcelona (ESP) | 2013 |
| Rec Regional Absoluto | 28.43 | Carlos Esteves Almeida | CNA | Debrecen (HUN) | 2012 |
| Rec Regional Sen | 28.43 | Carlos Esteves Almeida | CNA | Debrecen (HUN) | 2012 |
| Rec Regional Jun 2 | 29.07 | Bruno Miguel Ramos | SFUAP | Linz (AUT) | 2002 |
| Rec Regional Jun 1 | 29.10 | Pedro Miguel Agostinho | SLB | Prague (CZE) | 2009 |
| Rec Regional Juv A | 29.75 | Ricardo Samuel Pereira | SLB | Funchal | 2019 |
| Rec Regional Juv B | 30.57 | Ricardo Samuel Pereira | SLB | Oeiras | 2018 |

TAC - Masc Juv B: 34.96; Juv A: 34.96; Jun 1: 34.96; Jun 2: 34.45; Sen: 33.79

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|--|-----|--------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Diogo Miguel Martins <i>Campeão Regional Juvenis B</i> | 07 | Gesloures - Gestão Equipamentos E.M. | 35.91 | 34.63 | 420 |
| 2. | Joao Pedro Carapinha <i>FTL (Fora Tempo Limite)</i> | 07 | Soc.Filarmónica União A. Piedense | 36.69 | 35.04 | 406 |
| 3. | Afonso Jose Fernandes <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natação e Triatlo de Lisboa | 38.29 | 35.51 | 390 |
| 4. | Dinis Silva Lopes <i>FTL (Fora Tempo Limite)</i> | 07 | Sport Alges e Dafundo | 38.60 | 35.54 | 389 |
| 5. | Tiago Dinis Ferreira <i>FTL (Fora Tempo Limite)</i> | 07 | Gesloures - Gestão Equipamentos E.M. | 41.53 | 39.07 | 293 |
| Juvenis A | | | | | | |
| 1. | Pedro Goncalves Bonniz <i>Campeão Regional Juvenis A</i> | 06 | Gesloures - Gestão Equipamentos E.M. | 31.65 | 32.03 | 531 |
| 2. | Miguel Guilherme Sousa <i>FTL (Fora Tempo Limite)</i> | 06 | Sporting Clube de Portugal | 35.98 | 36.59 | 356 |
| Juniores | | | | | | |
| 1. | Miguel Filipe Anjo <i>Campeão Regional Junior</i> | 04 | Soc.Filarmónica União A. Piedense | 31.37 | 31.22 | 574 |
| 2. | Francisco Lourenco Vasconcelos | 05 | Gesloures - Gestão Equipamentos E.M. | 32.23 | 31.85 | 540 |
| 3. | Goncalo Ramos Costa | 05 | Centro Popular de Cultura e Desporto | 32.47 | 32.38 | 514 |
| 4. | Diogo Miguel Monteiro | 04 | Despertarecorde | 32.45 | 32.69 | 500 |
| 5. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 32.84 | 32.93 | 489 |
| 6. | Antonio Lombardi Carvalho <i>FTL (Fora Tempo Limite)</i> | 04 | Sporting Clube de Portugal | 31.83 | 34.64 | 420 |
| 7. | Henrique Maria Batista <i>FTL (Fora Tempo Limite)</i> | 05 | Sport Alges e Dafundo | 34.80 | 35.05 | 405 |
| Seniores | | | | | | |
| 1. | Renato Barros Frischknecht <i>Campeão Regional Sénior</i> | 01 | Sporting Clube de Portugal | 29.51 | 31.08 | 582 |
| 2. | Pedro Andre Santos | 94 | Sport Alges e Dafundo | 29.96 | 31.09 | 581 |
| 3. | Andre Filipe Magalhaes | 98 | Despertarecorde | 31.09 | 31.23 | 573 |
| 4. | Francisco Lopes Afonso | 03 | Sport Alges e Dafundo | 30.66 | 31.63 | 552 |
| 5. | Joao Manuel Vargas | 00 | Sport Lisboa e Benfica | 31.48 | 31.70 | 548 |
| 6. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 30.96 | 32.08 | 529 |
| 7. | David Van Ossenbruggen | 03 | Soc.Filarmónica União A. Piedense | 32.45 | 32.51 | 508 |
| 8. | Guilherme Matias Cristiano | 03 | Soc.Filarmónica União A. Piedense | 31.47 | 32.61 | 503 |

Prova 15, Masc., 50m Bruços, Seniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|------------------------------------|----------|--------------|-----|
| 9. | Filipe Ferrao Melo <i>FTL (Fora Tempo Limite)</i> | 01 | Clube Naval Setubalense | 33.79 | 33.82 | 451 |
| 10. | Rodrigo Costa Teixeira <i>FTL (Fora Tempo Limite)</i> | 99 | Clube de Instr e Rec do Laranjeiro | 33.44 | 34.80 | 414 |
| 11. | Ricardo Pinela Ferreira <i>FTL (Fora Tempo Limite)</i> | 01 | Vikings Sports Club | 35.33 | 34.90 | 411 |
| DNS | Daniel Nogueira Catalao | 00 | Sport Lisboa e Benfica | 33.79 | | |
| DNS | João Costa Fonseca | 00 | Clube Natação de Lisboa | 30.54 | | |

Absolutos

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Renato Barros Frischknecht | 01 | Sporting Clube de Portugal | 29.51 | 31.08 | 582 |
| 2. | Pedro Andre Santos | 94 | Sport Alges e Dafundo | 29.96 | 31.09 | 581 |
| 3. | Miguel Filipe Anjo | 04 | Soc.Filarmónica União A. Piedense | 31.37 | 31.22 | 574 |
| 4. | Andre Filipe Magalhaes | 98 | Despertarecorde | 31.09 | 31.23 | 573 |
| 5. | Francisco Lopes Afonso | 03 | Sport Alges e Dafundo | 30.66 | 31.63 | 552 |
| 6. | Joao Manuel Vargas | 00 | Sport Lisboa e Benfica | 31.48 | 31.70 | 548 |
| 7. | Francisco Lourenco Vasconcelos | 05 | Geslours - Gestão Equipamentos E.M. | 32.23 | 31.85 | 540 |
| 8. | Pedro Goncalves Bonniz | 06 | Geslours - Gestão Equipamentos E.M. | 31.65 | 32.03 | 531 |
| 9. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 30.96 | 32.08 | 529 |
| 10. | Goncalo Ramos Costa | 05 | Centro Popular de Cultura e Desporto | 32.47 | 32.38 | 514 |
| 11. | David Van Ossenbruggen | 03 | Soc.Filarmónica União A. Piedense | 32.45 | 32.51 | 508 |
| 12. | Guilherme Matias Cristino | 03 | Soc.Filarmónica União A. Piedense | 31.47 | 32.61 | 503 |
| 13. | Diogo Miguel Monteiro | 04 | Despertarecorde | 32.45 | 32.69 | 500 |
| 14. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 32.84 | 32.93 | 489 |
| 15. | Filipe Ferrao Melo <i>FTL (Fora Tempo Limite)</i> | 01 | Clube Naval Setubalense | 33.79 | 33.82 | 451 |
| 16. | Diogo Miguel Martins | 07 | Geslours - Gestão Equipamentos E.M. | 35.91 | 34.63 | 420 |
| 17. | Antonio Lombardi Carvalho <i>FTL (Fora Tempo Limite)</i> | 04 | Sporting Clube de Portugal | 31.83 | 34.64 | 420 |
| 18. | Rodrigo Costa Teixeira <i>FTL (Fora Tempo Limite)</i> | 99 | Clube de Instr e Rec do Laranjeiro | 33.44 | 34.80 | 414 |
| 19. | Ricardo Pinela Ferreira <i>FTL (Fora Tempo Limite)</i> | 01 | Vikings Sports Club | 35.33 | 34.90 | 411 |
| 20. | Joao Pedro Carapinha <i>FTL (Fora Tempo Limite)</i> | 07 | Soc.Filarmónica União A. Piedense | 36.69 | 35.04 | 406 |
| 21. | Henrique Maria Batista <i>FTL (Fora Tempo Limite)</i> | 05 | Sport Alges e Dafundo | 34.80 | 35.05 | 405 |
| 22. | Afonso Jose Fernandes <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natação e Triatlo de Lisboa | 38.29 | 35.51 | 390 |
| 23. | Dinis Silva Lopes <i>FTL (Fora Tempo Limite)</i> | 07 | Sport Alges e Dafundo | 38.60 | 35.54 | 389 |
| 24. | Miguel Guilherme Sousa <i>FTL (Fora Tempo Limite)</i> | 06 | Sporting Clube de Portugal | 35.98 | 36.59 | 356 |
| 25. | Tiago Dinis Ferreira <i>FTL (Fora Tempo Limite)</i> | 07 | Geslours - Gestão Equipamentos E.M. | 41.53 | 39.07 | 293 |
| DNS | Daniel Nogueira Catalao | 00 | Sport Lisboa e Benfica | 33.79 | | |
| DNS | João Costa Fonseca | 00 | Clube Natação de Lisboa | 30.54 | | |

Prova 16
12.03.2022 - 16:41

Femin., 50m Bruços

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|---------------------|--------|----------------|------|
| Rec Nacional Absoluto | 31.35 | Ana Pinho Rodrigues | AEJ | Coimbra | 2017 |
| Rec Regional Absoluto | 31.88 | Ana Marisa Brito | SLB | Coimbra | 2009 |
| Rec Regional Sen | 31.88 | Ana Marisa Brito | SLB | Coimbra | 2009 |
| Rec Regional Jun 2 | 32.80 | Diana Duarte Gomes | INDANL | Loule | 2006 |
| Rec Regional Jun 1 | 32.90 | Diana Duarte Gomes | INDANL | Budapest (HUN) | 2005 |
| Rec Regional Juv A | 32.62 | Maria Carolina Rosa | SCP | Faro | 2009 |
| Rec Regional Juv B | 34.52 | Ana Marisa Brito | SCP | Jamor | 2004 |

TAC - Fem Juv B: 40.24; Juv A: 40.24; Jun 2: 39.85; Jun 1: 40.24; Sen: 39.67

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|--|-----|-------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Matilde Militao Guerra <i>Campeã Regional Juvenil B</i> | 08 | ADR Colegio Int Monte Maior | 37.11 | 37.11 | 497 |
| 2. | Yasmin Ruth Bexigas | 08 | Geslours - Gestão Equipamentos E.M. | 41.60 | 39.54 | 411 |
| 3. | Teresa Bonita Oliveira | 08 | Clube Naval Setubalense | 42.68 | 39.55 | 410 |

Juvenis A

| | | | | | | |
|----|---|----|-------------------------------------|-------|--------------|-----|
| 1. | Clara Vieira Tojo <i>Campeã Regional Juvenil A</i> | 07 | Sport Lisboa e Benfica | 38.14 | 36.84 | 508 |
| 2. | Catarina Andrade Franco | 07 | Geslours - Gestão Equipamentos E.M. | 37.36 | 37.20 | 493 |
| 3. | Leonor Carreiro Rodrigues | 07 | Sport Lisboa e Benfica | 38.62 | 37.41 | 485 |
| 4. | Beatriz Heitor Cachaco | 07 | Geslours - Gestão Equipamentos E.M. | 39.38 | 37.72 | 473 |
| 5. | Alice Gomes Durao | 07 | Sport Lisboa e Benfica | 39.56 | 39.11 | 424 |
| 6. | Matilde Anjos Frischknecht | 07 | Clube Naval Setubalense | 39.49 | 39.62 | 408 |
| 7. | Ines Sofia Pires <i>FTL (Fora Tempo Limite)</i> | 07 | Despertarecorde | 39.54 | 41.72 | 349 |

Juniores

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Rebeca Leonor Antunes <i>Campeã Regional Junior</i> | 06 | Sport Alges e Dafundo | 34.18 | 34.33 | 628 |
| 2. | Carolina Fonseca Gomes | 05 | Sporting Clube de Portugal | 39.85 | 37.10 | 497 |
| 3. | Catarina Maria Santos | 05 | Centro Popular de Cultura e Desporto | 39.08 | 38.49 | 445 |
| 4. | Matilde Aparicio Pereira | 06 | Clube Natacao da Amadora | 38.68 | 38.53 | 444 |
| 5. | Maria Carolina Vargas | 05 | Sport Lisboa e Benfica | 38.49 | 38.89 | 432 |
| 6. | Matilde Aleixo Duarte <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 45.39 | 45.58 | 268 |
| DNS | Madalena Correa Sa | 06 | Sport Lisboa e Benfica | 36.61 | | |

Seniores

| | | | | | | |
|-----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Catarina Costa Sequeira <i>Campeã Regional Sénior</i> | 98 | Clube Natação de Lisboa | 34.99 | 35.10 | 587 |
| 2. | Luana Correia Rodrigues | 01 | Clube Futebol Os Belenenses | 35.46 | 35.80 | 553 |
| 3. | Rita Fernandes Leitão | 96 | Clube Natação de Lisboa | 36.07 | 36.86 | 507 |
| 4. | Andreia Wongsangnoi Alves | 03 | ADR Colegio Int Monte Maior | 35.18 | 37.03 | 500 |
| 5. | Marta Pereira Domingos | 04 | Soc.Filarmónica União A. Piedense | 37.04 | 37.29 | 490 |
| 6. | Manoella Saad Barbosa | 02 | Clube Natação de Lisboa | 39.67 | 37.31 | 489 |
| 7. | Catarina Nunes Costa | 04 | Geslours - Gestão Equipamentos E.M. | 37.11 | 37.70 | 474 |
| 8. | Aleksandra Bozanic Borcic | 04 | Sport Alges e Dafundo | 37.81 | 38.13 | 458 |
| 9. | Natacha Sofia Silva | 02 | Sport Lisboa e Benfica | 38.01 | 38.88 | 432 |
| 10. | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 39.04 | 39.24 | 420 |
| 11. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 39.67 | 40.69 | 377 |
| DNS | Margarida Filipe Ferreira | 04 | Soc.Filarmónica União A. Piedense | 34.29 | | |

Prova 16, Femin., 50m Bruços

Absolutos

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Rebeca Leonor Antunes | 06 | Sport Alges e Dafundo | 34.18 | 34.33 | 628 |
| 2. | Catarina Costa Sequeira | 98 | Clube Natação de Lisboa | 34.99 | 35.10 | 587 |
| 3. | Luana Correia Rodrigues | 01 | Clube Futebol Os Belenenses | 35.46 | 35.80 | 553 |
| 4. | Clara Vieira Tojo | 07 | Sport Lisboa e Benfica | 38.14 | 36.84 | 508 |
| 5. | Rita Fernandes Leitão | 96 | Clube Natação de Lisboa | 36.07 | 36.86 | 507 |
| 6. | Andreia Wongsangnoi Alves | 03 | ADR Colegio Int Monte Maior | 35.18 | 37.03 | 500 |
| 7. | Carolina Fonseca Gomes | 05 | Sporting Clube de Portugal | 39.85 | 37.10 | 497 |
| 8. | Matilde Militao Guerra | 08 | ADR Colegio Int Monte Maior | 37.11 | 37.11 | 497 |
| 9. | Catarina Andrade Franco | 07 | Gesloures - Gestão Equipamentos E.M. | 37.36 | 37.20 | 493 |
| 10. | Marta Pereira Domingos | 04 | Soc.Filarmónica União A. Piedense | 37.04 | 37.29 | 490 |
| 11. | Manoella Saad Barbosa | 02 | Clube Natação de Lisboa | 39.67 | 37.31 | 489 |
| 12. | Leonor Carreiro Rodrigues | 07 | Sport Lisboa e Benfica | 38.62 | 37.41 | 485 |
| 13. | Catarina Nunes Costa | 04 | Gesloures - Gestão Equipamentos E.M. | 37.11 | 37.70 | 474 |
| 14. | Beatriz Heitor Cachaco | 07 | Gesloures - Gestão Equipamentos E.M. | 39.38 | 37.72 | 473 |
| 15. | Aleksandra Bozanic Borcic | 04 | Sport Alges e Dafundo | 37.81 | 38.13 | 458 |
| 16. | Catarina Maria Santos | 05 | Centro Popular de Cultura e Desporto | 39.08 | 38.49 | 445 |
| 17. | Matilde Aparicio Pereira | 06 | Clube Natacao da Amadora | 38.68 | 38.53 | 444 |
| 18. | Natacha Sofia Silva | 02 | Sport Lisboa e Benfica | 38.01 | 38.88 | 432 |
| 19. | Maria Carolina Vargas | 05 | Sport Lisboa e Benfica | 38.49 | 38.89 | 432 |
| 20. | Alice Gomes Durao | 07 | Sport Lisboa e Benfica | 39.56 | 39.11 | 424 |
| 21. | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 39.04 | 39.24 | 420 |
| 22. | Yasmin Ruth Bexigas | 08 | Gesloures - Gestão Equipamentos E.M. | 41.60 | 39.54 | 411 |
| 23. | Teresa Bonita Oliveira | 08 | Clube Naval Setubalense | 42.68 | 39.55 | 410 |
| 24. | Matilde Anjos Frischknecht | 07 | Clube Naval Setubalense | 39.49 | 39.62 | 408 |
| 25. | Carolina Porem Henriques FTL (Fora Tempo Limite) | 04 | Vikings Sports Club | 39.67 | 40.69 | 377 |
| 26. | Ines Sofia Pires FTL (Fora Tempo Limite) | 07 | Despertarecorde | 39.54 | 41.72 | 349 |
| 27. | Matilde Aleixo Duarte FTL (Fora Tempo Limite) | 05 | Clube Naval Setubalense | 45.39 | 45.58 | 268 |
| DNS | Madalena Correa Sa | 06 | Sport Lisboa e Benfica | 36.61 | | |
| DNS | Margarida Filipe Ferreira | 04 | Soc.Filarmónica União A. Piedense | 34.29 | | |

Prova 17

12.03.2022 - 16:47

Masc., 200m Costas

Absolutos

Resultados

| | | | | | |
|-----------------------|---------|--------------------------|---------|---------------|------|
| Rec Nacional Absoluto | 1:57.06 | Francisco Rogerio Santos | SCP | Porto | 2021 |
| Rec Regional Absoluto | 1:57.06 | Francisco Rogerio Santos | SCP | Porto | 2021 |
| Rec Regional Sen | 1:57.06 | Francisco Rogerio Santos | SCP | Porto | 2021 |
| Rec Regional Jun 2 | 2:03.55 | Joao Alexandre Vital | SCP | Coimbra | 2015 |
| Rec Regional Jun 1 | 2:03.93 | Joao Alexandre Vital | ADRCIMM | Singapore | 2015 |
| Rec Regional Juv A | 2:06.59 | Joao Alexandre Vital | ADRCIMM | Netanya (ISR) | 2014 |
| Rec Regional Juv B | 2:06.44 | Joao Alexandre Vital | FPN | Utrecht (NED) | 2013 |

TAC - Masc Juv B: 2:37.96; Juv A: 2:35.09; Jun 1: 2:29.41; Jun 2: 2:27.27; Sen: 2:24.43

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Afonso Bjork Freitas <i>Campeão Regional Juvenis B</i> | 07 | CNN | 2:23.56 | 2:26.46 | 446 | 33.57 | 36.72 | 38.27 | 37.90 |
| 2. | Rafael Pacheco Godinho | 07 | SCP | 2:26.88 | 2:30.84 | 408 | 34.30 | 38.36 | 39.45 | 38.73 |
| 3. | Antonio Rego Arsenio | 07 | SAD | 2:31.32 | 2:31.21 | 405 | 34.16 | 38.25 | 39.84 | 38.96 |
| 4. | Joao Dinis Roque | 07 | SCP | 2:39.24 | 2:32.17 | 397 | 35.02 | 39.14 | 39.21 | 38.80 |
| 5. | Henrique Ribeiro Martins | 07 | SCP | 2:31.77 | 2:32.38 | 396 | 35.74 | 38.13 | 39.29 | 39.22 |
| 6. | Antonio Ricardo Alves | 07 | CFB | 2:38.85 | 2:35.45 | 373 | 36.22 | 39.04 | 40.55 | 39.64 |
| 7. | Hugo Castanheira Rocha FTL (Fora Tempo Limite) | 07 | CNATRIL | 2:40.21 | 2:38.36 | 353 | 36.07 | 40.46 | 41.84 | 39.99 |

Prova 17, Masc., 200m Costas, Juvenis B

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| 8. | Diogo Teixeira Calcada <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:48.37 | 2:39.90 | 342 | 36.73 | 40.35 | 41.93 | 40.89 |
| DSQ | Afonso Rodrigues Calhelha <i>C52 - O nadador esteve totalmente submerso na chegada. (SW 6.3)</i> | 07 | ADRCIMM | 2:33.25 | | | | | | |
| DSQ | Gabriel Martins Tusan <i>C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 100m) imediatamente após o final da braçada.</i> | 07 | GESL | 2:36.04 | | | | | | |

Juvenis A

| | | | | | | | | | | |
|-----|---|----|------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Ricardo Freitas Neto <i>Campeão Regional Juvenis A</i> | 06 | SCP | 2:22.20 | 2:22.81 | 481 | 32.99 | 36.05 | 36.56 | 37.21 |
| 2. | Rafael Filipe Lopes | 06 | GESL | 2:29.79 | 2:29.69 | 417 | 34.50 | 37.32 | 39.09 | 38.78 |
| 3. | Rodrigo Franco Palare | 06 | GESL | 2:31.36 | 2:30.06 | 414 | 32.72 | 38.36 | 39.81 | 39.17 |
| 4. | Rafael Duarte Beato | 06 | GESL | 2:35.22 | 2:30.31 | 412 | 33.90 | 37.30 | 39.27 | 39.84 |
| 5. | Miguel Carlos Arede <i>FTL (Fora Tempo Limite)</i> | 06 | SCP | 2:34.76 | 2:39.63 | 344 | 36.82 | 40.11 | 41.38 | 41.32 |
| DSQ | Martim Barata Antunes <i>G23 - Tomou impulso na corda separadora de pistas (SW 10.6)</i> | 06 | SLB | 2:21.65 | | | | | | |

Juniores

| | | | | | | | | | | |
|----|---|----|------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Andre Azevedo Baraona <i>Campeão Regional Junior</i> | 04 | CNMJ | 2:07.27 | 2:14.01 | 582 | 30.46 | 34.36 | 34.93 | 34.26 |
| 2. | Tomas Almeida Cordeiro | 05 | SAD | 2:10.39 | 2:14.40 | 577 | 30.83 | 34.34 | 34.85 | 34.38 |
| 3. | Felipe Menegassi Maia | 04 | SAD | 2:13.13 | 2:17.10 | 544 | 32.01 | 35.28 | 35.04 | 34.77 |
| 4. | Jose Alves Monteiro | 05 | CFB | 2:30.84 | 2:24.47 | 464 | 33.23 | 36.87 | 37.56 | 36.81 |
| 5. | Rihards Bunkovskis <i>FTL (Fora Tempo Limite)</i> | 05 | GESL | 2:27.96 | 2:31.82 | 400 | 35.08 | 38.89 | 38.95 | 38.90 |
| 6. | Daniel Pankivskiy <i>FTL (Fora Tempo Limite)</i> | 05 | CNN | 2:27.84 | 2:33.07 | 390 | 34.05 | 37.79 | 40.86 | 40.37 |

Seniores

| | | | | | | | | | | |
|----|---|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Ricardo Saraiva Pires <i>Campeão Regional Sénior</i> | 98 | CIRL | 2:05.20 | 2:12.79 | 598 | 32.22 | 35.12 | 32.45 | 33.00 |
| 2. | Joao Diogo Fernandes | 98 | CFB | 2:05.49 | 2:13.32 | 591 | 31.60 | 33.80 | 33.94 | 33.98 |
| 3. | Miguel Ribeiro Bate | 99 | SCP | 2:08.83 | 2:14.67 | 573 | 30.21 | 33.85 | 35.79 | 34.82 |
| 4. | Tiago Miguel Dias | 03 | CNLX | 2:11.57 | 2:16.43 | 552 | 31.58 | 34.02 | 35.22 | 35.61 |
| 5. | Manuel Vanigli Carvalho | 03 | CNN | 2:15.32 | 2:20.23 | 508 | 32.71 | 35.21 | 36.21 | 36.10 |
| 6. | David Matias Cristino | 01 | SFUAP | 2:13.96 | 2:20.27 | 507 | 33.16 | 36.63 | 35.80 | 34.68 |

Absolutos

| | | | | | | | | | | |
|-----|-------------------------|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Ricardo Saraiva Pires | 98 | CIRL | 2:05.20 | 2:12.79 | 598 | 32.22 | 35.12 | 32.45 | 33.00 |
| 2. | Joao Diogo Fernandes | 98 | CFB | 2:05.49 | 2:13.32 | 591 | 31.60 | 33.80 | 33.94 | 33.98 |
| 3. | Andre Azevedo Baraona | 04 | CNMJ | 2:07.27 | 2:14.01 | 582 | 30.46 | 34.36 | 34.93 | 34.26 |
| 4. | Tomas Almeida Cordeiro | 05 | SAD | 2:10.39 | 2:14.40 | 577 | 30.83 | 34.34 | 34.85 | 34.38 |
| 5. | Miguel Ribeiro Bate | 99 | SCP | 2:08.83 | 2:14.67 | 573 | 30.21 | 33.85 | 35.79 | 34.82 |
| 6. | Tiago Miguel Dias | 03 | CNLX | 2:11.57 | 2:16.43 | 552 | 31.58 | 34.02 | 35.22 | 35.61 |
| 7. | Felipe Menegassi Maia | 04 | SAD | 2:13.13 | 2:17.10 | 544 | 32.01 | 35.28 | 35.04 | 34.77 |
| 8. | Manuel Vanigli Carvalho | 03 | CNN | 2:15.32 | 2:20.23 | 508 | 32.71 | 35.21 | 36.21 | 36.10 |
| 9. | David Matias Cristino | 01 | SFUAP | 2:13.96 | 2:20.27 | 507 | 33.16 | 36.63 | 35.80 | 34.68 |
| 10. | Ricardo Freitas Neto | 06 | SCP | 2:22.20 | 2:22.81 | 481 | 32.99 | 36.05 | 36.56 | 37.21 |
| 11. | Jose Alves Monteiro | 05 | CFB | 2:30.84 | 2:24.47 | 464 | 33.23 | 36.87 | 37.56 | 36.81 |
| 12. | Afonso Bjork Freitas | 07 | CNN | 2:23.56 | 2:26.46 | 446 | 33.57 | 36.72 | 38.27 | 37.90 |

Prova 17, Masc., 200m Costas, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|---|---------------------------|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| 13. | Rafael Filipe Lopes | 06 | GESL | 2:29.79 | 2:29.69 | 417 | 34.50 | 37.32 | 39.09 | 38.78 |
| 14. | Rodrigo Franco Palare | 06 | GESL | 2:31.36 | 2:30.06 | 414 | 32.72 | 38.36 | 39.81 | 39.17 |
| 15. | Rafael Duarte Beato | 06 | GESL | 2:35.22 | 2:30.31 | 412 | 33.90 | 37.30 | 39.27 | 39.84 |
| 16. | Rafael Pacheco Godinho | 07 | SCP | 2:26.88 | 2:30.84 | 408 | 34.30 | 38.36 | 39.45 | 38.73 |
| 17. | Antonio Rego Arsenio | 07 | SAD | 2:31.32 | 2:31.21 | 405 | 34.16 | 38.25 | 39.84 | 38.96 |
| 18. | Rihards Bunkovskis | 05 | GESL | 2:27.96 | 2:31.82 | 400 | 35.08 | 38.89 | 38.95 | 38.90 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | | |
| 19. | Joao Dinis Roque | 07 | SCP | 2:39.24 | 2:32.17 | 397 | 35.02 | 39.14 | 39.21 | 38.80 |
| 20. | Henrique Ribeiro Martins | 07 | SCP | 2:31.77 | 2:32.38 | 396 | 35.74 | 38.13 | 39.29 | 39.22 |
| 21. | Daniel Pankivskiy | 05 | CNN | 2:27.84 | 2:33.07 | 390 | 34.05 | 37.79 | 40.86 | 40.37 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | | |
| 22. | Antonio Ricardo Alves | 07 | CFB | 2:38.85 | 2:35.45 | 373 | 36.22 | 39.04 | 40.55 | 39.64 |
| 23. | Hugo Castanheira Rocha | 07 | CNATRIL | 2:40.21 | 2:38.36 | 353 | 36.07 | 40.46 | 41.84 | 39.99 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | | |
| 24. | Miguel Carlos Arede | 06 | SCP | 2:34.76 | 2:39.63 | 344 | 36.82 | 40.11 | 41.38 | 41.32 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | | |
| 25. | Diogo Teixeira Calcada | 07 | SCP | 2:48.37 | 2:39.90 | 342 | 36.73 | 40.35 | 41.93 | 40.89 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | | |
| DSQ | Afonso Rodrigues Calhelha | 07 | ADRCIMM | 2:33.25 | | | | | | |
| <i>C52 - O nadador esteve totalmente submerso na chegada. (SW 6.3)</i> | | | | | | | | | | |
| DSQ | Martim Barata Antunes | 06 | SLB | 2:21.65 | | | | | | |
| <i>G23 - Tomou impulso na corda separadora de pistas (SW 10.6)</i> | | | | | | | | | | |
| DSQ | Gabriel Martins Tusan | 07 | GESL | 2:36.04 | | | | | | |
| <i>C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 100m) imediatamente após o final da braçada.</i> | | | | | | | | | | |

Prova 18

Femin., 200m Costas

Absolutos
Resultados

12.03.2022 - 17:01

| | | | | | |
|-----------------------|---------|--------------------------|-----|--------------|------|
| Rec Nacional Absoluto | 2:15.02 | Rita Barros Frischknecht | SAD | Lisboa | 2020 |
| Rec Regional Absoluto | 2:15.02 | Rita Barros Frischknecht | SAD | Lisboa | 2020 |
| Rec Regional Sen | 2:15.02 | Rita Barros Frischknecht | SAD | Lisboa | 2020 |
| Rec Regional Jun 2 | 2:15.53 | Rita Barros Frischknecht | SAD | Coimbra | 2015 |
| Rec Regional Jun 1 | 2:18.61 | Rafaela Gomes Azevedo | SAD | Coimbra | 2018 |
| Rec Regional Juv A | 2:20.26 | Rafaela Gomes Azevedo | SAD | Geneva (SUI) | 2017 |
| Rec Regional Juv B | 2:22.91 | Rafaela Gomes Azevedo | SAD | Oeiras | 2016 |

TAC - Fem Juv B: 2:54.17; Juv A: 2:49.33; Jun 2: 2:43.00; Jun 1: 2:44.60; Sen: 2:42.20

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Beatriz Alexandra Rolim <i>Campeã Regional Juvenil B</i> | 08 | SFUAP | 2:25.18 | 2:30.49 | 550 | 36.88 | 38.34 | 38.70 | 36.57 |
| 2. | Matilde Catroga Marques | 08 | ADRCIMM | 2:38.25 | 2:34.19 | 511 | 37.00 | 40.54 | 38.90 | 37.75 |
| 3. | Barbara Maria Neves | 08 | SAD | 2:35.55 | 2:38.09 | 475 | 37.19 | 40.28 | 41.42 | 39.20 |
| 4. | Joana Monteiro Caetano | 08 | GESL | 2:40.48 | 2:44.58 | 421 | 37.59 | 41.86 | 43.02 | 42.11 |
| 5. | Matilde Militao Guerra | 08 | ADRCIMM | 2:41.15 | 2:45.11 | 416 | 40.47 | 41.53 | 42.27 | 40.84 |
| 6. | Lis Fatima Melo | 08 | GESL | 3:03.41 | 2:47.25 | 401 | 39.34 | 42.29 | 43.06 | 42.56 |
| 7. | Margarida Catroga Marques | 08 | ADRCIMM | 2:51.97 | 2:47.83 | 397 | 39.42 | 42.73 | 43.81 | 41.87 |
| 8. | Emilly Gabrieli Santos | 08 | CNATRIL | 2:47.00 | 2:48.94 | 389 | 40.46 | 43.56 | 43.07 | 41.85 |
| 9. | Carolina Delicado Correia | 08 | SCP | 2:42.48 | 2:52.98 | 362 | 38.38 | 43.66 | 45.45 | 45.49 |

Prova 18, Femin., 200m Costas

Juvenis A

| | | | | | | | | | |
|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. Leonor Peso Parente <i>Campeã Regional Juvenil A</i> | 07 | PDEM | 2:36.76 | 2:33.95 | 514 | 35.71 | 38.89 | 39.84 | 39.51 |
| 2. Rita Machita Santos | 07 | CNS | 2:49.33 | 2:35.60 | 498 | 37.76 | 38.93 | 40.13 | 38.78 |
| 3. Leonor Castanho Santos | 07 | SCP | 2:41.51 | 2:37.52 | 480 | 37.10 | 40.14 | 40.46 | 39.82 |
| 4. Anastacia Tshesnovska | 07 | SCP | 2:35.96 | 2:38.35 | 472 | 37.46 | 40.96 | 39.88 | 40.05 |
| 5. Maria Bandarra Matos | 07 | SCP | 2:38.95 | 2:39.01 | 466 | 38.04 | 40.18 | 41.07 | 39.72 |
| 6. Rita Lima Batista | 07 | CNS | 2:36.40 | 2:40.25 | 456 | 37.22 | 40.95 | 41.49 | 40.59 |
| 7. Rita Sacadura Almeida | 07 | SAD | 2:36.46 | 2:41.24 | 447 | 38.33 | 40.85 | 41.94 | 40.12 |
| 8. Catarina Andrade Franco | 07 | GESL | 2:49.33 | 2:44.10 | 424 | 37.20 | 42.04 | 42.44 | 42.42 |
| 9. Beatriz Santos Pinto | 07 | CNS | 2:46.62 | 2:44.38 | 422 | 39.55 | 41.54 | 42.51 | 40.78 |
| 10. Matilde Nunes Ribeiro | 07 | DRCN | 2:42.62 | 2:45.69 | 412 | 37.93 | 42.42 | 43.89 | 41.45 |
| 11. Laura Maria Cruz | 07 | ADRCIMM | 2:44.95 | 2:46.57 | 406 | 40.23 | 42.45 | 42.28 | 41.61 |
| 12. Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:46.59 | 2:49.60 | 384 | 39.53 | 42.78 | 44.51 | 42.78 |
| 13. Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:48.22 | 2:50.10 | 381 | 40.45 | 42.88 | 43.44 | 43.33 |
| 14. Ana Madalena Simoes <i>FTL (Fora Tempo Limite)</i> | 07 | GESL | 2:42.24 | 2:52.44 | 366 | 40.54 | 44.20 | 44.54 | 43.16 |
| 15. Matilde Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:48.09 | 3:00.72 | 317 | 41.34 | 45.53 | 47.62 | 46.23 |

Juniiores

| | | | | | | | | | |
|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. Carolina Martins Camacho <i>Campeã Regional Junior</i> | 06 | SFUAP | 2:22.64 | 2:26.45 | 597 | 34.61 | 37.54 | 37.61 | 36.69 |
| 2. Barbara Cunha Ventura | 05 | SLB | 2:29.92 | 2:31.75 | 537 | 35.67 | 38.05 | 39.17 | 38.86 |
| 3. Luana Cardoso Magalhaes | 06 | SAD | 2:29.67 | 2:32.60 | 528 | 34.94 | 38.79 | 39.22 | 39.65 |
| 4. Leonor Tavares Catalao | 06 | SCP | 2:44.60 | 2:33.15 | 522 | 35.42 | 38.79 | 39.46 | 39.48 |
| 5. Beatriz Fernandes Gama | 06 | SCP | 2:36.26 | 2:40.30 | 455 | 37.77 | 39.93 | 42.00 | 40.60 |
| 6. Ines Gaspar Silva | 06 | GESL | 2:38.82 | 2:41.72 | 443 | 37.21 | 41.13 | 42.39 | 40.99 |

Seniores

| | | | | | | | | | |
|---|----|------|---------|----------------|-----|-------|-------|-------|-------|
| 1. Catarina Martins Mestre <i>Campeã Regional Sénior</i> | 00 | CNLX | 2:18.20 | 2:22.85 | 643 | 32.93 | 35.85 | 36.95 | 37.12 |
| 2. Francisca Gomes Azevedo | 97 | SAD | 2:32.16 | 2:29.74 | 558 | 34.74 | 39.29 | 38.21 | 37.50 |
| 3. Sofia Alexandra Nunes | 00 | CIRL | 2:25.40 | 2:31.12 | 543 | 34.95 | 38.61 | 39.37 | 38.19 |
| 4. Maria Ornelas Armas | 98 | VKGS | 2:25.53 | 2:35.06 | 503 | 35.44 | 38.81 | 40.58 | 40.23 |
| DNS Diana Margarida Duraes | 96 | SLB | 2:25.50 | | | | | | |

Absolutos

| | | | | | | | | | |
|-----------------------------|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. Catarina Martins Mestre | 00 | CNLX | 2:18.20 | 2:22.85 | 643 | 32.93 | 35.85 | 36.95 | 37.12 |
| 2. Carolina Martins Camacho | 06 | SFUAP | 2:22.64 | 2:26.45 | 597 | 34.61 | 37.54 | 37.61 | 36.69 |
| 3. Francisca Gomes Azevedo | 97 | SAD | 2:32.16 | 2:29.74 | 558 | 34.74 | 39.29 | 38.21 | 37.50 |
| 4. Beatriz Alexandra Rolim | 08 | SFUAP | 2:25.18 | 2:30.49 | 550 | 36.88 | 38.34 | 38.70 | 36.57 |
| 5. Sofia Alexandra Nunes | 00 | CIRL | 2:25.40 | 2:31.12 | 543 | 34.95 | 38.61 | 39.37 | 38.19 |
| 6. Barbara Cunha Ventura | 05 | SLB | 2:29.92 | 2:31.75 | 537 | 35.67 | 38.05 | 39.17 | 38.86 |
| 7. Luana Cardoso Magalhaes | 06 | SAD | 2:29.67 | 2:32.60 | 528 | 34.94 | 38.79 | 39.22 | 39.65 |
| 8. Leonor Tavares Catalao | 06 | SCP | 2:44.60 | 2:33.15 | 522 | 35.42 | 38.79 | 39.46 | 39.48 |
| 9. Leonor Peso Parente | 07 | PDEM | 2:36.76 | 2:33.95 | 514 | 35.71 | 38.89 | 39.84 | 39.51 |
| 10. Matilde Catroga Marques | 08 | ADRCIMM | 2:38.25 | 2:34.19 | 511 | 37.00 | 40.54 | 38.90 | 37.75 |
| 11. Maria Ornelas Armas | 98 | VKGS | 2:25.53 | 2:35.06 | 503 | 35.44 | 38.81 | 40.58 | 40.23 |
| 12. Rita Machita Santos | 07 | CNS | 2:49.33 | 2:35.60 | 498 | 37.76 | 38.93 | 40.13 | 38.78 |
| 13. Leonor Castanho Santos | 07 | SCP | 2:41.51 | 2:37.52 | 480 | 37.10 | 40.14 | 40.46 | 39.82 |
| 14. Barbara Maria Neves | 08 | SAD | 2:35.55 | 2:38.09 | 475 | 37.19 | 40.28 | 41.42 | 39.20 |
| 15. Anastacia Tshesnovska | 07 | SCP | 2:35.96 | 2:38.35 | 472 | 37.46 | 40.96 | 39.88 | 40.05 |

Prova 18, Femin., 200m Costas, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| 16. | Maria Bandarra Matos | 07 | SCP | 2:38.95 | 2:39.01 | 466 | 38.04 | 40.18 | 41.07 | 39.72 |
| 17. | Rita Lima Batista | 07 | CNS | 2:36.40 | 2:40.25 | 456 | 37.22 | 40.95 | 41.49 | 40.59 |
| 18. | Beatriz Fernandes Gama | 06 | SCP | 2:36.26 | 2:40.30 | 455 | 37.77 | 39.93 | 42.00 | 40.60 |
| 19. | Rita Sacadura Almeida | 07 | SAD | 2:36.46 | 2:41.24 | 447 | 38.33 | 40.85 | 41.94 | 40.12 |
| 20. | Ines Gaspar Silva | 06 | GESL | 2:38.82 | 2:41.72 | 443 | 37.21 | 41.13 | 42.39 | 40.99 |
| 21. | Catarina Andrade Franco | 07 | GESL | 2:49.33 | 2:44.10 | 424 | 37.20 | 42.04 | 42.44 | 42.42 |
| 22. | Beatriz Santos Pinto | 07 | CNS | 2:46.62 | 2:44.38 | 422 | 39.55 | 41.54 | 42.51 | 40.78 |
| 23. | Joana Monteiro Caetano | 08 | GESL | 2:40.48 | 2:44.58 | 421 | 37.59 | 41.86 | 43.02 | 42.11 |
| 24. | Matilde Militao Guerra | 08 | ADRCIMM | 2:41.15 | 2:45.11 | 416 | 40.47 | 41.53 | 42.27 | 40.84 |
| 25. | Matilde Nunes Ribeiro | 07 | DRCN | 2:42.62 | 2:45.69 | 412 | 37.93 | 42.42 | 43.89 | 41.45 |
| 26. | Laura Maria Cruz | 07 | ADRCIMM | 2:44.95 | 2:46.57 | 406 | 40.23 | 42.45 | 42.28 | 41.61 |
| 27. | Lis Fatima Melo | 08 | GESL | 3:03.41 | 2:47.25 | 401 | 39.34 | 42.29 | 43.06 | 42.56 |
| 28. | Margarida Catroga Marques | 08 | ADRCIMM | 2:51.97 | 2:47.83 | 397 | 39.42 | 42.73 | 43.81 | 41.87 |
| 29. | Emilly Gabrieli Santos | 08 | CNATRIL | 2:47.00 | 2:48.94 | 389 | 40.46 | 43.56 | 43.07 | 41.85 |
| 30. | Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:46.59 | 2:49.60 | 384 | 39.53 | 42.78 | 44.51 | 42.78 |
| 31. | Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:48.22 | 2:50.10 | 381 | 40.45 | 42.88 | 43.44 | 43.33 |
| 32. | Ana Madalena Simoes <i>FTL (Fora Tempo Limite)</i> | 07 | GESL | 2:42.24 | 2:52.44 | 366 | 40.54 | 44.20 | 44.54 | 43.16 |
| 33. | Carolina Delicado Correia | 08 | SCP | 2:42.48 | 2:52.98 | 362 | 38.38 | 43.66 | 45.45 | 45.49 |
| 34. | Matilde Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:48.09 | 3:00.72 | 317 | 41.34 | 45.53 | 47.62 | 46.23 |
| DNS | Diana Margarida Duraes | 96 | SLB | 2:25.50 | | | | | | |

