

Progressão de Atletas (Detalhes)

Todas as provas

Prova	Jornada	Lugar	Tempo total	Pts	Tp inscr.	Data inscr.	%	RP
A Onda - Azeitao								7
Bernardo Antunes Augusto, 05.07.2000								-
50m Livres	Tempo Final	4.	25.86	528	25.39	01.03.2020	96%	
100m Livres	Tempo Final	6.	56.63	568	54.82	23.11.2019	94%	
Catarina Rodrigues Belchior, 10.03.2001								-
50m Livres	Tempo Final	11.	30.35	474	29.68	01.03.2020	96%	
100m Livres	Tempo Final	12.	1:06.20	476	1:02.65	27.06.2021	90%	
David Granja Lopes, 04.07.1990								-
100m Livres	Tempo Final	5.	56.13	583	53.10	30.11.2019	89%	
50m Mariposa	Tempo Final	2.	26.82	572	26.49	08.02.2020	98%	
Diogo Garcez Mateus, 11.06.2002								2
100m Livres	Tempo Final	8.	56.87	561	54.59	27.06.2021	92%	
100m Bruços	Tempo Final	2.	1:08.30	577	1:07.20	30.05.2021	97%	
50m Mariposa	Tempo Final	7.	27.55	528	27.57	22.11.2019	100%	
100m Mariposa	Tempo Final	2.	1:00.42	549	1:01.26	01.03.2020	103%	
200m Estilos	Tempo Final	1.	2:18.84	553	2:11.80	30.11.2019	90%	
Goncalo Antunes Augusto, 16.05.2004								2
100m Livres	Tempo Final	8.	1:01.39	446	1:01.59	01.03.2020	101%	
100m Costas	Tempo Final	2.	1:09.28	419	1:08.22	09.02.2020	97%	
100m Mariposa	Tempo Final	5.	1:07.84	388	1:08.87	22.11.2019	103%	
Goncalo Pereira Gracioso, 21.04.2005								3
100m Livres	Tempo Final	5.	59.09	500	1:00.79	01.03.2020	106%	
100m Mariposa	Tempo Final	4.	1:04.14	459	1:05.82	09.02.2020	105%	
200m Mariposa	Tempo Final	4.	2:37.71	346	2:39.81	22.11.2019	103%	
200m Estilos	Tempo Final	17.	2:40.36	359	2:32.84	24.11.2019	91%	
Joao Garcez Mateus, 11.06.2002								-
50m Livres	Tempo Final	14.	26.99	465	26.78	01.03.2020	98%	
100m Livres	Tempo Final	16.	1:00.04	476	58.67	01.03.2020	95%	
100m Mariposa	Tempo Final	9.	1:08.16	383	1:02.35	09.02.2020	84%	
Martim Silva Cortes, 12.01.2005								-
100m Livres	Tempo Final	3.	57.41	545	55.27	12.12.2020	93%	
200m Livres	Tempo Final	5.	2:09.98	483	2:04.48	07.12.2019	92%	
100m Mariposa	Tempo Final	11.	1:09.25	365	1:07.72	01.03.2020	96%	
200m Estilos	Tempo Final	13.	2:34.30	403	2:19.70	08.12.2019	82%	

ADRC Colegio Int Monte Maior

Afonso Silva Carvalho, 01.01.2006

100m Livres	Tempo Final	12.	1:01.26	449	1:00.90	09.05.2021	99%
200m Livres	Tempo Final	9.	2:15.92	422	2:08.23	27.06.2021	89%
400m Livres	Tempo Final	9.	4:51.55	430	4:46.76	13.12.2020	97%

Andreia Wongsangnoi Alves, 25.01.2003

50m Costas	Tempo Final	6.	35.60	435	32.40	15.12.2019	83%
100m Costas	