Prova 19

Masc., 4 x 100m Livres

Absolutos

12.03.2022 - 17:55

Resultados

| | | | | | |
|-----------------------|---------|--|-----|-----------|------|
| Rec Nacional Absoluto | 3:24.33 | Futebol Clube do Porto/Imperio Bonanca | FCP | Faro | 2009 |
| Rec Nacional Sen | 3:26.21 | Futebol Clube do Porto | FCP | Jamor | 2012 |
| Rec Nacional Jun | 3:34.25 | Futebol Clube do Porto/Imperio Bonanca | FCP | Lisboa | 2009 |
| Rec Nacional Juv A | 3:39.68 | Futebol Clube do Porto | FCP | Famalicao | 2013 |
| Rec Nacional Juv | 3:39.68 | | | | |
| Rec Nacional Juv B | 3:45.99 | Futebol Clube do Porto | FCP | Jamor | 2012 |

TAC - Masc Juv: 4:19.62; Jun: 4:14.52; Sen: 4:03.07

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|----------------|-----|--|----------------|----------------|-----|
| Juvenis | | | | | |
| 1. | | Sporting Clube de Portugal | 3:51.85 | 3:51.17 | 539 |
| | 06 | Kaio Araujo Fafine 27.95 57.21 Miguel Mera Herrero | 06 | 26.42 56.67 | |
| | 06 | Rodrigo Andrade Mesquita 29.74 1:01.73 Antonio Coelho Vieira | 06 | 25.47 55.56 | |
| 2. | | Sport Lisboa e Benfica | 3:46.80 | 3:52.48 | 530 |
| | 06 | Martim Barata Antunes 28.85 1:00.69 Tomas Nunes Roque | 06 | 27.85 57.23 | |
| | 06 | Guilherme Fernandes Baptista 26.31 56.27 David Miguel Morais | 06 | 27.02 58.29 | |
| 3. | | Soc.Filarmónica União A. Piedense | 4:15.00 | 3:53.47 | 524 |
| | 06 | Manuel Costa Simoes 28.47 58.13 Joao Pedro Carapinha | 07 | 28.29 59.23 | |
| | 06 | Pedro Crispim Jorge 27.52 58.25 Andre Correia Alves | 06 | 27.88 57.86 | |
| 4. | | Geslourses - Gestão Equipamentos E.M. | 4:04.29 | 3:56.46 | 504 |
| | 06 | Rafael Filipe Lopes 28.10 59.89 Pedro Miguel Pimentel | 06 | 28.46 1:00.11 | |
| | 06 | Luis Pedro Figueiredo 28.59 58.95 Pedro Goncalves Bonniz | 06 | 26.52 57.51 | |
| 5. | | Sport Alges e Dafundo | 4:08.98 | 3:57.31 | 499 |
| | 06 | Andre Cunha Ribeiro 27.74 58.23 Simao Barros Morao | 06 | 28.66 1:00.61 | |
| | 07 | Caio Salgado Medeiros 28.36 58.68 Vicente Dias Maia | 07 | 28.48 59.79 | |
| 6. | | Clube Futebol Os Belenenses | 4:19.62 | 4:15.10 | 401 |
| | 06 | Rodrigo Onofre Matos 29.23 1:01.74 Goncalo Alves Costa | 06 | 30.77 1:05.76 | |
| | 07 | Antonio Ricardo Alves 30.31 1:04.99 Rodrigo Piteira Maio | 06 | 30.13 1:02.61 | |

Prova 19, Masc., 4 x 100m Livres

Absolutos

| | | | | | | | | |
|-----|---|----|-------|-------------------------------------|---------------------------|----|----------------|---------|
| 1. | Algés Abs | | | Sport Alges e Dafundo | 3:45.00 | | 3:42.04 | 609 |
| | Pedro Andre Santos | 94 | 26.32 | 54.56 | Francisco Lopes Afonso | 03 | 26.46 | 57.25 |
| | Joao Lourenco Rebelo | 04 | 25.88 | 55.02 | Hugo Pon | 98 | 25.95 | 55.21 |
| 2. | União Piedense Abs | | | Soc.Filarmónica União A. Piedense | 3:58.00 | | 3:44.88 | 586 |
| | Joao Carlos Santos | 96 | 27.35 | 55.52 | Guilherme Matias Cristino | 03 | 27.16 | 58.29 |
| | Gabriel Carvalho Ferrao | 05 | 25.89 | 54.81 | Miguel Costa Simoes | 04 | 27.11 | 56.26 |
| 3. | Vikings Abs | | | Vikings Sports Club | 4:20.00 | | 3:49.39 | 552 |
| | Ricardo Martins Bras | 01 | 27.19 | 57.22 | Vicente Morgado Ventoso | 00 | 26.85 | 57.72 |
| | Ricardo Pinela Ferreira | 01 | 27.56 | 57.31 | Goncalo Duarte Santos | 00 | 27.30 | 57.14 |
| 4. | Naval Setubalense Abs | | | Clube Naval Setubalense | 4:08.88 | | 3:50.89 | 541 |
| | Simao Lopes Oliveira | 05 | 28.55 | 59.74 | Tiago Ventura Chao | 06 | 28.18 | 58.41 |
| | Tomas Martins Mira | 04 | 26.06 | 56.18 | Filipe Ferrao Melo | 01 | 26.27 | 56.56 |
| 5. | Geslours Abs | | | Geslours - Gestão Equipamentos E.M. | 4:03.68 | | 3:55.63 | 509 |
| | Francisco Lourenco Vasconcelos | 05 | 27.10 | 57.52 | Joao Pedro Penelas | 04 | 26.27 | 56.58 |
| | Daniel Munoz Lopes | 05 | 28.99 | 1:01.29 | Rihards Bunkovskis | 05 | 27.71 | 1:00.24 |
| 6. | Sporting Abs | | | Sporting Clube de Portugal | 4:18.96 | | 3:58.51 | 491 |
| | Joao Dinis Roque | 07 | 28.48 | 1:00.08 | Axel Guedes Asmar | 07 | 28.14 | 59.46 |
| | Miguel Braga Gomes | 07 | 28.95 | 1:01.92 | Leonardo Conceicao Reis | 07 | 27.06 | 57.05 |
| 7. | Belenenses Abs | | | Clube Futebol Os Belenenses | 4:14.52 | | 4:05.58 | 450 |
| | Rodrigo Martins Bras | 05 | 28.22 | 1:00.59 | Afonso Costa Albuquerque | 05 | 29.48 | 1:03.54 |
| | Alfredo Cabrita Soudo | 05 | 28.52 | 1:00.76 | Jose Alves Monteiro | 05 | 28.44 | 1:00.69 |
| DSQ | Monte Maior Abs | | | ADR Colegio Int Monte Maior | 4:05.00 | | | |
| | <i>EG01 - O 3º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (SW 10.11)</i> | | | | | | | |
| | Afonso Silva Carvalho | 06 | 28.25 | 58.69 | Henrique Rodrigues Cruz | 02 | | |
| | Afonso Rodrigues Calhelha | 07 | 27.83 | 59.20 | Tiago Miguel Trombinhas | 04 | | |
| DNS | Natação Lisboa Abs | | | Clube Natação de Lisboa | 4:00.00 | | | |

Prova 20

12.03.2022 - 18:05

Femin., 4 x 100m Livres

Absolutos

Resultados

| | | | | | |
|-----------------------|---------|------------------------------------|------|------------------|------|
| Rec Nacional Absoluto | 3:52.07 | Futebol Clube do Porto/Dolce Vita | FCP | Coimbra | 2010 |
| Rec Nacional Sen | 3:52.07 | Futebol Clube do Porto/Dolce Vita | FCP | Coimbra | 2010 |
| Rec Nacional Jun | 4:00.84 | Sporting Clube de Portugal | SCP | Coimbra | 2010 |
| Rec Nacional Juv A | 4:10.72 | tempo limite | | | |
| Rec Nacional Juv | 4:10.72 | Clube Nautico Academico de Coimbra | CNAC | Póvoa de Varzim | 2011 |
| Rec Nacional Juv B | 4:10.72 | Clube Nautico Academico de Coimbra | CNAC | Povoas de Varzim | 2011 |

TAC - Fem Juv: 4:47.51; Jun: 4:41.22; Sen: 4:33.81

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts | | |
|------|-----|-------------------------------------|----------|---------------------------|-----|-------|---------|
| 1. | | Geslours - Gestão Equipamentos E.M. | 4:20.93 | 4:17.17 | 544 | | |
| | 07 | 31.93 | 1:07.12 | Catarina Alexandra Alves | 07 | 32.12 | 1:09.27 |
| | 07 | 29.53 | 1:01.87 | Catarina Andrade Franco | 07 | 28.02 | 58.91 |
| 2. | | Clube Naval Setubalense | 4:28.16 | 4:17.75 | 541 | | |
| | 07 | 30.11 | 1:02.01 | Margarida Santos Botelho | 07 | 31.98 | 1:08.04 |
| | 07 | 30.55 | 1:04.73 | Sara Sofia Alves | 07 | 29.89 | 1:02.97 |
| 3. | | Soc.Filarmónica União A. Piedense | 4:29.00 | 4:21.59 | 517 | | |
| | 08 | 31.58 | 1:05.38 | Beatriz Alexandra Rolim | 08 | 30.95 | 1:04.76 |
| | 08 | 31.45 | 1:07.14 | Luisa Ponte Jorge | 07 | 30.81 | 1:04.31 |
| 4. | | Sport Alges e Dafundo | 4:25.99 | 4:28.40 | 479 | | |
| | 08 | 32.26 | 1:08.43 | Constanca Santos Ferreira | 08 | 31.16 | 1:04.99 |
| | 08 | 31.66 | 1:06.80 | Constanca Isabel Carvalho | 08 | 32.29 | 1:08.18 |
| 5. | | ADR Colegio Int Monte Maior | 5:03.72 | 4:34.15 | 449 | | |
| | 08 | 32.32 | 1:07.73 | Matilde Militao Guerra | 08 | 32.74 | 1:08.96 |
| | 08 | 34.89 | 1:13.24 | Matilde Catroga Marques | 08 | 30.48 | 1:04.22 |
| 6. | | Palmela Desporto EEM | 4:37.84 | 4:40.45 | 420 | | |
| | 07 | 30.41 | 1:03.39 | Sofia Goncalves Raposo | 07 | 35.05 | 1:15.61 |
| | 07 | 32.62 | 1:09.67 | Beatriz Ferreira Perpetuo | 07 | 33.72 | 1:11.78 |

Prova 20, Femin., 4 x 100m Livres

Absolutos

| | | | | | | | |
|----------------------------|------------------------------------|-------|---------|---------------------------|-----|-------|---------|
| 1. Benfica Abs | Sport Lisboa e Benfica | | 4:12.20 | 4:08.86 | 601 | | |
| Maria Esteves Valente | 06 | 30.80 | 1:04.55 | Maria Leonor Coelho | 06 | 28.71 | 1:00.41 |
| Matilde Nunes Lopes | 06 | 29.81 | 1:02.36 | Leonor Carreiro Rodrigues | 07 | 29.34 | 1:01.54 |
| 2. Laranjeiro Abs | Clube de Instr e Rec do Laranjeiro | | 4:14.00 | 4:11.46 | 582 | | |
| Bruna Martins Riesenberger | 97 | 30.52 | 1:01.81 | Soraia Guerra Rolim | 95 | 31.40 | 1:06.45 |
| Iris Pereira Carrao | 05 | 29.38 | 1:01.84 | Sofia Alexandra Nunes | 00 | 29.32 | 1:01.36 |
| 3. Natação Lisboa Abs | Clube Natação de Lisboa | | 4:15.00 | 4:14.67 | 561 | | |
| Madalena Graça Dias | 06 | 31.02 | 1:03.55 | Rita Fernandes Leitão | 96 | 30.36 | 1:04.36 |
| Catarina Trigo Ferreira | 02 | 31.36 | 1:05.81 | Catarina Martins Mestre | 00 | 29.38 | 1:00.95 |
| 4. União Piedense Abs | Soc.Filarmónica União A. Piedense | | 4:20.00 | 4:15.55 | 555 | | |
| Maria Joao Freitas | 97 | 29.99 | 1:02.16 | Francisca Razina Oliveira | 03 | 31.68 | 1:05.52 |
| Beatriz Quintao Amantes | 03 | 30.10 | 1:03.85 | Diana Valadas Horta | 04 | 30.50 | 1:04.02 |
| 5. Algés Abs | Sport Alges e Dafundo | | 4:30.00 | 4:16.08 | 551 | | |
| Neuza Velho Magalhaes | 05 | 30.15 | 1:04.27 | Margarida Barbara Marques | 06 | 29.95 | 1:04.24 |
| Maria Teresa Fernandes | 05 | 29.29 | 1:02.18 | Maria Del Rio Bernat | 05 | 30.31 | 1:05.39 |
| 6. Vikings Abs | Vikings Sports Club | | 5:05.00 | 4:19.87 | 528 | | |
| Mariana Marques Mercedes | 03 | 30.02 | 1:01.93 | Beatriz Elisabete Pereira | 97 | 30.86 | 1:05.42 |
| Ana Sofia Inácio | 04 | 32.22 | 1:07.58 | Maria Ornelas Armas | 98 | 30.91 | 1:04.94 |

3 - 3ª Jornada - 1ª Sessão

13.03.2022 - 9:00

Prova 21
13.03.2022 - 9:00

Femin., 100m Mariposa

Absolutos
Resultados

| | | | | | |
|-----------------------|---------|------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 58.76 | Sara Freitas Oliveira | FPN | Budapeste (HUN) | 2010 |
| Rec Regional Absoluto | 1:00.49 | Sara Alexandra Madeira | CNCVG | Barcelona (ESP) | 2008 |
| Rec Regional Sen | 1:00.49 | Sara Alexandra Madeira | CNCVG | Barcelona (ESP) | 2008 |
| Rec Regional Jun 2 | 1:02.56 | Sara Alexandra Madeira | CNCVG | Jamor | 2004 |
| Rec Regional Jun 1 | 1:02.98 | Ana Francisco | SFUAP | | 1996 |
| Rec Regional Juv A | 1:03.53 | Maria Ferreira Moura | SCP | Funchal | 2019 |
| Rec Regional Juv B | 1:03.88 | Inês Camacho Fernandes | SCP | Trabzon (TUR) | 2011 |

TAC - Fem Juv B: 1:19.13; Juv A: 1:16.96; Jun 2: 1:14.10; Jun 1: 1:14.82; Sen: 1:13.74

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|------------------|---|-----|-------------------|----------|----------------|-----|-------|-------|
| Juvenis B | | | | | | | | |
| 1. | Eduarda Mendes Bugalho | 08 | Estoris | 1:31.76 | 1:21.47 | 315 | 36.89 | 44.58 |
| | <i>Campeã Regional Juvenil B, FTL (Fora Tempo Limite)</i> | | | | | | | |
| Juvenis A | | | | | | | | |
| 1. | Teresa Joao Pires | 07 | Algés | 1:10.05 | 1:10.93 | 478 | 32.40 | 38.53 |
| | <i>Campeã Regional Juvenil A</i> | | | | | | | |
| 2. | Leticia Rodrigues Magalhaes | 07 | Naval Setubalense | 1:15.13 | 1:13.37 | 432 | 33.77 | 39.60 |
| 3. | Margarida Santos Botelho | 07 | Naval Setubalense | 1:14.31 | 1:13.89 | 423 | 33.97 | 39.92 |
| 4. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 1:16.39 | 1:14.09 | 419 | 32.81 | 41.28 |
| 5. | Luisa Ponte Jorge | 07 | União Piedense | 1:17.22 | 1:14.81 | 407 | 34.15 | 40.66 |
| 6. | Matilde Anjos Frischknecht | 07 | Naval Setubalense | 1:20.52 | 1:19.78 | 336 | 37.02 | 42.76 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |

Prova 21, Femin., 100m Mariposa

Juniores

| | | | | | | | | |
|-----|---|----|--------------------------|---------|----------------|-----|-------|-------|
| 1. | Joana Rocha Ferreira <i>Campeã Regional Junior</i> | 05 | Benfica | 1:08.38 | 1:08.79 | 524 | 32.44 | 36.35 |
| 2. | Erica Cristina Reis | 05 | Sporting | 1:11.48 | 1:10.33 | 490 | 32.78 | 37.55 |
| 3. | Margarida Martins Pereira | 05 | CPCD - Póvoa Sta Iria | 1:12.37 | 1:11.82 | 460 | 33.17 | 38.65 |
| 4. | Carolina Martins Camacho | 06 | União Piedense | 1:14.27 | 1:11.85 | 460 | 33.46 | 38.39 |
| 5. | Carolina Fonseca Gomes | 05 | Sporting | 1:10.20 | 1:12.78 | 442 | 33.33 | 39.45 |
| 6. | Catarina Gomes Costa | 06 | Sporting | 1:14.92 | 1:14.44 | 413 | 34.28 | 40.16 |
| 7. | Beatriz Mocego Niza <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Natacao da Amadora | 1:11.46 | 1:15.58 | 395 | 33.34 | 42.24 |
| 8. | Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i> | 06 | Colegio Int Monte Maior | 1:16.69 | 1:17.43 | 367 | 36.16 | 41.27 |
| DNS | Madalena Sampaio Torgal | 05 | Estoris | 1:13.23 | | | | |

Seniores

| | | | | | | | | |
|-----|--|----|---------------------|---------|----------------|-----|-------|-------|
| 1. | Francisca Salvador Mesquita <i>Campeã Regional Sénior</i> | 02 | Sporting | 1:03.77 | 1:05.67 | 602 | 30.26 | 35.41 |
| 2. | Maria Jardim Fidalgo | 04 | Vasco da Gama | 1:04.70 | 1:06.13 | 590 | 31.00 | 35.13 |
| 3. | Bruna Martins Riesenberger | 97 | Laranjeiro | 1:10.22 | 1:07.94 | 544 | 30.44 | 37.50 |
| 4. | Filipa Inacio Cazeiro | 02 | Laranjeiro | 1:07.74 | 1:08.79 | 524 | 31.62 | 37.17 |
| 5. | Alice Jesus Morgado | 04 | Sporting | 1:08.11 | 1:09.49 | 508 | 32.71 | 36.78 |
| 6. | Ana Rita Matos | 02 | Belenenses | 1:08.37 | 1:09.50 | 508 | 32.28 | 37.22 |
| 7. | Madalena Rodrigues Tome | 03 | Estoris | 1:07.92 | 1:10.08 | 496 | 32.47 | 37.61 |
| 8. | Beatriz Quintao Amantes | 03 | União Piedense | 1:08.08 | 1:10.31 | 491 | 32.02 | 38.29 |
| 9. | Joana Isabel Pulquerio <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 1:12.35 | 1:13.77 | 425 | 34.63 | 39.14 |
| 10. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 1:13.74 | 1:19.44 | 340 | 36.17 | 43.27 |

Absolutos

| | | | | | | | | |
|-----|--|----|--------------------------|---------|----------------|-----|-------|-------|
| 1. | Francisca Salvador Mesquita | 02 | Sporting | 1:03.77 | 1:05.67 | 602 | 30.26 | 35.41 |
| 2. | Maria Jardim Fidalgo | 04 | Vasco da Gama | 1:04.70 | 1:06.13 | 590 | 31.00 | 35.13 |
| 3. | Bruna Martins Riesenberger | 97 | Laranjeiro | 1:10.22 | 1:07.94 | 544 | 30.44 | 37.50 |
| 4. | Joana Rocha Ferreira | 05 | Benfica | 1:08.38 | 1:08.79 | 524 | 32.44 | 36.35 |
| | Filipa Inacio Cazeiro | 02 | Laranjeiro | 1:07.74 | 1:08.79 | 524 | 31.62 | 37.17 |
| 6. | Alice Jesus Morgado | 04 | Sporting | 1:08.11 | 1:09.49 | 508 | 32.71 | 36.78 |
| 7. | Ana Rita Matos | 02 | Belenenses | 1:08.37 | 1:09.50 | 508 | 32.28 | 37.22 |
| 8. | Madalena Rodrigues Tome | 03 | Estoris | 1:07.92 | 1:10.08 | 496 | 32.47 | 37.61 |
| 9. | Beatriz Quintao Amantes | 03 | União Piedense | 1:08.08 | 1:10.31 | 491 | 32.02 | 38.29 |
| 10. | Erica Cristina Reis | 05 | Sporting | 1:11.48 | 1:10.33 | 490 | 32.78 | 37.55 |
| 11. | Teresa Joao Pires | 07 | Algés | 1:10.05 | 1:10.93 | 478 | 32.40 | 38.53 |
| 12. | Margarida Martins Pereira | 05 | CPCD - Póvoa Sta Iria | 1:12.37 | 1:11.82 | 460 | 33.17 | 38.65 |
| 13. | Carolina Martins Camacho | 06 | União Piedense | 1:14.27 | 1:11.85 | 460 | 33.46 | 38.39 |
| 14. | Carolina Fonseca Gomes | 05 | Sporting | 1:10.20 | 1:12.78 | 442 | 33.33 | 39.45 |
| 15. | Leticia Rodrigues Magalhaes | 07 | Naval Setubalense | 1:15.13 | 1:13.37 | 432 | 33.77 | 39.60 |
| 16. | Joana Isabel Pulquerio <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 1:12.35 | 1:13.77 | 425 | 34.63 | 39.14 |
| 17. | Margarida Santos Botelho | 07 | Naval Setubalense | 1:14.31 | 1:13.89 | 423 | 33.97 | 39.92 |
| 18. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 1:16.39 | 1:14.09 | 419 | 32.81 | 41.28 |
| 19. | Catarina Gomes Costa | 06 | Sporting | 1:14.92 | 1:14.44 | 413 | 34.28 | 40.16 |
| 20. | Luisa Ponte Jorge | 07 | União Piedense | 1:17.22 | 1:14.81 | 407 | 34.15 | 40.66 |
| 21. | Beatriz Mocego Niza <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Natacao da Amadora | 1:11.46 | 1:15.58 | 395 | 33.34 | 42.24 |
| 22. | Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i> | 06 | Colegio Int Monte Maior | 1:16.69 | 1:17.43 | 367 | 36.16 | 41.27 |

Prova 21, Femin., 100m Mariposa, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|--|-----|---------------------|----------|----------------|-----|-------|-------|
| 23. | Carolina Porem Henriques <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 1:13.74 | 1:19.44 | 340 | 36.17 | 43.27 |
| 24. | Matilde Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i> | 07 | Naval Setubalense | 1:20.52 | 1:19.78 | 336 | 37.02 | 42.76 |
| 25. | Eduarda Mendes Bugalho <i>FTL (Fora Tempo Limite)</i> | 08 | Estoris | 1:31.76 | 1:21.47 | 315 | 36.89 | 44.58 |
| DNS | Madalena Sampaio Torgal | 05 | Estoris | 1:13.23 | | | | |

Prova 22

Masc., 100m Mariposa

Absolutos

13.03.2022 - 9:08

Resultados

| | | | | | |
|-----------------------|-------|-----------------------|-------|--------------|------|
| Rec Nacional Absoluto | 52.42 | Diogo Filipe Carvalho | CGA | Lisboa | 2009 |
| Rec Regional Absoluto | 52.80 | Simão Gomes Morgado | CNA | Pequim (CHN) | 2008 |
| Rec Regional Sen | 52.80 | Simão Gomes Morgado | CNA | Pequim (CHN) | 2008 |
| Rec Regional Jun 2 | 53.07 | Diogo Matos Ribeiro | SLB | Oeiras | 2021 |
| Rec Regional Jun 1 | 54.77 | Tiago Andre Venancio | CNS | Jamor | 2004 |
| Rec Regional Juv A | 57.23 | Ruy Manuel Domingos | SCP | Oeiras | 2018 |
| Rec Regional Juv B | 57.61 | Diogo Gomes Sousa | CNCVG | Coimbra | 2010 |

TAC - Masc Juv B: 1:11.45; Juv A: 1:09.54; Jun 1: 1:07.04; Jun 2: 1:05.47; Sen: 1:03.91

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|--|---|-----|-----------------------------|----------|----------------|-----|-------|-------|
| Juvenis B | | | | | | | | |
| 1. | Joao Dinis Roque <i>Campeão Regional Juvenis B</i> | 07 | Sporting | 1:06.51 | 1:06.40 | 414 | 31.24 | 35.16 |
| 2. | Daniel Casaca Carvalho | 07 | Vasco da Gama | 1:12.39 | 1:06.52 | 412 | 30.68 | 35.84 |
| 3. | Afonso Jose Fernandes | 07 | Natação e Triatlo de Lisboa | 1:14.71 | 1:08.09 | 384 | 31.45 | 36.64 |
| 4. | Vicente Dias Maia | 07 | Algés | 1:09.73 | 1:09.23 | 365 | 30.98 | 38.25 |
| 5. | Francisco Almeida Pereira <i>FTL (Fora Tempo Limite)</i> | 07 | AONDA - Azeitão | 1:13.65 | 1:11.79 | 327 | 33.16 | 38.63 |
| 6. | Guilherme Matias Sousa <i>FTL (Fora Tempo Limite)</i> | 07 | Gesloures | 1:13.96 | 1:13.33 | 307 | 32.35 | 40.98 |
| DSQ | Hugo Castanheira Rocha | 07 | Natação e Triatlo de Lisboa | 1:14.08 | | | | |
| <i>M30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 8.4)</i> | | | | | | | | |

Juvenis A

| | | | | | | | | |
|-----|--|----|-----------------------|---------|----------------|-----|-------|-------|
| 1. | Pedro Bethlem Tigre <i>Campeão Regional Juvenis A</i> | 06 | Sporting | 1:06.47 | 1:02.02 | 508 | 29.42 | 32.60 |
| 2. | Tiago Almeida Correia | 06 | C N Montijo | 1:03.48 | 1:02.11 | 506 | 29.50 | 32.61 |
| 3. | Tiago Ventura Chao | 06 | Naval Setubalense | 1:05.34 | 1:02.58 | 494 | 29.37 | 33.21 |
| 4. | Diogo Morgado Figueira | 06 | CPCD - Póvoa Sta Iria | 1:02.29 | 1:02.70 | 492 | 29.23 | 33.47 |
| 5. | Manuel Costa Simoes | 06 | União Piedense | 1:06.00 | 1:03.54 | 472 | 29.42 | 34.12 |
| 6. | Joao Almeida Gomes | 06 | Nacional Natação | 1:07.66 | 1:04.83 | 445 | 30.42 | 34.41 |
| 7. | Martim Daniel Torres | 06 | Naval Setubalense | 1:07.39 | 1:05.51 | 431 | 29.97 | 35.54 |
| 8. | Andre Cunha Ribeiro | 06 | Algés | 1:06.30 | 1:05.68 | 428 | 30.20 | 35.48 |
| 9. | Luis Pedro Figueiredo | 06 | Gesloures | 1:04.13 | 1:06.22 | 417 | 30.90 | 35.32 |
| 10. | Pedro Miguel Pimentel | 06 | Gesloures | 1:09.72 | 1:06.38 | 414 | 30.43 | 35.95 |
| 11. | Rodrigo Piteira Maio | 06 | Belenenses | 1:08.10 | 1:07.86 | 388 | 31.68 | 36.18 |
| 12. | Miguel Carlos Arede | 06 | Sporting | 1:13.97 | 1:08.53 | 376 | 30.71 | 37.82 |

Prova 22, Masc., 100m Mariposa

Juniores

| | | | | | | | | |
|-----|---|----|----------------------|---------|----------------|-----|-------|-------|
| 1. | Bernardo Jorge Simoes <i>Campeão Regional Junior</i> | 04 | Vasco da Gama | 56.96 | 59.18 | 585 | 27.96 | 31.22 |
| 2. | Bernardo Victorino Almeida | 04 | Sporting | 59.82 | 1:00.33 | 552 | 28.71 | 31.62 |
| 3. | Miguel Cordeiro Almeida | 05 | Algés | 1:04.67 | 1:00.60 | 545 | 28.06 | 32.54 |
| 4. | Andre Azevedo Baraona | 04 | C N Montijo | 59.38 | 1:00.74 | 541 | 28.19 | 32.55 |
| 5. | Afonso Figueiredo Frasquilho | 04 | Sporting | 1:05.21 | 1:00.76 | 540 | 28.16 | 32.60 |
| 6. | Nick Heinio-Widell | 05 | Algés | 58.00 | 1:00.77 | 540 | 28.51 | 32.26 |
| 7. | Gabriel Carvalho Ferrao | 05 | União Piedense | 58.43 | 1:01.00 | 534 | 27.75 | 33.25 |
| 8. | Tomas Sa Vieira | 04 | Algés | 1:00.08 | 1:01.29 | 526 | 28.87 | 32.42 |
| 9. | Manuel Angelo Pereira | 05 | Sporting | 1:00.56 | 1:01.39 | 524 | 28.79 | 32.60 |
| 10. | Miguel Costa Simoes | 04 | União Piedense | 1:05.47 | 1:01.72 | 515 | 28.33 | 33.39 |
| 11. | Vasco Alves Morgado | 05 | Algés | 1:04.72 | 1:02.02 | 508 | 29.36 | 32.66 |
| 12. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 1:04.14 | 1:04.17 | 459 | 29.74 | 34.43 |
| 13. | Tomas Martins Mira | 04 | Naval Setubalense | 1:04.58 | 1:04.24 | 457 | 29.36 | 34.88 |
| 14. | Afonso Miguel Ribeiro <i>FTL (Fora Tempo Limite)</i> | 04 | Palmela Desporto EEM | 1:05.47 | 1:06.24 | 417 | 29.36 | 36.88 |
| 15. | Artur Mesquita Pires <i>FTL (Fora Tempo Limite)</i> | 05 | Naval Setubalense | 1:14.72 | 1:09.93 | 354 | 31.44 | 38.49 |
| DNS | Tiago Silva Bartolo | 05 | Algés | 1:01.18 | | | | |

Seniores

| | | | | | | | | |
|-----|--|----|-------------------------|---------|----------------|-----|-------|-------|
| 1. | Pedro Andre Santos <i>Campeão Regional Sénior</i> | 94 | Algés | 54.57 | 57.19 | 648 | 26.64 | 30.55 |
| 2. | Vicente Oliveira Gomes | 02 | Sporting | 57.35 | 57.46 | 639 | 26.88 | 30.58 |
| 3. | Diogo Garcez Mateus | 02 | Sporting | 1:00.42 | 59.71 | 569 | 27.71 | 32.00 |
| 4. | Ricardo Saraiva Pires | 98 | Laranjeiro | 59.63 | 1:00.37 | 551 | 28.43 | 31.94 |
| 5. | Ricardo Pinela Ferreira | 01 | Vikings Sports Club | 1:00.85 | 1:00.56 | 546 | 28.48 | 32.08 |
| 6. | Filipe Ferrao Melo | 01 | Naval Setubalense | 1:01.49 | 1:00.89 | 537 | 28.20 | 32.69 |
| 7. | Diogo Carrasco Correia | 95 | Belenenses | 1:01.72 | 1:01.64 | 517 | 28.53 | 33.11 |
| 8. | Jose Paula Carvalho | 98 | Despertarecorde | 1:03.91 | 1:01.75 | 515 | 29.92 | 31.83 |
| 9. | Goncalo Duarte Santos | 00 | Vikings Sports Club | 1:01.22 | 1:02.05 | 507 | 29.44 | 32.61 |
| 10. | Henrique Rodrigues Cruz | 02 | Colegio Int Monte Maior | 1:03.91 | 1:02.24 | 503 | 29.23 | 33.01 |
| 11. | Nuno Miguel Rola | 83 | Belenenses | 1:02.75 | 1:02.58 | 494 | 29.08 | 33.50 |
| 12. | Daniel Alexandre Ascenso | 03 | Geslourses | 1:03.89 | 1:03.20 | 480 | 30.10 | 33.10 |
| 13. | Luis Carlos Correia | 03 | União Piedense | 1:03.08 | 1:03.29 | 478 | 29.20 | 34.09 |
| 14. | Rafael Filipe Nunes | 96 | Vikings Sports Club | 1:03.91 | 1:03.70 | 469 | 29.99 | 33.71 |
| 15. | Rodrigo Serra Farias <i>FTL (Fora Tempo Limite)</i> | 96 | Natação de Lisboa | 1:03.23 | 1:04.45 | 453 | 30.65 | 33.80 |
| 16. | Goncalo Vieira Almeida <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 1:03.99 | 1:04.59 | 450 | 30.04 | 34.55 |
| DNS | David Van Ossenbruggen | 03 | União Piedense | 1:03.91 | | | | |

Absolutos

| | | | | | | | | |
|-----|------------------------------|----|---------------------|---------|----------------|-----|-------|-------|
| 1. | Pedro Andre Santos | 94 | Algés | 54.57 | 57.19 | 648 | 26.64 | 30.55 |
| 2. | Vicente Oliveira Gomes | 02 | Sporting | 57.35 | 57.46 | 639 | 26.88 | 30.58 |
| 3. | Bernardo Jorge Simoes | 04 | Vasco da Gama | 56.96 | 59.18 | 585 | 27.96 | 31.22 |
| 4. | Diogo Garcez Mateus | 02 | Sporting | 1:00.42 | 59.71 | 569 | 27.71 | 32.00 |
| 5. | Bernardo Victorino Almeida | 04 | Sporting | 59.82 | 1:00.33 | 552 | 28.71 | 31.62 |
| 6. | Ricardo Saraiva Pires | 98 | Laranjeiro | 59.63 | 1:00.37 | 551 | 28.43 | 31.94 |
| 7. | Ricardo Pinela Ferreira | 01 | Vikings Sports Club | 1:00.85 | 1:00.56 | 546 | 28.48 | 32.08 |
| 8. | Miguel Cordeiro Almeida | 05 | Algés | 1:04.67 | 1:00.60 | 545 | 28.06 | 32.54 |
| 9. | Andre Azevedo Baraona | 04 | C N Montijo | 59.38 | 1:00.74 | 541 | 28.19 | 32.55 |
| 10. | Afonso Figueiredo Frasquilho | 04 | Sporting | 1:05.21 | 1:00.76 | 540 | 28.16 | 32.60 |
| 11. | Nick Heinio-Widell | 05 | Algés | 58.00 | 1:00.77 | 540 | 28.51 | 32.26 |
| 12. | Filipe Ferrao Melo | 01 | Naval Setubalense | 1:01.49 | 1:00.89 | 537 | 28.20 | 32.69 |
| 13. | Gabriel Carvalho Ferrao | 05 | União Piedense | 58.43 | 1:01.00 | 534 | 27.75 | 33.25 |

Prova 22, Masc., 100m Mariposa, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|--|-----|-----------------------------|----------|----------------|-----|-------|-------|
| 14. | Tomas Sa Vieira | 04 | Algés | 1:00.08 | 1:01.29 | 526 | 28.87 | 32.42 |
| 15. | Manuel Angelo Pereira | 05 | Sporting | 1:00.56 | 1:01.39 | 524 | 28.79 | 32.60 |
| 16. | Diogo Carrasco Correia | 95 | Belenenses | 1:01.72 | 1:01.64 | 517 | 28.53 | 33.11 |
| 17. | Miguel Costa Simoes | 04 | União Piedense | 1:05.47 | 1:01.72 | 515 | 28.33 | 33.39 |
| 18. | Jose Paula Carvalho | 98 | Despertarecorde | 1:03.91 | 1:01.75 | 515 | 29.92 | 31.83 |
| 19. | Vasco Alves Morgado | 05 | Algés | 1:04.72 | 1:02.02 | 508 | 29.36 | 32.66 |
| | Pedro Bethlem Tigre | 06 | Sporting | 1:06.47 | 1:02.02 | 508 | 29.42 | 32.60 |
| 21. | Goncalo Duarte Santos | 00 | Vikings Sports Club | 1:01.22 | 1:02.05 | 507 | 29.44 | 32.61 |
| 22. | Tiago Almeida Correia | 06 | C N Montijo | 1:03.48 | 1:02.11 | 506 | 29.50 | 32.61 |
| 23. | Henrique Rodrigues Cruz | 02 | Colegio Int Monte Maior | 1:03.91 | 1:02.24 | 503 | 29.23 | 33.01 |
| 24. | Nuno Miguel Rola | 83 | Belenenses | 1:02.75 | 1:02.58 | 494 | 29.08 | 33.50 |
| | Tiago Ventura Chao | 06 | Naval Setubalense | 1:05.34 | 1:02.58 | 494 | 29.37 | 33.21 |
| 26. | Diogo Morgado Figueira | 06 | CPCD - Póvoa Sta Iria | 1:02.29 | 1:02.70 | 492 | 29.23 | 33.47 |
| 27. | Daniel Alexandre Ascenso | 03 | Geslours | 1:03.89 | 1:03.20 | 480 | 30.10 | 33.10 |
| 28. | Luis Carlos Correia | 03 | União Piedense | 1:03.08 | 1:03.29 | 478 | 29.20 | 34.09 |
| 29. | Manuel Costa Simoes | 06 | União Piedense | 1:06.00 | 1:03.54 | 472 | 29.42 | 34.12 |
| 30. | Rafael Filipe Nunes | 96 | Vikings Sports Club | 1:03.91 | 1:03.70 | 469 | 29.99 | 33.71 |
| 31. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 1:04.14 | 1:04.17 | 459 | 29.74 | 34.43 |
| 32. | Tomas Martins Mira | 04 | Naval Setubalense | 1:04.58 | 1:04.24 | 457 | 29.36 | 34.88 |
| 33. | Rodrigo Serra Farias | 96 | Natação de Lisboa | 1:03.23 | 1:04.45 | 453 | 30.65 | 33.80 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 34. | Goncalo Vieira Almeida | 03 | União Piedense | 1:03.99 | 1:04.59 | 450 | 30.04 | 34.55 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 35. | Joao Almeida Gomes | 06 | Nacional Natação | 1:07.66 | 1:04.83 | 445 | 30.42 | 34.41 |
| 36. | Martim Daniel Torres | 06 | Naval Setubalense | 1:07.39 | 1:05.51 | 431 | 29.97 | 35.54 |
| 37. | Andre Cunha Ribeiro | 06 | Algés | 1:06.30 | 1:05.68 | 428 | 30.20 | 35.48 |
| 38. | Luis Pedro Figueiredo | 06 | Geslours | 1:04.13 | 1:06.22 | 417 | 30.90 | 35.32 |
| 39. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 1:05.47 | 1:06.24 | 417 | 29.36 | 36.88 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 40. | Pedro Miguel Pimentel | 06 | Geslours | 1:09.72 | 1:06.38 | 414 | 30.43 | 35.95 |
| 41. | Joao Dinis Roque | 07 | Sporting | 1:06.51 | 1:06.40 | 414 | 31.24 | 35.16 |
| 42. | Daniel Casaca Carvalho | 07 | Vasco da Gama | 1:12.39 | 1:06.52 | 412 | 30.68 | 35.84 |
| 43. | Rodrigo Piteira Maio | 06 | Belenenses | 1:08.10 | 1:07.86 | 388 | 31.68 | 36.18 |
| 44. | Afonso Jose Fernandes | 07 | Natação e Triatlo de Lisboa | 1:14.71 | 1:08.09 | 384 | 31.45 | 36.64 |
| 45. | Miguel Carlos Arede | 06 | Sporting | 1:13.97 | 1:08.53 | 376 | 30.71 | 37.82 |
| 46. | Vicente Dias Maia | 07 | Algés | 1:09.73 | 1:09.23 | 365 | 30.98 | 38.25 |
| 47. | Artur Mesquita Pires | 05 | Naval Setubalense | 1:14.72 | 1:09.93 | 354 | 31.44 | 38.49 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 48. | Francisco Almeida Pereira | 07 | AONDA - Azeitão | 1:13.65 | 1:11.79 | 327 | 33.16 | 38.63 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 49. | Guilherme Matias Sousa | 07 | Geslours | 1:13.96 | 1:13.33 | 307 | 32.35 | 40.98 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| DSQ | Hugo Castanheira Rocha | 07 | Natação e Triatlo de Lisboa | 1:14.08 | | | | |
| | <i>M30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 8.4)</i> | | | | | | | |
| DNS | Tiago Silva Bartolo | 05 | Algés | 1:01.18 | | | | |
| DNS | David Van Ossenbruggen | 03 | União Piedense | 1:03.91 | | | | |

Prova 23 Femin., 200m Braços
13.03.2022 - 9:20 Absolutos Resultados

| | | | | | |
|-----------------------|---------|----------------------|--------|----------------|------|
| Rec Nacional Absoluto | 2:25.67 | Victoria Kaminskaya | SLB | Gwangju (KOR) | 2019 |
| Rec Regional Absoluto | 2:25.67 | Victoria Kaminskaya | SLB | Gwangju (KOR) | 2019 |
| Rec Regional Sen | 2:25.67 | Victoria Kaminskaya | SLB | Gwangju (KOR) | 2019 |
| Rec Regional Jun 2 | 2:29.23 | Raquel Gomes Pereira | SAD | Coimbra | 2017 |
| Rec Regional Jun 1 | 2:29.51 | Diana Duarte Gomes | INDANL | Budapest (HUN) | 2005 |
| Rec Regional Juv A | 2:31.32 | Diana Duarte Gomes | ABVE | Mulhouse (FRA) | 2004 |
| Rec Regional Juv B | 2:36.98 | Diana Duarte Gomes | CNA | Paris (FRA) | 2003 |

TAC - Fem Juv B: 3:18.71; Juv A: 3:13.25; Jun 2: 3:06.07; Jun 1: 3:07.88; Sen: 3:05.17

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|------|------|
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|------|------|

Juvenis B

| | | | | | | | | | | |
|----|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Matilde Militao Guerra <i>Campeã Regional Juvenil B</i> | 08 | ADRCIMM | 2:55.66 | 2:54.97 | 502 | 39.56 | 44.21 | 45.44 | 45.76 |
| 2. | Constanca Santos Ferreira | 08 | SAD | 3:18.71 | 3:04.34 | 429 | 42.02 | 46.83 | 47.88 | 47.61 |
| 3. | Emilly Gabrieli Santos | 08 | CNATRIL | 3:10.25 | 3:08.69 | 400 | 42.33 | 47.41 | 49.70 | 49.25 |
| 4. | Yasmin Ruth Bexigas | 08 | GESL | 3:16.39 | 3:13.20 | 373 | 42.43 | 48.51 | 51.79 | 50.47 |
| 5. | Marta Oliveira Ferreira | 08 | CNCVG | 3:12.44 | 3:14.08 | 368 | 44.00 | 49.02 | 50.19 | 50.87 |
| 6. | Teresa Bonita Oliveira <i>FTL (Fora Tempo Limite)</i> | 08 | CNS | 3:18.05 | 3:18.72 | 343 | 44.06 | 50.68 | 52.61 | 51.37 |
| 7. | Marta Matos Laranjeira <i>FTL (Fora Tempo Limite)</i> | 08 | AEFDTV | 3:15.13 | 3:19.65 | 338 | 43.20 | 50.47 | 52.70 | 53.28 |
| 8. | Mariana Filipa Guedes <i>FTL (Fora Tempo Limite)</i> | 08 | SCP | 3:17.44 | 3:20.09 | 336 | 44.48 | 51.17 | 52.07 | 52.37 |

Juvenis A

| | | | | | | | | | | |
|----|--|----|-----|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Alice Gomes Durao <i>Campeã Regional Juvenil A</i> | 07 | SLB | 3:00.73 | 3:03.18 | 437 | 42.25 | 47.57 | 47.33 | 46.03 |
| 2. | Beatriz Santos Pinto <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 3:12.17 | 3:18.45 | 344 | 43.38 | 49.39 | 52.44 | 53.24 |

Juniores

| | | | | | | | | | | |
|-----|--|----|-----|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Rebeca Leonor Antunes <i>Campeã Regional Junior</i> | 06 | SAD | 2:45.26 | 2:45.01 | 599 | 36.45 | 42.67 | 43.60 | 42.29 |
| 2. | Maria Teresa Fernandes | 05 | SAD | 2:52.89 | 2:57.88 | 478 | 39.96 | 45.18 | 46.72 | 46.02 |
| 3. | Matilde Aparicio Pereira | 06 | CNA | 3:04.36 | 3:04.86 | 426 | 40.87 | 47.06 | 48.18 | 48.75 |
| DNS | Madalena Correa Sa | 06 | SLB | 2:51.53 | | | | | | |

Seniores

| | | | | | | | | | | |
|----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Catarina Costa Sequeira <i>Campeã Regional Sénior</i> | 98 | CNLX | 2:51.89 | 2:43.25 | 618 | 36.32 | 40.77 | 42.14 | 44.02 |
| 2. | Natacha Sofia Silva | 02 | SLB | 2:53.29 | 2:55.16 | 500 | 39.48 | 44.03 | 45.80 | 45.85 |
| 3. | Aleksandra Bozanic Borcic | 04 | SAD | 2:56.20 | 2:58.70 | 471 | 40.62 | 46.06 | 45.99 | 46.03 |
| 4. | Manoella Saad Barbosa | 02 | CNLX | 3:05.17 | 3:01.91 | 447 | 40.08 | 46.27 | 48.00 | 47.56 |
| 5. | Marta Pereira Domingos | 04 | SFUAP | 2:53.29 | 3:03.29 | 437 | 40.25 | 46.77 | 48.08 | 48.19 |

Prova 23, Femin., 200m Bruços

Absolutos

| | | | | | | | | | |
|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. Catarina Costa Sequeira | 98 | CNLX | 2:51.89 | 2:43.25 | 618 | 36.32 | 40.77 | 42.14 | 44.02 |
| 2. Rebeca Leonor Antunes | 06 | SAD | 2:45.26 | 2:45.01 | 599 | 36.45 | 42.67 | 43.60 | 42.29 |
| 3. Matilde Militao Guerra | 08 | ADRCIMM | 2:55.66 | 2:54.97 | 502 | 39.56 | 44.21 | 45.44 | 45.76 |
| 4. Natacha Sofia Silva | 02 | SLB | 2:53.29 | 2:55.16 | 500 | 39.48 | 44.03 | 45.80 | 45.85 |
| 5. Maria Teresa Fernandes | 05 | SAD | 2:52.89 | 2:57.88 | 478 | 39.96 | 45.18 | 46.72 | 46.02 |
| 6. Aleksandra Bozanic Borcic | 04 | SAD | 2:56.20 | 2:58.70 | 471 | 40.62 | 46.06 | 45.99 | 46.03 |
| 7. Manoella Saad Barbosa | 02 | CNLX | 3:05.17 | 3:01.91 | 447 | 40.08 | 46.27 | 48.00 | 47.56 |
| 8. Alice Gomes Durao | 07 | SLB | 3:00.73 | 3:03.18 | 437 | 42.25 | 47.57 | 47.33 | 46.03 |
| 9. Marta Pereira Domingos | 04 | SFUAP | 2:53.29 | 3:03.29 | 437 | 40.25 | 46.77 | 48.08 | 48.19 |
| 10. Constanca Santos Ferreira | 08 | SAD | 3:18.71 | 3:04.34 | 429 | 42.02 | 46.83 | 47.88 | 47.61 |
| 11. Matilde Aparicio Pereira | 06 | CNA | 3:04.36 | 3:04.86 | 426 | 40.87 | 47.06 | 48.18 | 48.75 |
| 12. Emilly Gabrieli Santos | 08 | CNATRIL | 3:10.25 | 3:08.69 | 400 | 42.33 | 47.41 | 49.70 | 49.25 |
| 13. Yasmin Ruth Bexigas | 08 | GESL | 3:16.39 | 3:13.20 | 373 | 42.43 | 48.51 | 51.79 | 50.47 |
| 14. Marta Oliveira Ferreira | 08 | CNCVG | 3:12.44 | 3:14.08 | 368 | 44.00 | 49.02 | 50.19 | 50.87 |
| 15. Beatriz Santos Pinto <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 3:12.17 | 3:18.45 | 344 | 43.38 | 49.39 | 52.44 | 53.24 |
| 16. Teresa Bonita Oliveira <i>FTL (Fora Tempo Limite)</i> | 08 | CNS | 3:18.05 | 3:18.72 | 343 | 44.06 | 50.68 | 52.61 | 51.37 |
| 17. Marta Matos Laranjeira <i>FTL (Fora Tempo Limite)</i> | 08 | AEFDTV | 3:15.13 | 3:19.65 | 338 | 43.20 | 50.47 | 52.70 | 53.28 |
| 18. Mariana Filipa Guedes <i>FTL (Fora Tempo Limite)</i> | 08 | SCP | 3:17.44 | 3:20.09 | 336 | 44.48 | 51.17 | 52.07 | 52.37 |
| DNS Madalena Correa Sa | 06 | SLB | 2:51.53 | | | | | | |

Prova 24

13.03.2022 - 9:32

Masc., 200m Bruços

Absolutos

Resultados

| | | | | | |
|-----------------------|---------|------------------------|------|-----------------|------|
| Rec Nacional Absoluto | 2:13.21 | Carlos Esteves Almeida | FPN | Barcelona (ESP) | 2013 |
| Rec Regional Absoluto | 2:13.34 | Carlos Esteves Almeida | CNA | Pequim (CHN) | 2008 |
| Rec Regional Sen | 2:13.34 | Carlos Esteves Almeida | CNA | Pequim (CHN) | 2008 |
| Rec Regional Jun 2 | 2:15.99 | Andre Miguel Silva | PDEM | Faro | 2009 |
| Rec Regional Jun 1 | 2:19.82 | Pedro Miguel Agostinho | SLB | Coimbra | 2009 |
| Rec Regional Juv A | 2:23.94 | André Miguel Silva | PDEM | Coimbra | 2007 |
| Rec Regional Juv B | 2:24.15 | Andre Miguel Silva | PDEM | Loule | 2006 |

TAC - Masc Juv B: 2:57.14; Juv A: 2:53.92; Jun 1: 2:47.55; Jun 2: 2:45.17; Sen: 2:41.97

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Dinis Silva Lopes <i>Campeão Regional Juvenis B</i> | 07 | SAD | 2:52.24 | 2:49.34 | 413 | 38.08 | 43.59 | 43.56 | 44.11 |
| 2. | Afonso Jose Fernandes | 07 | CNATRIL | 2:56.90 | 2:53.48 | 384 | 38.58 | 44.22 | 44.96 | 45.72 |
| 3. | Daniel Ionas | 07 | CNA | 2:45.35 | 2:55.79 | 369 | 39.70 | 44.93 | 44.94 | 46.22 |
| Juvenis A | | | | | | | | | | |
| 1. | Kaio Araujo Faftine <i>Campeão Regional Juvenis A</i> | 06 | SCP | 2:53.92 | 2:37.44 | 514 | 36.18 | 40.76 | 42.13 | 38.37 |
| 2. | Andre Correia Alves | 06 | SFUAP | 2:53.92 | 2:49.64 | 410 | 37.96 | 43.48 | 43.85 | 44.35 |
| 3. | Miguel Guilherme Sousa <i>FTL (Fora Tempo Limite)</i> | 06 | SCP | 2:52.48 | 2:56.66 | 363 | 40.34 | 44.99 | 45.95 | 45.38 |

Prova 24, Masc., 200m Bruços

Juniores

| | | | | | | | | | | |
|-----|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Joao Lourenco Rebelo | 04 | SAD | 2:21.63 | 2:29.65 | 598 | 33.58 | 38.19 | 38.29 | 39.59 |
| | <i>Campeão Regional Junior</i> | | | | | | | | | |
| 2. | Goncalo Duarte Carvalho | 05 | SLB | 2:35.28 | 2:32.54 | 565 | 35.09 | 39.28 | 39.08 | 39.09 |
| 3. | Tomas Almeida Cordeiro | 05 | SAD | 2:34.07 | 2:37.02 | 518 | 35.07 | 39.36 | 40.35 | 42.24 |
| 4. | Goncalo Ramos Costa | 05 | CPCD | 2:37.36 | 2:39.99 | 489 | 35.07 | 40.75 | 41.26 | 42.91 |
| 5. | Tiago Miguel Trombinhas | 04 | ADRCIMM | 2:39.91 | 2:41.24 | 478 | 35.57 | 40.45 | 41.96 | 43.26 |
| 6. | Francisc Gututui | 05 | SAD | 2:39.72 | 2:45.50 | 442 | 37.81 | 41.53 | 42.94 | 43.22 |
| 7. | Henrique Maria Batista | 05 | SAD | 2:46.31 | 2:53.83 | 381 | 37.87 | 43.72 | 45.87 | 46.37 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| DSQ | Antonio Lombardi Carvalho | 04 | SCP | 2:29.55 | 2:42.40 | | 35.75 | 41.09 | 42.31 | 43.25 |
| | <i>B11 - Efectuou pernada/pernadas de golfinho durante o percurso (SW 7.5)</i> | | | | | | | | | |

Seniores

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Hugo Pon | 98 | SAD | 2:25.12 | 2:25.73 | 648 | 33.73 | 36.84 | 37.27 | 37.89 |
| | <i>Campeão Regional Sénior</i> | | | | | | | | | |
| 2. | Diogo Garcez Mateus | 02 | SCP | 2:29.16 | 2:28.60 | 611 | 33.20 | 38.16 | 39.03 | 38.21 |
| 3. | Joao Manuel Vargas | 00 | SLB | 2:27.59 | 2:30.62 | 587 | 34.07 | 38.80 | 38.16 | 39.59 |
| 4. | Daniel Nogueira Catalao | 00 | SLB | 2:30.69 | 2:32.86 | 561 | 33.99 | 38.30 | 39.13 | 41.44 |
| 5. | Francisco Lopes Afonso | 03 | SAD | 2:28.05 | 2:33.24 | 557 | 35.18 | 38.53 | 39.93 | 39.60 |
| 6. | Ricardo Martins Bras | 01 | VKGS | 2:28.63 | 2:36.24 | 525 | 34.94 | 40.23 | 40.63 | 40.44 |
| 7. | Guilherme Matias Cristino | 03 | SFUAP | 2:31.58 | 2:39.49 | 494 | 36.16 | 40.60 | 40.83 | 41.90 |
| DSQ | Bruno Miguel Ramos | 97 | CFB | 2:41.97 | | | | | | |
| | <i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i> | | | | | | | | | |
| DNS | João Costa Fonseca | 00 | CNLX | 2:28.14 | | | | | | |

Absolutos

| | | | | | | | | | | |
|-----|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Hugo Pon | 98 | SAD | 2:25.12 | 2:25.73 | 648 | 33.73 | 36.84 | 37.27 | 37.89 |
| 2. | Diogo Garcez Mateus | 02 | SCP | 2:29.16 | 2:28.60 | 611 | 33.20 | 38.16 | 39.03 | 38.21 |
| 3. | Joao Lourenco Rebelo | 04 | SAD | 2:21.63 | 2:29.65 | 598 | 33.58 | 38.19 | 38.29 | 39.59 |
| 4. | Joao Manuel Vargas | 00 | SLB | 2:27.59 | 2:30.62 | 587 | 34.07 | 38.80 | 38.16 | 39.59 |
| 5. | Goncalo Duarte Carvalho | 05 | SLB | 2:35.28 | 2:32.54 | 565 | 35.09 | 39.28 | 39.08 | 39.09 |
| 6. | Daniel Nogueira Catalao | 00 | SLB | 2:30.69 | 2:32.86 | 561 | 33.99 | 38.30 | 39.13 | 41.44 |
| 7. | Francisco Lopes Afonso | 03 | SAD | 2:28.05 | 2:33.24 | 557 | 35.18 | 38.53 | 39.93 | 39.60 |
| 8. | Ricardo Martins Bras | 01 | VKGS | 2:28.63 | 2:36.24 | 525 | 34.94 | 40.23 | 40.63 | 40.44 |
| 9. | Tomas Almeida Cordeiro | 05 | SAD | 2:34.07 | 2:37.02 | 518 | 35.07 | 39.36 | 40.35 | 42.24 |
| 10. | Kaio Araujo Faftine | 06 | SCP | 2:53.92 | 2:37.44 | 514 | 36.18 | 40.76 | 42.13 | 38.37 |
| 11. | Guilherme Matias Cristino | 03 | SFUAP | 2:31.58 | 2:39.49 | 494 | 36.16 | 40.60 | 40.83 | 41.90 |
| 12. | Goncalo Ramos Costa | 05 | CPCD | 2:37.36 | 2:39.99 | 489 | 35.07 | 40.75 | 41.26 | 42.91 |
| 13. | Tiago Miguel Trombinhas | 04 | ADRCIMM | 2:39.91 | 2:41.24 | 478 | 35.57 | 40.45 | 41.96 | 43.26 |
| 14. | Francisc Gututui | 05 | SAD | 2:39.72 | 2:45.50 | 442 | 37.81 | 41.53 | 42.94 | 43.22 |
| 15. | Dinis Silva Lopes | 07 | SAD | 2:52.24 | 2:49.34 | 413 | 38.08 | 43.59 | 43.56 | 44.11 |
| 16. | Andre Correia Alves | 06 | SFUAP | 2:53.92 | 2:49.64 | 410 | 37.96 | 43.48 | 43.85 | 44.35 |
| 17. | Afonso Jose Fernandes | 07 | CNATRIL | 2:56.90 | 2:53.48 | 384 | 38.58 | 44.22 | 44.96 | 45.72 |
| 18. | Henrique Maria Batista | 05 | SAD | 2:46.31 | 2:53.83 | 381 | 37.87 | 43.72 | 45.87 | 46.37 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 19. | Daniel Ionas | 07 | CNA | 2:45.35 | 2:55.79 | 369 | 39.70 | 44.93 | 44.94 | 46.22 |
| 20. | Miguel Guilherme Sousa | 06 | SCP | 2:52.48 | 2:56.66 | 363 | 40.34 | 44.99 | 45.95 | 45.38 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| DSQ | Bruno Miguel Ramos | 97 | CFB | 2:41.97 | | | | | | |
| | <i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i> | | | | | | | | | |
| DSQ | Antonio Lombardi Carvalho | 04 | SCP | 2:29.55 | 2:42.40 | | 35.75 | 41.09 | 42.31 | 43.25 |
| | <i>B11 - Efectuou pernada/pernadas de golfinho durante o percurso (SW 7.5)</i> | | | | | | | | | |
| DNS | João Costa Fonseca | 00 | CNLX | 2:28.14 | | | | | | |

Prova 25
13.03.2022 - 10:02

Femin., 50m Livres

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|--------------------------|-----|-------------|------|
| Rec Nacional Absoluto | 25.56 | Ana Pinho Rodrigues | ADS | Funchal | 2019 |
| Rec Regional Absoluto | 25.73 | Patricia Vilas Conceicao | CNA | Oeiras | 2012 |
| Rec Regional Sen | 25.73 | Patricia Vilas Conceicao | CNA | Oeiras | 2012 |
| Rec Regional Sen | 25.73 | Patricia Vilas Conceicao | CNA | Oeiras | 2012 |
| Rec Regional Jun 2 | 26.79 | Ana Reis Sousa | SAD | Coimbra | 2019 |
| Rec Regional Jun 1 | 26.97 | Isabel Pinto Abreu | CFB | Coimbra | 2012 |
| Rec Regional Juv A | 26.78 | Maria Gomes Pereira | SAD | Coimbra | 2019 |
| Rec Regional Juv B | 27.41 | Harrieth Larcher Smith | CFB | Paris (FRA) | 2003 |

TAC - Fem Juv B: 31.62; Juv A: 31.62; Jun 2: 31.30; Jun 1: 31.62; Sen: 31.15

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|--|-----|-------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Carolina Fernandes Rodrigues <i>Campeã Regional Juvenil B</i> | 08 | Soc.Filarmónica União A. Piedense | 29.50 | 29.29 | 527 |
| 2. | Beatriz Alexandra Rolim | 08 | Soc.Filarmónica União A. Piedense | 30.03 | 29.80 | 501 |
| 3. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 30.13 | 30.27 | 478 |
| 4. | Patricia Subtil Henriques | 08 | Geslours - Gestão Equipamentos E.M. | 30.36 | 30.71 | 457 |
| 5. | Leonor Serrao Nascimento | 08 | Sport Alges e Dafundo | 31.11 | 31.24 | 434 |
| 6. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 31.17 | 31.31 | 432 |
| 7. | Yasmin Ruth Bexigas <i>FTL (Fora Tempo Limite)</i> | 08 | Geslours - Gestão Equipamentos E.M. | 31.48 | 31.80 | 412 |
| 8. | Maia Bekauri <i>FTL (Fora Tempo Limite)</i> | 08 | Clube Oriental de Lisboa | 31.82 | 31.84 | 410 |
| 9. | Marta Oliveira Ferreira <i>FTL (Fora Tempo Limite)</i> | 08 | Clube Natacao Colegio Vasco da Gama | 33.73 | 33.62 | 348 |
| 10. | Carolina Duarte Namora <i>FTL (Fora Tempo Limite)</i> | 08 | Soc.Filarmónica União A. Piedense | 37.32 | 33.84 | 342 |
| DNS | Francisca Ribeiro Farinha | 08 | Clube Natação de Lisboa | 31.62 | | |

Juvenis A

| | | | | | | |
|-----|---|----|-------------------------------------|-------|--------------|-----|
| 1. | Leonor Peso Parente <i>Campeã Regional Juvenil A</i> | 07 | Palmela Desporto EEM | 27.65 | 28.29 | 585 |
| 2. | Sara Sofia Alves | 07 | Clube Naval Setubalense | 30.68 | 30.03 | 489 |
| 3. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 31.67 | 30.25 | 479 |
| 4. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 30.32 | 30.57 | 464 |
| 5. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 30.40 | 30.94 | 447 |
| 6. | Ana Madalena Simoes | 07 | Geslours - Gestão Equipamentos E.M. | 30.24 | 31.04 | 443 |
| 7. | Marta Filipa Cruz | 07 | Clube de Instr e Rec do Laranjeiro | 30.77 | 31.32 | 431 |
| 8. | Marta Nascimento Ribeiro | 07 | Clube Natação e Triatlo de Lisboa | 31.56 | 31.48 | 425 |
| 9. | Ines Azevedo Baraona <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao do Montijo | 31.75 | 31.70 | 416 |
| 10. | Daniela Pereira Silva <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Oriental de Lisboa | 34.63 | 33.35 | 357 |
| 11. | Vitoria Maria Brandao <i>FTL (Fora Tempo Limite)</i> | 07 | Fundacao Salesianos | 34.77 | 35.62 | 293 |

Prova 25, Femin., 50m Livres

Juniores

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Ines Correia Teixeira <i>Campeã Regional Junior</i> | 06 | Clube Natacao da Amadora | 27.92 | 28.61 | 566 |
| 2. | Carolina Fonseca Gomes | 05 | Sporting Clube de Portugal | 28.65 | 29.25 | 529 |
| 3. | Iris Pereira Carrao | 05 | Clube de Instr e Rec do Laranjeiro | 29.66 | 29.35 | 524 |
| 4. | Soraia Maria Salgado | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 29.16 | 29.49 | 517 |
| 5. | Madalena Graça Dias | 06 | Clube Natação de Lisboa | 29.19 | 29.61 | 510 |
| 6. | Maria Pinto Monteiro | 06 | Soc.Filarmónica União A. Piedense | 29.12 | 29.80 | 501 |
| 7. | Margarida Barbara Marques | 06 | Sport Alges e Dafundo | 29.71 | 29.99 | 491 |
| 8. | Neuza Velho Magalhaes | 05 | Sport Alges e Dafundo | 31.30 | 30.03 | 489 |
| 9. | Rita Borges Silva | 06 | Gesloures - Gestão Equipamentos E.M. | 30.84 | 30.88 | 450 |
| 10. | Mafalda Mourao Lopes | 06 | Centro Popular de Cultura e Desporto | 31.61 | 31.10 | 440 |
| 11. | Marina Alexandra Oliveira <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Naval Setubalense | 31.27 | 31.68 | 417 |
| 12. | Carolina Alexandra Silva <i>FTL (Fora Tempo Limite)</i> | 05 | Despertarecorde | 31.25 | 31.82 | 411 |
| 13. | Sara Lagorsse Caldas <i>FTL (Fora Tempo Limite)</i> | 06 | Fundacao Salesianos | 32.21 | 32.41 | 389 |

Seniores

| | | | | | | |
|-----|---|----------|---|----------------|------------------------------|------------|
| 1. | Ema Jeronimo Conceicao <i>Campeã Regional Sénior</i> | 03 | Assoc Ed. Fisica Desp. Torres Vedras | 27.06 | 27.39 | 645 |
| 2. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 27.92 | 28.01 | 603 |
| 3. | Maria Joao Freitas | 97 | Soc.Filarmónica União A. Piedense | 28.25 | 28.38 | 580 |
| 4. | Anna Fomina | 02 | Louletano Desportos Clube | 27.75 | 28.40 | 578 |
| 5. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 27.82 | 28.60 | 566 |
| 6. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 28.26 | 28.85 | 552 |
| 7. | Maria Jardim Fidalgo Leonor Maria Neves | 04 03 | Clube Natacao Colegio Vasco da Gama Centro Popular de Cultura e Desporto | 29.07 28.91 | 29.62 29.62 | 510 510 |
| 9. | Maria Ornelas Armas | 98 | Vikings Sports Club | 30.27 | 29.77 | 502 |
| 10. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 31.15 | 29.96 | 493 |
| 11. | Ana Margarida Soares | 03 | Clube Naval Setubalense | 29.16 | 30.05 | 488 |
| 12. | Francisca Razina Oliveira | 03 | Soc.Filarmónica União A. Piedense | 30.94 | 30.32 | 475 |
| 13. | Catarina Trigo Ferreira | 02 | Clube Natação de Lisboa | 30.09 | 30.45 | 469 |
| 14. | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 29.99 | 30.76 | 455 |
| 15. | Maria Freire Alves | 04 | Assoc Hum dos Bombeiros dos Estoris | 32.02 | 30.79 | 454 |
| 16. | Ana Burguete Tavares | 00 | Fundacao Salesianos | 30.25 | 30.97 | 446 |
| 17. | Ana Fernandes Costa <i>FTL (Fora Tempo Limite)</i> | 00 | Clube Natacao do Montijo | 31.34 | 32.21 | 396 |
| DNS | Rita Fernandes Leitão | 96 | Clube Natação de Lisboa | 28.74 | | |

Absolutos

| | | | | | | |
|-----|--|----------|---|----------------|------------------------------|------------|
| 1. | Ema Jeronimo Conceicao | 03 | Assoc Ed. Fisica Desp. Torres Vedras | 27.06 | 27.39 | 645 |
| 2. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 27.92 | 28.01 | 603 |
| 3. | Leonor Peso Parente | 07 | Palmela Desporto EEM | 27.65 | 28.29 | 585 |
| 4. | Maria Joao Freitas | 97 | Soc.Filarmónica União A. Piedense | 28.25 | 28.38 | 580 |
| 5. | Anna Fomina | 02 | Louletano Desportos Clube | 27.75 | 28.40 | 578 |
| 6. | Sofia Alexandra Nunes | 00 | Clube de Instr e Rec do Laranjeiro | 27.82 | 28.60 | 566 |
| 7. | Ines Correia Teixeira | 06 | Clube Natacao da Amadora | 27.92 | 28.61 | 566 |
| 8. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 28.26 | 28.85 | 552 |
| 9. | Carolina Fonseca Gomes | 05 | Sporting Clube de Portugal | 28.65 | 29.25 | 529 |
| 10. | Carolina Fernandes Rodrigues | 08 | Soc.Filarmónica União A. Piedense | 29.50 | 29.29 | 527 |
| 11. | Iris Pereira Carrao | 05 | Clube de Instr e Rec do Laranjeiro | 29.66 | 29.35 | 524 |
| 12. | Soraia Maria Salgado | 05 | Assoc Ed. Fisica Desp. Torres Vedras | 29.16 | 29.49 | 517 |
| 13. | Madalena Graça Dias | 06 | Clube Natação de Lisboa | 29.19 | 29.61 | 510 |
| 14. | Maria Jardim Fidalgo Leonor Maria Neves | 04 03 | Clube Natacao Colegio Vasco da Gama Centro Popular de Cultura e Desporto | 29.07 28.91 | 29.62 29.62 | 510 510 |
| 16. | Maria Ornelas Armas | 98 | Vikings Sports Club | 30.27 | 29.77 | 502 |

Prova 25, Femin., 50m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|-----|--------------------------------------|----------|--------------|-----|
| 17. | Maria Pinto Monteiro | 06 | Soc.Filarmónica União A. Piedense | 29.12 | 29.80 | 501 |
| | Beatriz Alexandra Rolim | 08 | Soc.Filarmónica União A. Piedense | 30.03 | 29.80 | 501 |
| 19. | Madalena Rodrigues Tome | 03 | Assoc Hum dos Bombeiros dos Estoris | 31.15 | 29.96 | 493 |
| 20. | Margarida Barbara Marques | 06 | Sport Alges e Dafundo | 29.71 | 29.99 | 491 |
| 21. | Sara Sofia Alves | 07 | Clube Naval Setubalense | 30.68 | 30.03 | 489 |
| | Neuza Velho Magalhaes | 05 | Sport Alges e Dafundo | 31.30 | 30.03 | 489 |
| 23. | Ana Margarida Soares | 03 | Clube Naval Setubalense | 29.16 | 30.05 | 488 |
| 24. | Rita Sacadura Almeida | 07 | Sport Alges e Dafundo | 31.67 | 30.25 | 479 |
| 25. | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 30.13 | 30.27 | 478 |
| 26. | Francisca Razina Oliveira | 03 | Soc.Filarmónica União A. Piedense | 30.94 | 30.32 | 475 |
| 27. | Catarina Trigo Ferreira | 02 | Clube Natação de Lisboa | 30.09 | 30.45 | 469 |
| 28. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 30.32 | 30.57 | 464 |
| 29. | Patricia Subtil Henriques | 08 | Gesloures - Gestão Equipamentos E.M. | 30.36 | 30.71 | 457 |
| 30. | Soraia Guerra Rolim | 95 | Clube de Instr e Rec do Laranjeiro | 29.99 | 30.76 | 455 |
| 31. | Maria Freire Alves | 04 | Assoc Hum dos Bombeiros dos Estoris | 32.02 | 30.79 | 454 |
| 32. | Rita Borges Silva | 06 | Gesloures - Gestão Equipamentos E.M. | 30.84 | 30.88 | 450 |
| 33. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 30.40 | 30.94 | 447 |
| 34. | Ana Burguete Tavares | 00 | Fundacao Salesianos | 30.25 | 30.97 | 446 |
| 35. | Ana Madalena Simoes | 07 | Gesloures - Gestão Equipamentos E.M. | 30.24 | 31.04 | 443 |
| 36. | Mafalda Mourao Lopes | 06 | Centro Popular de Cultura e Desporto | 31.61 | 31.10 | 440 |
| 37. | Leonor Serrao Nascimento | 08 | Sport Alges e Dafundo | 31.11 | 31.24 | 434 |
| 38. | Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 31.17 | 31.31 | 432 |
| 39. | Marta Filipa Cruz | 07 | Clube de Instr e Rec do Laranjeiro | 30.77 | 31.32 | 431 |
| 40. | Marta Nascimento Ribeiro | 07 | Clube Natação e Triatlo de Lisboa | 31.56 | 31.48 | 425 |
| 41. | Marina Alexandra Oliveira FTL (Fora Tempo Limite) | 06 | Clube Naval Setubalense | 31.27 | 31.68 | 417 |
| 42. | Ines Azevedo Baraona FTL (Fora Tempo Limite) | 07 | Clube Natacao do Montijo | 31.75 | 31.70 | 416 |
| 43. | Yasmin Ruth Bexigas FTL (Fora Tempo Limite) | 08 | Gesloures - Gestão Equipamentos E.M. | 31.48 | 31.80 | 412 |
| 44. | Carolina Alexandra Silva FTL (Fora Tempo Limite) | 05 | Despertarecorde | 31.25 | 31.82 | 411 |
| 45. | Maia Bekauri FTL (Fora Tempo Limite) | 08 | Clube Oriental de Lisboa | 31.82 | 31.84 | 410 |
| 46. | Ana Fernandes Costa FTL (Fora Tempo Limite) | 00 | Clube Natacao do Montijo | 31.34 | 32.21 | 396 |
| 47. | Sara Lagorsse Caldas FTL (Fora Tempo Limite) | 06 | Fundacao Salesianos | 32.21 | 32.41 | 389 |
| 48. | Daniela Pereira Silva FTL (Fora Tempo Limite) | 07 | Clube Oriental de Lisboa | 34.63 | 33.35 | 357 |
| 49. | Marta Oliveira Ferreira FTL (Fora Tempo Limite) | 08 | Clube Natacao Colegio Vasco da Gama | 33.73 | 33.62 | 348 |
| 50. | Carolina Duarte Namora FTL (Fora Tempo Limite) | 08 | Soc.Filarmónica União A. Piedense | 37.32 | 33.84 | 342 |
| 51. | Vitoria Maria Brandao FTL (Fora Tempo Limite) | 07 | Fundacao Salesianos | 34.77 | 35.62 | 293 |
| DNS | Rita Fernandes Leitão | 96 | Clube Natação de Lisboa | 28.74 | | |
| DNS | Francisca Ribeiro Farinha | 08 | Clube Natação de Lisboa | 31.62 | | |

Prova 26
13.03.2022 - 10:10

Masc., 50m Livres

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|--------------------------|-----|----------------|------|
| Rec Nacional Absoluto | 22.16 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Absoluto | 22.16 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Sen | 22.16 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Jun 2 | 23.11 | Tiago Andre Venancio | CNS | Budapest (HUN) | 2005 |
| Rec Regional Jun 1 | 22.95 | Tiago André Venâncio | CNS | Lisboa | 2004 |
| Rec Regional Juv A | 23.78 | Tiago André Venâncio | CNS | Paris (FRA) | 2003 |
| Rec Regional Juv B | 24.68 | Tiago André Venâncio | CNS | | 2002 |

TAC - Masc Juv B: 27.97; Juv A: 27.97; Jun 1: 27.97; Jun 2: 27.57; Sen: 27.03

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|-----|--------------------------------------|----------|--------------|-----|
| Juvenis B | | | | | | |
| 1. | Andre Miguel Ramos <i>Campeão Regional Juvenis B</i> | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 26.35 | 26.12 | 513 |
| 2. | Joao Pedro Carapinha | 07 | Soc.Filarmónica União A. Piedense | 29.91 | 26.75 | 477 |
| 3. | Rafael Pacheco Godinho | 07 | Sporting Clube de Portugal | 29.80 | 27.03 | 462 |
| 4. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 27.25 | 27.12 | 458 |
| 5. | Caio Salgado Medeiros | 07 | Sport Alges e Dafundo | 28.67 | 27.48 | 440 |
| 6. | Axel Guedes Asmar | 07 | Sporting Clube de Portugal | 28.45 | 27.55 | 437 |
| 7. | Lourenco Lopes Silva <i>FTL (Fora Tempo Limite)</i> | 07 | Soc.Filarmónica União A. Piedense | 30.45 | 28.02 | 415 |

Juvenis A

| | | | | | | |
|-----|---|----|--------------------------------------|-------|--------------|-----|
| 1. | Miguel Mera Herrero <i>Campeão Regional Juvenis A</i> | 06 | Sporting Clube de Portugal | 27.61 | 26.36 | 499 |
| 2. | Pedro Goncalves Bonnin | 06 | Gesloures - Gestão Equipamentos E.M. | 26.47 | 26.62 | 484 |
| 3. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 27.70 | 27.09 | 459 |
| 4. | Tiago Nunes Silva | 06 | Centro Popular de Cultura e Desporto | 27.67 | 27.15 | 456 |
| 5. | Afonso Silva Carvalho | 06 | ADR Colegio Int Monte Maior | 26.82 | 27.25 | 451 |
| 6. | Simao Barros Morao | 06 | Sport Alges e Dafundo | 28.61 | 27.36 | 446 |
| 7. | Luis Pedro Figueiredo | 06 | Gesloures - Gestão Equipamentos E.M. | 27.45 | 27.49 | 440 |
| 8. | Martim Daniel Torres | 06 | Clube Naval Setubalense | 27.05 | 27.52 | 438 |
| 9. | Martim Barata Antunes | 06 | Sport Lisboa e Benfica | 28.05 | 27.71 | 429 |
| 10. | Goncalo Albino Ramos <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Naval Setubalense | 30.39 | 28.27 | 404 |
| 11. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | Soc.Filarmónica União A. Piedense | 29.54 | 28.68 | 387 |
| 12. | Leandro Carvalho Semedo <i>FTL (Fora Tempo Limite)</i> | 06 | Gesloures - Gestão Equipamentos E.M. | 27.72 | 29.36 | 361 |

Juniores

| | | | | | | |
|-----|--|----|--------------------------------------|-------|--------------|-----|
| 1. | Francisco Ribeiro Vieira <i>Campeão Regional Junior</i> | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 24.73 | 24.80 | 599 |
| 2. | Felipe Menegassi Maia | 04 | Sport Alges e Dafundo | 24.47 | 25.05 | 581 |
| 3. | Gabriel Carvalho Ferrao | 05 | Soc.Filarmónica União A. Piedense | 25.88 | 26.00 | 520 |
| 4. | Tomas Martins Mira | 04 | Clube Naval Setubalense | 25.79 | 26.02 | 518 |
| 5. | Joao Pedro Penelas | 04 | Gesloures - Gestão Equipamentos E.M. | 25.40 | 26.10 | 514 |
| 6. | Francisco Lourenco Vasconcelos | 05 | Gesloures - Gestão Equipamentos E.M. | 25.90 | 26.19 | 508 |
| 7. | Joao Negreiros Guerreiro | 04 | Clube de Instr e Rec do Laranjeiro | 25.61 | 26.48 | 492 |
| 8. | Jose Manuel Sa | 05 | Sporting Clube de Portugal | 26.72 | 26.89 | 470 |
| 9. | Martim Silva Cortes | 05 | AONDA - Azeitão | 26.78 | 26.93 | 468 |
| 10. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 26.36 | 27.03 | 462 |
| 11. | Rodrigo Martins Bras | 05 | Clube Futebol Os Belenenses | 27.70 | 27.15 | 456 |
| 12. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 26.97 | 27.33 | 447 |
| 13. | Rafael Caceres Lopes | 04 | Despertarecorde | 27.52 | 27.34 | 447 |
| 14. | Alexandre Kkushchenko | 04 | Assoc Hum dos Bombeiros dos Estoris | 29.47 | 27.44 | 442 |

Prova 26, Masc., 50m Livres, Juniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|-----|--------------------------------------|----------|--------------|-----|
| 15. | Rihards Bunkovskis | 05 | Gesloures - Gestão Equipamentos E.M. | 27.94 | 27.53 | 438 |
| 16. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 28.84 | 27.61 | 434 |
| 17. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 28.87 | 27.66 | 432 |
| 18. | Cristian Sergiu Spac <i>FTL (Fora Tempo Limite)</i> | 04 | Clube Natacao do Montijo | 28.23 | 27.78 | 426 |
| 19. | Alfredo Cabrita Soudo | 05 | Clube Futebol Os Belenenses | 28.41 | 27.85 | 423 |
| 20. | Pedro Dinis Casquinha | 05 | Fundacao Salesianos | 27.49 | 27.93 | 419 |
| 21. | Igor Fonseca Jesus <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Oriental de Lisboa | 27.97 | 28.00 | 416 |
| 22. | Mateus Correa Walker <i>FTL (Fora Tempo Limite)</i> | 05 | Assoc Hum dos Bombeiros dos Estoris | 28.85 | 28.06 | 413 |
| 23. | Rodrigo Filipe Valerio <i>FTL (Fora Tempo Limite)</i> | 05 | Centro Popular de Cultura e Desporto | 27.84 | 28.11 | 411 |
| 24. | Artur Mesquita Pires <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 29.89 | 28.18 | 408 |
| 25. | Goncalo Pires Fialho <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Natacao da Amadora | 27.66 | 28.80 | 382 |
| 26. | Martim Jose Rodrigues <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Oriental de Lisboa | 27.97 | 30.21 | 331 |
| DNS | Pedro Maria Amado | 05 | Sport Alges e Dafundo | 26.65 | | |

Seniores

| | | | | | | |
|-----|--|----|-------------------------------------|-------|--------------|-----|
| 1. | Miguel Henriques Marques <i>Campeão Regional Sénior</i> | 00 | Sport Lisboa e Benfica | 22.88 | 23.74 | 683 |
| 2. | Joao Esteves Padrela | 99 | Clube Futebol Os Belenenses | 23.22 | 24.12 | 651 |
| 3. | Pedro Andre Santos | 94 | Sport Alges e Dafundo | 24.38 | 25.06 | 580 |
| 4. | Ricardo Saraiva Pires | 98 | Clube de Instr e Rec do Laranjeiro | 24.75 | 25.22 | 569 |
| 5. | Ricardo Nuno Estevens | 99 | Clube de Instr e Rec do Laranjeiro | 25.90 | 25.82 | 531 |
| 6. | Andre Filipe Magalhaes | 98 | Despertarecorde | 25.36 | 25.96 | 522 |
| 7. | Vicente Oliveira Gomes | 02 | Sporting Clube de Portugal | 25.70 | 26.09 | 514 |
| 8. | Daniel Filipe Cazeiro | 97 | Clube de Instr e Rec do Laranjeiro | 26.06 | 26.16 | 510 |
| 9. | Diogo Carrasco Correia | 95 | Clube Futebol Os Belenenses | 25.56 | 26.27 | 504 |
| 10. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 25.80 | 26.31 | 501 |
| 11. | Henrique Rodrigues Cruz | 02 | ADR Colegio Int Monte Maior | 26.66 | 26.70 | 480 |
| 12. | Filipe Ferrao Melo | 01 | Clube Naval Setubalense | 28.42 | 26.76 | 477 |
| 13. | Rodrigo Serra Farias | 96 | Clube Natação de Lisboa | 25.34 | 26.87 | 471 |
| 14. | Jose Paula Carvalho | 98 | Despertarecorde | 25.93 | 26.99 | 465 |
| 15. | Miguel Alexandre Rodrigues <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 26.46 | 27.16 | 456 |
| 16. | Rodrigo Costa Teixeira <i>FTL (Fora Tempo Limite)</i> | 99 | Clube de Instr e Rec do Laranjeiro | 27.03 | 27.21 | 453 |
| 17. | Luis Miguel Verissimo <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 27.25 | 27.81 | 425 |
| 18. | Mateo Pinto Quintero <i>FTL (Fora Tempo Limite)</i> | 97 | Clube Natação de Lisboa | 27.03 | 28.10 | 412 |
| 19. | Rafael Filipe Nunes <i>FTL (Fora Tempo Limite)</i> | 96 | Vikings Sports Club | 27.03 | 28.99 | 375 |
| 20. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 27.89 | 29.32 | 362 |

Prova 26, Masc., 50m Livres

Absolutos

| | | | | | | |
|-----|--------------------------------|----|--------------------------------------|-------|--------------|-----|
| 1. | Miguel Henriques Marques | 00 | Sport Lisboa e Benfica | 22.88 | 23.74 | 683 |
| 2. | Joao Esteves Padrela | 99 | Clube Futebol Os Belenenses | 23.22 | 24.12 | 651 |
| 3. | Francisco Ribeiro Vieira | 04 | Assoc Ed. Fisica Desp. Torres Vedras | 24.73 | 24.80 | 599 |
| 4. | Felipe Menegassi Maia | 04 | Sport Alges e Dafundo | 24.47 | 25.05 | 581 |
| 5. | Pedro Andre Santos | 94 | Sport Alges e Dafundo | 24.38 | 25.06 | 580 |
| 6. | Ricardo Saraiva Pires | 98 | Clube de Instr e Rec do Laranjeiro | 24.75 | 25.22 | 569 |
| 7. | Ricardo Nuno Estevens | 99 | Clube de Instr e Rec do Laranjeiro | 25.90 | 25.82 | 531 |
| 8. | Andre Filipe Magalhaes | 98 | Despertarecorde | 25.36 | 25.96 | 522 |
| 9. | Gabriel Carvalho Ferrao | 05 | Soc.Filarmónica União A. Piedense | 25.88 | 26.00 | 520 |
| 10. | Tomas Martins Mira | 04 | Clube Naval Setubalense | 25.79 | 26.02 | 518 |
| 11. | Vicente Oliveira Gomes | 02 | Sporting Clube de Portugal | 25.70 | 26.09 | 514 |
| 12. | Joao Pedro Penelas | 04 | Geslours - Gestão Equipamentos E.M. | 25.40 | 26.10 | 514 |
| 13. | Andre Miguel Ramos | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 26.35 | 26.12 | 513 |
| 14. | Daniel Filipe Cazeiro | 97 | Clube de Instr e Rec do Laranjeiro | 26.06 | 26.16 | 510 |
| 15. | Francisco Lourenco Vasconcelos | 05 | Geslours - Gestão Equipamentos E.M. | 25.90 | 26.19 | 508 |
| 16. | Diogo Carrasco Correia | 95 | Clube Futebol Os Belenenses | 25.56 | 26.27 | 504 |
| 17. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 25.80 | 26.31 | 501 |
| 18. | Miguel Mera Herrero | 06 | Sporting Clube de Portugal | 27.61 | 26.36 | 499 |
| 19. | Joao Negreiros Guerreiro | 04 | Clube de Instr e Rec do Laranjeiro | 25.61 | 26.48 | 492 |
| 20. | Pedro Goncalves Bonniz | 06 | Geslours - Gestão Equipamentos E.M. | 26.47 | 26.62 | 484 |
| 21. | Henrique Rodrigues Cruz | 02 | ADR Colegio Int Monte Maior | 26.66 | 26.70 | 480 |
| 22. | Joao Pedro Carapinha | 07 | Soc.Filarmónica União A. Piedense | 29.91 | 26.75 | 477 |
| 23. | Filipe Ferrao Melo | 01 | Clube Naval Setubalense | 28.42 | 26.76 | 477 |
| 24. | Rodrigo Serra Farias | 96 | Clube Natação de Lisboa | 25.34 | 26.87 | 471 |
| 25. | Jose Manuel Sa | 05 | Sporting Clube de Portugal | 26.72 | 26.89 | 470 |
| 26. | Martim Silva Cortes | 05 | AONDA - Azeitão | 26.78 | 26.93 | 468 |
| 27. | Jose Paula Carvalho | 98 | Despertarecorde | 25.93 | 26.99 | 465 |
| 28. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 26.36 | 27.03 | 462 |
| | Rafael Pacheco Godinho | 07 | Sporting Clube de Portugal | 29.80 | 27.03 | 462 |
| 30. | Tiago Almeida Correia | 06 | Clube Natacao do Montijo | 27.70 | 27.09 | 459 |
| 31. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 27.25 | 27.12 | 458 |
| 32. | Rodrigo Martins Bras | 05 | Clube Futebol Os Belenenses | 27.70 | 27.15 | 456 |
| | Tiago Nunes Silva | 06 | Centro Popular de Cultura e Desporto | 27.67 | 27.15 | 456 |
| 34. | Miguel Alexandre Rodrigues | 98 | Vikings Sports Club | 26.46 | 27.16 | 456 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |
| 35. | Rodrigo Costa Teixeira | 99 | Clube de Instr e Rec do Laranjeiro | 27.03 | 27.21 | 453 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |
| 36. | Afonso Silva Carvalho | 06 | ADR Colegio Int Monte Maior | 26.82 | 27.25 | 451 |
| 37. | Guilherme Machado Santos | 04 | Soc.Filarmónica União A. Piedense | 26.97 | 27.33 | 447 |
| 38. | Rafael Caceres Lopes | 04 | Despertarecorde | 27.52 | 27.34 | 447 |
| 39. | Simao Barros Morao | 06 | Sport Alges e Dafundo | 28.61 | 27.36 | 446 |
| 40. | Alexandre Kkushchenko | 04 | Assoc Hum dos Bombeiros dos Estoris | 29.47 | 27.44 | 442 |
| 41. | Caio Salgado Medeiros | 07 | Sport Alges e Dafundo | 28.67 | 27.48 | 440 |
| 42. | Luis Pedro Figueiredo | 06 | Geslours - Gestão Equipamentos E.M. | 27.45 | 27.49 | 440 |
| 43. | Martim Daniel Torres | 06 | Clube Naval Setubalense | 27.05 | 27.52 | 438 |
| 44. | Rihards Bunkovskis | 05 | Geslours - Gestão Equipamentos E.M. | 27.94 | 27.53 | 438 |
| 45. | Axel Guedes Asmar | 07 | Sporting Clube de Portugal | 28.45 | 27.55 | 437 |
| 46. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 28.84 | 27.61 | 434 |
| 47. | Simao Lopes Oliveira | 05 | Clube Naval Setubalense | 28.87 | 27.66 | 432 |
| 48. | Martim Barata Antunes | 06 | Sport Lisboa e Benfica | 28.05 | 27.71 | 429 |
| 49. | Cristian Sergiu Spac | 04 | Clube Natacao do Montijo | 28.23 | 27.78 | 426 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |
| 50. | Luis Miguel Verissimo | 98 | Vikings Sports Club | 27.25 | 27.81 | 425 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |
| 51. | Alfredo Cabrita Soudo | 05 | Clube Futebol Os Belenenses | 28.41 | 27.85 | 423 |
| 52. | Pedro Dinis Casquinha | 05 | Fundacao Salesianos | 27.49 | 27.93 | 419 |
| 53. | Igor Fonseca Jesus | 05 | Clube Oriental de Lisboa | 27.97 | 28.00 | 416 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |
| 54. | Lourenco Lopes Silva | 07 | Soc.Filarmónica União A. Piedense | 30.45 | 28.02 | 415 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | |

Prova 26, Masc., 50m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|--------------------------------------|----------|--------------|-----|
| 55. | Mateus Correa Walker <i>FTL (Fora Tempo Limite)</i> | 05 | Assoc Hum dos Bombeiros dos Estoris | 28.85 | 28.06 | 413 |
| 56. | Mateo Pinto Quintero <i>FTL (Fora Tempo Limite)</i> | 97 | Clube Natação de Lisboa | 27.03 | 28.10 | 412 |
| 57. | Rodrigo Filipe Valerio <i>FTL (Fora Tempo Limite)</i> | 05 | Centro Popular de Cultura e Desporto | 27.84 | 28.11 | 411 |
| 58. | Artur Mesquita Pires <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 29.89 | 28.18 | 408 |
| 59. | Goncalo Albino Ramos <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Naval Setubalense | 30.39 | 28.27 | 404 |
| 60. | Lucas Vilaca Casimiro <i>FTL (Fora Tempo Limite)</i> | 06 | Soc.Filarmónica União A. Piedense | 29.54 | 28.68 | 387 |
| 61. | Goncalo Pires Fialho <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Natacao da Amadora | 27.66 | 28.80 | 382 |
| 62. | Rafael Filipe Nunes <i>FTL (Fora Tempo Limite)</i> | 96 | Vikings Sports Club | 27.03 | 28.99 | 375 |
| 63. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Clube Natacao Colegio Vasco da Gama | 27.89 | 29.32 | 362 |
| 64. | Leandro Carvalho Semedo <i>FTL (Fora Tempo Limite)</i> | 06 | Gesloures - Gestão Equipamentos E.M. | 27.72 | 29.36 | 361 |
| 65. | Martim Jose Rodrigues <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Oriental de Lisboa | 27.97 | 30.21 | 331 |
| DNS | Pedro Maria Amado | 05 | Sport Alges e Dafundo | 26.65 | | |

Prova 27

Femin., 100m Costas

Absolutos
Resultados

13.03.2022 - 10:20

| | | | | | |
|-----------------------|---------|------------------------|-----|----------------|------|
| Rec Nacional Absoluto | 1:01.17 | Rafaela Gomes Azevedo | SAD | Oeiras | 2020 |
| Rec Regional Absoluto | 1:01.17 | Rafaela Gomes Azevedo | SAD | Oeiras | 2020 |
| Rec Regional Sen | 1:01.17 | Rafaela Gomes Azevedo | SAD | Oeiras | 2020 |
| Rec Regional Jun 2 | 1:01.18 | Rafaela Gomes Azevedo | SAD | Budapest (HUN) | 2019 |
| Rec Regional Jun 1 | 1:03.57 | Rafaela Gomes Azevedo | SAD | Coimbra | 2018 |
| Rec Regional Juv A | 1:03.92 | Ines Camacho Fernandes | SCP | Coimbra | 2012 |
| Rec Regional Juv B | 1:05.06 | Ines Camacho Fernandes | SCP | Oeiras | 2011 |

TAC - Fem Juv B: 1:21.07; Juv A: 1:18.82; Jun 2: 1:15.86; Jun 1: 1:16.61; Sen: 1:15.49

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|------------------|---|-----|-----------------------------|----------|----------------|-----|-------|-------|
| Juvenis B | | | | | | | | |
| 1. | Matilde Catroga Marques <i>Campeã Regional Juvenil B</i> | 08 | Colegio Int Monte Maior | 1:13.39 | 1:12.43 | 502 | 35.83 | 36.60 |
| 2. | Margarida Catroga Marques | 08 | Colegio Int Monte Maior | 1:15.23 | 1:16.55 | 425 | 36.35 | 40.20 |
| 3. | Joana Monteiro Caetano | 08 | Gesloures | 1:19.51 | 1:16.77 | 421 | 37.13 | 39.64 |
| 4. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:20.64 | 1:19.68 | 377 | 39.03 | 40.65 |
| 5. | Lis Fatima Melo | 08 | Gesloures | 1:20.42 | 1:20.19 | 370 | 38.55 | 41.64 |
| 6. | Carolina Delicado Correia <i>FTL (Fora Tempo Limite)</i> | 08 | Sporting | 1:17.91 | 1:22.91 | 334 | 39.54 | 43.37 |

Prova 27, Femin., 100m Costas

Juvenis A

| | | | | | | | | |
|-----|--|----|-----------------------------|---------|----------------|-----|-------|-------|
| 1. | Anastacia Tshesnovska <i>Campeã Regional Juvenil A</i> | 07 | Sporting | 1:11.87 | 1:14.39 | 463 | 35.80 | 38.59 |
| 2. | Maria Bandarra Matos | 07 | Sporting | 1:14.29 | 1:14.68 | 458 | 36.02 | 38.66 |
| 3. | Catarina Andrade Franco | 07 | Gesloures | 1:10.51 | 1:14.76 | 456 | 35.22 | 39.54 |
| 4. | Rita Machita Santos | 07 | Naval Setubalense | 1:18.82 | 1:14.85 | 455 | 37.40 | 37.45 |
| 5. | Rita Lima Batista | 07 | Naval Setubalense | 1:14.87 | 1:15.31 | 446 | 37.27 | 38.04 |
| 6. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 1:13.96 | 1:15.87 | 436 | 36.22 | 39.65 |
| 7. | Matilde Nunes Ribeiro | 07 | Despertarecorde | 1:17.29 | 1:17.60 | 408 | | |
| 8. | Laura Maria Cruz <i>FTL (Fora Tempo Limite)</i> | 07 | Colegio Int Monte Maior | 1:19.96 | 1:19.49 | 379 | 38.02 | 41.47 |
| 9. | Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:18.55 | 1:19.54 | 379 | 38.28 | 41.26 |
| 10. | Marta Nascimento Ribeiro <i>FTL (Fora Tempo Limite)</i> | 07 | Natação e Triatlo de Lisboa | 1:21.37 | 1:20.14 | 370 | 38.42 | 41.72 |
| 11. | Sofia Goncalves Raposo <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:21.15 | 1:21.23 | 355 | 38.33 | 42.90 |
| 12. | Luana Ababii <i>FTL (Fora Tempo Limite)</i> | 07 | Clube Natacao da Amadora | 1:20.51 | 1:22.84 | 335 | 40.37 | 42.47 |
| DNS | Leonor Gino Canhao | 07 | Sporting | 1:20.45 | | | | |

Juniores

| | | | | | | | | |
|-----|--|----|----------------------|---------|----------------|-----|-------|-------|
| 1. | Soraia Maria Salgado <i>Campeã Regional Junior</i> | 05 | Fisica Torres Vedras | 1:07.21 | 1:09.57 | 566 | 32.61 | 36.96 |
| 2. | Luana Cardoso Magalhaes | 06 | Algés | 1:09.14 | 1:11.69 | 517 | 34.41 | 37.28 |
| 3. | Barbara Cunha Ventura | 05 | Benfica | 1:10.08 | 1:12.74 | 495 | 34.69 | 38.05 |
| 4. | Beatriz Fernandes Gama | 06 | Sporting | 1:13.96 | 1:15.29 | 447 | 36.54 | 38.75 |
| 5. | Joana Rita Semedo | 06 | SwimTurtles | 1:16.61 | 1:15.67 | 440 | 35.89 | 39.78 |
| 6. | Francisca Otao Tribuna <i>FTL (Fora Tempo Limite)</i> | 05 | Belenenses | 1:15.76 | 1:17.46 | 410 | 37.12 | 40.34 |
| DNS | Sofia Medeiros Pereira | 06 | C N Montijo | 1:21.49 | | | | |

Seniores

| | | | | | | | | |
|----|---|----|---------------------------|---------|----------------|-----|-------|-------|
| 1. | Catarina Martins Mestre <i>Campeã Regional Sénior</i> | 00 | Natação de Lisboa | 1:03.83 | 1:05.32 | 684 | 31.37 | 33.95 |
| 2. | Luana Correia Rodrigues | 01 | Belenenses | 1:07.36 | 1:09.64 | 564 | 33.58 | 36.06 |
| 3. | Francisca Gomes Azevedo | 97 | Algés | 1:10.97 | 1:09.86 | 559 | 35.03 | 34.83 |
| 4. | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 1:11.79 | 1:14.61 | 459 | 35.13 | 39.48 |
| 5. | Anna Fomina | 02 | Louletano Desportos Clube | 1:10.23 | 1:15.21 | 448 | 36.20 | 39.01 |
| 6. | Ana Sofia Inácio <i>FTL (Fora Tempo Limite)</i> | 04 | Vikings Sports Club | 1:16.98 | 1:16.44 | 427 | 37.17 | 39.27 |
| 7. | Andreia Wongsangnoi Alves <i>FTL (Fora Tempo Limite)</i> | 03 | Colegio Int Monte Maior | 1:12.16 | 1:20.65 | 363 | 38.54 | 42.11 |

Absolutos

| | | | | | | | | |
|----|-------------------------|----|-------------------------|---------|----------------|-----|-------|-------|
| 1. | Catarina Martins Mestre | 00 | Natação de Lisboa | 1:03.83 | 1:05.32 | 684 | 31.37 | 33.95 |
| 2. | Soraia Maria Salgado | 05 | Fisica Torres Vedras | 1:07.21 | 1:09.57 | 566 | 32.61 | 36.96 |
| 3. | Luana Correia Rodrigues | 01 | Belenenses | 1:07.36 | 1:09.64 | 564 | 33.58 | 36.06 |
| 4. | Francisca Gomes Azevedo | 97 | Algés | 1:10.97 | 1:09.86 | 559 | 35.03 | 34.83 |
| 5. | Luana Cardoso Magalhaes | 06 | Algés | 1:09.14 | 1:11.69 | 517 | 34.41 | 37.28 |
| 6. | Matilde Catroga Marques | 08 | Colegio Int Monte Maior | 1:13.39 | 1:12.43 | 502 | 35.83 | 36.60 |
| 7. | Barbara Cunha Ventura | 05 | Benfica | 1:10.08 | 1:12.74 | 495 | 34.69 | 38.05 |
| 8. | Anastacia Tshesnovska | 07 | Sporting | 1:11.87 | 1:14.39 | 463 | 35.80 | 38.59 |

Prova 27, Femin., 100m Costas, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | |
|-------|--------------------------------|-----|-----------------------------|----------|----------------|-----|-------|-------|--|
| 9. | Mariana Conceicao Duarte | 03 | Fundacao Salesianos | 1:11.79 | 1:14.61 | 459 | 35.13 | 39.48 | |
| 10. | Maria Bandarra Matos | 07 | Sporting | 1:14.29 | 1:14.68 | 458 | 36.02 | 38.66 | |
| 11. | Catarina Andrade Franco | 07 | Geslours | 1:10.51 | 1:14.76 | 456 | 35.22 | 39.54 | |
| 12. | Rita Machita Santos | 07 | Naval Setubalense | 1:18.82 | 1:14.85 | 455 | 37.40 | 37.45 | |
| 13. | Anna Fomina | 02 | Louletano Desportos Clube | 1:10.23 | 1:15.21 | 448 | 36.20 | 39.01 | |
| 14. | Beatriz Fernandes Gama | 06 | Sporting | 1:13.96 | 1:15.29 | 447 | 36.54 | 38.75 | |
| 15. | Rita Lima Batista | 07 | Naval Setubalense | 1:14.87 | 1:15.31 | 446 | 37.27 | 38.04 | |
| 16. | Joana Rita Semedo | 06 | SwimTurtles | 1:16.61 | 1:15.67 | 440 | 35.89 | 39.78 | |
| 17. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 1:13.96 | 1:15.87 | 436 | 36.22 | 39.65 | |
| 18. | Ana Sofia Inácio | 04 | Vikings Sports Club | 1:16.98 | 1:16.44 | 427 | 37.17 | 39.27 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 19. | Margarida Catroga Marques | 08 | Colegio Int Monte Maior | 1:15.23 | 1:16.55 | 425 | 36.35 | 40.20 | |
| 20. | Joana Monteiro Caetano | 08 | Geslours | 1:19.51 | 1:16.77 | 421 | 37.13 | 39.64 | |
| 21. | Francisca Otao Tribuna | 05 | Belenenses | 1:15.76 | 1:17.46 | 410 | 37.12 | 40.34 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 22. | Matilde Nunes Ribeiro | 07 | Despertarecorde | 1:17.29 | 1:17.60 | 408 | | | |
| 23. | Laura Maria Cruz | 07 | Colegio Int Monte Maior | 1:19.96 | 1:19.49 | 379 | 38.02 | 41.47 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 24. | Daniela Alexandra Santos | 07 | Sporting | 1:18.55 | 1:19.54 | 379 | 38.28 | 41.26 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 25. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:20.64 | 1:19.68 | 377 | 39.03 | 40.65 | |
| 26. | Marta Nascimento Ribeiro | 07 | Natação e Triatlo de Lisboa | 1:21.37 | 1:20.14 | 370 | 38.42 | 41.72 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 27. | Lis Fatima Melo | 08 | Geslours | 1:20.42 | 1:20.19 | 370 | 38.55 | 41.64 | |
| 28. | Andreia Wongsangnoi Alves | 03 | Colegio Int Monte Maior | 1:12.16 | 1:20.65 | 363 | 38.54 | 42.11 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 29. | Sofia Goncalves Raposo | 07 | Palmela Desporto EEM | 1:21.15 | 1:21.23 | 355 | 38.33 | 42.90 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 30. | Luana Ababii | 07 | Clube Natacao da Amadora | 1:20.51 | 1:22.84 | 335 | 40.37 | 42.47 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 31. | Carolina Delicado Correia | 08 | Sporting | 1:17.91 | 1:22.91 | 334 | 39.54 | 43.37 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| DNS | Sofia Medeiros Pereira | 06 | C N Montijo | 1:21.49 | | | | | |
| DNS | Leonor Gino Canhao | 07 | Sporting | 1:20.45 | | | | | |

Prova 28 Masc., 100m Costas Absolutos
13.03.2022 - 10:32 Resultados

| | | | | | |
|-----------------------|-------|--------------------------|-------|--------------|------|
| Rec Nacional Absoluto | 54.35 | Francisco Rogerio Santos | SCP | Tokyo (JPN) | 2021 |
| Rec Regional Absoluto | 54.35 | Francisco Rogerio Santos | SCP | Tokyo (JPN) | 2021 |
| Rec Regional Sen | 54.35 | Francisco Rogerio Santos | SCP | Tokyo (JPN) | 2021 |
| Rec Regional Jun 2 | 57.09 | Alexis Manacas Santos | SCP | Coimbra | 2010 |
| Rec Regional Jun 1 | 57.17 | Alexis Manacas Santos | SCP | Prague (CZE) | 2009 |
| Rec Regional Juv A | 58.61 | Diogo Gomes Sousa | CNCVG | Coimbra | 2011 |
| Rec Regional Juv B | 59.97 | Diogo Gomes Sousa | CNCVG | Coimbra | 2010 |

TAC - Masc Juv B: 1:13.11; Juv A: 1:11.78; Jun 1: 1:09.15; Jun 2: 1:08.16; Sen: 1:06.84

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|
|-------|-----------------|-----|-------|----------|-------------|-----|-----|------|

Juvenis B

| | | | | | | | | |
|----|--|----|-----------------------------|---------|----------------|-----|-------|-------|
| 1. | Afonso Rodrigues Calhelha <i>Campeão Regional Juvenis B</i> | 07 | Colegio Int Monte Maior | 1:06.31 | 1:07.77 | 447 | 32.00 | 35.77 |
| 2. | Gabriel Martins Tusan | 07 | Geslours | 1:12.15 | 1:08.66 | 430 | 34.22 | 34.44 |
| 3. | Antonio Rego Arsenio | 07 | Algés | 1:13.56 | 1:09.39 | 417 | 33.16 | 36.23 |
| 4. | Afonso Bjork Freitas | 07 | Nacional Natação | 1:07.23 | 1:09.58 | 413 | 33.20 | 36.38 |
| 5. | Henrique Ribeiro Martins | 07 | Sporting | 1:11.13 | 1:12.80 | 361 | 34.03 | 38.77 |
| 6. | Guilherme Matias Sousa <i>FTL (Fora Tempo Limite)</i> | 07 | Geslours | 1:12.38 | 1:13.37 | 352 | 35.99 | 37.38 |
| 7. | Hugo Castanheira Rocha <i>FTL (Fora Tempo Limite)</i> | 07 | Natação e Triatlo de Lisboa | 1:16.79 | 1:13.93 | 344 | 36.27 | 37.66 |
| 8. | Diogo Teixeira Calcada <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:14.51 | 1:15.28 | 326 | 36.50 | 38.78 |

Juvenis A

| | | | | | | | | |
|----|--|----|----------|---------|----------------|-----|-------|-------|
| 1. | Kaio Araujo Faftine <i>Campeão Regional Juvenis A</i> | 06 | Sporting | 1:02.69 | 1:02.92 | 559 | 31.42 | 31.50 |
| 2. | Ricardo Freitas Neto | 06 | Sporting | 1:07.06 | 1:06.48 | 474 | 32.01 | 34.47 |
| 3. | Rodrigo Franco Palare | 06 | Geslours | 1:07.44 | 1:07.90 | 445 | 31.98 | 35.92 |
| 4. | Rafael Duarte Beato | 06 | Geslours | 1:11.19 | 1:08.24 | 438 | 32.80 | 35.44 |
| 5. | Rafael Filipe Lopes | 06 | Geslours | 1:10.79 | 1:11.19 | 386 | 34.00 | 37.19 |

Juniores

| | | | | | | | | |
|-----|---|----|----------------------|---------|----------------|-----|-------|-------|
| 1. | Andre Azevedo Baraona <i>Campeão Regional Junior</i> | 04 | C N Montijo | 58.06 | 1:00.53 | 628 | 29.17 | 31.36 |
| 2. | Daniel Pankivskiy | 05 | Nacional Natação | 1:07.43 | 1:09.13 | 421 | 33.09 | 36.04 |
| 3. | Eduard Daniel Milanov <i>FTL (Fora Tempo Limite)</i> | 05 | Naval Setubalense | 1:10.12 | 1:10.05 | 405 | 33.78 | 36.27 |
| DSQ | Francisco Ribeiro Vieira <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 04 | Fisica Torres Vedras | 1:01.56 | | | | |

Seniores

| | | | | | | | | |
|----|---|----|-------------------|---------|----------------|-----|-------|-------|
| 1. | Miguel Ribeiro Bate <i>Campeão Regional Sénior</i> | 99 | Sporting | 1:00.78 | 1:01.55 | 597 | 29.41 | 32.14 |
| 2. | Tiago Miguel Dias | 03 | Natação de Lisboa | 1:01.21 | 1:02.94 | 559 | 30.10 | 32.84 |
| 3. | Manuel Vanigli Carvalho | 03 | Nacional Natação | 1:02.22 | 1:03.08 | 555 | 30.43 | 32.65 |

Prova 28, Masc., 100m Costas

Absolutos

| | | | | | | | | |
|---|---------------------------|----|-----------------------------|---------|----------------|-----|-------|-------|
| 1. | Andre Azevedo Baraona | 04 | C N Montijo | 58.06 | 1:00.53 | 628 | 29.17 | 31.36 |
| 2. | Miguel Ribeiro Bate | 99 | Sporting | 1:00.78 | 1:01.55 | 597 | 29.41 | 32.14 |
| 3. | Kaio Araujo Fafine | 06 | Sporting | 1:02.69 | 1:02.92 | 559 | 31.42 | 31.50 |
| 4. | Tiago Miguel Dias | 03 | Natação de Lisboa | 1:01.21 | 1:02.94 | 559 | 30.10 | 32.84 |
| 5. | Manuel Vanigli Carvalho | 03 | Nacional Natação | 1:02.22 | 1:03.08 | 555 | 30.43 | 32.65 |
| 6. | Ricardo Freitas Neto | 06 | Sporting | 1:07.06 | 1:06.48 | 474 | 32.01 | 34.47 |
| 7. | Afonso Rodrigues Calhelha | 07 | Colegio Int Monte Maior | 1:06.31 | 1:07.77 | 447 | 32.00 | 35.77 |
| 8. | Rodrigo Franco Palare | 06 | Geslours | 1:07.44 | 1:07.90 | 445 | 31.98 | 35.92 |
| 9. | Rafael Duarte Beato | 06 | Geslours | 1:11.19 | 1:08.24 | 438 | 32.80 | 35.44 |
| 10. | Gabriel Martins Tusan | 07 | Geslours | 1:12.15 | 1:08.66 | 430 | 34.22 | 34.44 |
| 11. | Daniel Pankivskiy | 05 | Nacional Natação | 1:07.43 | 1:09.13 | 421 | 33.09 | 36.04 |
| 12. | Antonio Rego Arsenio | 07 | Algés | 1:13.56 | 1:09.39 | 417 | 33.16 | 36.23 |
| 13. | Afonso Bjork Freitas | 07 | Nacional Natação | 1:07.23 | 1:09.58 | 413 | 33.20 | 36.38 |
| 14. | Eduard Daniel Milanov | 05 | Naval Setubalense | 1:10.12 | 1:10.05 | 405 | 33.78 | 36.27 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 15. | Rafael Filipe Lopes | 06 | Geslours | 1:10.79 | 1:11.19 | 386 | 34.00 | 37.19 |
| 16. | Henrique Ribeiro Martins | 07 | Sporting | 1:11.13 | 1:12.80 | 361 | 34.03 | 38.77 |
| 17. | Guilherme Matias Sousa | 07 | Geslours | 1:12.38 | 1:13.37 | 352 | 35.99 | 37.38 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 18. | Hugo Castanheira Rocha | 07 | Natação e Triatlo de Lisboa | 1:16.79 | 1:13.93 | 344 | 36.27 | 37.66 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 19. | Diogo Teixeira Calcada | 07 | Sporting | 1:14.51 | 1:15.28 | 326 | 36.50 | 38.78 |
| <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| DSQ | Francisco Ribeiro Vieira | 04 | Fisica Torres Vedras | 1:01.56 | | | | |
| <i>G1 - Efectuou falsa partida (SW 4.4)</i> | | | | | | | | |

Prova 29

Femin., 400m Livres

Absolutos

13.03.2022 - 10:38

Resultados

| | | | | | |
|-----------------------|---------|----------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 4:09.49 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Absoluto | 4:09.49 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Sen | 4:09.49 | Diana Margarida Duraes | SLB | Tarragona (ESP) | 2018 |
| Rec Regional Jun 2 | 4:20.34 | Ana Reis Sousa | SAD | Oeiras | 2019 |
| Rec Regional Jun 1 | 4:20.37 | Marta Andreia Ferreira | SCP | Berlin (GER) | 2002 |
| Rec Regional Juv A | 4:24.77 | Ana Cláudia Correia Santos | SFUAP | Jamor | 2005 |
| Rec Regional Juv B | 4:29.25 | Susana Patricia Miguel | SFUAP | Oeiras | 2004 |

TAC - Fem Juv B: 5:26.60; Juv A: 5:17.54; Jun 2: 5:05.66; Jun 1: 5:08.66; Sen: 5:04.15

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|---------------------|--------------------------------------|---------------------|----------------|-----|
| 1. | Beatriz Alexandra Rolim <i>Campeã Regional Juvenil B</i> | 08 | Soc.Filarmónica União A. Piedense | 5:16.70 | 5:00.53 | 487 |
| | 50m: 34.51 34.51 | 150m: 1:51.98 38.64 | 250m: 3:09.18 38.27 | 350m: 4:24.74 36.98 | | |
| | 100m: 1:13.34 38.83 | 200m: 2:30.91 38.93 | 300m: 3:47.76 38.58 | 400m: 5:00.53 35.79 | | |
| 2. | Matilde Catroga Marques | 08 | ADR Colegio Int Monte Maior | 5:13.87 | 5:04.88 | 466 |
| | 50m: 34.41 34.41 | 150m: 1:52.52 39.52 | 250m: 3:11.06 38.76 | 350m: 4:28.01 37.99 | | |
| | 100m: 1:13.00 38.59 | 200m: 2:32.30 39.78 | 300m: 3:50.02 38.96 | 400m: 5:04.88 36.87 | | |
| 3. | Raquel Santos Baiona | 08 | ADR Colegio Int Monte Maior | 6:55.69 | 5:12.77 | 432 |
| | 50m: 36.18 36.18 | 150m: 1:54.93 40.23 | 250m: 3:15.12 40.55 | 350m: 4:35.12 40.56 | | |
| | 100m: 1:14.70 38.52 | 200m: 2:34.57 39.64 | 300m: 3:54.56 39.44 | 400m: 5:12.77 37.65 | | |
| 4. | Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Centro Popular de Cultura e Desporto | 5:21.42 | 5:33.58 | 356 |
| | 50m: 36.18 36.18 | 150m: 1:56.62 41.39 | 250m: 3:23.01 42.71 | 350m: 4:50.82 42.95 | | |
| | 100m: 1:15.23 38.52 | 200m: 2:40.30 43.68 | 300m: 4:07.87 44.86 | 400m: 5:33.58 42.76 | | |

Prova 29, Femin., 400m Livres, Juvenis B

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|-------------------|-----|-----------------------------------|----------|-------|-----|
| DNS | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 4:57.48 | | |

Juvenis A

| | | | | | | |
|----|--|----|--|--|--|-----|
| 1. | Leonor Castanho Santos <i>Campeã Regional Juvenil A</i> | 07 | Sporting Clube de Portugal | 4:48.97 | 4:54.66 | 516 |
| | 50m: 33.88 33.88 100m: 1:09.30 35.42 | | 150m: 1:46.87 37.57 200m: 2:24.24 37.37 | 250m: 3:02.53 38.29 300m: 3:40.02 37.49 | 350m: 4:17.68 37.66 400m: 4:54.66 36.98 | |
| 2. | Elena Del Rio Bernat | 07 | Sport Alges e Dafundo | 4:53.66 | 4:55.78 | 510 |
| | 50m: 34.37 34.37 100m: 1:10.92 36.55 | | 150m: 1:48.93 38.01 200m: 2:26.74 37.81 | 250m: 3:04.86 38.12 300m: 3:42.09 37.23 | 350m: 4:19.94 37.85 400m: 4:55.78 35.84 | |
| 3. | Luisa Ponte Jorge | 07 | Soc.Filarmónica União A. Piedense | 5:03.63 | 4:58.21 | 498 |
| | 50m: 33.60 33.60 100m: 1:10.63 37.03 | | 150m: 1:49.02 38.39 200m: 2:28.19 39.17 | 250m: 3:05.67 37.48 300m: 3:43.62 37.95 | 350m: 4:21.89 38.27 400m: 4:58.21 36.32 | |
| 4. | Sara Sofia Alves | 07 | Clube Naval Setubalense | 4:51.37 | 4:58.52 | 496 |
| | 50m: 33.74 33.74 100m: 1:10.96 37.22 | | 150m: 1:48.60 37.64 200m: 2:27.04 38.44 | 250m: 3:05.09 38.05 300m: 3:43.53 38.44 | 350m: 4:21.50 37.97 400m: 4:58.52 37.02 | |
| 5. | Beatriz Heitor Cachaco | 07 | Geslours - Gestão Equipamentos E.M. | 5:06.33 | 5:04.47 | 468 |
| | 50m: 31.35 31.35 100m: 1:06.92 35.57 | | 150m: 1:44.27 37.35 200m: 2:23.87 39.60 | 250m: 3:02.99 39.12 300m: 3:43.81 40.82 | 350m: 4:24.89 41.08 400m: 5:04.47 39.58 | |
| 6. | Leticia Rodrigues Magalhaes | 07 | Clube Naval Setubalense | 4:58.52 | 5:09.56 | 445 |
| | 50m: 32.67 32.67 100m: 1:10.02 37.35 | | 150m: 1:48.56 38.54 200m: 2:28.64 40.08 | 250m: 3:08.52 39.88 300m: 3:49.93 41.41 | 350m: 4:30.15 40.22 400m: 5:09.56 39.41 | |
| 7. | Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting Clube de Portugal | 5:20.73 | 5:17.96 | 411 |
| | 50m: 35.80 35.80 100m: 1:14.23 38.43 | | 150m: 1:55.07 40.84 200m: 2:34.92 39.85 | 250m: 3:16.65 41.73 300m: 3:57.64 40.99 | 350m: 4:38.52 40.88 400m: 5:17.96 39.44 | |

Juniores

| | | | | | | |
|----|--|----|--|--|--|-----|
| 1. | Marta Joao Pires <i>Campeã Regional Junior</i> | 05 | Sport Alges e Dafundo | 4:26.28 | 4:35.01 | 635 |
| | 50m: 32.50 32.50 100m: 1:07.19 34.69 | | 150m: 1:42.60 35.41 200m: 2:16.84 34.24 | 250m: 2:51.40 34.56 300m: 3:26.32 34.92 | 350m: 4:00.93 34.61 400m: 4:35.01 34.08 | |
| 2. | Leonor Tavares Catalao | 06 | Sporting Clube de Portugal | 4:38.97 | 4:42.23 | 588 |
| | 50m: 31.55 31.55 100m: 1:06.43 34.88 | | 150m: 1:41.77 35.34 200m: 2:17.67 35.90 | 250m: 2:53.55 35.88 300m: 3:29.91 36.36 | 350m: 4:06.17 36.26 400m: 4:42.23 36.06 | |
| 3. | Mafalda Santos Costa | 05 | ADR Colegio Int Monte Maior | 4:49.52 | 4:47.66 | 555 |
| | 50m: 32.72 32.72 100m: 1:08.08 35.36 | | 150m: 1:44.07 35.99 200m: 2:20.70 36.63 | 250m: 2:57.56 36.86 300m: 3:34.32 36.76 | 350m: 4:11.07 36.75 400m: 4:47.66 36.59 | |
| 4. | Maria Esteves Valente | 06 | Sport Lisboa e Benfica | 4:46.19 | 4:49.35 | 545 |
| | 50m: 32.93 32.93 100m: 1:09.00 36.07 | | 150m: 1:45.30 36.30 200m: 2:22.31 37.01 | 250m: 2:58.98 36.67 300m: 3:36.31 37.33 | 350m: 4:13.54 37.23 400m: 4:49.35 35.81 | |
| 5. | Maria Del Rio Bernat | 05 | Sport Alges e Dafundo | 4:56.63 | 4:59.22 | 493 |
| | 50m: 32.77 32.77 100m: 1:09.36 36.59 | | 150m: 1:47.18 37.82 200m: 2:25.92 38.74 | 250m: 3:04.49 38.57 300m: 3:43.49 39.00 | 350m: 4:22.08 38.59 400m: 4:59.22 37.14 | |
| 6. | Beatriz Mocego Niza | 06 | Clube Natacao da Amadora | 4:58.23 | 5:00.41 | 487 |
| | 50m: 34.48 34.48 100m: 1:11.31 36.83 | | 150m: 1:49.58 38.27 200m: 2:27.22 37.64 | 250m: 3:05.78 38.56 300m: 3:43.52 37.74 | 350m: 4:22.84 39.32 400m: 5:00.41 37.57 | |
| 7. | Ines Gaspar Silva <i>FTL (Fora Tempo Limite)</i> | 06 | Geslours - Gestão Equipamentos E.M. | 5:09.18 | 5:12.22 | 434 |
| | 50m: 31.67 31.67 100m: 1:09.66 37.99 | | 150m: 1:50.73 41.07 200m: 2:31.27 40.54 | 250m: 3:11.31 40.04 300m: 3:51.75 40.44 | 350m: 4:32.94 41.19 400m: 5:12.22 39.28 | |
| 8. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | Soc.Filarmónica União A. Piedense | 5:07.67 | 5:12.24 | 434 |
| | 50m: 35.32 35.32 100m: 1:13.25 37.93 | | 150m: 1:53.10 39.85 200m: 2:32.41 39.31 | 250m: 3:13.08 40.67 300m: 3:53.05 39.97 | 350m: 4:33.99 40.94 400m: 5:12.24 38.25 | |

Prova 29, Femin., 400m Livres, Juniores

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------------|----------------------------|---------------------|----------------|-----|
| 9. | Iris Castro Campos <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Natacao da Amadora | 5:05.58 | 5:13.42 | 429 |
| | 50m: 34.72 34.72 | 150m: 1:51.44 39.03 | 250m: 3:11.15 40.66 | 350m: 4:33.88 41.97 | | |
| | 100m: 1:12.41 37.69 | 200m: 2:30.49 39.05 | 300m: 3:51.91 40.76 | 400m: 5:13.42 39.54 | | |
| DNS | Margarida Domingues Nunes | 05 | Sporting Clube de Portugal | 4:57.33 | | |

Seniores

| | | | | | | |
|-----|--|---------------------|--------------------------------------|---------------------|----------------|-----|
| 1. | Ema Jeronimo Conceicao <i>Campeã Regional Sénior</i> | 03 | Assoc Ed. Fisica Desp. Torres Vedras | 4:18.37 | 4:23.83 | 719 |
| | 50m: 30.84 30.84 | 150m: 1:37.65 33.31 | 250m: 2:44.32 33.15 | 350m: 3:51.13 33.05 | | |
| | 100m: 1:04.34 33.50 | 200m: 2:11.17 33.52 | 300m: 3:18.08 33.76 | 400m: 4:23.83 32.70 | | |
| 2. | Maria Ferreira Moura | 04 | Sporting Clube de Portugal | 4:26.35 | 4:29.34 | 676 |
| | 50m: 31.02 31.02 | 150m: 1:38.90 33.88 | 250m: 2:47.41 33.99 | 350m: 3:55.49 33.88 | | |
| | 100m: 1:05.02 34.00 | 200m: 2:13.42 34.52 | 300m: 3:21.61 34.20 | 400m: 4:29.34 33.85 | | |
| 3. | Francisca Salvador Mesquita | 02 | Sporting Clube de Portugal | 4:38.40 | 4:37.19 | 620 |
| | 50m: 32.53 32.53 | 150m: 1:41.83 35.09 | 250m: 2:52.48 35.54 | 350m: 4:03.07 35.40 | | |
| | 100m: 1:06.74 34.21 | 200m: 2:16.94 35.11 | 300m: 3:27.67 35.19 | 400m: 4:37.19 34.12 | | |
| 4. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 5:04.15 | 4:38.44 | 612 |
| | 50m: 31.82 31.82 | 150m: 1:40.29 35.01 | 250m: 2:52.37 35.15 | 350m: 4:05.11 36.03 | | |
| | 100m: 1:05.28 33.46 | 200m: 2:17.22 36.93 | 300m: 3:29.08 36.71 | 400m: 4:38.44 33.33 | | |
| 5. | Maria Ornelas Armas | 98 | Vikings Sports Club | 4:42.84 | 4:50.55 | 539 |
| | 50m: 32.52 32.52 | 150m: 1:44.69 36.84 | 250m: 2:59.13 37.79 | 350m: 4:14.13 37.87 | | |
| | 100m: 1:07.85 35.33 | 200m: 2:21.34 36.65 | 300m: 3:36.26 37.13 | 400m: 4:50.55 36.42 | | |
| 6. | Bruna Martins Riesenberger | 97 | Clube de Instr e Rec do Laranjeiro | 5:04.15 | 4:51.10 | 535 |
| | 50m: 32.45 32.45 | 150m: 1:45.38 37.06 | 250m: 2:59.88 37.41 | 350m: 4:14.49 37.26 | | |
| | 100m: 1:08.32 35.87 | 200m: 2:22.47 37.09 | 300m: 3:37.23 37.35 | 400m: 4:51.10 36.61 | | |
| DSQ | Diana Valadas Horta <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 04 | Soc.Filarmónica União A. Piedense | 4:50.35 | | |
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 5:04.15 | | |

Absolutos

| | | | | | | |
|----|-----------------------------|---------------------|--------------------------------------|---------------------|----------------|-----|
| 1. | Ema Jeronimo Conceicao | 03 | Assoc Ed. Fisica Desp. Torres Vedras | 4:18.37 | 4:23.83 | 719 |
| | 50m: 30.84 30.84 | 150m: 1:37.65 33.31 | 250m: 2:44.32 33.15 | 350m: 3:51.13 33.05 | | |
| | 100m: 1:04.34 33.50 | 200m: 2:11.17 33.52 | 300m: 3:18.08 33.76 | 400m: 4:23.83 32.70 | | |
| 2. | Maria Ferreira Moura | 04 | Sporting Clube de Portugal | 4:26.35 | 4:29.34 | 676 |
| | 50m: 31.02 31.02 | 150m: 1:38.90 33.88 | 250m: 2:47.41 33.99 | 350m: 3:55.49 33.88 | | |
| | 100m: 1:05.02 34.00 | 200m: 2:13.42 34.52 | 300m: 3:21.61 34.20 | 400m: 4:29.34 33.85 | | |
| 3. | Marta Joao Pires | 05 | Sport Alges e Dafundo | 4:26.28 | 4:35.01 | 635 |
| | 50m: 32.50 32.50 | 150m: 1:42.60 35.41 | 250m: 2:51.40 34.56 | 350m: 4:00.93 34.61 | | |
| | 100m: 1:07.19 34.69 | 200m: 2:16.84 34.24 | 300m: 3:26.32 34.92 | 400m: 4:35.01 34.08 | | |
| 4. | Francisca Salvador Mesquita | 02 | Sporting Clube de Portugal | 4:38.40 | 4:37.19 | 620 |
| | 50m: 32.53 32.53 | 150m: 1:41.83 35.09 | 250m: 2:52.48 35.54 | 350m: 4:03.07 35.40 | | |
| | 100m: 1:06.74 34.21 | 200m: 2:16.94 35.11 | 300m: 3:27.67 35.19 | 400m: 4:37.19 34.12 | | |
| 5. | Mafalda Marques Pinto | 02 | Sporting Clube de Portugal | 5:04.15 | 4:38.44 | 612 |
| | 50m: 31.82 31.82 | 150m: 1:40.29 35.01 | 250m: 2:52.37 35.15 | 350m: 4:05.11 36.03 | | |
| | 100m: 1:05.28 33.46 | 200m: 2:17.22 36.93 | 300m: 3:29.08 36.71 | 400m: 4:38.44 33.33 | | |
| 6. | Leonor Tavares Catalao | 06 | Sporting Clube de Portugal | 4:38.97 | 4:42.23 | 588 |
| | 50m: 31.55 31.55 | 150m: 1:41.77 35.34 | 250m: 2:53.55 35.88 | 350m: 4:06.17 36.26 | | |
| | 100m: 1:06.43 34.88 | 200m: 2:17.67 35.90 | 300m: 3:29.91 36.36 | 400m: 4:42.23 36.06 | | |
| 7. | Mafalda Santos Costa | 05 | ADR Colegio Int Monte Maior | 4:49.52 | 4:47.66 | 555 |
| | 50m: 32.72 32.72 | 150m: 1:44.07 35.99 | 250m: 2:57.56 36.86 | 350m: 4:11.07 36.75 | | |
| | 100m: 1:08.08 35.36 | 200m: 2:20.70 36.63 | 300m: 3:34.32 36.76 | 400m: 4:47.66 36.59 | | |
| 8. | Maria Esteves Valente | 06 | Sport Lisboa e Benfica | 4:46.19 | 4:49.35 | 545 |
| | 50m: 32.93 32.93 | 150m: 1:45.30 36.30 | 250m: 2:58.98 36.67 | 350m: 4:13.54 37.23 | | |
| | 100m: 1:09.00 36.07 | 200m: 2:22.31 37.01 | 300m: 3:36.31 37.33 | 400m: 4:49.35 35.81 | | |
| 9. | Maria Ornelas Armas | 98 | Vikings Sports Club | 4:42.84 | 4:50.55 | 539 |
| | 50m: 32.52 32.52 | 150m: 1:44.69 36.84 | 250m: 2:59.13 37.79 | 350m: 4:14.13 37.87 | | |
| | 100m: 1:07.85 35.33 | 200m: 2:21.34 36.65 | 300m: 3:36.26 37.13 | 400m: 4:50.55 36.42 | | |

Prova 29, Femin., 400m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---|-----|--------------------------------------|---|----------------|-----|
| 10. | Bruna Martins Riesenberger 50m: 32.45 32.45 100m: 1:08.32 35.87 | 97 | Clube de Instr e Rec do Laranjeiro | 5:04.15 150m: 1:45.38 37.06 250m: 2:59.88 37.41 350m: 4:14.49 37.26 200m: 2:22.47 37.09 300m: 3:37.23 37.35 400m: 4:51.10 36.61 | 4:51.10 | 535 |
| 11. | Leonor Castanho Santos 50m: 33.88 33.88 100m: 1:09.30 35.42 | 07 | Sporting Clube de Portugal | 4:48.97 150m: 1:46.87 37.57 250m: 3:02.53 38.29 350m: 4:17.68 37.66 200m: 2:24.24 37.37 300m: 3:40.02 37.49 400m: 4:54.66 36.98 | 4:54.66 | 516 |
| 12. | Elena Del Rio Bernat 50m: 34.37 34.37 100m: 1:10.92 36.55 | 07 | Sport Alges e Dafundo | 4:53.66 150m: 1:48.93 38.01 250m: 3:04.86 38.12 350m: 4:19.94 37.85 200m: 2:26.74 37.81 300m: 3:42.09 37.23 400m: 4:55.78 35.84 | 4:55.78 | 510 |
| 13. | Luisa Ponte Jorge 50m: 33.60 33.60 100m: 1:10.63 37.03 | 07 | Soc.Filarmónica União A. Piedense | 5:03.63 150m: 1:49.02 38.39 250m: 3:05.67 37.48 350m: 4:21.89 38.27 200m: 2:28.19 39.17 300m: 3:43.62 37.95 400m: 4:58.21 36.32 | 4:58.21 | 498 |
| 14. | Sara Sofia Alves 50m: 33.74 33.74 100m: 1:10.96 37.22 | 07 | Clube Naval Setubalense | 4:51.37 150m: 1:48.60 37.64 250m: 3:05.09 38.05 350m: 4:21.50 37.97 200m: 2:27.04 38.44 300m: 3:43.53 38.44 400m: 4:58.52 37.02 | 4:58.52 | 496 |
| 15. | Maria Del Rio Bernat 50m: 32.77 32.77 100m: 1:09.36 36.59 | 05 | Sport Alges e Dafundo | 4:56.63 150m: 1:47.18 37.82 250m: 3:04.49 38.57 350m: 4:22.08 38.59 200m: 2:25.92 38.74 300m: 3:43.49 39.00 400m: 4:59.22 37.14 | 4:59.22 | 493 |
| 16. | Beatriz Mocego Niza 50m: 34.48 34.48 100m: 1:11.31 36.83 | 06 | Clube Natacao da Amadora | 4:58.23 150m: 1:49.58 38.27 250m: 3:05.78 38.56 350m: 4:22.84 39.32 200m: 2:27.22 37.64 300m: 3:43.52 37.74 400m: 5:00.41 37.57 | 5:00.41 | 487 |
| 17. | Beatriz Alexandra Rolim 50m: 34.51 34.51 100m: 1:13.34 38.83 | 08 | Soc.Filarmónica União A. Piedense | 5:16.70 150m: 1:51.98 38.64 250m: 3:09.18 38.27 350m: 4:24.74 36.98 200m: 2:30.91 38.93 300m: 3:47.76 38.58 400m: 5:00.53 35.79 | 5:00.53 | 487 |
| 18. | Beatriz Heitor Cachaco 50m: 31.35 31.35 100m: 1:06.92 35.57 | 07 | Geslours - Gestão Equipamentos E.M. | 5:06.33 150m: 1:44.27 37.35 250m: 3:02.99 39.12 350m: 4:24.89 41.08 200m: 2:23.87 39.60 300m: 3:43.81 40.82 400m: 5:04.47 39.58 | 5:04.47 | 468 |
| 19. | Matilde Catroga Marques 50m: 34.41 34.41 100m: 1:13.00 38.59 | 08 | ADR Colegio Int Monte Maior | 5:13.87 150m: 1:52.52 39.52 250m: 3:11.06 38.76 350m: 4:28.01 37.99 200m: 2:32.30 39.78 300m: 3:50.02 38.96 400m: 5:04.88 36.87 | 5:04.88 | 466 |
| 20. | Leticia Rodrigues Magalhaes 50m: 32.67 32.67 100m: 1:10.02 37.35 | 07 | Clube Naval Setubalense | 4:58.52 150m: 1:48.56 38.54 250m: 3:08.52 39.88 350m: 4:30.15 40.22 200m: 2:28.64 40.08 300m: 3:49.93 41.41 400m: 5:09.56 39.41 | 5:09.56 | 445 |
| 21. | Ines Gaspar Silva <i>FTL (Fora Tempo Limite)</i> 50m: 31.67 31.67 100m: 1:09.66 37.99 | 06 | Geslours - Gestão Equipamentos E.M. | 5:09.18 150m: 1:50.73 41.07 250m: 3:11.31 40.04 350m: 4:32.94 41.19 200m: 2:31.27 40.54 300m: 3:51.75 40.44 400m: 5:12.22 39.28 | 5:12.22 | 434 |
| 22. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> 50m: 35.32 35.32 100m: 1:13.25 37.93 | 06 | Soc.Filarmónica União A. Piedense | 5:07.67 150m: 1:53.10 39.85 250m: 3:13.08 40.67 350m: 4:33.99 40.94 200m: 2:32.41 39.31 300m: 3:53.05 39.97 400m: 5:12.24 38.25 | 5:12.24 | 434 |
| 23. | Raquel Santos Baiona 50m: 36.18 36.18 100m: 1:14.70 38.52 | 08 | ADR Colegio Int Monte Maior | 6:55.69 150m: 1:54.93 40.23 250m: 3:15.12 40.55 350m: 4:35.12 40.56 200m: 2:34.57 39.64 300m: 3:54.56 39.44 400m: 5:12.77 37.65 | 5:12.77 | 432 |
| 24. | Iris Castro Campos <i>FTL (Fora Tempo Limite)</i> 50m: 34.72 34.72 100m: 1:12.41 37.69 | 06 | Clube Natacao da Amadora | 5:05.58 150m: 1:51.44 39.03 250m: 3:11.15 40.66 350m: 4:33.88 41.97 200m: 2:30.49 39.05 300m: 3:51.91 40.76 400m: 5:13.42 39.54 | 5:13.42 | 429 |
| 25. | Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> 50m: 35.80 35.80 100m: 1:14.23 38.43 | 07 | Sporting Clube de Portugal | 5:20.73 150m: 1:55.07 40.84 250m: 3:16.65 41.73 350m: 4:38.52 40.88 200m: 2:34.92 39.85 300m: 3:57.64 40.99 400m: 5:17.96 39.44 | 5:17.96 | 411 |
| 26. | Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i> 50m: 1:15.23 100m: 1:15.23 | 08 | Centro Popular de Cultura e Desporto | 5:21.42 150m: 1:56.62 41.39 250m: 3:23.01 42.71 350m: 4:50.82 42.95 200m: 2:40.30 43.68 300m: 4:07.87 44.86 400m: 5:33.58 42.76 | 5:33.58 | 356 |
| DSQ | Diana Valadas Horta <i>G1 - Efectuou falsa partida (SW 4.4)</i> | 04 | Soc.Filarmónica União A. Piedense | 4:50.35 | | |

Prova 29, Femin., 400m Livres, Absolutos

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|---------------------------|-----|-----------------------------------|----------|-------|-----|
| DNS | Lidiana Correia Rodrigues | 04 | Clube Futebol Os Belenenses | 5:04.15 | | |
| DNS | Ana Beatriz Pires | 08 | Soc.Filarmónica União A. Piedense | 4:57.48 | | |
| DNS | Margarida Domingues Nunes | 05 | Sporting Clube de Portugal | 4:57.33 | | |

Prova 30

Masc., 400m Livres

Absolutos

13.03.2022 - 11:03

Resultados

| | | | | | |
|-----------------------|---------|----------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 3:50.56 | Jose Paulo Lopes | SCB | Barcelona (ESP) | 2021 |
| Rec Regional Absoluto | 3:51.89 | Miguel Duarte Nascimento | SLB | Glasgow (GBR) | 2018 |
| Rec Regional Sen | 3:51.89 | Miguel Duarte Nascimento | SLB | Glasgow (GBR) | 2018 |
| Rec Regional Jun 2 | 3:58.65 | Tiago Cunha Costa | SCP | Oeiras | 2017 |
| Rec Regional Jun 1 | 4:01.41 | Bernardo Victorino Almeida | SCP | Oeiras | 2021 |
| Rec Regional Juv A | 4:04.23 | Andre Filipe Farinha | SLB | Torreveja (ESP) | 2012 |
| Rec Regional Juv B | 4:08.94 | Bernardo Jorge Simoes | CNCVG | Funchal | 2019 |

TAC - Masc Juv B: 4:57.33; Juv A: 4:51.92; Jun 1: 4:41.23; Jun 2: 4:37.22; Sen: 4:31.86

Pontos: FINA 2021

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------------------|---|---------------------|--------------------------------------|---------------------|----------------|-----|
| Juvenis B | | | | | | |
| 1. | Andre Miguel Ramos <i>Campeão Regional Juvenis B</i> | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 4:56.06 | 4:34.63 | 514 |
| | 50m: 30.02 30.02 | 150m: 1:40.33 35.92 | 250m: 2:50.96 34.83 | 350m: 4:02.52 36.18 | | |
| | 100m: 1:04.41 34.39 | 200m: 2:16.13 35.80 | 300m: 3:26.34 35.38 | 400m: 4:34.63 32.11 | | |
| 2. | Leonardo Conceicao Reis | 07 | Sporting Clube de Portugal | 4:44.25 | 4:37.52 | 498 |
| | 50m: 31.31 31.31 | 150m: 1:41.38 35.68 | 250m: 2:53.93 36.41 | 350m: 4:03.82 33.50 | | |
| | 100m: 1:05.70 34.39 | 200m: 2:17.52 36.14 | 300m: 3:30.32 36.39 | 400m: 4:37.52 33.70 | | |
| 3. | Joao Pedro Carapinha | 07 | Soc.Filarmónica União A. Piedense | 4:32.94 | 4:38.54 | 493 |
| | 50m: 31.44 31.44 | 150m: 1:40.96 35.27 | 250m: 2:52.00 35.29 | 350m: 4:02.83 35.71 | | |
| | 100m: 1:05.69 34.25 | 200m: 2:16.71 35.75 | 300m: 3:27.12 35.12 | 400m: 4:38.54 35.71 | | |
| 4. | Miguel Braga Gomes | 07 | Sporting Clube de Portugal | 4:42.12 | 4:40.84 | 481 |
| | 50m: 32.50 32.50 | 150m: 1:43.55 36.11 | 250m: 2:55.16 35.92 | 350m: 4:06.20 35.10 | | |
| | 100m: 1:07.44 34.94 | 200m: 2:19.24 35.69 | 300m: 3:31.10 35.94 | 400m: 4:40.84 34.64 | | |
| 5. | Tomas Santos Braga | 07 | Clube Natacao Colegio Vasco da Gama | 5:03.88 | 4:45.16 | 459 |
| | 50m: 30.12 30.12 | 150m: 1:39.41 35.43 | 250m: 2:52.46 36.69 | 350m: 4:08.44 37.62 | | |
| | 100m: 1:03.98 33.86 | 200m: 2:15.77 36.36 | 300m: 3:30.82 38.36 | 400m: 4:45.16 36.72 | | |
| 6. | Daniel Casaca Carvalho | 07 | Clube Natacao Colegio Vasco da Gama | 5:01.64 | 4:49.41 | 439 |
| | 50m: 30.81 30.81 | 150m: 1:42.76 37.11 | 250m: 2:59.05 37.81 | 350m: 4:13.26 37.39 | | |
| | 100m: 1:05.65 34.84 | 200m: 2:21.24 38.48 | 300m: 3:35.87 36.82 | 400m: 4:49.41 36.15 | | |

Juvenis A

| | | | | | | |
|----|---|---------------------|-----------------------------------|---------------------|----------------|-----|
| 1. | Joao Almeida Gomes <i>Campeão Regional Juvenis A</i> | 06 | Clube Nacional de Nataçao | 4:25.14 | 4:26.25 | 564 |
| | 50m: 29.67 29.67 | 150m: 1:36.32 33.51 | 250m: 2:44.47 33.94 | 350m: 3:52.74 33.98 | | |
| | 100m: 1:02.81 33.14 | 200m: 2:10.53 34.21 | 300m: 3:18.76 34.29 | 400m: 4:26.25 33.51 | | |
| 2. | Antonio Coelho Vieira | 06 | Sporting Clube de Portugal | 4:34.15 | 4:34.04 | 517 |
| | 50m: 30.80 30.80 | 150m: 1:39.62 35.11 | 250m: 2:49.13 35.01 | 350m: 4:01.16 35.58 | | |
| | 100m: 1:04.51 33.71 | 200m: 2:14.12 34.50 | 300m: 3:25.58 36.45 | 400m: 4:34.04 32.88 | | |
| 3. | Pedro Crispim Jorge | 06 | Soc.Filarmónica União A. Piedense | 4:51.92 | 4:34.84 | 513 |
| | 50m: 31.07 31.07 | 150m: 1:39.49 35.22 | 250m: 2:50.59 36.45 | 350m: 4:01.85 36.20 | | |
| | 100m: 1:04.27 33.20 | 200m: 2:14.14 34.65 | 300m: 3:25.65 35.06 | 400m: 4:34.84 32.99 | | |
| 4. | Tiago Ventura Chao | 06 | Clube Naval Setubalense | 4:27.70 | 4:35.28 | 510 |
| | 50m: 30.62 30.62 | 150m: 1:40.34 35.82 | 250m: 2:52.34 36.37 | 350m: 4:02.33 34.41 | | |
| | 100m: 1:04.52 33.90 | 200m: 2:15.97 35.63 | 300m: 3:27.92 35.58 | 400m: 4:35.28 32.95 | | |
| 5. | Manuel Costa Simoes | 06 | Soc.Filarmónica União A. Piedense | 4:33.07 | 4:36.11 | 506 |
| | 50m: 30.27 30.27 | 150m: 1:37.78 33.90 | 250m: 2:48.76 35.68 | 350m: 4:01.04 36.01 | | |
| | 100m: 1:03.88 33.61 | 200m: 2:13.08 35.30 | 300m: 3:25.03 36.27 | 400m: 4:36.11 35.07 | | |

Prova 30, Masc., 400m Livres, Juvenis A

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------------|-----------------------------|---------------------|----------------|-----|
| 6. | Afonso Silvestre Almeida | 06 | Clube Natacao da Amadora | 4:29.49 | 4:39.26 | 489 |
| | 50m: 31.47 31.47 | 150m: 1:40.90 36.00 | 250m: 2:52.30 35.91 | 350m: 4:04.83 35.65 | | |
| | 100m: 1:04.90 33.43 | 200m: 2:16.39 35.49 | 300m: 3:29.18 36.88 | 400m: 4:39.26 34.43 | | |
| 7. | Rodrigo Piteira Maio <i>FTL (Fora Tempo Limite)</i> | 06 | Clube Futebol Os Belenenses | 4:45.38 | 4:57.24 | 405 |
| | 50m: 33.97 33.97 | 150m: 1:50.25 38.67 | 250m: 3:06.67 37.97 | 350m: 4:21.54 37.28 | | |
| | 100m: 1:11.58 37.61 | 200m: 2:28.70 38.45 | 300m: 3:44.26 37.59 | 400m: 4:57.24 35.70 | | |

Juniores

| | | | | | | |
|----|---|---------------------|-------------------------------------|---------------------|----------------|-----|
| 1. | Bernardo Jorge Simoes <i>Campeão Regional Junior</i> | 04 | Clube Natacao Colegio Vasco da Gama | 4:04.88 | 4:14.97 | 643 |
| | 50m: 28.23 28.23 | 150m: 1:30.60 31.58 | 250m: 2:35.78 32.96 | 350m: 3:41.96 33.16 | | |
| | 100m: 59.02 30.79 | 200m: 2:02.82 32.22 | 300m: 3:08.80 33.02 | 400m: 4:14.97 33.01 | | |
| 2. | Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 4:09.12 | 4:20.17 | 605 |
| | 50m: 29.15 29.15 | 150m: 1:34.07 32.71 | 250m: 2:40.55 33.25 | 350m: 3:47.64 33.32 | | |
| | 100m: 1:01.36 32.21 | 200m: 2:07.30 33.23 | 300m: 3:14.32 33.77 | 400m: 4:20.17 32.53 | | |
| 3. | Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 4:28.59 | 4:25.51 | 569 |
| | 50m: 30.15 30.15 | 150m: 1:36.02 33.39 | 250m: 2:44.25 34.32 | 350m: 3:52.75 34.01 | | |
| | 100m: 1:02.63 32.48 | 200m: 2:09.93 33.91 | 300m: 3:18.74 34.49 | 400m: 4:25.51 32.76 | | |
| 4. | Francisco Sousa Uva | 04 | Sport Alges e Dafundo | 4:32.25 | 4:35.54 | 509 |
| | 50m: 29.76 29.76 | 150m: 1:37.23 34.19 | 250m: 2:48.48 35.73 | 350m: 4:00.36 35.84 | | |
| | 100m: 1:03.04 33.28 | 200m: 2:12.75 35.52 | 300m: 3:24.52 36.04 | 400m: 4:35.54 35.18 | | |
| 5. | Simao Lopes Oliveira <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Naval Setubalense | 4:50.73 | 4:45.39 | 458 |
| | 50m: 32.43 32.43 | 150m: 1:44.26 36.27 | 250m: 2:57.22 36.56 | 350m: 4:09.42 35.54 | | |
| | 100m: 1:07.99 35.56 | 200m: 2:20.66 36.40 | 300m: 3:33.88 36.66 | 400m: 4:45.39 35.97 | | |

Seniores

| | | | | | | |
|-----|---|---------------------|-------------------------------------|---------------------|----------------|-----|
| 1. | Bruno Miguel Ramos <i>Campeão Regional Sénior</i> | 97 | Clube Futebol Os Belenenses | 4:03.59 | 4:08.84 | 691 |
| | 50m: 27.72 27.72 | 150m: 1:29.74 31.34 | 250m: 2:33.18 31.49 | 350m: 3:37.52 31.66 | | |
| | 100m: 58.40 30.68 | 200m: 2:01.69 31.95 | 300m: 3:05.86 32.68 | 400m: 4:08.84 31.32 | | |
| 2. | Rodrigo Reis Dias | 03 | Clube Futebol Os Belenenses | 4:39.02 | 4:24.23 | 577 |
| | 50m: 30.68 30.68 | 150m: 1:38.28 33.19 | 250m: 2:44.37 32.67 | 350m: 3:51.38 32.48 | | |
| | 100m: 1:05.09 34.41 | 200m: 2:11.70 33.42 | 300m: 3:18.90 34.53 | 400m: 4:24.23 32.85 | | |
| 3. | Alexandre Coelho Vieira | 03 | Sporting Clube de Portugal | 4:20.51 | 4:26.74 | 561 |
| | 50m: 29.23 29.23 | 150m: 1:35.34 34.28 | 250m: 2:44.22 35.01 | 350m: 3:53.47 34.91 | | |
| | 100m: 1:01.06 31.83 | 200m: 2:09.21 33.87 | 300m: 3:18.56 34.34 | 400m: 4:26.74 33.27 | | |
| 4. | Daniel Alexandre Ascenso | 03 | Geslours - Gestão Equipamentos E.M. | 4:22.78 | 4:29.53 | 544 |
| | 50m: 31.05 31.05 | 150m: 1:39.45 35.24 | 250m: 2:48.96 34.90 | 350m: 3:57.67 34.42 | | |
| | 100m: 1:04.21 33.16 | 200m: 2:14.06 34.61 | 300m: 3:23.25 34.29 | 400m: 4:29.53 31.86 | | |
| 5. | Joao Carlos Santos | 96 | Soc.Filarmónica União A. Piedense | 4:12.97 | 4:29.75 | 542 |
| | 50m: 29.30 29.30 | 150m: 1:33.84 33.29 | 250m: 2:43.58 35.58 | 350m: 3:55.01 36.06 | | |
| | 100m: 1:00.55 31.25 | 200m: 2:08.00 34.16 | 300m: 3:18.95 35.37 | 400m: 4:29.75 34.74 | | |
| 6. | Luis Carlos Correia <i>FTL (Fora Tempo Limite)</i> | 03 | Soc.Filarmónica União A. Piedense | 4:22.54 | 4:34.34 | 516 |
| | 50m: 28.59 28.59 | 150m: 1:36.14 34.98 | 250m: 2:47.59 35.43 | 350m: 3:59.58 35.97 | | |
| | 100m: 1:01.16 32.57 | 200m: 2:12.16 36.02 | 300m: 3:23.61 36.02 | 400m: 4:34.34 34.76 | | |
| DNS | Afonso Mateus Ribeiro | 95 | Clube Futebol Os Belenenses | 4:19.66 | | |

Prova 30, Masc., 400m Livres

Absolutos

| | | | | | |
|---|---------------------|--------------------------------------|---------------------|----------------|-----|
| 1. Bruno Miguel Ramos | 97 | Clube Futebol Os Belenenses | 4:03.59 | 4:08.84 | 691 |
| 50m: 27.72 27.72 | 150m: 1:29.74 31.34 | 250m: 2:33.18 31.49 | 350m: 3:37.52 31.66 | | |
| 100m: 58.40 30.68 | 200m: 2:01.69 31.95 | 300m: 3:05.86 32.68 | 400m: 4:08.84 31.32 | | |
| 2. Bernardo Jorge Simoes | 04 | Clube Natacao Colegio Vasco da Gama | 4:04.88 | 4:14.97 | 643 |
| 50m: 28.23 28.23 | 150m: 1:30.60 31.58 | 250m: 2:35.78 32.96 | 350m: 3:41.96 33.16 | | |
| 100m: 59.02 30.79 | 200m: 2:02.82 32.22 | 300m: 3:08.80 33.02 | 400m: 4:14.97 33.01 | | |
| 3. Miguel Costa Simoes | 04 | Soc.Filarmónica União A. Piedense | 4:09.12 | 4:20.17 | 605 |
| 50m: 29.15 29.15 | 150m: 1:34.07 32.71 | 250m: 2:40.55 33.25 | 350m: 3:47.64 33.32 | | |
| 100m: 1:01.36 32.21 | 200m: 2:07.30 33.23 | 300m: 3:14.32 33.77 | 400m: 4:20.17 32.53 | | |
| 4. Rodrigo Reis Dias | 03 | Clube Futebol Os Belenenses | 4:39.02 | 4:24.23 | 577 |
| 50m: 30.68 30.68 | 150m: 1:38.28 33.19 | 250m: 2:44.37 32.67 | 350m: 3:51.38 32.48 | | |
| 100m: 1:05.09 34.41 | 200m: 2:11.70 33.42 | 300m: 3:18.90 34.53 | 400m: 4:24.23 32.85 | | |
| 5. Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 4:28.59 | 4:25.51 | 569 |
| 50m: 30.15 30.15 | 150m: 1:36.02 33.39 | 250m: 2:44.25 34.32 | 350m: 3:52.75 34.01 | | |
| 100m: 1:02.63 32.48 | 200m: 2:09.93 33.91 | 300m: 3:18.74 34.49 | 400m: 4:25.51 32.76 | | |
| 6. Joao Almeida Gomes | 06 | Clube Nacional de Nataçao | 4:25.14 | 4:26.25 | 564 |
| 50m: 29.67 29.67 | 150m: 1:36.32 33.51 | 250m: 2:44.47 33.94 | 350m: 3:52.74 33.98 | | |
| 100m: 1:02.81 33.14 | 200m: 2:10.53 34.21 | 300m: 3:18.76 34.29 | 400m: 4:26.25 33.51 | | |
| 7. Alexandre Coelho Vieira | 03 | Sporting Clube de Portugal | 4:20.51 | 4:26.74 | 561 |
| 50m: 29.23 29.23 | 150m: 1:35.34 34.28 | 250m: 2:44.22 35.01 | 350m: 3:53.47 34.91 | | |
| 100m: 1:01.06 31.83 | 200m: 2:09.21 33.87 | 300m: 3:18.56 34.34 | 400m: 4:26.74 33.27 | | |
| 8. Daniel Alexandre Ascenso | 03 | Geslours - Gestao Equipamentos E.M. | 4:22.78 | 4:29.53 | 544 |
| 50m: 31.05 31.05 | 150m: 1:39.45 35.24 | 250m: 2:48.96 34.90 | 350m: 3:57.67 34.42 | | |
| 100m: 1:04.21 33.16 | 200m: 2:14.06 34.61 | 300m: 3:23.25 34.29 | 400m: 4:29.53 31.86 | | |
| 9. Joao Carlos Santos | 96 | Soc.Filarmónica União A. Piedense | 4:12.97 | 4:29.75 | 542 |
| 50m: 29.30 29.30 | 150m: 1:33.84 33.29 | 250m: 2:43.58 35.58 | 350m: 3:55.01 36.06 | | |
| 100m: 1:00.55 31.25 | 200m: 2:08.00 34.16 | 300m: 3:18.95 35.37 | 400m: 4:29.75 34.74 | | |
| 10. Antonio Coelho Vieira | 06 | Sporting Clube de Portugal | 4:34.15 | 4:34.04 | 517 |
| 50m: 30.80 30.80 | 150m: 1:39.62 35.11 | 250m: 2:49.13 35.01 | 350m: 4:01.16 35.58 | | |
| 100m: 1:04.51 33.71 | 200m: 2:14.12 34.50 | 300m: 3:25.58 36.45 | 400m: 4:34.04 32.88 | | |
| 11. Luis Carlos Correia <i>FTL (Fora Tempo Limite)</i> | 03 | Soc.Filarmónica União A. Piedense | 4:22.54 | 4:34.34 | 516 |
| 50m: 28.59 28.59 | 150m: 1:36.14 34.98 | 250m: 2:47.59 35.43 | 350m: 3:59.58 35.97 | | |
| 100m: 1:01.16 32.57 | 200m: 2:12.16 36.02 | 300m: 3:23.61 36.02 | 400m: 4:34.34 34.76 | | |
| 12. Andre Miguel Ramos | 07 | Assoc Ed. Fisica Desp. Torres Vedras | 4:56.06 | 4:34.63 | 514 |
| 50m: 30.02 30.02 | 150m: 1:40.33 35.92 | 250m: 2:50.96 34.83 | 350m: 4:02.52 36.18 | | |
| 100m: 1:04.41 34.39 | 200m: 2:16.13 35.80 | 300m: 3:26.34 35.38 | 400m: 4:34.63 32.11 | | |
| 13. Pedro Crispim Jorge | 06 | Soc.Filarmónica União A. Piedense | 4:51.92 | 4:34.84 | 513 |
| 50m: 31.07 31.07 | 150m: 1:39.49 35.22 | 250m: 2:50.59 36.45 | 350m: 4:01.85 36.20 | | |
| 100m: 1:04.27 33.20 | 200m: 2:14.14 34.65 | 300m: 3:25.65 35.06 | 400m: 4:34.84 32.99 | | |
| 14. Tiago Ventura Chao | 06 | Clube Naval Setubalense | 4:27.70 | 4:35.28 | 510 |
| 50m: 30.62 30.62 | 150m: 1:40.34 35.82 | 250m: 2:52.34 36.37 | 350m: 4:02.33 34.41 | | |
| 100m: 1:04.52 33.90 | 200m: 2:15.97 35.63 | 300m: 3:27.92 35.58 | 400m: 4:35.28 32.95 | | |
| 15. Francisco Sousa Uva | 04 | Sport Alges e Dafundo | 4:32.25 | 4:35.54 | 509 |
| 50m: 29.76 29.76 | 150m: 1:37.23 34.19 | 250m: 2:48.48 35.73 | 350m: 4:00.36 35.84 | | |
| 100m: 1:03.04 33.28 | 200m: 2:12.75 35.52 | 300m: 3:24.52 36.04 | 400m: 4:35.54 35.18 | | |
| 16. Manuel Costa Simoes | 06 | Soc.Filarmónica União A. Piedense | 4:33.07 | 4:36.11 | 506 |
| 50m: 30.27 30.27 | 150m: 1:37.78 33.90 | 250m: 2:48.76 35.68 | 350m: 4:01.04 36.01 | | |
| 100m: 1:03.88 33.61 | 200m: 2:13.08 35.30 | 300m: 3:25.03 36.27 | 400m: 4:36.11 35.07 | | |
| 17. Leonardo Conceicao Reis | 07 | Sporting Clube de Portugal | 4:44.25 | 4:37.52 | 498 |
| 50m: 31.31 31.31 | 150m: 1:41.38 35.68 | 250m: 2:53.93 36.41 | 350m: 4:03.82 33.50 | | |
| 100m: 1:05.70 34.39 | 200m: 2:17.52 36.14 | 300m: 3:30.32 36.39 | 400m: 4:37.52 33.70 | | |
| 18. Joao Pedro Carapinha | 07 | Soc.Filarmónica União A. Piedense | 4:32.94 | 4:38.54 | 493 |
| 50m: 31.44 31.44 | 150m: 1:40.96 35.27 | 250m: 2:52.00 35.29 | 350m: 4:02.83 35.71 | | |
| 100m: 1:05.69 34.25 | 200m: 2:16.71 35.75 | 300m: 3:27.12 35.12 | 400m: 4:38.54 35.71 | | |
| 19. Afonso Silvestre Almeida | 06 | Clube Natacao da Amadora | 4:29.49 | 4:39.26 | 489 |
| 50m: 31.47 31.47 | 150m: 1:40.90 36.00 | 250m: 2:52.30 35.91 | 350m: 4:04.83 35.65 | | |
| 100m: 1:04.90 33.43 | 200m: 2:16.39 35.49 | 300m: 3:29.18 36.88 | 400m: 4:39.26 34.43 | | |
| 20. Miguel Braga Gomes | 07 | Sporting Clube de Portugal | 4:42.12 | 4:40.84 | 481 |
| 50m: 32.50 32.50 | 150m: 1:43.55 36.11 | 250m: 2:55.16 35.92 | 350m: 4:06.20 35.10 | | |
| 100m: 1:07.44 34.94 | 200m: 2:19.24 35.69 | 300m: 3:31.10 35.94 | 400m: 4:40.84 34.64 | | |

Prova 31, Femin., 1500m Livres, Juvenis A

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|----------------------|---------------------------------------|-----------------------|-----------------|-----|
| 1. | Elena Del Rio Bernat <i>Campeã Regional Juvenil A</i> | 07 | Sport Alges e Dafundo | 20:27.41 | 19:18.30 | 501 |
| | 50m: 33.36 33.36 | 450m: 5:42.94 39.03 | 850m: 10:53.22 38.96 | 1250m: 16:04.72 38.90 | | |
| | 100m: 1:12.30 37.31 | 500m: 6:21.76 38.82 | 900m: 11:32.26 39.04 | 1300m: 16:43.76 39.04 | | |
| | 150m: 1:50.78 38.48 | 550m: 7:00.61 38.85 | 950m: 12:11.57 39.31 | 1350m: 17:22.35 38.59 | | |
| | 200m: 2:29.12 38.34 | 600m: 7:39.46 38.85 | 1000m: 12:50.98 39.41 | 1400m: 18:01.53 39.18 | | |
| | 250m: 3:08.01 38.89 | 650m: 8:18.16 38.70 | 1050m: 13:30.03 39.05 | 1450m: 18:40.10 38.57 | | |
| | 300m: 3:46.44 38.43 | 700m: 8:56.69 38.53 | 1100m: 14:08.82 38.79 | 1500m: 19:18.30 38.20 | | |
| | 350m: 4:25.06 38.62 | 750m: 9:35.56 38.87 | 1150m: 14:47.02 38.20 | | | |
| | 400m: 5:03.91 38.85 | 800m: 10:14.26 38.70 | 1200m: 15:25.82 38.80 | | | |
| 2. | Catarina Andrade Franco | 07 | Geslourses - Gestão Equipamentos E.M. | 20:27.41 | 19:25.76 | 492 |
| | 50m: 33.36 33.36 | 450m: 5:40.82 39.12 | 850m: 10:53.08 38.76 | 1250m: 16:07.94 39.79 | | |
| | 100m: 1:10.67 37.31 | 500m: 6:19.99 39.17 | 900m: 11:32.31 39.23 | 1300m: 16:47.87 39.93 | | |
| | 150m: 1:48.79 38.12 | 550m: 6:59.38 39.39 | 950m: 12:11.52 39.21 | 1350m: 17:26.92 39.05 | | |
| | 200m: 2:27.17 38.38 | 600m: 7:39.15 39.77 | 1000m: 12:50.84 39.32 | 1400m: 18:07.01 40.09 | | |
| | 250m: 3:05.45 38.28 | 650m: 8:18.28 39.13 | 1050m: 13:30.30 39.46 | 1450m: 19:25.76 | | |
| | 300m: 3:44.18 38.73 | 700m: 8:56.42 38.14 | 1100m: 14:09.51 39.21 | | | |
| | 350m: 4:22.91 38.73 | 750m: 9:36.03 39.61 | 1150m: 14:48.56 39.05 | | | |
| | 400m: 5:01.70 38.79 | 800m: 10:14.32 38.29 | 1200m: 15:28.15 39.59 | | | |

Juniore

| | | | | | | |
|----|---|----------------------|---------------------------------------|-----------------------|-----------------|-----|
| 1. | Mafalda Santos Costa <i>Campeã Regional Junior</i> | 05 | ADR Colegio Int Monte Maior | 18:31.00 | 18:54.66 | 533 |
| | 50m: 34.02 34.02 | 450m: 5:38.40 37.90 | 850m: 10:42.99 37.81 | 1250m: 15:47.58 38.07 | | |
| | 100m: 1:11.15 37.13 | 500m: 6:16.53 38.13 | 900m: 11:20.97 37.98 | 1300m: 16:25.42 37.84 | | |
| | 150m: 1:48.91 37.76 | 550m: 6:54.56 38.03 | 950m: 11:58.88 37.91 | 1350m: 17:03.07 37.65 | | |
| | 200m: 2:27.20 38.29 | 600m: 7:32.75 38.19 | 1000m: 12:36.81 37.93 | 1400m: 17:40.78 37.71 | | |
| | 250m: 3:05.29 38.09 | 650m: 8:10.80 38.05 | 1050m: 13:14.74 37.93 | 1450m: 18:17.80 37.02 | | |
| | 300m: 3:43.89 38.60 | 700m: 8:49.04 38.24 | 1100m: 13:53.06 38.32 | 1500m: 18:54.66 36.86 | | |
| | 350m: 4:22.10 38.21 | 750m: 9:27.14 38.10 | 1150m: 14:31.25 38.19 | | | |
| | 400m: 5:00.50 38.40 | 800m: 10:05.18 38.04 | 1200m: 15:09.51 38.26 | | | |
| 2. | Ines Gaspar Silva | 06 | Geslourses - Gestão Equipamentos E.M. | 20:27.41 | 20:20.48 | 428 |
| | 50m: 35.13 35.13 | 450m: 5:58.92 41.63 | 850m: 11:32.53 42.00 | 1250m: 17:04.76 41.21 | | |
| | 100m: 1:14.00 38.87 | 500m: 6:40.34 41.42 | 900m: 12:14.67 42.14 | 1300m: 17:45.76 41.00 | | |
| | 150m: 1:53.69 39.69 | 550m: 7:22.43 42.09 | 950m: 12:57.04 42.37 | 1350m: 18:26.18 40.42 | | |
| | 200m: 2:33.55 39.86 | 600m: 8:04.17 41.74 | 1000m: 13:38.62 41.58 | 1400m: 19:04.82 38.64 | | |
| | 250m: 3:14.11 40.56 | 650m: 8:45.89 41.72 | 1050m: 14:21.48 42.86 | 1450m: 19:44.02 39.20 | | |
| | 300m: 3:54.96 40.85 | 700m: 9:27.20 41.31 | 1100m: 15:01.72 40.24 | 1500m: 20:20.48 36.46 | | |
| | 350m: 4:36.67 41.71 | 750m: 10:09.63 42.43 | 1150m: 15:42.73 41.01 | | | |
| | 400m: 5:17.29 40.62 | 800m: 10:50.53 40.90 | 1200m: 16:23.55 40.82 | | | |
| 3. | Clara Sofia Herminio | 06 | Soc.Filarmónica União A. Piedense | 20:56.72 | 20:26.79 | 422 |
| | 50m: 35.24 35.24 | 450m: 6:02.45 41.08 | 850m: 11:29.11 41.27 | 1250m: 17:01.97 42.02 | | |
| | 100m: 1:16.35 38.81 | 500m: 6:43.18 40.73 | 900m: 12:10.40 41.29 | 1300m: 17:43.50 41.53 | | |
| | 150m: 1:57.34 40.99 | 550m: 7:22.43 42.09 | 950m: 12:52.33 41.93 | 1350m: 18:24.78 41.28 | | |
| | 200m: 2:37.79 40.45 | 600m: 8:04.37 41.74 | 1000m: 13:33.95 41.62 | 1400m: 19:05.33 40.55 | | |
| | 250m: 3:18.62 40.83 | 650m: 8:49.54 45.17 | 1050m: 14:15.51 41.56 | 1450m: 19:46.52 41.19 | | |
| | 300m: 3:59.34 40.72 | 700m: 9:26.05 36.51 | 1100m: 14:57.01 41.50 | 1500m: 20:26.79 40.27 | | |
| | 350m: 4:40.48 41.14 | 750m: 10:06.98 40.93 | 1150m: 15:38.77 41.76 | | | |
| | 400m: 5:21.37 40.89 | 800m: 10:47.84 40.86 | 1200m: 16:19.95 41.18 | | | |

Seniores

| | | | | | | |
|----|--|----------------------|-----------------------------------|-----------------------|-----------------|-----|
| 1. | Diana Valadas Horta <i>Campeã Regional Sénior</i> | 04 | Soc.Filarmónica União A. Piedense | 20:09.53 | 19:16.92 | 503 |
| | 50m: 35.24 35.24 | 450m: 5:47.27 39.17 | 850m: 10:57.99 38.89 | 1250m: 16:06.23 38.37 | | |
| | 100m: 1:14.05 38.81 | 500m: 6:26.63 39.36 | 900m: 11:36.49 38.50 | 1300m: 16:44.50 38.27 | | |
| | 150m: 1:57.34 40.99 | 550m: 7:05.13 38.50 | 950m: 12:15.16 38.67 | 1350m: 17:22.48 37.98 | | |
| | 200m: 2:32.06 38.81 | 600m: 7:44.14 39.01 | 1000m: 12:54.10 38.94 | 1400m: 18:01.31 38.83 | | |
| | 250m: 3:10.87 38.81 | 650m: 8:22.86 38.72 | 1050m: 13:32.38 38.28 | 1450m: 18:39.54 38.23 | | |
| | 300m: 3:50.07 39.20 | 700m: 9:01.85 38.99 | 1100m: 14:11.07 38.69 | 1500m: 19:16.92 37.38 | | |
| | 350m: 4:29.05 38.98 | 750m: 9:40.36 38.51 | 1150m: 14:49.48 38.41 | | | |
| | 400m: 5:08.10 39.05 | 800m: 10:19.10 38.74 | 1200m: 15:27.86 38.38 | | | |

Prova 31, Femin., 1500m Livres

Absolutos

| | | | | | |
|------------------------------|----------------------|-------------------------------------|-----------------------|----------|-----|
| 1. Mafalda Santos Costa | 05 | ADR Colegio Int Monte Maior | 18:31.00 | 18:54.66 | 533 |
| 50m: 34.02 34.02 | 450m: 5:38.40 37.90 | 850m: 10:42.99 37.81 | 1250m: 15:47.58 38.07 | | |
| 100m: 1:11.15 37.13 | 500m: 6:16.53 38.13 | 900m: 11:20.97 37.98 | 1300m: 16:25.42 37.84 | | |
| 150m: 1:48.91 37.76 | 550m: 6:54.56 38.03 | 950m: 11:58.88 37.91 | 1350m: 17:03.07 37.65 | | |
| 200m: 2:27.20 38.29 | 600m: 7:32.75 38.19 | 1000m: 12:36.81 37.93 | 1400m: 17:40.78 37.71 | | |
| 250m: 3:05.29 38.09 | 650m: 8:10.80 38.05 | 1050m: 13:14.74 37.93 | 1450m: 18:17.80 37.02 | | |
| 300m: 3:43.89 38.60 | 700m: 8:49.04 38.24 | 1100m: 13:53.06 38.32 | 1500m: 18:54.66 36.86 | | |
| 350m: 4:22.10 38.21 | 750m: 9:27.14 38.10 | 1150m: 14:31.25 38.19 | | | |
| 400m: 5:00.50 38.40 | 800m: 10:05.18 38.04 | 1200m: 15:09.51 38.26 | | | |
| 2. Diana Valadas Horta | 04 | Soc.Filarmónica União A. Piedense | 20:09.53 | 19:16.92 | 503 |
| 50m: 35.24 35.24 | 450m: 5:47.27 39.17 | 850m: 10:57.99 38.89 | 1250m: 16:06.23 38.37 | | |
| 100m: 1:14.05 38.81 | 500m: 6:26.63 39.36 | 900m: 11:36.49 38.50 | 1300m: 16:44.50 38.27 | | |
| 150m: 1:50.78 38.48 | 550m: 7:05.13 38.50 | 950m: 12:15.16 38.67 | 1350m: 17:22.48 37.98 | | |
| 200m: 2:32.06 38.29 | 600m: 7:44.14 39.01 | 1000m: 12:54.10 38.94 | 1400m: 18:01.31 38.83 | | |
| 250m: 3:10.87 38.81 | 650m: 8:22.86 38.72 | 1050m: 13:32.38 38.28 | 1450m: 18:39.54 38.23 | | |
| 300m: 3:50.07 39.20 | 700m: 9:01.85 38.99 | 1100m: 14:11.07 38.69 | 1500m: 19:16.92 37.38 | | |
| 350m: 4:29.05 38.98 | 750m: 9:40.36 38.51 | 1150m: 14:49.48 38.41 | | | |
| 400m: 5:08.10 39.05 | 800m: 10:19.10 38.74 | 1200m: 15:27.86 38.38 | | | |
| 3. Elena Del Rio Bernat | 07 | Sport Alges e Dafundo | 20:27.41 | 19:18.30 | 501 |
| 50m: 33.36 33.36 | 450m: 5:42.94 39.03 | 850m: 10:53.22 38.96 | 1250m: 16:04.72 38.90 | | |
| 100m: 1:12.30 38.94 | 500m: 6:21.76 38.82 | 900m: 11:32.26 39.04 | 1300m: 16:43.76 39.04 | | |
| 150m: 1:50.78 38.48 | 550m: 7:00.61 38.85 | 950m: 12:11.57 39.31 | 1350m: 17:22.35 38.59 | | |
| 200m: 2:29.12 38.34 | 600m: 7:39.46 38.85 | 1000m: 12:50.98 39.41 | 1400m: 18:01.53 39.18 | | |
| 250m: 3:08.01 38.89 | 650m: 8:18.16 38.70 | 1050m: 13:30.03 39.05 | 1450m: 18:40.10 38.57 | | |
| 300m: 3:46.44 38.43 | 700m: 8:56.69 38.53 | 1100m: 14:08.82 38.79 | 1500m: 19:18.30 38.20 | | |
| 350m: 4:25.06 38.62 | 750m: 9:35.56 38.87 | 1150m: 14:47.02 38.20 | | | |
| 400m: 5:03.91 38.85 | 800m: 10:14.26 38.70 | 1200m: 15:25.82 38.80 | | | |
| 4. Catarina Andrade Franco | 07 | Geslours - Gestão Equipamentos E.M. | 20:27.41 | 19:25.76 | 492 |
| 50m: 33.36 33.36 | 450m: 5:40.82 39.12 | 850m: 10:53.08 38.76 | 1250m: 16:07.94 39.79 | | |
| 100m: 1:10.67 37.31 | 500m: 6:19.99 39.17 | 900m: 11:32.31 39.23 | 1300m: 16:47.87 39.93 | | |
| 150m: 1:48.79 38.12 | 550m: 6:59.38 39.39 | 950m: 12:11.52 39.21 | 1350m: 17:26.92 39.05 | | |
| 200m: 2:27.17 38.38 | 600m: 7:39.15 39.77 | 1000m: 12:50.84 39.32 | 1400m: 18:07.01 40.09 | | |
| 250m: 3:05.45 38.28 | 650m: 8:18.28 39.13 | 1050m: 13:30.30 39.46 | 1450m: 18:46.01 39.05 | | |
| 300m: 3:44.18 38.73 | 700m: 8:56.42 38.14 | 1100m: 14:09.51 39.21 | 1500m: 19:25.76 38.20 | | |
| 350m: 4:22.91 38.73 | 750m: 9:36.03 39.61 | 1150m: 14:48.56 39.05 | | | |
| 400m: 5:01.70 38.79 | 800m: 10:14.32 38.29 | 1200m: 15:28.15 39.59 | | | |
| 5. Constanca Isabel Carvalho | 08 | Sport Alges e Dafundo | 20:27.41 | 20:15.63 | 434 |
| 50m: 36.69 36.69 | 450m: 5:59.80 40.57 | 850m: 11:26.74 41.34 | 1250m: 16:54.59 40.82 | | |
| 100m: 1:16.66 39.97 | 500m: 6:40.64 40.84 | 900m: 12:07.39 40.65 | 1300m: 17:35.72 41.13 | | |
| 150m: 1:56.76 40.10 | 550m: 7:20.97 40.33 | 950m: 12:48.53 41.14 | 1350m: 18:16.95 41.23 | | |
| 200m: 2:36.96 40.20 | 600m: 8:01.78 40.81 | 1000m: 13:29.85 41.32 | 1400m: 18:57.37 40.42 | | |
| 250m: 3:17.50 40.54 | 650m: 8:42.41 40.63 | 1050m: 14:10.76 40.91 | 1450m: 19:37.25 39.88 | | |
| 300m: 3:58.35 40.85 | 700m: 9:23.23 40.82 | 1100m: 14:51.52 40.76 | 1500m: 20:15.63 38.38 | | |
| 350m: 4:38.57 40.22 | 750m: 10:04.21 40.98 | 1150m: 15:32.69 41.17 | | | |
| 400m: 5:19.23 40.66 | 800m: 10:45.40 41.19 | 1200m: 16:13.77 41.08 | | | |
| 6. Ines Gaspar Silva | 06 | Geslours - Gestão Equipamentos E.M. | 20:27.41 | 20:20.48 | 428 |
| 50m: 35.13 35.13 | 450m: 5:58.92 41.63 | 850m: 11:32.53 42.00 | 1250m: 17:04.76 41.21 | | |
| 100m: 1:14.00 38.87 | 500m: 6:40.34 41.42 | 900m: 12:14.67 42.14 | 1300m: 17:45.76 41.00 | | |
| 150m: 1:53.69 39.69 | 550m: 7:22.43 42.09 | 950m: 12:57.04 42.37 | 1350m: 18:26.18 40.42 | | |
| 200m: 2:33.55 39.86 | 600m: 8:04.17 41.74 | 1000m: 13:38.62 41.58 | 1400m: 19:04.82 38.64 | | |
| 250m: 3:14.11 40.56 | 650m: 8:45.89 41.72 | 1050m: 14:21.48 42.86 | 1450m: 19:44.02 39.20 | | |
| 300m: 3:54.96 40.85 | 700m: 9:27.20 41.31 | 1100m: 15:01.72 40.24 | 1500m: 20:20.48 36.46 | | |
| 350m: 4:36.67 41.71 | 750m: 10:09.63 42.43 | 1150m: 15:42.73 41.01 | | | |
| 400m: 5:17.29 40.62 | 800m: 10:50.53 40.90 | 1200m: 16:23.55 40.82 | | | |
| 7. Clara Sofia Herminio | 06 | Soc.Filarmónica União A. Piedense | 20:56.72 | 20:26.79 | 422 |
| 50m: 35.13 35.13 | 450m: 6:02.45 41.08 | 850m: 11:29.11 41.27 | 1250m: 17:01.97 42.02 | | |
| 100m: 1:16.35 40.99 | 500m: 6:43.18 40.73 | 900m: 12:10.40 41.29 | 1300m: 17:43.50 41.53 | | |
| 150m: 1:57.34 40.99 | 550m: 7:24.33 41.15 | 950m: 12:52.33 41.93 | 1350m: 18:24.78 41.28 | | |
| 200m: 2:37.79 40.45 | 600m: 8:04.37 41.74 | 1000m: 13:33.95 41.62 | 1400m: 19:05.33 40.55 | | |
| 250m: 3:18.62 40.83 | 650m: 8:49.54 45.17 | 1050m: 14:15.51 41.56 | 1450m: 19:46.52 41.19 | | |
| 300m: 3:59.34 40.72 | 700m: 9:26.05 36.51 | 1100m: 14:57.01 41.50 | 1500m: 20:26.79 40.27 | | |
| 350m: 4:40.48 41.14 | 750m: 10:06.98 40.93 | 1150m: 15:38.77 41.76 | | | |
| 400m: 5:21.37 40.89 | 800m: 10:47.84 40.86 | 1200m: 16:19.95 41.18 | | | |
| 8. Patricia Subtil Henriques | 08 | Geslours - Gestão Equipamentos E.M. | 20:27.41 | 20:51.50 | 397 |
| FTL (Fora Tempo Limite) | | | | | |
| 50m: 35.73 35.73 | 450m: 6:06.52 42.36 | 850m: 11:44.73 42.65 | 1250m: 17:26.11 43.40 | | |
| 100m: 1:15.00 39.27 | 500m: 6:48.68 42.16 | 900m: 12:26.50 41.77 | 1300m: 18:08.07 41.96 | | |
| 150m: 1:56.33 41.33 | 550m: 7:31.37 42.69 | 950m: 13:09.77 43.27 | 1350m: 18:50.52 42.45 | | |
| 200m: 2:37.12 40.79 | 600m: 8:13.28 41.91 | 1000m: 13:51.56 41.79 | 1400m: 19:32.79 42.27 | | |
| 250m: 3:18.73 41.61 | 650m: 8:55.37 42.09 | 1050m: 14:34.43 42.87 | 1450m: 20:12.90 40.11 | | |
| 300m: 3:59.61 40.88 | 700m: 9:37.61 42.24 | 1100m: 15:16.49 42.06 | 1500m: 20:51.50 38.60 | | |
| 350m: 4:41.65 42.04 | 750m: 10:20.54 42.93 | 1150m: 16:00.03 43.54 | | | |
| 400m: 5:24.16 42.51 | 800m: 11:02.08 41.54 | 1200m: 16:42.71 42.68 | | | |

Prova 32 Masc., 800m Livres Absolutos
13.03.2022 - 15:51 Resultados

| | | | | | |
|-----------------------|---------|-------------------------|---------|----------------|------|
| Rec Nacional Absoluto | 7:52.68 | Jose Paulo Lopes | SCB | Budapest (HUN) | 2021 |
| Rec Regional Absoluto | 8:06.49 | Guilherme Filipe Pina | SCP | Coimbra | 2017 |
| Rec Regional Sen | 8:06.49 | Guilherme Filipe Pina | SCP | Coimbra | 2017 |
| Rec Regional Jun 2 | 8:15.16 | Filipe Miguel Santo | SLB | Funchal | 2018 |
| Rec Regional Jun 1 | 8:19.86 | Joao Pedro Gil | ANAM | Coimbra | 2014 |
| Rec Regional Juv A | 8:29.39 | Diogo Santos Cardoso | ADRCIMM | Gyoer (HUN) | 2017 |
| Rec Regional Juv B | 8:45.55 | Pedro Fontoura Oliveira | CFB | Lisboa | 2005 |

TAC - Masc Juv B: 9:54.32; Juv A: 9:54.32; Jun 1: 9:54.32; Jun 2: 9:45.83; Sen: 9:34.51

Pontos: FINA 2021

Juvenis A

| Pos. | Nadador | Ano | Clube | T.Inscr. | Tempo | Pts |
|------|--|---------------------|-----------------------------------|---------------------|----------------|-----|
| 1. | Manuel Costa Simoes <i>Campeão Regional Juvenis A</i> | 06 | Soc.Filarmónica União A. Piedense | 9:13.46 | 9:33.54 | 489 |
| | 50m: 31.40 31.40 | 250m: 2:53.21 36.11 | 450m: 5:19.86 36.83 | 650m: 7:47.44 35.85 | | |
| | 100m: 1:06.42 35.02 | 300m: 3:29.40 36.19 | 500m: 5:57.37 37.51 | 700m: 8:23.36 35.92 | | |
| | 150m: 1:41.62 35.20 | 350m: 4:06.21 36.81 | 550m: 6:34.94 37.57 | 750m: 8:59.19 35.83 | | |
| | 200m: 2:17.10 35.48 | 400m: 4:43.03 36.82 | 600m: 7:11.59 36.65 | 800m: 9:33.54 34.35 | | |
| 2. | Ricardo Freitas Neto | 06 | Sporting Clube de Portugal | 9:42.73 | 9:40.96 | 471 |
| | 50m: 31.44 31.44 | 250m: 2:54.55 36.11 | 450m: 5:21.78 36.32 | 650m: 7:49.26 36.98 | | |
| | 100m: 1:06.58 35.65 | 300m: 3:31.53 36.98 | 500m: 5:58.86 37.08 | 700m: 8:27.04 37.78 | | |
| | 150m: 1:42.23 35.65 | 350m: 4:08.24 36.71 | 550m: 6:35.51 36.65 | 750m: 9:04.16 37.12 | | |
| | 200m: 2:18.44 36.21 | 400m: 4:45.46 37.22 | 600m: 7:12.28 36.77 | 800m: 9:40.96 36.80 | | |

Juniore

| | | | | | | |
|----|---|---------------------|-----------------------------|---------------------|----------------|-----|
| 1. | Manuel Angelo Pereira <i>Campeão Regional Junior</i> | 05 | Sporting Clube de Portugal | 9:02.16 | 8:56.92 | 597 |
| | 50m: 30.27 30.27 | 250m: 2:45.26 33.98 | 450m: 5:01.54 34.14 | 650m: 7:17.96 33.67 | | |
| | 100m: 1:03.50 33.23 | 300m: 3:19.37 34.11 | 500m: 5:35.72 34.18 | 700m: 7:51.76 33.80 | | |
| | 150m: 1:37.42 33.92 | 350m: 3:53.44 34.07 | 550m: 6:10.16 34.44 | 750m: 8:24.84 33.08 | | |
| | 200m: 2:11.28 33.86 | 400m: 4:27.40 33.96 | 600m: 6:44.29 34.13 | 800m: 8:56.92 32.08 | | |
| 2. | Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 9:05.77 | 9:09.21 | 557 |
| | 50m: 31.44 31.44 | 250m: 2:49.33 34.91 | 450m: 5:08.51 34.73 | 650m: 7:27.69 35.13 | | |
| | 100m: 1:05.23 33.79 | 300m: 3:24.27 34.94 | 500m: 5:43.38 34.87 | 700m: 8:02.60 34.91 | | |
| | 150m: 1:39.86 34.63 | 350m: 3:58.98 34.71 | 550m: 6:17.93 34.55 | 750m: 8:36.81 34.21 | | |
| | 200m: 2:14.42 34.56 | 400m: 4:33.78 34.80 | 600m: 6:52.56 34.63 | 800m: 9:09.21 32.40 | | |

DNS Pedro Maria Amado 05 Sport Alges e Dafundo 8:56.07

Seniores

| | | | | | | |
|----|--|---------------------|-----------------------------|---------------------|----------------|-----|
| 1. | Bruno Miguel Ramos <i>Campeão Regional Sénior</i> | 97 | Clube Futebol Os Belenenses | 9:34.51 | 8:37.53 | 666 |
| | 50m: 29.34 29.34 | 250m: 2:40.41 33.19 | 450m: 4:53.23 32.85 | 650m: 7:02.99 32.85 | | |
| | 100m: 1:01.10 31.76 | 300m: 3:13.42 33.01 | 500m: 5:25.33 32.10 | 700m: 7:35.08 32.09 | | |
| | 150m: 1:34.13 33.03 | 350m: 3:47.24 33.82 | 550m: 5:58.38 33.05 | 750m: 8:07.11 32.03 | | |
| | 200m: 2:07.22 33.09 | 400m: 4:20.38 33.14 | 600m: 6:30.14 31.76 | 800m: 8:37.53 30.42 | | |
| 2. | Alexandre Martinenko Spiess | 98 | Sporting Clube de Portugal | 9:34.51 | 8:52.79 | 611 |
| | 50m: 30.10 30.10 | 250m: 2:40.47 32.68 | 450m: 4:53.31 32.82 | 650m: 7:10.14 34.31 | | |
| | 100m: 1:02.90 32.91 | 300m: 3:13.79 33.32 | 500m: 5:27.16 33.85 | 700m: 7:44.45 34.58 | | |
| | 150m: 1:34.97 32.82 | 350m: 3:46.92 33.13 | 550m: 6:01.11 33.95 | 750m: 8:19.03 34.58 | | |
| | 200m: 2:07.79 32.82 | 400m: 4:20.49 33.57 | 600m: 6:30.14 31.76 | 800m: 8:52.79 33.76 | | |
| 3. | Alexandre Coelho Vieira | 03 | Sporting Clube de Portugal | 9:07.92 | 9:07.78 | 562 |
| | 50m: 29.99 29.99 | 250m: 2:46.12 34.37 | 450m: 5:06.18 35.19 | 650m: 7:26.13 34.70 | | |
| | 100m: 1:02.90 32.91 | 300m: 3:20.91 34.79 | 500m: 5:41.64 35.46 | 700m: 8:00.30 34.17 | | |
| | 150m: 1:37.23 34.33 | 350m: 3:55.86 34.95 | 550m: 6:16.53 34.89 | 750m: 8:34.63 34.33 | | |
| | 200m: 2:11.75 34.52 | 400m: 4:30.99 35.13 | 600m: 6:51.43 34.90 | 800m: 9:07.78 33.15 | | |

Prova 32, Masc., 800m Livres

Absolutos

| | | | | | |
|--------------------------------|---------------------|-----------------------------------|---------------------|----------------|-----|
| 1. Bruno Miguel Ramos | 97 | Clube Futebol Os Belenenses | 9:34.51 | 8:37.53 | 666 |
| 50m: 29.34 29.34 | 250m: 2:40.41 33.19 | 450m: 4:53.23 32.85 | 650m: 7:02.99 32.85 | | |
| 100m: 1:01.10 31.76 | 300m: 3:13.42 33.01 | 500m: 5:25.33 32.10 | 700m: 7:35.08 32.09 | | |
| 150m: 1:34.13 33.03 | 350m: 3:47.24 33.82 | 550m: 5:58.38 33.05 | 750m: 8:07.11 32.03 | | |
| 200m: 2:07.22 33.09 | 400m: 4:20.38 33.14 | 600m: 6:30.14 31.76 | 800m: 8:37.53 30.42 | | |
| 2. Alexandre Martinenko Spiess | 98 | Sporting Clube de Portugal | 9:34.51 | 8:52.79 | 611 |
| 50m: 30.10 30.10 | 250m: 2:40.47 32.68 | 450m: 4:53.31 32.82 | 650m: 7:10.14 32.85 | | |
| 100m: 1:03.50 33.23 | 300m: 3:13.79 33.32 | 500m: 5:27.16 33.85 | 700m: 7:44.45 34.31 | | |
| 150m: 1:34.97 33.82 | 350m: 3:46.92 33.13 | 550m: 6:01.11 33.95 | 750m: 8:19.03 34.58 | | |
| 200m: 2:07.79 32.82 | 400m: 4:20.49 33.57 | 600m: 6:30.11 33.95 | 800m: 8:52.79 33.76 | | |
| 3. Manuel Angelo Pereira | 05 | Sporting Clube de Portugal | 9:02.16 | 8:56.92 | 597 |
| 50m: 30.27 30.27 | 250m: 2:45.26 33.98 | 450m: 5:01.54 34.14 | 650m: 7:17.96 33.67 | | |
| 100m: 1:03.50 33.23 | 300m: 3:19.37 34.11 | 500m: 5:35.72 34.18 | 700m: 7:51.76 33.80 | | |
| 150m: 1:37.42 33.92 | 350m: 3:53.44 34.07 | 550m: 6:10.16 34.44 | 750m: 8:24.84 33.08 | | |
| 200m: 2:11.28 33.86 | 400m: 4:27.40 33.96 | 600m: 6:44.29 34.13 | 800m: 8:56.92 32.08 | | |
| 4. Alexandre Coelho Vieira | 03 | Sporting Clube de Portugal | 9:07.92 | 9:07.78 | 562 |
| 50m: 29.99 29.99 | 250m: 2:46.12 34.37 | 450m: 5:06.18 35.19 | 650m: 7:26.13 34.70 | | |
| 100m: 1:02.90 32.91 | 300m: 3:20.91 34.79 | 500m: 5:41.64 35.46 | 700m: 8:00.30 34.17 | | |
| 150m: 1:37.23 34.33 | 350m: 3:55.86 34.95 | 550m: 6:16.53 34.89 | 750m: 8:34.63 34.33 | | |
| 200m: 2:11.75 34.52 | 400m: 4:30.99 35.13 | 600m: 6:51.43 34.90 | 800m: 9:07.78 33.15 | | |
| 5. Tiago Miguel Trombinhas | 04 | ADR Colegio Int Monte Maior | 9:05.77 | 9:09.21 | 557 |
| 50m: 31.44 31.44 | 250m: 2:49.33 34.91 | 450m: 5:08.51 34.73 | 650m: 7:27.69 35.13 | | |
| 100m: 1:05.23 33.79 | 300m: 3:24.27 34.94 | 500m: 5:43.38 34.87 | 700m: 8:02.60 34.91 | | |
| 150m: 1:39.86 34.63 | 350m: 3:58.98 34.71 | 550m: 6:17.93 34.55 | 750m: 8:36.81 34.21 | | |
| 200m: 2:14.42 34.56 | 400m: 4:33.78 34.80 | 600m: 6:52.56 34.63 | 800m: 9:09.21 32.40 | | |
| 6. Manuel Costa Simoes | 06 | Soc.Filarmónica União A. Piedense | 9:13.46 | 9:33.54 | 489 |
| 50m: 31.40 31.40 | 250m: 2:53.21 36.11 | 450m: 5:19.86 36.83 | 650m: 7:47.44 35.85 | | |
| 100m: 1:06.42 35.02 | 300m: 3:29.40 36.19 | 500m: 5:57.37 37.51 | 700m: 8:23.36 35.92 | | |
| 150m: 1:41.62 35.20 | 350m: 4:06.21 36.81 | 550m: 6:34.94 37.57 | 750m: 8:59.19 35.83 | | |
| 200m: 2:17.10 35.48 | 400m: 4:43.03 36.82 | 600m: 7:11.59 36.65 | 800m: 9:33.54 34.35 | | |
| 7. Ricardo Freitas Neto | 06 | Sporting Clube de Portugal | 9:42.73 | 9:40.96 | 471 |
| 50m: 31.40 31.40 | 250m: 2:54.55 36.11 | 450m: 5:21.78 36.32 | 650m: 7:49.26 36.98 | | |
| 100m: 1:06.58 35.18 | 300m: 3:31.53 36.98 | 500m: 5:58.86 37.08 | 700m: 8:27.04 37.78 | | |
| 150m: 1:42.23 35.65 | 350m: 4:08.24 36.71 | 550m: 6:35.51 36.65 | 750m: 9:04.16 37.12 | | |
| 200m: 2:18.44 36.21 | 400m: 4:45.46 37.22 | 600m: 7:12.28 36.77 | 800m: 9:40.96 36.80 | | |
| DNS Pedro Maria Amado | 05 | Sport Alges e Dafundo | 8:56.07 | | |

Prova 33

13.03.2022 - 16:01

Femin., 200m Mariposa

Absolutos

Resultados

| | | | | | |
|-----------------------|---------|------------------------|-------|------------------|------|
| Rec Nacional Absoluto | 2:08.03 | Ana Catarina Monteiro | CFV | Glasgow (GBR) | 2018 |
| Rec Regional Absoluto | 2:12.29 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Sen | 2:12.29 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Jun 2 | 2:16.60 | Maria Ferreira Moura | SCP | Oeiras | 2021 |
| Rec Regional Jun 1 | 2:17.11 | Ana Rita Francisco | SFUAP | Porto | 1996 |
| Rec Regional Juv A | 2:15.56 | Ana Rita Francisco | SFUAP | Geneve (SUI) | 1995 |
| Rec Regional Juv B | 2:20.75 | Susana Patricia Miguel | SFUAP | Genova (ITA) | 2004 |

TAC - Fem Juv B: 2:53.75; Juv A: 2:48.97; Jun 2: 2:42.69; Jun 1: 2:44.27; Sen: 2:41.91

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|---|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Constanca Santos Ferreira <i>Campeã Regional Juvenil B</i> | 08 | SAD | 2:42.90 | 2:35.50 | 480 | 34.26 | 40.53 | 40.59 | 40.12 |
| Juvenis A | | | | | | | | | | |
| 1. | Teresa Joao Pires <i>Campeã Regional Juvenil A</i> | 07 | SAD | 2:37.34 | 2:38.76 | 451 | 33.77 | 39.86 | 42.48 | 42.65 |
| 2. | Maria Bandarra Matos | 07 | SCP | 2:52.95 | 2:42.79 | 418 | 34.64 | 40.54 | 43.52 | 44.09 |
| 3. | Rita Machita Santos | 07 | CNS | 2:48.97 | 2:43.91 | 410 | 35.10 | 40.79 | 43.29 | 44.73 |

Prova 33, Femin., 200m Mariposa, Juvenis A

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| 4. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:42.34 | 2:49.82 | 369 | 35.67 | 41.16 | 45.04 | 47.95 |

Juniiores

| | | | | | | | | | | |
|----|--|----|-----|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Neuza Velho Magalhaes <i>Campeã Regional Junior</i> | 05 | SAD | 2:38.06 | 2:40.01 | 441 | 34.20 | 39.36 | 41.92 | 44.53 |
| 2. | Beatriz Mocego Niza <i>FTL (Fora Tempo Limite)</i> | 06 | CNA | 2:45.01 | 2:47.00 | 388 | 34.59 | 41.20 | 43.28 | 47.93 |

Seniores

| | | | | | | | | | | |
|----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Maria Jardim Fidalgo <i>Campeã Regional Sénior</i> | 04 | CNCVG | 2:24.03 | 2:26.70 | 572 | 32.32 | 36.60 | 38.15 | 39.63 |
| 2. | Alice Jesus Morgado | 04 | SCP | 2:27.05 | 2:31.38 | 521 | 33.54 | 38.04 | 39.23 | 40.57 |
| 3. | Ana Rita Matos | 02 | CFB | 2:28.96 | 2:32.97 | 504 | 34.32 | 38.49 | 39.76 | 40.40 |
| 4. | Beatriz Quintao Amantes | 03 | SFUAP | 2:33.75 | 2:35.31 | 482 | 33.41 | 38.98 | 40.35 | 42.57 |
| 5. | Filipa Inacio Cazeiro | 02 | CIRL | 2:41.91 | 2:36.86 | 468 | 34.15 | 37.98 | 41.47 | 43.26 |
| 6. | Joana Isabel Pulquerio <i>FTL (Fora Tempo Limite)</i> | 03 | SFUAP | 2:37.23 | 2:44.51 | 405 | 35.11 | 39.70 | 43.07 | 46.63 |

Absolutos

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Maria Jardim Fidalgo | 04 | CNCVG | 2:24.03 | 2:26.70 | 572 | 32.32 | 36.60 | 38.15 | 39.63 |
| 2. | Alice Jesus Morgado | 04 | SCP | 2:27.05 | 2:31.38 | 521 | 33.54 | 38.04 | 39.23 | 40.57 |
| 3. | Ana Rita Matos | 02 | CFB | 2:28.96 | 2:32.97 | 504 | 34.32 | 38.49 | 39.76 | 40.40 |
| 4. | Beatriz Quintao Amantes | 03 | SFUAP | 2:33.75 | 2:35.31 | 482 | 33.41 | 38.98 | 40.35 | 42.57 |
| 5. | Constanca Santos Ferreira | 08 | SAD | 2:42.90 | 2:35.50 | 480 | 34.26 | 40.53 | 40.59 | 40.12 |
| 6. | Filipa Inacio Cazeiro | 02 | CIRL | 2:41.91 | 2:36.86 | 468 | 34.15 | 37.98 | 41.47 | 43.26 |
| 7. | Teresa Joao Pires | 07 | SAD | 2:37.34 | 2:38.76 | 451 | 33.77 | 39.86 | 42.48 | 42.65 |
| 8. | Neuza Velho Magalhaes | 05 | SAD | 2:38.06 | 2:40.01 | 441 | 34.20 | 39.36 | 41.92 | 44.53 |
| 9. | Maria Bandarra Matos | 07 | SCP | 2:52.95 | 2:42.79 | 418 | 34.64 | 40.54 | 43.52 | 44.09 |
| 10. | Rita Machita Santos | 07 | CNS | 2:48.97 | 2:43.91 | 410 | 35.10 | 40.79 | 43.29 | 44.73 |
| 11. | Joana Isabel Pulquerio <i>FTL (Fora Tempo Limite)</i> | 03 | SFUAP | 2:37.23 | 2:44.51 | 405 | 35.11 | 39.70 | 43.07 | 46.63 |
| 12. | Beatriz Mocego Niza <i>FTL (Fora Tempo Limite)</i> | 06 | CNA | 2:45.01 | 2:47.00 | 388 | 34.59 | 41.20 | 43.28 | 47.93 |
| 13. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:42.34 | 2:49.82 | 369 | 35.67 | 41.16 | 45.04 | 47.95 |

Prova 34
13.03.2022 - 16:08

Masc., 200m Mariposa

Absolutos
Resultados

| | | | | | |
|-----------------------|---------|--------------------------|---------|------------|------|
| Rec Nacional Absoluto | 1:56.17 | Pedro Diogo Oliveira | FPN | Roma (ITA) | 2009 |
| Rec Regional Absoluto | 1:57.09 | Miguel Duarte Nascimento | SLB | Coimbra | 2017 |
| Rec Regional Sen | 1:57.09 | Miguel Duarte Nascimento | SLB | Coimbra | 2017 |
| Rec Regional Jun 2 | 2:02.42 | Duarte Rafael Mourão | GESL | Linz (AUT) | 2002 |
| Rec Regional Jun 1 | 2:04.49 | Jose Paula Carvalho | SFUAP | Coimbra | 2015 |
| Rec Regional Juv A | 2:06.78 | Joao Alexandre Vital | ADRCIMM | Oeiras | 2014 |
| Rec Regional Juv B | 2:11.45 | Tiago Maria Camoes | SFUAP | Oeiras | 2016 |

TAC - Masc Juv B: 2:40.65; Juv A: 2:36.40; Jun 1: 2:30.75; Jun 2: 2:27.23; Sen: 2:23.71

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|--|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis A | | | | | | | | | | |
| 1. | Kaio Araujo Fattine <i>Campeão Regional Juvenis A</i> | 06 | SCP | 2:21.55 | 2:17.41 | 523 | 30.88 | 35.64 | 36.12 | 34.77 |
| 2. | Tiago Almeida Correia | 06 | CNMJ | 2:22.11 | 2:19.99 | 494 | 30.85 | 35.45 | 37.11 | 36.58 |
| 3. | Tiago Ventura Chao | 06 | CNS | 2:24.11 | 2:21.14 | 482 | 30.93 | 35.64 | 36.45 | 38.12 |
| 4. | Diogo Morgado Figueira | 06 | CPCD | 2:25.36 | 2:28.00 | 418 | 31.76 | 36.86 | 38.43 | 40.95 |
| 5. | Rodrigo Piteira Maio | 06 | CFB | 2:28.65 | 2:34.12 | 370 | 34.74 | 38.83 | 40.89 | 39.66 |

Juniores

| | | | | | | | | | | |
|-----|--|----|-----|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Francisc Gututui <i>Campeão Regional Junior</i> | 05 | SAD | 2:22.82 | 2:21.41 | 480 | 32.25 | 35.99 | 36.96 | 36.21 |
| 2. | Jose Alves Monteiro | 05 | CFB | 2:34.98 | 2:21.80 | 476 | 31.03 | 35.79 | 38.62 | 36.36 |
| DNS | Tiago Silva Bartolo | 05 | SAD | 2:18.59 | | | | | | |

Seniores

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | David Matias Cristino <i>Campeão Regional Sénior</i> | 01 | SFUAP | 2:09.71 | 2:13.39 | 572 | 29.39 | 33.78 | 34.65 | 35.57 |
| 2. | Daniel Alexandre Ascenso | 03 | GESL | 2:18.17 | 2:18.30 | 513 | 30.86 | 34.92 | 36.34 | 36.18 |
| 3. | Goncalo Duarte Santos | 00 | VKGS | 2:11.78 | 2:19.15 | 503 | 30.61 | 36.46 | 35.79 | 36.29 |
| 4. | Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | CFB | 2:19.80 | 2:32.43 | 383 | 33.37 | 39.50 | 40.15 | 39.41 |
| DSQ | Nuno Miguel Rola <i>M31 - Tocou com uma só mão na parede testa, na viragem aos 50 metros (SW 8.4)</i> | 83 | CFB | 2:19.80 | | | | | | |

Absolutos

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | David Matias Cristino | 01 | SFUAP | 2:09.71 | 2:13.39 | 572 | 29.39 | 33.78 | 34.65 | 35.57 |
| 2. | Kaio Araujo Fattine | 06 | SCP | 2:21.55 | 2:17.41 | 523 | 30.88 | 35.64 | 36.12 | 34.77 |
| 3. | Daniel Alexandre Ascenso | 03 | GESL | 2:18.17 | 2:18.30 | 513 | 30.86 | 34.92 | 36.34 | 36.18 |
| 4. | Goncalo Duarte Santos | 00 | VKGS | 2:11.78 | 2:19.15 | 503 | 30.61 | 36.46 | 35.79 | 36.29 |
| 5. | Tiago Almeida Correia | 06 | CNMJ | 2:22.11 | 2:19.99 | 494 | 30.85 | 35.45 | 37.11 | 36.58 |
| 6. | Tiago Ventura Chao | 06 | CNS | 2:24.11 | 2:21.14 | 482 | 30.93 | 35.64 | 36.45 | 38.12 |
| 7. | Francisc Gututui | 05 | SAD | 2:22.82 | 2:21.41 | 480 | 32.25 | 35.99 | 36.96 | 36.21 |
| 8. | Jose Alves Monteiro | 05 | CFB | 2:34.98 | 2:21.80 | 476 | 31.03 | 35.79 | 38.62 | 36.36 |
| 9. | Diogo Morgado Figueira | 06 | CPCD | 2:25.36 | 2:28.00 | 418 | 31.76 | 36.86 | 38.43 | 40.95 |
| 10. | Miguel Duarte Cruz <i>FTL (Fora Tempo Limite)</i> | 99 | CFB | 2:19.80 | 2:32.43 | 383 | 33.37 | 39.50 | 40.15 | 39.41 |
| 11. | Rodrigo Piteira Maio | 06 | CFB | 2:28.65 | 2:34.12 | 370 | 34.74 | 38.83 | 40.89 | 39.66 |
| DSQ | Nuno Miguel Rola <i>M31 - Tocou com uma só mão na parede testa, na viragem aos 50 metros (SW 8.4)</i> | 83 | CFB | 2:19.80 | | | | | | |
| DNS | Tiago Silva Bartolo | 05 | SAD | 2:18.59 | | | | | | |

Prova 35
13.03.2022 - 16:35

Femin., 100m Livres

Absolutos
Resultados

| | | | | | |
|-----------------------|-------|------------------------|-------|-----------------|------|
| Rec Nacional Absoluto | 56.39 | Ana Pinho Rodrigues | ADS | Coimbra | 2019 |
| Rec Regional Absoluto | 56.56 | Ana Reis Sousa | SAD | Coimbra | 2019 |
| Rec Regional Sen | 56.80 | Sara Alexandra Madeira | CNCVG | Barcelona (ESP) | 2008 |
| Rec Regional Jun 2 | 56.56 | Ana Reis Sousa | SAD | Coimbra | 2019 |
| Rec Regional Jun 1 | 57.50 | Leticia Maia Andre | SLB | Oeiras | 2018 |
| Rec Regional Juv A | 57.75 | Maria Carolina Rosa | SCP | Prague (CZE) | 2009 |
| Rec Regional Juv B | 59.58 | Maria Ferreira Moura | SCP | Funchal | 2018 |

TAC - Fem Juv B: 1:11.50; Juv A: 1:09.51; Jun 2: 1:06.92; Jun 1: 1:07.57; Sen: 1:06.58

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|------------------|---|-----|-----------------------------|----------|----------------|-----|-------|-------|
| Juvenis B | | | | | | | | |
| 1. | Beatriz Alexandra Rolim <i>Campeã Regional Juvenil B</i> | 08 | União Piedense | 1:05.88 | 1:04.80 | 508 | 31.09 | 33.71 |
| 2. | Barbara Maria Neves | 08 | Algés | 1:06.19 | 1:06.03 | 480 | 31.76 | 34.27 |
| 3. | Patricia Subtil Henriques | 08 | Geslours | 1:06.67 | 1:06.06 | 479 | 31.68 | 34.38 |
| 4. | Raquel Santos Baiona | 08 | Colegio Int Monte Maior | 1:12.03 | 1:07.43 | 450 | 33.44 | 33.99 |
| 5. | Mariana Filipa Guedes | 08 | Sporting | 1:11.74 | 1:08.13 | 437 | 32.59 | 35.54 |
| 6. | Leonor Serrao Nascimento | 08 | Algés | 1:08.94 | 1:08.24 | 435 | 32.83 | 35.41 |
| 7. | Lis Fatima Melo | 08 | Geslours | 1:11.25 | 1:08.45 | 431 | 32.36 | 36.09 |
| 8. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:08.46 | 1:08.68 | 426 | 32.64 | 36.04 |
| 9. | Teresa Oliveira Santos | 08 | Natação e Triatlo de Lisboa | 1:12.31 | 1:10.12 | 401 | 34.11 | 36.01 |
| 10. | Yasmin Ruth Bexigas | 08 | Geslours | 1:10.44 | 1:10.40 | 396 | 33.34 | 37.06 |
| 11. | Matilde Silva Cortes | 08 | AONDA - Azeitão | 1:12.41 | 1:11.39 | 380 | 33.61 | 37.78 |
| 12. | Marta Matos Laranjeira | 08 | Fisica Torres Vedras | 1:12.00 | 1:11.43 | 379 | 33.85 | 37.58 |
| 13. | Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i> | 08 | Naval Setubalense | 1:16.00 | 1:13.56 | 347 | 35.02 | 38.54 |
| 14. | Carolina Duarte Namora <i>FTL (Fora Tempo Limite)</i> | 08 | União Piedense | 1:15.90 | 1:13.83 | 343 | 35.31 | 38.52 |
| 15. | Mariana Vale Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Natação e Triatlo de Lisboa | 1:15.31 | 1:14.44 | 335 | 36.54 | 37.90 |
| 16. | Mariana Mendes Coimbra <i>FTL (Fora Tempo Limite)</i> | 08 | Palmela Desporto EEM | 1:24.10 | 1:18.01 | 291 | 37.78 | 40.23 |
| 17. | Francisca Ribeiro Farinha <i>FTL (Fora Tempo Limite)</i> | 08 | Natação de Lisboa | 1:11.50 | 1:21.44 | 255 | 37.57 | 43.87 |
| DNS | Joana Monteiro Caetano | 08 | Geslours | 1:11.29 | | | | |
| DNS | Joana Pontes Prior | 08 | Laranjeiro | 1:17.16 | | | | |

Juvenis A

| | | | | | | | | |
|-----|--|----|-----------------------------|---------|----------------|-----|-------|-------|
| 1. | Rita Machita Santos <i>Campeã Regional Juvenil A</i> | 07 | Naval Setubalense | 1:02.40 | 1:02.51 | 566 | 30.20 | 32.31 |
| 2. | Luisa Ponte Jorge | 07 | União Piedense | 1:04.86 | 1:05.47 | 492 | 31.72 | 33.75 |
| 3. | Leticia Rodrigues Magalhaes | 07 | Naval Setubalense | 1:07.90 | 1:05.73 | 486 | 31.62 | 34.11 |
| 4. | Rita Sacadura Almeida | 07 | Algés | 1:06.29 | 1:06.08 | 479 | 31.93 | 34.15 |
| 5. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 1:07.48 | 1:06.16 | 477 | 31.10 | 35.06 |
| 6. | Anastacia Tshesnovska | 07 | Sporting | 1:06.30 | 1:06.54 | 469 | 31.75 | 34.79 |
| 7. | Marta Nascimento Ribeiro | 07 | Natação e Triatlo de Lisboa | 1:08.40 | 1:07.92 | 441 | 32.61 | 35.31 |
| 8. | Marta Filipa Cruz | 07 | Laranjeiro | 1:07.91 | 1:09.05 | 419 | 33.25 | 35.80 |
| 9. | Ines Azevedo Baraona <i>FTL (Fora Tempo Limite)</i> | 07 | C N Montijo | 1:09.45 | 1:09.70 | 408 | 33.56 | 36.14 |
| 10. | Maria Duarte Marcalo <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:08.98 | 1:10.19 | 399 | 33.17 | 37.02 |
| 11. | Maria Leonor Rodrigues <i>FTL (Fora Tempo Limite)</i> | 07 | Fundacao Salesianos | 1:08.41 | 1:10.26 | 398 | 32.84 | 37.42 |

Prova 35, Femin., 100m Livres, Juvenis A

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|---|-----|----------------------|----------|----------------|-----|-------|-------|
| 12. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | Naval Setubalense | 1:07.52 | 1:11.25 | 382 | 33.50 | 37.75 |
| 13. | Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:13.97 | 1:12.55 | 362 | 34.82 | 37.73 |
| 14. | Beatriz Ferreira Perpetuo <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:12.94 | 1:12.96 | 356 | 35.39 | 37.57 |
| 15. | Ines Santos Barbosa <i>FTL (Fora Tempo Limite)</i> | 07 | Fundacao Salesianos | 1:14.52 | 1:14.01 | 341 | 36.03 | 37.98 |

Juniores

| | | | | | | | | |
|-----|--|----|--------------------------|---------|----------------|-----|-------|-------|
| 1. | Ines Correia Teixeira <i>Campeã Regional Junior</i> | 06 | Clube Natacao da Amadora | 1:00.74 | 1:01.59 | 591 | 29.82 | 31.77 |
| 2. | Rebeca Leonor Antunes | 06 | Algés | 1:07.68 | 1:02.19 | 574 | 30.27 | 31.92 |
| 3. | Erica Cristina Reis | 05 | Sporting | 1:01.22 | 1:02.29 | 572 | 30.73 | 31.56 |
| 4. | Iris Pereira Carrao | 05 | Laranjeiro | 1:02.08 | 1:02.58 | 564 | 30.66 | 31.92 |
| 5. | Maria Teresa Fernandes | 05 | Algés | 1:02.04 | 1:03.33 | 544 | 30.27 | 33.06 |
| 6. | Madalena Graça Dias | 06 | Natação de Lisboa | 1:03.08 | 1:03.83 | 531 | 30.55 | 33.28 |
| 7. | Maria Esteves Valente | 06 | Benfica | 1:03.52 | 1:04.05 | 526 | 31.09 | 32.96 |
| 8. | Carolina Fonseca Gomes | 05 | Sporting | 1:03.67 | 1:04.17 | 523 | 31.22 | 32.95 |
| 9. | Rita Borges Silva | 06 | Geslours | 1:05.34 | 1:04.53 | 514 | 31.71 | 32.82 |
| 10. | Margarida Barbara Marques | 06 | Algés | 1:04.97 | 1:04.61 | 512 | 31.03 | 33.58 |
| 11. | Maria Pinto Monteiro | 06 | União Piedense | 1:03.59 | 1:05.15 | 500 | 31.23 | 33.92 |
| 12. | Maria Del Rio Bernat | 05 | Algés | 1:06.07 | 1:05.75 | 486 | 31.59 | 34.16 |
| 13. | Soraia Maria Salgado | 05 | Fisica Torres Vedras | 1:03.60 | 1:05.78 | 485 | 30.79 | 34.99 |
| 14. | Iris Castro Campos | 06 | Clube Natacao da Amadora | 1:04.37 | 1:06.05 | 479 | 31.61 | 34.44 |
| 15. | Francisca Otao Tribuna | 05 | Belenenses | 1:05.92 | 1:06.18 | 477 | 32.40 | 33.78 |
| 16. | Joana Rita Semedo | 06 | SwimTurtles | 1:08.02 | 1:06.52 | 469 | 31.46 | 35.06 |
| 17. | Catarina Gomes Costa <i>FTL (Fora Tempo Limite)</i> | 06 | Sporting | 1:08.21 | 1:08.25 | 434 | 32.98 | 35.27 |
| 18. | Mafalda Mourao Lopes <i>FTL (Fora Tempo Limite)</i> | 06 | CPCD - Póvoa Sta Iria | 1:06.88 | 1:08.75 | 425 | 32.33 | 36.42 |
| 19. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | União Piedense | 1:09.19 | 1:11.08 | 385 | 34.08 | 37.00 |

Seniores

| | | | | | | | | |
|-----|---|----|-----------------------|---------|----------------|-----|-------|-------|
| 1. | Ema Jeronimo Conceicao <i>Campeã Regional Sénior</i> | 03 | Fisica Torres Vedras | 57.04 | 58.34 | 696 | 28.49 | 29.85 |
| 2. | Sofia Alexandra Nunes | 00 | Laranjeiro | 1:00.69 | 1:00.60 | 621 | 29.28 | 31.32 |
| 3. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 59.97 | 1:01.00 | 609 | 29.96 | 31.04 |
| 4. | Margarida Sobral Pimenta | 99 | Belenenses | 1:02.47 | 1:02.80 | 558 | 29.97 | 32.83 |
| 5. | Leonor Maria Neves | 03 | CPCD - Póvoa Sta Iria | 1:03.19 | 1:03.46 | 541 | 30.57 | 32.89 |
| 6. | Maria Ornelas Armas | 98 | Vikings Sports Club | 1:04.32 | 1:04.66 | 511 | 30.97 | 33.69 |
| 7. | Diana Valadas Horta | 04 | União Piedense | 1:04.43 | 1:04.85 | 506 | 31.44 | 33.41 |
| 8. | Francisca Razina Oliveira | 03 | União Piedense | 1:03.60 | 1:05.60 | 489 | 31.78 | 33.82 |
| 9. | Catarina Trigo Ferreira | 02 | Natação de Lisboa | 1:05.20 | 1:06.06 | 479 | 32.21 | 33.85 |
| 10. | Mafalda Marques Pinto | 02 | Sporting | 59.04 | 1:06.54 | 469 | 27.77 | 38.77 |
| 11. | Soraia Guerra Rolim <i>FTL (Fora Tempo Limite)</i> | 95 | Laranjeiro | 1:05.40 | 1:06.62 | 467 | 31.67 | 34.95 |
| 12. | Catarina Costa Sequeira <i>FTL (Fora Tempo Limite)</i> | 98 | Natação de Lisboa | 1:06.58 | 1:07.04 | 458 | 32.08 | 34.96 |
| DNS | Margarida Filipe Ferreira | 04 | União Piedense | 1:06.58 | | | | |

Prova 35, Femin., 100m Livres

Absolutos

| | | | | | | | | |
|-----|--------------------------------|----|-----------------------------|---------|----------------|-----|-------|-------|
| 1. | Ena Jeronimo Conceicao | 03 | Fisica Torres Vedras | 57.04 | 58.34 | 696 | 28.49 | 29.85 |
| 2. | Sofia Alexandra Nunes | 00 | Laranjeiro | 1:00.69 | 1:00.60 | 621 | 29.28 | 31.32 |
| 3. | Mariana Marques Mercedes | 03 | Vikings Sports Club | 59.97 | 1:01.00 | 609 | 29.96 | 31.04 |
| 4. | Ines Correia Teixeira | 06 | Clube Natacao da Amadora | 1:00.74 | 1:01.59 | 591 | 29.82 | 31.77 |
| 5. | Rebeca Leonor Antunes | 06 | Algés | 1:07.68 | 1:02.19 | 574 | 30.27 | 31.92 |
| 6. | Erica Cristina Reis | 05 | Sporting | 1:01.22 | 1:02.29 | 572 | 30.73 | 31.56 |
| 7. | Rita Machita Santos | 07 | Naval Setubalense | 1:02.40 | 1:02.51 | 566 | 30.20 | 32.31 |
| 8. | Iris Pereira Carrao | 05 | Laranjeiro | 1:02.08 | 1:02.58 | 564 | 30.66 | 31.92 |
| 9. | Margarida Sobral Pimenta | 99 | Belenenses | 1:02.47 | 1:02.80 | 558 | 29.97 | 32.83 |
| 10. | Maria Teresa Fernandes | 05 | Algés | 1:02.04 | 1:03.33 | 544 | 30.27 | 33.06 |
| 11. | Leonor Maria Neves | 03 | CPCD - Póvoa Sta Iria | 1:03.19 | 1:03.46 | 541 | 30.57 | 32.89 |
| 12. | Madalena Graça Dias | 06 | Natação de Lisboa | 1:03.08 | 1:03.83 | 531 | 30.55 | 33.28 |
| 13. | Maria Esteves Valente | 06 | Benfica | 1:03.52 | 1:04.05 | 526 | 31.09 | 32.96 |
| 14. | Carolina Fonseca Gomes | 05 | Sporting | 1:03.67 | 1:04.17 | 523 | 31.22 | 32.95 |
| 15. | Rita Borges Silva | 06 | Geslours | 1:05.34 | 1:04.53 | 514 | 31.71 | 32.82 |
| 16. | Margarida Barbara Marques | 06 | Algés | 1:04.97 | 1:04.61 | 512 | 31.03 | 33.58 |
| 17. | Maria Ornelas Armas | 98 | Vikings Sports Club | 1:04.32 | 1:04.66 | 511 | 30.97 | 33.69 |
| 18. | Beatriz Alexandra Rolim | 08 | União Piedense | 1:05.88 | 1:04.80 | 508 | 31.09 | 33.71 |
| 19. | Diana Valadas Horta | 04 | União Piedense | 1:04.43 | 1:04.85 | 506 | 31.44 | 33.41 |
| 20. | Maria Pinto Monteiro | 06 | União Piedense | 1:03.59 | 1:05.15 | 500 | 31.23 | 33.92 |
| 21. | Luisa Ponte Jorge | 07 | União Piedense | 1:04.86 | 1:05.47 | 492 | 31.72 | 33.75 |
| 22. | Francisca Razina Oliveira | 03 | União Piedense | 1:03.60 | 1:05.60 | 489 | 31.78 | 33.82 |
| 23. | Leticia Rodrigues Magalhaes | 07 | Naval Setubalense | 1:07.90 | 1:05.73 | 486 | 31.62 | 34.11 |
| 24. | Maria Del Rio Bernat | 05 | Algés | 1:06.07 | 1:05.75 | 486 | 31.59 | 34.16 |
| 25. | Soraia Maria Salgado | 05 | Fisica Torres Vedras | 1:03.60 | 1:05.78 | 485 | 30.79 | 34.99 |
| 26. | Barbara Maria Neves | 08 | Algés | 1:06.19 | 1:06.03 | 480 | 31.76 | 34.27 |
| 27. | Iris Castro Campos | 06 | Clube Natacao da Amadora | 1:04.37 | 1:06.05 | 479 | 31.61 | 34.44 |
| 28. | Catarina Trigo Ferreira | 02 | Natação de Lisboa | 1:05.20 | 1:06.06 | 479 | 32.21 | 33.85 |
| | Patricia Subtil Henriques | 08 | Geslours | 1:06.67 | 1:06.06 | 479 | 31.68 | 34.38 |
| 30. | Rita Sacadura Almeida | 07 | Algés | 1:06.29 | 1:06.08 | 479 | 31.93 | 34.15 |
| 31. | Leonor Carvalho Oliveira | 07 | Despertarecorde | 1:07.48 | 1:06.16 | 477 | 31.10 | 35.06 |
| 32. | Francisca Otao Tribuna | 05 | Belenenses | 1:05.92 | 1:06.18 | 477 | 32.40 | 33.78 |
| 33. | Joana Rita Semedo | 06 | SwimTurtles | 1:08.02 | 1:06.52 | 469 | 31.46 | 35.06 |
| 34. | Mafalda Marques Pinto | 02 | Sporting | 59.04 | 1:06.54 | 469 | 27.77 | 38.77 |
| | Anastacia Tshesnovska | 07 | Sporting | 1:06.30 | 1:06.54 | 469 | 31.75 | 34.79 |
| 36. | Soraia Guerra Rolim | 95 | Laranjeiro | 1:05.40 | 1:06.62 | 467 | 31.67 | 34.95 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 37. | Catarina Costa Sequeira | 98 | Natação de Lisboa | 1:06.58 | 1:07.04 | 458 | 32.08 | 34.96 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 38. | Raquel Santos Baiona | 08 | Colegio Int Monte Maior | 1:12.03 | 1:07.43 | 450 | 33.44 | 33.99 |
| 39. | Marta Nascimento Ribeiro | 07 | Natação e Triatlo de Lisboa | 1:08.40 | 1:07.92 | 441 | 32.61 | 35.31 |
| 40. | Mariana Filipa Guedes | 08 | Sporting | 1:11.74 | 1:08.13 | 437 | 32.59 | 35.54 |
| 41. | Leonor Serrao Nascimento | 08 | Algés | 1:08.94 | 1:08.24 | 435 | 32.83 | 35.41 |
| 42. | Catarina Gomes Costa | 06 | Sporting | 1:08.21 | 1:08.25 | 434 | 32.98 | 35.27 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 43. | Lis Fatima Melo | 08 | Geslours | 1:11.25 | 1:08.45 | 431 | 32.36 | 36.09 |
| 44. | Emilly Gabrieli Santos | 08 | Natação e Triatlo de Lisboa | 1:08.46 | 1:08.68 | 426 | 32.64 | 36.04 |
| 45. | Mafalda Mourao Lopes | 06 | CPCD - Póvoa Sta Iria | 1:06.88 | 1:08.75 | 425 | 32.33 | 36.42 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 46. | Marta Filipa Cruz | 07 | Laranjeiro | 1:07.91 | 1:09.05 | 419 | 33.25 | 35.80 |
| 47. | Ines Azevedo Baraona | 07 | C N Montijo | 1:09.45 | 1:09.70 | 408 | 33.56 | 36.14 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 48. | Teresa Oliveira Santos | 08 | Natação e Triatlo de Lisboa | 1:12.31 | 1:10.12 | 401 | 34.11 | 36.01 |
| 49. | Maria Duarte Marcalo | 07 | Palmela Desporto EEM | 1:08.98 | 1:10.19 | 399 | 33.17 | 37.02 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 50. | Maria Leonor Rodrigues | 07 | Fundacao Salesianos | 1:08.41 | 1:10.26 | 398 | 32.84 | 37.42 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | |
| 51. | Yasmin Ruth Bexigas | 08 | Geslours | 1:10.44 | 1:10.40 | 396 | 33.34 | 37.06 |

Prova 35, Femin., 100m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|---|-----|-----------------------------|----------|----------------|-----|-------|-------|
| 52. | Clara Sofia Herminio <i>FTL (Fora Tempo Limite)</i> | 06 | União Piedense | 1:09.19 | 1:11.08 | 385 | 34.08 | 37.00 |
| 53. | Margarida Santos Botelho <i>FTL (Fora Tempo Limite)</i> | 07 | Naval Setubalense | 1:07.52 | 1:11.25 | 382 | 33.50 | 37.75 |
| 54. | Matilde Silva Cortes | 08 | AONDA - Azeitão | 1:12.41 | 1:11.39 | 380 | 33.61 | 37.78 |
| 55. | Marta Matos Laranjeira | 08 | Fisica Torres Vedras | 1:12.00 | 1:11.43 | 379 | 33.85 | 37.58 |
| 56. | Leonor Gino Canhao <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:13.97 | 1:12.55 | 362 | 34.82 | 37.73 |
| 57. | Beatriz Ferreira Perpetuo <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:12.94 | 1:12.96 | 356 | 35.39 | 37.57 |
| 58. | Clarisse Teixeira Teles <i>FTL (Fora Tempo Limite)</i> | 08 | Naval Setubalense | 1:16.00 | 1:13.56 | 347 | 35.02 | 38.54 |
| 59. | Carolina Duarte Namora <i>FTL (Fora Tempo Limite)</i> | 08 | União Piedense | 1:15.90 | 1:13.83 | 343 | 35.31 | 38.52 |
| 60. | Ines Santos Barbosa <i>FTL (Fora Tempo Limite)</i> | 07 | Fundacao Salesianos | 1:14.52 | 1:14.01 | 341 | 36.03 | 37.98 |
| 61. | Mariana Vale Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | Natação e Triatlo de Lisboa | 1:15.31 | 1:14.44 | 335 | 36.54 | 37.90 |
| 62. | Mariana Mendes Coimbra <i>FTL (Fora Tempo Limite)</i> | 08 | Palmela Desporto EEM | 1:24.10 | 1:18.01 | 291 | 37.78 | 40.23 |
| 63. | Francisca Ribeiro Farinha <i>FTL (Fora Tempo Limite)</i> | 08 | Natação de Lisboa | 1:11.50 | 1:21.44 | 255 | 37.57 | 43.87 |
| DNS | Joana Monteiro Caetano | 08 | Geslours | 1:11.29 | | | | |
| DNS | Margarida Filipe Ferreira | 04 | União Piedense | 1:06.58 | | | | |
| DNS | Joana Pontes Prior | 08 | Laranjeiro | 1:17.16 | | | | |

Prova 36

Masc., 100m Livres

Absolutos
Resultados

13.03.2022 - 16:51

| | | | | | |
|-----------------------|-------|--------------------------|-----|-------------|------|
| Rec Nacional Absoluto | 49.04 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Absoluto | 49.04 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Sen | 49.04 | Miguel Duarte Nascimento | SLB | Oeiras | 2020 |
| Rec Regional Jun 2 | 50.24 | Tiago Andre Venancio | CNS | Jamor | 2005 |
| Rec Regional Jun 1 | 49.59 | Tiago André Venâncio | CNS | Lisboa | 2004 |
| Rec Regional Juv A | 52.10 | Tiago André Venâncio | CNS | Paris (FRA) | 2003 |
| Rec Regional Juv B | 53.51 | Tiago André Venâncio | CNS | | 2002 |

TAC - Masc Juv B: 1:04.12; Juv A: 1:02.95; Jun 1: 1:00.65; Jun 2: 59.78; Sen: 58.62

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|------------------|---|-----|--------------------------|----------|----------------|-----|-------|-------|
| Juvenis B | | | | | | | | |
| 1. | Andre Miguel Ramos <i>Campeão Regional Juvenis B</i> | 07 | Fisica Torres Vedras | 56.91 | 56.13 | 583 | 27.40 | 28.73 |
| 2. | Tomas Santos Braga | 07 | Vasco da Gama | 59.08 | 58.66 | 511 | 28.14 | 30.52 |
| 3. | Afonso Rodrigues Calhelha | 07 | Colegio Int Monte Maior | 59.46 | 59.25 | 496 | 28.54 | 30.71 |
| 4. | Rafael Pacheco Godinho | 07 | Sporting | 1:02.23 | 59.32 | 494 | 28.22 | 31.10 |
| 5. | Axel Guedes Asmar | 07 | Sporting | 1:00.98 | 59.35 | 493 | 29.01 | 30.34 |
| 6. | Joao Pedro Carapinha | 07 | União Piedense | 1:01.85 | 59.52 | 489 | 28.16 | 31.36 |
| 7. | Diogo Miguel Martins | 07 | Geslours | 1:03.41 | 1:00.15 | 474 | 28.68 | 31.47 |
| 8. | Daniel Casaca Carvalho | 07 | Vasco da Gama | 1:04.34 | 1:01.51 | 443 | 29.61 | 31.90 |
| 9. | Afonso Bjork Freitas | 07 | Nacional Natação | 1:01.37 | 1:01.74 | 438 | 29.07 | 32.67 |
| 10. | Daniel Ionas | 07 | Clube Natacao da Amadora | 1:01.80 | 1:01.90 | 435 | 29.61 | 32.29 |
| 11. | Lourenco Lopes Silva | 07 | União Piedense | 1:04.51 | 1:03.58 | 401 | 29.82 | 33.76 |

Prova 36, Masc., 100m Livres, Juvenis B

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|---|-----|----------------------|----------|----------------|-----|-------|-------|
| 12. | Diogo Teixeira Calcada <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:09.44 | 1:06.28 | 354 | 31.56 | 34.72 |
| 13. | Rafael Piedade Quaresma <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:05.99 | 1:06.44 | 351 | 31.93 | 34.51 |
| 14. | Francisco Almeida Pereira <i>FTL (Fora Tempo Limite)</i> | 07 | AONDA - Azeitão | 1:07.82 | 1:06.86 | 345 | 32.19 | 34.67 |
| 15. | Gustavo Paes Serrano <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:10.67 | 1:09.95 | 301 | 33.59 | 36.36 |

Juvenis A

| | | | | | | | | |
|-----|---|----|-------------------------|---------|----------------|-----|-------|-------|
| 1. | Kaio Araujo Faftine <i>Campeão Regional Juvenis A</i> | 06 | Sporting | 57.20 | 56.76 | 564 | 27.90 | 28.86 |
| 2. | Miguel Mera Herrero | 06 | Sporting | 58.09 | 57.80 | 534 | 27.47 | 30.33 |
| 3. | Pedro Goncalves Bonniz | 06 | Geslours | 56.02 | 57.83 | 533 | 27.79 | 30.04 |
| 4. | Andre Cunha Ribeiro | 06 | Algés | 58.21 | 58.03 | 528 | 27.62 | 30.41 |
| 5. | Joao Almeida Gomes | 06 | Nacional Natação | 58.36 | 58.42 | 517 | 28.39 | 30.03 |
| 6. | Luis Pedro Figueiredo | 06 | Geslours | 58.74 | 58.70 | 510 | 29.05 | 29.65 |
| 7. | Afonso Silva Carvalho | 06 | Colegio Int Monte Maior | 58.35 | 58.95 | 503 | 27.90 | 31.05 |
| 8. | Simao Barros Morao | 06 | Algés | 1:00.42 | 59.63 | 486 | 28.86 | 30.77 |
| 9. | Martim Daniel Torres | 06 | Naval Setubalense | 59.61 | 59.67 | 485 | 28.97 | 30.70 |
| 10. | Pedro Crispim Jorge | 06 | União Piedense | 1:00.89 | 1:00.09 | 475 | 28.90 | 31.19 |
| 11. | Martim Barata Antunes | 06 | Benfica | 1:00.07 | 1:00.52 | 465 | 28.55 | 31.97 |
| 12. | Pedro Miguel Pimentel | 06 | Geslours | 1:00.51 | 1:00.89 | 457 | 29.39 | 31.50 |
| 13. | Tiago Nunes Silva | 06 | CPCD - Póvoa Sta Iria | 1:00.18 | 1:01.03 | 454 | 29.20 | 31.83 |
| 14. | Diogo Lopes Venceslau | 06 | Palmela Desporto EEM | 1:01.77 | 1:01.80 | 437 | 29.42 | 32.38 |
| 15. | Goncalo Albino Ramos | 06 | Naval Setubalense | 1:03.02 | 1:01.81 | 437 | 29.00 | 32.81 |
| 16. | Rodrigo Piteira Maio | 06 | Belenenses | 1:01.32 | 1:02.08 | 431 | 30.64 | 31.44 |
| 17. | Miguel Carlos Arede | 06 | Sporting | 1:05.11 | 1:02.15 | 430 | 30.31 | 31.84 |
| 18. | Lucas Vilaca Casimiro | 06 | União Piedense | 1:03.55 | 1:02.31 | 426 | 29.90 | 32.41 |
| 19. | David Alexandre Fernandes <i>FTL (Fora Tempo Limite)</i> | 06 | Nacional Natação | 1:03.38 | 1:04.13 | 391 | 30.87 | 33.26 |
| 20. | Tiago Fernandes Loucao <i>FTL (Fora Tempo Limite)</i> | 06 | Laranjeiro | 1:04.18 | 1:04.26 | 389 | 30.00 | 34.26 |

Juniores

| | | | | | | | | |
|-----|--|----|----------------------|---------|----------------|-----|-------|-------|
| 1. | Francisco Ribeiro Vieira <i>Campeão Regional Junior</i> | 04 | Fisica Torres Vedras | 54.25 | 54.66 | 632 | 26.22 | 28.44 |
| 2. | Bernardo Jorge Simoes | 04 | Vasco da Gama | 53.68 | 54.81 | 626 | 26.76 | 28.05 |
| 3. | Miguel Cordeiro Almeida | 05 | Algés | 1:00.06 | 55.85 | 592 | 26.76 | 29.09 |
| 4. | Gabriel Carvalho Ferrao | 05 | União Piedense | 55.32 | 56.55 | 570 | 27.02 | 29.53 |
| 5. | Miguel Costa Simoes | 04 | União Piedense | 55.88 | 56.72 | 565 | 27.46 | 29.26 |
| 6. | Tomas Martins Mira | 04 | Naval Setubalense | 56.33 | 56.79 | 563 | 26.98 | 29.81 |
| 7. | Jose Manuel Sa | 05 | Sporting | 57.21 | 58.01 | 528 | 28.05 | 29.96 |
| 8. | Francisco Sousa Uva | 04 | Algés | 58.30 | 58.29 | 521 | 27.95 | 30.34 |
| 9. | Tomas Sa Vieira | 04 | Algés | 57.49 | 58.46 | 516 | 27.83 | 30.63 |
| 10. | Joao Pedro Penelas | 04 | Geslours | 55.61 | 58.64 | 511 | 27.69 | 30.95 |
| 11. | Rodrigo Martins Bras | 05 | Belenenses | 59.72 | 59.34 | 494 | 28.60 | 30.74 |
| 12. | Martim Silva Cortes | 05 | AONDA - Azeitão | 55.59 | 59.35 | 493 | 28.04 | 31.31 |
| 13. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 59.09 | 59.49 | 490 | 28.76 | 30.73 |
| 14. | Rafael Caceres Lopes | 04 | Despertarecorde | 59.34 | 59.60 | 487 | 28.45 | 31.15 |
| 15. | Afonso Miguel Ribeiro <i>FTL (Fora Tempo Limite)</i> | 04 | Palmela Desporto EEM | 59.36 | 59.87 | 481 | 28.04 | 31.83 |
| 16. | Felipe Menegassi Maia <i>FTL (Fora Tempo Limite)</i> | 04 | Algés | 54.01 | 1:00.70 | 461 | 25.06 | 35.64 |

Prova 36, Masc., 100m Livres, Juniores

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|--|-----|--------------------------|----------|----------------|-----|-------|-------|
| 17. | Goncalo Pires Fialho <i>FTL (Fora Tempo Limite)</i> | 05 | Clube Natacao da Amadora | 1:00.58 | 1:00.86 | 457 | 28.57 | 32.29 |
| 18. | Pedro Dinis Casquinha <i>FTL (Fora Tempo Limite)</i> | 05 | Fundacao Salesianos | 1:00.94 | 1:00.95 | 455 | 29.46 | 31.49 |
| 19. | Guilherme Machado Santos <i>FTL (Fora Tempo Limite)</i> | 04 | União Piedense | 1:01.26 | 1:01.49 | 443 | 28.48 | 33.01 |
| 20. | Henrique Maria Batista <i>FTL (Fora Tempo Limite)</i> | 05 | Algés | 1:00.87 | 1:01.60 | 441 | 29.41 | 32.19 |
| 21. | Cristian Sergiu Spac <i>FTL (Fora Tempo Limite)</i> | 04 | C N Montijo | 1:00.19 | 1:01.82 | 436 | 29.01 | 32.81 |
| 22. | Rodrigo Filipe Valerio <i>FTL (Fora Tempo Limite)</i> | 05 | CPCD - Póvoa Sta Iria | 1:00.37 | 1:01.87 | 435 | 29.83 | 32.04 |

Seniores

| | | | | | | | | |
|-----|---|----|-------------------------|---------|----------------|-----|-------|-------|
| 1. | Bruno Miguel Ramos <i>Campeão Regional Sénior</i> | 97 | Belenenses | 50.56 | 51.86 | 740 | 25.33 | 26.53 |
| 2. | Ricardo Saraiva Pires | 98 | Laranjeiro | 53.13 | 53.97 | 656 | 26.01 | 27.96 |
| 3. | Ricardo Nuno Estevens | 99 | Laranjeiro | 56.88 | 56.20 | 581 | 27.65 | 28.55 |
| 4. | Henrique Rodrigues Cruz | 02 | Colegio Int Monte Maior | 59.08 | 57.04 | 556 | 27.73 | 29.31 |
| 5. | Andre Filipe Magalhaes | 98 | Despertarecorde | 57.36 | 57.27 | 549 | 27.24 | 30.03 |
| 6. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 56.93 | 57.56 | 541 | 27.89 | 29.67 |
| 7. | Daniel Filipe Cazeiro | 97 | Laranjeiro | 58.42 | 57.71 | 537 | 28.30 | 29.41 |
| 8. | Manuel Vanigli Carvalho | 03 | Nacional Natação | 58.05 | 58.02 | 528 | 27.70 | 30.32 |
| 9. | Miguel Alexandre Rodrigues | 98 | Vikings Sports Club | 58.06 | 58.28 | 521 | 27.81 | 30.47 |
| 10. | Luis Carlos Correia | 03 | União Piedense | 57.89 | 58.62 | 512 | 27.87 | 30.75 |
| 11. | Ricardo Pinela Ferreira <i>FTL (Fora Tempo Limite)</i> | 01 | Vikings Sports Club | 59.59 | 58.73 | 509 | 27.84 | 30.89 |
| 12. | Rodrigo Costa Teixeira <i>FTL (Fora Tempo Limite)</i> | 99 | Laranjeiro | 58.62 | 59.17 | 498 | 28.88 | 30.29 |
| 13. | Rodrigo Serra Farias <i>FTL (Fora Tempo Limite)</i> | 96 | Natação de Lisboa | 57.04 | 59.34 | 494 | 29.05 | 30.29 |
| 14. | Guilherme Matias Cristino <i>FTL (Fora Tempo Limite)</i> | 03 | União Piedense | 58.62 | 59.44 | 491 | 28.55 | 30.89 |
| 15. | Mateo Pinto Quintero <i>FTL (Fora Tempo Limite)</i> | 97 | Natação de Lisboa | 58.62 | 1:02.31 | 426 | 31.07 | 31.24 |
| 16. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Vasco da Gama | 1:02.45 | 1:04.35 | 387 | 30.88 | 33.47 |
| 17. | Luis Miguel Verissimo <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 1:00.31 | 1:04.52 | 384 | 30.25 | 34.27 |

Absolutos

| | | | | | | | | |
|-----|--------------------------|----|----------------------|---------|--------------|-----|-------|-------|
| 1. | Bruno Miguel Ramos | 97 | Belenenses | 50.56 | 51.86 | 740 | 25.33 | 26.53 |
| 2. | Ricardo Saraiva Pires | 98 | Laranjeiro | 53.13 | 53.97 | 656 | 26.01 | 27.96 |
| 3. | Francisco Ribeiro Vieira | 04 | Física Torres Vedras | 54.25 | 54.66 | 632 | 26.22 | 28.44 |
| 4. | Bernardo Jorge Simoes | 04 | Vasco da Gama | 53.68 | 54.81 | 626 | 26.76 | 28.05 |
| 5. | Miguel Cordeiro Almeida | 05 | Algés | 1:00.06 | 55.85 | 592 | 26.76 | 29.09 |
| 6. | Andre Miguel Ramos | 07 | Física Torres Vedras | 56.91 | 56.13 | 583 | 27.40 | 28.73 |
| 7. | Ricardo Nuno Estevens | 99 | Laranjeiro | 56.88 | 56.20 | 581 | 27.65 | 28.55 |
| 8. | Gabriel Carvalho Ferrao | 05 | União Piedense | 55.32 | 56.55 | 570 | 27.02 | 29.53 |
| 9. | Miguel Costa Simoes | 04 | União Piedense | 55.88 | 56.72 | 565 | 27.46 | 29.26 |
| 10. | Kaio Araujo Fattine | 06 | Sporting | 57.20 | 56.76 | 564 | 27.90 | 28.86 |
| 11. | Tomas Martins Mira | 04 | Naval Setubalense | 56.33 | 56.79 | 563 | 26.98 | 29.81 |

Prova 36, Masc., 100m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | |
|-------|--------------------------------|-----|--------------------------|----------|----------------|-----|-------|-------|--|
| 12. | Henrique Rodrigues Cruz | 02 | Colegio Int Monte Maior | 59.08 | 57.04 | 556 | 27.73 | 29.31 | |
| 13. | Andre Filipe Magalhaes | 98 | Despertarecorde | 57.36 | 57.27 | 549 | 27.24 | 30.03 | |
| 14. | Vicente Morgado Ventoso | 00 | Vikings Sports Club | 56.93 | 57.56 | 541 | 27.89 | 29.67 | |
| 15. | Daniel Filipe Cazeiro | 97 | Laranjeiro | 58.42 | 57.71 | 537 | 28.30 | 29.41 | |
| 16. | Miguel Mera Herrero | 06 | Sporting | 58.09 | 57.80 | 534 | 27.47 | 30.33 | |
| 17. | Pedro Goncalves Bonniz | 06 | Geslours | 56.02 | 57.83 | 533 | 27.79 | 30.04 | |
| 18. | Jose Manuel Sa | 05 | Sporting | 57.21 | 58.01 | 528 | 28.05 | 29.96 | |
| 19. | Manuel Vanigli Carvalho | 03 | Nacional Natação | 58.05 | 58.02 | 528 | 27.70 | 30.32 | |
| 20. | Andre Cunha Ribeiro | 06 | Algés | 58.21 | 58.03 | 528 | 27.62 | 30.41 | |
| 21. | Miguel Alexandre Rodrigues | 98 | Vikings Sports Club | 58.06 | 58.28 | 521 | 27.81 | 30.47 | |
| 22. | Francisco Sousa Uva | 04 | Algés | 58.30 | 58.29 | 521 | 27.95 | 30.34 | |
| 23. | Joao Almeida Gomes | 06 | Nacional Natação | 58.36 | 58.42 | 517 | 28.39 | 30.03 | |
| 24. | Tomas Sa Vieira | 04 | Algés | 57.49 | 58.46 | 516 | 27.83 | 30.63 | |
| 25. | Luis Carlos Correia | 03 | União Piedense | 57.89 | 58.62 | 512 | 27.87 | 30.75 | |
| 26. | Joao Pedro Penelas | 04 | Geslours | 55.61 | 58.64 | 511 | 27.69 | 30.95 | |
| 27. | Tomas Santos Braga | 07 | Vasco da Gama | 59.08 | 58.66 | 511 | 28.14 | 30.52 | |
| 28. | Luis Pedro Figueiredo | 06 | Geslours | 58.74 | 58.70 | 510 | 29.05 | 29.65 | |
| 29. | Ricardo Pinela Ferreira | 01 | Vikings Sports Club | 59.59 | 58.73 | 509 | 27.84 | 30.89 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 30. | Afonso Silva Carvalho | 06 | Colegio Int Monte Maior | 58.35 | 58.95 | 503 | 27.90 | 31.05 | |
| 31. | Rodrigo Costa Teixeira | 99 | Laranjeiro | 58.62 | 59.17 | 498 | 28.88 | 30.29 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 32. | Afonso Rodrigues Calhela | 07 | Colegio Int Monte Maior | 59.46 | 59.25 | 496 | 28.54 | 30.71 | |
| 33. | Rafael Pacheco Godinho | 07 | Sporting | 1:02.23 | 59.32 | 494 | 28.22 | 31.10 | |
| 34. | Rodrigo Martins Bras | 05 | Belenenses | 59.72 | 59.34 | 494 | 28.60 | 30.74 | |
| | Rodrigo Serra Farias | 96 | Natação de Lisboa | 57.04 | 59.34 | 494 | 29.05 | 30.29 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 36. | Martim Silva Cortes | 05 | AONDA - Azeitão | 55.59 | 59.35 | 493 | 28.04 | 31.31 | |
| | Axel Guedes Asmar | 07 | Sporting | 1:00.98 | 59.35 | 493 | 29.01 | 30.34 | |
| 38. | Guilherme Matias Cristino | 03 | União Piedense | 58.62 | 59.44 | 491 | 28.55 | 30.89 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 39. | Goncalo Pereira Gracioso | 05 | AONDA - Azeitão | 59.09 | 59.49 | 490 | 28.76 | 30.73 | |
| 40. | Joao Pedro Carapinha | 07 | União Piedense | 1:01.85 | 59.52 | 489 | 28.16 | 31.36 | |
| 41. | Rafael Caceres Lopes | 04 | Despertarecorde | 59.34 | 59.60 | 487 | 28.45 | 31.15 | |
| 42. | Simao Barros Morao | 06 | Algés | 1:00.42 | 59.63 | 486 | 28.86 | 30.77 | |
| 43. | Martim Daniel Torres | 06 | Naval Setubalense | 59.61 | 59.67 | 485 | 28.97 | 30.70 | |
| 44. | Afonso Miguel Ribeiro | 04 | Palmela Desporto EEM | 59.36 | 59.87 | 481 | 28.04 | 31.83 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 45. | Pedro Crispim Jorge | 06 | União Piedense | 1:00.89 | 1:00.09 | 475 | 28.90 | 31.19 | |
| 46. | Diogo Miguel Martins | 07 | Geslours | 1:03.41 | 1:00.15 | 474 | 28.68 | 31.47 | |
| 47. | Martim Barata Antunes | 06 | Benfica | 1:00.07 | 1:00.52 | 465 | 28.55 | 31.97 | |
| 48. | Felipe Menegassi Maia | 04 | Algés | 54.01 | 1:00.70 | 461 | 25.06 | 35.64 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 49. | Goncalo Pires Fialho | 05 | Clube Natacao da Amadora | 1:00.58 | 1:00.86 | 457 | 28.57 | 32.29 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 50. | Pedro Miguel Pimentel | 06 | Geslours | 1:00.51 | 1:00.89 | 457 | 29.39 | 31.50 | |
| 51. | Pedro Dinis Casquinha | 05 | Fundacao Salesianos | 1:00.94 | 1:00.95 | 455 | 29.46 | 31.49 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 52. | Tiago Nunes Silva | 06 | CPCD - Póvoa Sta Iria | 1:00.18 | 1:01.03 | 454 | 29.20 | 31.83 | |
| 53. | Guilherme Machado Santos | 04 | União Piedense | 1:01.26 | 1:01.49 | 443 | 28.48 | 33.01 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 54. | Daniel Casaca Carvalho | 07 | Vasco da Gama | 1:04.34 | 1:01.51 | 443 | 29.61 | 31.90 | |
| 55. | Henrique Maria Batista | 05 | Algés | 1:00.87 | 1:01.60 | 441 | 29.41 | 32.19 | |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | |
| 56. | Afonso Bjork Freitas | 07 | Nacional Natação | 1:01.37 | 1:01.74 | 438 | 29.07 | 32.67 | |
| 57. | Diogo Lopes Venceslau | 06 | Palmela Desporto EEM | 1:01.77 | 1:01.80 | 437 | 29.42 | 32.38 | |

Prova 36, Masc., 100m Livres, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m |
|-------|---|-----|--------------------------|----------|----------------|-----|-------|-------|
| 58. | Goncalo Albino Ramos | 06 | Naval Setubalense | 1:03.02 | 1:01.81 | 437 | 29.00 | 32.81 |
| 59. | Cristian Sergiu Spac <i>FTL (Fora Tempo Limite)</i> | 04 | C N Montijo | 1:00.19 | 1:01.82 | 436 | 29.01 | 32.81 |
| 60. | Rodrigo Filipe Valerio <i>FTL (Fora Tempo Limite)</i> | 05 | CPCD - Póvoa Sta Iria | 1:00.37 | 1:01.87 | 435 | 29.83 | 32.04 |
| 61. | Daniel Ionas | 07 | Clube Natacao da Amadora | 1:01.80 | 1:01.90 | 435 | 29.61 | 32.29 |
| 62. | Rodrigo Piteira Maio | 06 | Belenenses | 1:01.32 | 1:02.08 | 431 | 30.64 | 31.44 |
| 63. | Miguel Carlos Arede | 06 | Sporting | 1:05.11 | 1:02.15 | 430 | 30.31 | 31.84 |
| 64. | Mateo Pinto Quintero <i>FTL (Fora Tempo Limite)</i> | 97 | Natação de Lisboa | 58.62 | 1:02.31 | 426 | 31.07 | 31.24 |
| | Lucas Vilaca Casimiro | 06 | União Piedense | 1:03.55 | 1:02.31 | 426 | 29.90 | 32.41 |
| 66. | Lourenco Lopes Silva | 07 | União Piedense | 1:04.51 | 1:03.58 | 401 | 29.82 | 33.76 |
| 67. | David Alexandre Fernandes <i>FTL (Fora Tempo Limite)</i> | 06 | Nacional Natação | 1:03.38 | 1:04.13 | 391 | 30.87 | 33.26 |
| 68. | Tiago Fernandes Loucao <i>FTL (Fora Tempo Limite)</i> | 06 | Laranjeiro | 1:04.18 | 1:04.26 | 389 | 30.00 | 34.26 |
| 69. | Diogo Correia Neves <i>FTL (Fora Tempo Limite)</i> | 94 | Vasco da Gama | 1:02.45 | 1:04.35 | 387 | 30.88 | 33.47 |
| 70. | Luis Miguel Verissimo <i>FTL (Fora Tempo Limite)</i> | 98 | Vikings Sports Club | 1:00.31 | 1:04.52 | 384 | 30.25 | 34.27 |
| 71. | Diogo Teixeira Calcada <i>FTL (Fora Tempo Limite)</i> | 07 | Sporting | 1:09.44 | 1:06.28 | 354 | 31.56 | 34.72 |
| 72. | Rafael Piedade Quaresma <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:05.99 | 1:06.44 | 351 | 31.93 | 34.51 |
| 73. | Francisco Almeida Pereira <i>FTL (Fora Tempo Limite)</i> | 07 | AONDA - Azeitão | 1:07.82 | 1:06.86 | 345 | 32.19 | 34.67 |
| 74. | Gustavo Paes Serrano <i>FTL (Fora Tempo Limite)</i> | 07 | Palmela Desporto EEM | 1:10.67 | 1:09.95 | 301 | 33.59 | 36.36 |

Prova 37

Femin., 200m Estilos

Absolutos

13.03.2022 - 17:08

Resultados

| | | | | | |
|-----------------------|---------|------------------------|------|------------------|------|
| Rec Nacional Absoluto | 2:13.87 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Absoluto | 2:13.87 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Sen | 2:13.87 | Victoria Kaminskaya | ESJB | Pontevedra (ESP) | 2017 |
| Rec Regional Jun 2 | 2:17.22 | Raquel Gomes Pereira | SAD | Coimbra | 2017 |
| Rec Regional Jun 1 | 2:20.65 | Madalena Gomes Azevedo | SAD | Coimbra | 2015 |
| Rec Regional Juv A | 2:21.01 | Raquel Gomes Pereira | SAD | Coimbra | 2015 |
| Rec Regional Juv B | 2:23.78 | Ines Camacho Fernandes | SCP | Trabzon (TUR) | 2011 |

TAC - Fem Juv B: 2:54.77; Juv A: 2:49.91; Jun 2: 2:43.55; Jun 1: 2:45.16; Sen: 2:42.75

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Matilde Militao Guerra <i>Campeã Regional Juvenil B</i> | 08 | ADRCIMM | 2:40.57 | 2:38.50 | 503 | 35.52 | 42.74 | 43.53 | 36.71 |
| 2. | Barbara Maria Neves | 08 | SAD | 2:44.17 | 2:39.78 | 491 | 32.84 | 40.18 | 48.87 | 37.89 |
| 3. | Ana Beatriz Pires | 08 | SFUAP | 2:49.15 | 2:44.87 | 447 | 35.36 | 42.35 | 49.93 | 37.23 |
| 4. | Matilde Catroga Marques | 08 | ADRCIMM | 2:44.93 | 2:44.95 | 446 | 35.31 | 43.44 | 49.64 | 36.56 |
| 5. | Carolina Fernandes Rodrigues | 08 | SFUAP | 2:50.59 | 2:45.70 | 440 | 36.19 | 42.94 | 51.40 | 35.17 |
| 6. | Constanca Isabel Carvalho | 08 | SAD | 2:45.70 | 2:48.97 | 415 | 35.68 | 45.16 | 50.38 | 37.75 |
| 7. | Teresa Bonita Oliveira | 08 | CNS | 2:53.49 | 2:54.37 | 378 | 38.08 | 45.75 | 49.04 | 41.50 |

Prova 37, Femin., 200m Estilos, Juvenis B

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|---|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| 8. | Ines Margarida Fernandes <i>FTL (Fora Tempo Limite)</i> | 08 | CPCD | 2:51.65 | 2:57.31 | 359 | 36.08 | 48.16 | 51.48 | 41.59 |
| 9. | Carolina Delicado Correia <i>FTL (Fora Tempo Limite)</i> | 08 | SCP | 2:59.82 | 3:01.25 | 336 | 35.92 | 45.22 | 57.77 | 42.34 |
| DNS | Leonor Serrao Nascimento | 08 | SAD | 2:49.96 | | | | | | |

Juvenis A

| | | | | | | | | | | |
|-----|---|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Catarina Andrade Franco <i>Campeã Regional Juvenil A</i> | 07 | GESL | 2:34.62 | 2:37.55 | 512 | 31.66 | 43.67 | 46.70 | 35.52 |
| 2. | Sara Sofia Alves | 07 | CNS | 2:37.74 | 2:40.16 | 488 | 34.50 | 40.99 | 49.36 | 35.31 |
| 3. | Beatriz Heitor Cachaco | 07 | GESL | 2:48.67 | 2:41.51 | 476 | 33.94 | 43.02 | 48.97 | 35.58 |
| 4. | Leonor Castanho Santos | 07 | SCP | 2:49.91 | 2:44.03 | 454 | 37.14 | 41.27 | 50.36 | 35.26 |
| 5. | Ana Madalena Simoes | 07 | GESL | 2:42.49 | 2:44.05 | 454 | 34.83 | 43.60 | 47.28 | 38.34 |
| 6. | Rita Lima Batista | 07 | CNS | 2:44.83 | 2:44.43 | 451 | 34.68 | 40.91 | 49.73 | 39.11 |
| 7. | Matilde Nunes Ribeiro <i>FTL (Fora Tempo Limite)</i> | 07 | DRCN | 2:47.71 | 2:51.29 | 399 | 35.54 | 44.38 | 51.67 | 39.70 |
| 8. | Matilde Anjos Frischknecht <i>FTL (Fora Tempo Limite)</i> | 07 | CNS | 2:46.22 | 2:51.58 | 397 | 36.97 | 46.32 | 47.26 | 41.03 |
| 9. | Laura Maria Cruz <i>FTL (Fora Tempo Limite)</i> | 07 | ADRCIMM | 2:53.73 | 2:52.14 | 393 | 37.80 | 43.26 | 52.57 | 38.51 |
| 10. | Daniela Alexandra Santos <i>FTL (Fora Tempo Limite)</i> | 07 | SCP | 2:50.60 | 2:53.09 | 386 | 37.29 | 43.88 | 49.75 | 42.17 |
| DSQ | Leonor Peso Parente <i>A atleta iniciou o percurso de costas na posição ventral.</i> | 07 | PDEM | 2:28.66 | | | | | | |

Juniore

| | | | | | | | | | | |
|-----|---|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Marta Joao Pires <i>Campeã Regional Junior</i> | 05 | SAD | 2:24.48 | 2:26.64 | 636 | 31.09 | 39.46 | 43.87 | 32.22 |
| 2. | Carolina Martins Camacho | 06 | SFUAP | 2:32.44 | 2:31.60 | 575 | 33.85 | 36.98 | 43.54 | 37.23 |
| 3. | Joana Rocha Ferreira | 05 | SLB | 2:34.98 | 2:33.81 | 551 | 32.10 | 40.14 | 46.01 | 35.56 |
| 4. | Leonor Roque Mendes <i>FTL (Fora Tempo Limite)</i> | 06 | ADRCIMM | 2:46.83 | 2:46.49 | 434 | 35.86 | 43.39 | 46.79 | 40.45 |
| DSQ | Luana Cardoso Magalhaes <i>E-C52 - O nadador esteve totalmente submerso na chegada do percurso de costas. (SW 6.3)</i> | 06 | SAD | 2:38.28 | | | | | | |
| DNS | Madalena Correa Sa | 06 | SLB | 2:35.21 | | | | | | |
| DNS | Margarida Domingues Nunes | 05 | SCP | 2:31.41 | | | | | | |

Seniores

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Maria Ferreira Moura <i>Campeã Regional Sénior</i> | 04 | SCP | 2:28.13 | 2:27.99 | 618 | 30.71 | 38.73 | 45.37 | 33.18 |
| 2. | Madalena Reis Cerdeira | 03 | SCP | 2:30.67 | 2:30.87 | 584 | 33.10 | 40.68 | 40.54 | 36.55 |
| 3. | Francisca Gomes Azevedo | 97 | SAD | 2:42.75 | 2:35.89 | 529 | 32.84 | 38.70 | 49.09 | 35.26 |
| 4. | Maria Jardim Fidalgo | 04 | CNCVG | 2:32.75 | 2:36.37 | 524 | 31.98 | 42.25 | 46.77 | 35.37 |
| 5. | Bruna Martins Riesenberger | 97 | CIRL | 2:28.74 | 2:38.67 | 502 | 30.27 | 45.81 | 46.45 | 36.14 |
| 6. | Natacha Sofia Silva | 02 | SLB | 2:41.02 | 2:39.25 | 496 | 34.34 | 43.99 | 44.61 | 36.31 |
| 7. | Catarina Nunes Costa | 04 | GESL | 2:34.35 | 2:40.76 | 482 | 33.74 | 43.70 | 46.87 | 36.45 |
| 8. | Maria Ornelas Armas | 98 | VKGS | 2:35.00 | 2:41.35 | 477 | 36.33 | 39.73 | 48.26 | 37.03 |
| 9. | Claudia Beatriz Martins | 03 | GESL | 2:41.34 | 2:42.13 | 470 | 33.78 | 42.83 | 46.89 | 38.63 |
| 10. | Marta Pereira Domingos <i>FTL (Fora Tempo Limite)</i> | 04 | SFUAP | 2:42.75 | 2:45.84 | 439 | 35.14 | 48.60 | 43.69 | 38.41 |

Prova 37, Femin., 200m Estilos, Seniores

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|-------|----------|-------------|-----|-----|------|------|------|
| DSQ | Mariana Marques Mercedes | 03 | VKGS | 2:33.02 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |

| | | | | | | | | | | |
|-----|--------------------|----|-----|---------|--|--|--|--|--|--|
| DNS | Leticia Maia Andre | 02 | SLB | 2:26.71 | | | | | | |
|-----|--------------------|----|-----|---------|--|--|--|--|--|--|

Absolutos

| | | | | | | | | | | |
|-----|--|----|---------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Marta Joao Pires | 05 | SAD | 2:24.48 | 2:26.64 | 636 | 31.09 | 39.46 | 43.87 | 32.22 |
| 2. | Maria Ferreira Moura | 04 | SCP | 2:28.13 | 2:27.99 | 618 | 30.71 | 38.73 | 45.37 | 33.18 |
| 3. | Madalena Reis Cerdeira | 03 | SCP | 2:30.67 | 2:30.87 | 584 | 33.10 | 40.68 | 40.54 | 36.55 |
| 4. | Carolina Martins Camacho | 06 | SFUAP | 2:32.44 | 2:31.60 | 575 | 33.85 | 36.98 | 43.54 | 37.23 |
| 5. | Joana Rocha Ferreira | 05 | SLB | 2:34.98 | 2:33.81 | 551 | 32.10 | 40.14 | 46.01 | 35.56 |
| 6. | Francisca Gomes Azevedo | 97 | SAD | 2:42.75 | 2:35.89 | 529 | 32.84 | 38.70 | 49.09 | 35.26 |
| 7. | Maria Jardim Fidalgo | 04 | CNCVG | 2:32.75 | 2:36.37 | 524 | 31.98 | 42.25 | 46.77 | 35.37 |
| 8. | Catarina Andrade Franco | 07 | GESL | 2:34.62 | 2:37.55 | 512 | 31.66 | 43.67 | 46.70 | 35.52 |
| 9. | Matilde Militao Guerra | 08 | ADRCIMM | 2:40.57 | 2:38.50 | 503 | 35.52 | 42.74 | 43.53 | 36.71 |
| 10. | Bruna Martins Riesenberger | 97 | CIRL | 2:28.74 | 2:38.67 | 502 | 30.27 | 45.81 | 46.45 | 36.14 |
| 11. | Natacha Sofia Silva | 02 | SLB | 2:41.02 | 2:39.25 | 496 | 34.34 | 43.99 | 44.61 | 36.31 |
| 12. | Barbara Maria Neves | 08 | SAD | 2:44.17 | 2:39.78 | 491 | 32.84 | 40.18 | 48.87 | 37.89 |
| 13. | Sara Sofia Alves | 07 | CNS | 2:37.74 | 2:40.16 | 488 | 34.50 | 40.99 | 49.36 | 35.31 |
| 14. | Catarina Nunes Costa | 04 | GESL | 2:34.35 | 2:40.76 | 482 | 33.74 | 43.70 | 46.87 | 36.45 |
| 15. | Maria Ornelas Armas | 98 | VKGS | 2:35.00 | 2:41.35 | 477 | 36.33 | 39.73 | 48.26 | 37.03 |
| 16. | Beatriz Heitor Cachaco | 07 | GESL | 2:48.67 | 2:41.51 | 476 | 33.94 | 43.02 | 48.97 | 35.58 |
| 17. | Claudia Beatriz Martins | 03 | GESL | 2:41.34 | 2:42.13 | 470 | 33.78 | 42.83 | 46.89 | 38.63 |
| 18. | Leonor Castanho Santos | 07 | SCP | 2:49.91 | 2:44.03 | 454 | 37.14 | 41.27 | 50.36 | 35.26 |
| 19. | Ana Madalena Simoes | 07 | GESL | 2:42.49 | 2:44.05 | 454 | 34.83 | 43.60 | 47.28 | 38.34 |
| 20. | Rita Lima Batista | 07 | CNS | 2:44.83 | 2:44.43 | 451 | 34.68 | 40.91 | 49.73 | 39.11 |
| 21. | Ana Beatriz Pires | 08 | SFUAP | 2:49.15 | 2:44.87 | 447 | 35.36 | 42.35 | 49.93 | 37.23 |
| 22. | Matilde Catroga Marques | 08 | ADRCIMM | 2:44.93 | 2:44.95 | 446 | 35.31 | 43.44 | 49.64 | 36.56 |
| 23. | Carolina Fernandes Rodrigues | 08 | SFUAP | 2:50.59 | 2:45.70 | 440 | 36.19 | 42.94 | 51.40 | 35.17 |
| 24. | Marta Pereira Domingos | 04 | SFUAP | 2:42.75 | 2:45.84 | 439 | 35.14 | 48.60 | 43.69 | 38.41 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 25. | Leonor Roque Mendes | 06 | ADRCIMM | 2:46.83 | 2:46.49 | 434 | 35.86 | 43.39 | 46.79 | 40.45 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 26. | Constanca Isabel Carvalho | 08 | SAD | 2:45.70 | 2:48.97 | 415 | 35.68 | 45.16 | 50.38 | 37.75 |
| 27. | Matilde Nunes Ribeiro | 07 | DRCN | 2:47.71 | 2:51.29 | 399 | 35.54 | 44.38 | 51.67 | 39.70 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 28. | Matilde Anjos Frischknecht | 07 | CNS | 2:46.22 | 2:51.58 | 397 | 36.97 | 46.32 | 47.26 | 41.03 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 29. | Laura Maria Cruz | 07 | ADRCIMM | 2:53.73 | 2:52.14 | 393 | 37.80 | 43.26 | 52.57 | 38.51 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 30. | Daniela Alexandra Santos | 07 | SCP | 2:50.60 | 2:53.09 | 386 | 37.29 | 43.88 | 49.75 | 42.17 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 31. | Teresa Bonita Oliveira | 08 | CNS | 2:53.49 | 2:54.37 | 378 | 38.08 | 45.75 | 49.04 | 41.50 |
| 32. | Ines Margarida Fernandes | 08 | CPCD | 2:51.65 | 2:57.31 | 359 | 36.08 | 48.16 | 51.48 | 41.59 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 33. | Carolina Delicado Correia | 08 | SCP | 2:59.82 | 3:01.25 | 336 | 35.92 | 45.22 | 57.77 | 42.34 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| DSQ | Leonor Peso Parente | 07 | PDEM | 2:28.66 | | | | | | |
| | <i>A atleta inicou o percurso de costas na posição ventral.</i> | | | | | | | | | |
| DSQ | Luana Cardoso Magalhaes | 06 | SAD | 2:38.28 | | | | | | |
| | <i>E-C52 - O nadador esteve totalmente submerso na chegada do percurso de costas. (SW 6.3)</i> | | | | | | | | | |
| DSQ | Mariana Marques Mercedes | 03 | VKGS | 2:33.02 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DNS | Leticia Maia Andre | 02 | SLB | 2:26.71 | | | | | | |
| DNS | Madalena Correa Sa | 06 | SLB | 2:35.21 | | | | | | |

Prova 37, Femin., 200m Estilos, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|---------------------------|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| DNS | Leonor Serrao Nascimento | 08 | SAD | 2:49.96 | | | | | | |
| DNS | Margarida Domingues Nunes | 05 | SCP | 2:31.41 | | | | | | |
| EXH | Anna Fomina | 02 | LDC | 2:32.92 | 2:35.64 | 532 | 33.08 | 41.49 | 46.57 | 34.50 |

Prova 38

Masc., 200m Estilos

Absolutos
Resultados

13.03.2022 - 17:28

| | | | | | |
|-----------------------|---------|------------------------|---------|------------------|------|
| Rec Nacional Absoluto | 1:58.19 | Alexis Manacas Santos | SCP | Coimbra | 2019 |
| Rec Regional Absoluto | 1:58.19 | Alexis Manacas Santos | SCP | Coimbra | 2019 |
| Rec Regional Sen | 1:58.19 | Alexis Manacas Santos | SCP | Coimbra | 2019 |
| Rec Regional Jun 2 | 2:04.00 | Carlos Esteves Almeida | CNA | Barcelona (ESP) | 2006 |
| Rec Regional Jun 1 | 2:04.32 | Carlos Esteves Almeida | CNA | Budapest (HUN) | 2005 |
| Rec Regional Juv A | 2:08.11 | Carlos Esteves Almeida | CNA | Jamor | 2004 |
| Rec Regional Juv B | 2:11.18 | Joao Alexandre Vital | ADRCIMM | Serravalle (SMR) | 2013 |

TAC - Masc Juv B: 2:41.00; Juv A: 2:38.07; Jun 1: 2:32.28; Jun 2: 2:30.10; Sen: 2:27.20

Pontos: FINA 2021

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|------------------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| Juvenis B | | | | | | | | | | |
| 1. | Leonardo Conceicao Reis <i>Campeão Regional Juvenis B</i> | 07 | SCP | 2:19.72 | 2:21.25 | 525 | 30.64 | 36.80 | 42.55 | 31.26 |
| 2. | Vicente Dias Maia | 07 | SAD | 2:26.51 | 2:27.81 | 458 | 30.46 | 38.83 | 44.41 | 34.11 |
| 3. | Joao Dinis Roque | 07 | SCP | 2:29.03 | 2:28.40 | 453 | 31.32 | 39.69 | 43.69 | 33.70 |
| 4. | Caio Salgado Medeiros | 07 | SAD | 2:40.69 | 2:28.71 | 450 | 30.44 | 39.33 | 46.73 | 32.21 |
| 5. | Miguel Braga Gomes | 07 | SCP | 2:34.43 | 2:29.11 | 446 | 33.09 | 39.62 | 42.93 | 33.47 |
| 6. | Afonso Jose Fernandes | 07 | CNATRIL | 2:42.03 | 2:35.05 | 397 | 32.41 | 43.50 | 44.25 | 34.89 |
| 7. | Antonio Rego Arsenio | 07 | SAD | 2:35.41 | 2:35.41 | 394 | 32.01 | 39.46 | 47.18 | 36.76 |
| 8. | Henrique Ribeiro Martins | 07 | SCP | 2:38.45 | 2:35.56 | 393 | 31.71 | 39.00 | 48.61 | 36.24 |
| DSQ | Lourenco Lopes Silva <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | 07 | SFUAP | 2:42.85 | | | | | | |
| DNS | Gabriel Martins Tusan | 07 | GESL | 2:47.15 | | | | | | |

Juvenis A

| | | | | | | | | | | |
|-----|---|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Andre Correia Alves <i>Campeão Regional Juvenis A</i> | 06 | SFUAP | 2:18.05 | 2:24.71 | 488 | 30.38 | 36.44 | 44.84 | 33.05 |
| 2. | Afonso Silvestre Almeida | 06 | CNA | 2:25.43 | 2:26.63 | 469 | 30.41 | 39.23 | 41.36 | 35.63 |
| 3. | Diogo Morgado Figueira | 06 | CPCD | 2:22.69 | 2:28.58 | 451 | 29.99 | 38.73 | 45.21 | 34.65 |
| 4. | Rodrigo Andrade Mesquita | 06 | SCP | 2:29.41 | 2:29.80 | 440 | 31.25 | 41.60 | 43.48 | 33.47 |
| 5. | Rodrigo Onofre Matos | 06 | CFB | 2:41.37 | 2:32.75 | 415 | 31.10 | 40.16 | 46.09 | 35.40 |
| 6. | Rodrigo Franco Palare | 06 | GESL | 2:38.77 | 2:36.99 | 382 | 33.43 | 39.67 | 47.83 | 36.06 |
| DSQ | Pedro Crispim Jorge <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | 06 | SFUAP | 2:25.97 | | | | | | |

Juniores

| | | | | | | | | | | |
|----|---|----|-----|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Vasco Alves Morgado <i>Campeão Regional Junior</i> | 05 | SAD | 2:17.67 | 2:17.50 | 569 | 29.45 | 36.98 | 40.23 | 30.84 |
| 2. | Nick Heinio-Widell | 05 | SAD | 2:17.17 | 2:17.53 | 569 | 28.54 | 36.59 | 40.99 | 31.41 |
| 3. | Joao Lourenco Rebelo | 04 | SAD | 2:16.02 | 2:17.62 | 568 | 28.97 | 38.37 | 38.54 | 31.74 |
| 4. | Tomas Almeida Cordeiro | 05 | SAD | 2:17.08 | 2:18.34 | 559 | 29.44 | 34.08 | 42.18 | 32.64 |
| 5. | Goncalo Duarte Carvalho | 05 | SLB | 2:19.31 | 2:18.86 | 553 | 29.83 | 37.85 | 39.09 | 32.09 |
| 6. | Manuel Angelo Pereira | 05 | SCP | 2:23.80 | 2:20.30 | 536 | 29.63 | 35.92 | 42.18 | 32.57 |
| 7. | Antonio Lombardi Carvalho | 04 | SCP | 2:19.27 | 2:20.97 | 528 | 29.25 | 37.24 | 41.77 | 32.71 |
| 8. | Simao Lopes Oliveira | 05 | CNS | 2:20.37 | 2:21.12 | 527 | 29.85 | 38.84 | 40.38 | 32.05 |

Prova 38, Masc., 200m Estilos, Juniores

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|---|-----|-------|----------|----------------|-----|-------|-------|-------|-------|
| 9. | Francisco Lourenco Vasconcelos | 05 | GESL | 2:21.55 | 2:23.54 | 500 | 28.35 | 37.13 | 42.75 | 35.31 |
| 10. | Eduard Daniel Milanov | 05 | CNS | 2:29.43 | 2:29.75 | 441 | 30.18 | 38.77 | 47.11 | 33.69 |
| 11. | Rodrigo Martins Bras | 05 | CFB | 2:30.39 | 2:30.97 | 430 | 30.69 | 40.58 | 43.13 | 36.57 |
| 12. | Rihards Bunkovskis | 05 | GESL | 2:31.45 | 2:31.90 | 422 | 31.80 | 38.80 | 44.78 | 36.52 |
| 13. | Afonso Costa Albuquerque <i>FTL (Fora Tempo Limite)</i> | 05 | CFB | 2:34.74 | 2:36.00 | 390 | 31.43 | 41.64 | 45.92 | 37.01 |
| DSQ | Jose Alves Monteiro | 05 | CFB | 2:26.10 | | | | | | |
| | <i>E-B3 - Efectuou múltiplas pernadas de golfinho após inicio percurso de braços (SW 7.1)</i> | | | | | | | | | |
| DSQ | Diogo Miguel Monteiro | 04 | DRCN | 2:30.10 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |

Seniores

| | | | | | | | | | | |
|-----|--|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Pedro Andre Santos <i>Campeão Regional Sénior</i> | 94 | SAD | 2:08.13 | 2:12.87 | 631 | 27.64 | 36.07 | 38.47 | 30.69 |
| 2. | Hugo Pon | 98 | SAD | 2:27.20 | 2:13.52 | 622 | 29.11 | 36.88 | 36.93 | 30.60 |
| 3. | Vicente Oliveira Gomes | 02 | SCP | 2:15.08 | 2:14.05 | 615 | 27.83 | 34.64 | 40.92 | 30.66 |
| 4. | Joao Manuel Vargas | 00 | SLB | 2:18.72 | 2:17.57 | 569 | 30.54 | 35.31 | 39.64 | 32.08 |
| 5. | Rodrigo Almeida Cabrito | 01 | CFB | 2:16.47 | 2:19.53 | 545 | 29.51 | 36.11 | 39.43 | 34.48 |
| 6. | Filipe Ferrao Melo | 01 | CNS | 2:19.99 | 2:21.59 | 521 | 28.61 | 37.51 | 42.69 | 32.78 |
| 7. | Tiago Correia Neves | 97 | CFB | 2:20.97 | 2:22.09 | 516 | 29.03 | 38.96 | 42.08 | 32.02 |
| 8. | Rafael Filipe Nunes | 96 | VKGS | 2:21.44 | 2:22.10 | 516 | 30.75 | 37.62 | 41.52 | 32.21 |
| 9. | Francisco Lopes Afonso | 03 | SAD | 2:21.23 | 2:22.71 | 509 | 29.80 | 40.67 | 38.90 | 33.34 |
| 10. | Ricardo Martins Bras | 01 | VKGS | 2:16.86 | 2:23.51 | 501 | 30.99 | 35.87 | 42.53 | 34.12 |
| 11. | Joao Carlos Santos <i>FTL (Fora Tempo Limite)</i> | 96 | SFUAP | 2:18.53 | 2:27.60 | 460 | 31.34 | 38.98 | 44.23 | 33.05 |
| DSQ | Daniel Nogueira Catalao | 00 | SLB | 2:11.56 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DSQ | David Matias Cristino | 01 | SFUAP | 2:10.80 | | | | | | |
| | <i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)</i> | | | | | | | | | |
| DSQ | Diogo Garcez Mateus | 02 | SCP | 2:14.08 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DNS | David Van Ossenbruggen | 03 | SFUAP | 2:27.20 | | | | | | |

Absolutos

| | | | | | | | | | | |
|-----|--------------------------------|----|-------|---------|----------------|-----|-------|-------|-------|-------|
| 1. | Pedro Andre Santos | 94 | SAD | 2:08.13 | 2:12.87 | 631 | 27.64 | 36.07 | 38.47 | 30.69 |
| 2. | Hugo Pon | 98 | SAD | 2:27.20 | 2:13.52 | 622 | 29.11 | 36.88 | 36.93 | 30.60 |
| 3. | Vicente Oliveira Gomes | 02 | SCP | 2:15.08 | 2:14.05 | 615 | 27.83 | 34.64 | 40.92 | 30.66 |
| 4. | Vasco Alves Morgado | 05 | SAD | 2:17.67 | 2:17.50 | 569 | 29.45 | 36.98 | 40.23 | 30.84 |
| 5. | Nick Heinio-Widell | 05 | SAD | 2:17.17 | 2:17.53 | 569 | 28.54 | 36.59 | 40.99 | 31.41 |
| 6. | Joao Manuel Vargas | 00 | SLB | 2:18.72 | 2:17.57 | 569 | 30.54 | 35.31 | 39.64 | 32.08 |
| 7. | Joao Lourenco Rebelo | 04 | SAD | 2:16.02 | 2:17.62 | 568 | 28.97 | 38.37 | 38.54 | 31.74 |
| 8. | Tomas Almeida Cordeiro | 05 | SAD | 2:17.08 | 2:18.34 | 559 | 29.44 | 34.08 | 42.18 | 32.64 |
| 9. | Goncalo Duarte Carvalho | 05 | SLB | 2:19.31 | 2:18.86 | 553 | 29.83 | 37.85 | 39.09 | 32.09 |
| 10. | Rodrigo Almeida Cabrito | 01 | CFB | 2:16.47 | 2:19.53 | 545 | 29.51 | 36.11 | 39.43 | 34.48 |
| 11. | Manuel Angelo Pereira | 05 | SCP | 2:23.80 | 2:20.30 | 536 | 29.63 | 35.92 | 42.18 | 32.57 |
| 12. | Antonio Lombardi Carvalho | 04 | SCP | 2:19.27 | 2:20.97 | 528 | 29.25 | 37.24 | 41.77 | 32.71 |
| 13. | Simao Lopes Oliveira | 05 | CNS | 2:20.37 | 2:21.12 | 527 | 29.85 | 38.84 | 40.38 | 32.05 |
| 14. | Leonardo Conceicao Reis | 07 | SCP | 2:19.72 | 2:21.25 | 525 | 30.64 | 36.80 | 42.55 | 31.26 |
| 15. | Filipe Ferrao Melo | 01 | CNS | 2:19.99 | 2:21.59 | 521 | 28.61 | 37.51 | 42.69 | 32.78 |
| 16. | Tiago Correia Neves | 97 | CFB | 2:20.97 | 2:22.09 | 516 | 29.03 | 38.96 | 42.08 | 32.02 |
| 17. | Rafael Filipe Nunes | 96 | VKGS | 2:21.44 | 2:22.10 | 516 | 30.75 | 37.62 | 41.52 | 32.21 |
| 18. | Francisco Lopes Afonso | 03 | SAD | 2:21.23 | 2:22.71 | 509 | 29.80 | 40.67 | 38.90 | 33.34 |
| 19. | Ricardo Martins Bras | 01 | VKGS | 2:16.86 | 2:23.51 | 501 | 30.99 | 35.87 | 42.53 | 34.12 |
| 20. | Francisco Lourenco Vasconcelos | 05 | GESL | 2:21.55 | 2:23.54 | 500 | 28.35 | 37.13 | 42.75 | 35.31 |
| 21. | Andre Correia Alves | 06 | SFUAP | 2:18.05 | 2:24.71 | 488 | 30.38 | 36.44 | 44.84 | 33.05 |

Prova 38, Masc., 200m Estilos, Absolutos

| Lugar | Nome do Nadador | Ano | Clube | T.Inscr. | Tempo Final | Pts | 50m | 100m | 150m | 200m |
|-------|--|-----|---------|----------|----------------|-----|-------|-------|-------|-------|
| 22. | Afonso Silvestre Almeida | 06 | CNA | 2:25.43 | 2:26.63 | 469 | 30.41 | 39.23 | 41.36 | 35.63 |
| 23. | Joao Carlos Santos | 96 | SFUAP | 2:18.53 | 2:27.60 | 460 | 31.34 | 38.98 | 44.23 | 33.05 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 24. | Vicente Dias Maia | 07 | SAD | 2:26.51 | 2:27.81 | 458 | 30.46 | 38.83 | 44.41 | 34.11 |
| 25. | Joao Dinis Roque | 07 | SCP | 2:29.03 | 2:28.40 | 453 | 31.32 | 39.69 | 43.69 | 33.70 |
| 26. | Diogo Morgado Figueira | 06 | CPCD | 2:22.69 | 2:28.58 | 451 | 29.99 | 38.73 | 45.21 | 34.65 |
| 27. | Caio Salgado Medeiros | 07 | SAD | 2:40.69 | 2:28.71 | 450 | 30.44 | 39.33 | 46.73 | 32.21 |
| 28. | Miguel Braga Gomes | 07 | SCP | 2:34.43 | 2:29.11 | 446 | 33.09 | 39.62 | 42.93 | 33.47 |
| 29. | Eduard Daniel Milanov | 05 | CNS | 2:29.43 | 2:29.75 | 441 | 30.18 | 38.77 | 47.11 | 33.69 |
| 30. | Rodrigo Andrade Mesquita | 06 | SCP | 2:29.41 | 2:29.80 | 440 | 31.25 | 41.60 | 43.48 | 33.47 |
| 31. | Rodrigo Martins Bras | 05 | CFB | 2:30.39 | 2:30.97 | 430 | 30.69 | 40.58 | 43.13 | 36.57 |
| 32. | Rihards Bunkovskis | 05 | GESL | 2:31.45 | 2:31.90 | 422 | 31.80 | 38.80 | 44.78 | 36.52 |
| 33. | Rodrigo Onofre Matos | 06 | CFB | 2:41.37 | 2:32.75 | 415 | 31.10 | 40.16 | 46.09 | 35.40 |
| 34. | Afonso Jose Fernandes | 07 | CNATRIL | 2:42.03 | 2:35.05 | 397 | 32.41 | 43.50 | 44.25 | 34.89 |
| 35. | Antonio Rego Arsenio | 07 | SAD | 2:35.41 | 2:35.41 | 394 | 32.01 | 39.46 | 47.18 | 36.76 |
| 36. | Henrique Ribeiro Martins | 07 | SCP | 2:38.45 | 2:35.56 | 393 | 31.71 | 39.00 | 48.61 | 36.24 |
| 37. | Afonso Costa Albuquerque | 05 | CFB | 2:34.74 | 2:36.00 | 390 | 31.43 | 41.64 | 45.92 | 37.01 |
| | <i>FTL (Fora Tempo Limite)</i> | | | | | | | | | |
| 38. | Rodrigo Franco Palare | 06 | GESL | 2:38.77 | 2:36.99 | 382 | 33.43 | 39.67 | 47.83 | 36.06 |
| DSQ | Daniel Nogueira Catalao | 00 | SLB | 2:11.56 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DSQ | Jose Alves Monteiro | 05 | CFB | 2:26.10 | | | | | | |
| | <i>E-B3 - Efectuou múltiplas pernadas de golfinho após inicio percurso de braços (SW 7.1)</i> | | | | | | | | | |
| DSQ | Diogo Miguel Monteiro | 04 | DRCN | 2:30.10 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DSQ | David Matias Cristino | 01 | SFUAP | 2:10.80 | | | | | | |
| | <i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)</i> | | | | | | | | | |
| DSQ | Pedro Crispim Jorge | 06 | SFUAP | 2:25.97 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DSQ | Lourenco Lopes Silva | 07 | SFUAP | 2:42.85 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DSQ | Diogo Garcez Mateus | 02 | SCP | 2:14.08 | | | | | | |
| | <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i> | | | | | | | | | |
| DNS | Gabriel Martins Tusan | 07 | GESL | 2:47.15 | | | | | | |
| DNS | David Van Ossenbruggen | 03 | SFUAP | 2:27.20 | | | | | | |

Prova 39 Femin., 4 x 100m Estilos Absolutos
 13.03.2022 - 17:47 Resultados

| | | | | | |
|-----------------------|---------|-----------------------------------|-----|-----------------|------|
| Rec Nacional Absoluto | 4:14.70 | Sport Alges e Dafundo | SAD | Oeiras | 2019 |
| Rec Nacional Sen | 4:16.23 | Clube Natacao da Amadora | CNA | Faro | 2009 |
| Rec Nacional Jun | 4:26.70 | Futebol Clube do Porto/Dolce Vita | FCP | Povoa de Varzim | 2011 |
| Rec Nacional Juv A | 4:35.70 | tempo limite | | | |
| Rec Nacional Juv | 4:35.70 | tempo limite | | | |
| Rec Nacional Juv B | 4:35.70 | Sport Lisboa e Benfica | SLB | Lisboa | 2008 |

TAC - Fem Juv: 5:24.85; Jun: 5:21.55; Sen: 5:12.83

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|----------------|-----|--|----------|----------------|---------|
| Juvenis | | | | | |
| 1. | | Gesloures - Gestão Equipamentos E.M. | 5:00.65 | 4:51.73 | 492 |
| | 08 | Joana Monteiro Caetano 37.78 | 07 | 30.06 | 1:06.75 |
| | 07 | Ana Madalena Simoes 40.40 | 07 | 30.69 | 1:02.05 |
| | | Catarina Andrade Franco | | | |
| | | Beatriz Heitor Cachaco | | | |
| 2. | | Soc.Filarmónica União A. Piedense | 5:12.00 | 4:58.65 | 459 |
| | 08 | Beatriz Alexandra Rolim 35.21 | 07 | 33.03 | 1:12.36 |
| | 08 | Ana Beatriz Pires 42.57 | 08 | 30.98 | 1:04.39 |
| | | Luisa Ponte Jorge | | | |
| | | Carolina Fernandes Rodrigues | | | |
| DSQ | | ADR Colegio Int Monte Maior | 5:18.96 | | |
| | | <i>EE-B30 - O 2º nadador efect. toque não simultâneo das mãos na parede testa na viragem aos 150 metros (SW 7.6)</i> | | | |
| | 08 | Margarida Catroga Marques 36.19 | 08 | | |
| | 08 | Matilde Militao Guerra | 08 | | |
| | | Matilde Catroga Marques | | | |
| | | Raquel Santos Baiona | | | |
| DSQ | | Clube Naval Setubalense | 5:11.26 | | |
| | | <i>EG01 - O 4º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (SW 10.11)</i> | | | |
| | 07 | Sara Sofia Alves 35.31 | 07 | 34.32 | 1:15.61 |
| | 07 | Matilde Anjos Frischknecht 39.57 | 07 | | |
| | | Margarida Santos Botelho | | | |
| | | Rita Machita Santos | | | |
| DSQ | | Sport Alges e Dafundo | 5:00.96 | | |
| | | <i>A atleta que efetuou o segundo percurso desistiu aos 60m</i> | | | |
| | 08 | Barbara Maria Neves 36.21 | 08 | | |
| | 08 | Leonor Serrao Nascimento | 08 | | |
| | | Constanca Santos Ferreira | | | |
| | | Constanca Isabel Carvalho | | | |

Absolutos

| | | | | | |
|----|----|-----------------------------------|---------|----------------|---------|
| 1. | | Sport Alges e Dafundo | 4:37.00 | 4:36.19 | 580 |
| | 06 | Luana Cardoso Magalhaes 34.35 | 05 | 31.58 | 1:07.30 |
| | 06 | Rebeca Leonor Antunes 34.14 | 05 | 29.31 | 1:02.56 |
| | | Marta Joao Pires | | | |
| | | Maria Teresa Fernandes | | | |
| 2. | | Clube Natacao de Lisboa | 4:40.00 | 4:41.68 | 547 |
| | 00 | Catarina Martins Mestre 32.13 | 02 | 33.76 | 1:17.25 |
| | 98 | Catarina Costa Sequeira 35.22 | 06 | 30.09 | 1:02.90 |
| | | Manoella Saad Barbosa | | | |
| | | Madalena Graça Dias | | | |
| 3. | | Soc.Filarmónica União A. Piedense | 4:42.00 | 4:46.41 | 520 |
| | 06 | Carolina Martins Camacho 33.17 | 03 | 32.32 | 1:09.15 |
| | 04 | Marta Pereira Domingos 38.48 | 03 | 30.96 | 1:05.01 |
| | | Beatriz Quintao Amantes | | | |
| | | Francisca Razina Oliveira | | | |
| 4. | | Sport Lisboa e Benfica | 4:40.91 | 4:51.39 | 494 |
| | 05 | Barbara Cunha Ventura 34.69 | 05 | 31.94 | 1:09.22 |
| | 07 | Alice Gomes Durao 39.70 | 06 | 31.43 | 1:04.99 |
| | | Joana Rocha Ferreira | | | |
| | | Maria Esteves Valente | | | |
| 5. | | Vikings Sports Club | 5:20.00 | 5:01.08 | 448 |
| | 97 | Beatriz Elisabete Pereira 33.90 | 04 | 33.95 | 1:13.91 |
| | 03 | Mariana Marques Mercedes 41.71 | 98 | 31.14 | 1:06.27 |
| | | Ana Sofia Inácio | | | |
| | | Maria Ornelas Armas | | | |
| 6. | | ADR Colegio Int Monte Maior | 4:57.71 | 5:08.10 | 418 |
| | 07 | Laura Maria Cruz 39.20 | 06 | 36.18 | 1:17.31 |
| | 03 | Andreia Wongsangnoi Alves | 05 | 31.36 | 1:06.43 |
| | | Leonor Roque Mendes | | | |
| | | Mafalda Santos Costa | | | |

| Prova 40 | Masc., 4 x 100m Estilos | | | | Absolutos |
|-----------------------|-------------------------|--|-----|-----------|------------|
| 13.03.2022 - 17:59 | | | | | Resultados |
| Rec Nacional Absoluto | 3:44.22 | Sporting Clube de Portugal | SCP | Oeiras | 2019 |
| Rec Nacional Sen | 3:44.22 | Sporting Clube de Portugal | SCP | Oeiras | 2019 |
| Rec Nacional Jun | 3:55.96 | Futebol Clube do Porto/Imperio Bonanca | FCP | Faro | 2009 |
| Rec Nacional Juv A | 4:07.60 | Futebol Clube do Porto | FCP | Famalicao | 2013 |
| Rec Nacional Juv | 4:07.60 | | | | |
| Rec Nacional Juv B | 4:11.24 | Sporting Clube de Portugal | SCP | Jamor | 2012 |

TAC - Masc Juv: 4:54.56; Jun: 4:46.67; Sen: 4:35.77

Pontos: FINA 2021

| Pos. | Ano | Clube | T.Inscr. | Tempo | Pts |
|----------------|-----|--|----------|----------------|-----|
| Juvenis | | | | | |
| 1. | | Gesloures - Gestão Equipamentos E.M. | 4:35.00 | 4:24.99 | 478 |
| | 07 | Gabriel Martins Tusan 33.55 1:08.41 Luis Pedro Figueiredo | 06 | 29.56 1:06.14 | |
| | 06 | Pedro Goncalves Bonniz 32.64 1:10.45 Pedro Miguel Pimentel | 06 | 28.60 59.99 | |
| 2. | | Soc.Filarmónica União A. Piedense | 4:45.00 | 4:28.36 | 460 |
| | 07 | Laureno Lopes Silva 32.38 1:07.79 Manuel Costa Simoes | 06 | 29.22 1:02.91 | |
| | 06 | Andre Correia Alves 36.68 1:18.73 Pedro Crispim Jorge | 06 | 27.82 58.93 | |
| 3. | | Sport Alges e Dafundo | 4:38.21 | 4:37.96 | 414 |
| | 07 | Antonio Rego Arsenio 34.36 1:10.85 Andre Cunha Ribeiro | 06 | 31.61 1:06.85 | |
| | 07 | Diogo Tavares Andrade 37.26 1:20.28 Simao Barros Morao | 06 | 28.26 59.98 | |
| 4. | | Clube Futebol Os Belenenses | 4:54.56 | 4:46.72 | 377 |
| | 07 | Antonio Ricardo Alves 35.01 1:12.49 Rodrigo Piteira Maio | 06 | 31.70 1:09.27 | |
| | 06 | Goncalo Alves Costa 39.19 1:23.04 Rodrigo Onofre Matos | 06 | 29.33 1:01.92 | |

DSQ CPCD Juv

Centro Popular de Cultura e Desporto 4:53.00

EE-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 50m) imediatamente após o final da braçada.

Miguel Alexandre Ferreira, Goncalo Miguel Carneiro, Diogo Morgado Figueira, Tiago Nunes Silva

Absolutos

| | | | | | |
|-----|----|---|---------|----------------|-----|
| 1. | | Sport Alges e Dafundo | 4:06.00 | 4:06.10 | 597 |
| | 05 | Tomas Almeida Cordeiro 30.33 1:01.96 Nick Heinio-Widell | 05 | 28.70 1:01.08 | |
| | 04 | Joao Lourenco Rebelo 31.70 1:08.31 Felipe Menegassi Maia | 04 | 25.82 54.75 | |
| 2. | | Soc.Filarmónica União A. Piedense | 4:12.00 | 4:07.83 | 585 |
| | 01 | David Matias Cristino 31.60 1:02.67 Gabriel Carvalho Ferrao | 05 | 27.06 59.23 | |
| | 04 | Miguel Filipe Anjo 31.41 1:10.32 Joao Carlos Santos | 96 | 26.64 55.61 | |
| 3. | | Clube Naval Setubalense | 4:24.21 | 4:14.06 | 543 |
| | 01 | Filipe Ferrao Melo 31.45 1:05.49 Tiago Ventura Chao | 06 | 28.74 1:02.14 | |
| | 05 | Simao Lopes Oliveira 33.02 1:10.62 Tomas Martins Mira | 04 | 26.23 55.81 | |
| 4. | | Vikings Sports Club | 4:55.00 | 4:15.95 | 531 |
| | 01 | Ricardo Martins Bras 32.23 1:05.74 Ricardo Pinela Ferreira | 01 | 27.98 1:00.25 | |
| | 00 | Vicente Morgado Ventoso 33.73 1:13.03 Goncalo Duarte Santos | 00 | 27.68 56.93 | |
| 5. | | Gesloures - Gestão Equipamentos E.M. | 4:32.74 | 4:20.73 | 502 |
| | 05 | Rihards Bunkovskis 33.72 1:09.08 Daniel Alexandre Ascenso | 03 | 29.10 1:01.89 | |
| | 05 | Francisco Lourenco Vasconcelos 32.70 1:11.83 Joao Pedro Penelas | 04 | 27.43 57.93 | |
| 6. | | ADR Colegio Int Monte Maior | 4:33.06 | 4:26.42 | 470 |
| | 07 | Afonso Rodrigues Calhelha 32.90 1:08.70 Henrique Rodrigues Cruz | 02 | 28.22 1:01.75 | |
| | 04 | Tiago Miguel Trombinhas 35.53 1:16.02 Afonso Silva Carvalho | 06 | 28.48 59.95 | |
| DSQ | | Clube Futebol Os Belenenses | 4:46.67 | | |
| | | <i>EG01 - O 4º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (SW 10.11)</i> | | | |
| | 05 | Rodrigo Martins Bras 35.66 1:13.01 Afonso Costa Albuquerque | 05 | 30.08 1:06.06 | |
| | 05 | Jose Alves Monteiro 33.80 1:12.09 Alfredo Cabrita Soudo | 05 | | |
| DNS | | Clube Natação de Lisboa | 4:20.00 | | |
| DNS | | Despertarecorde | 4:30.25 | | |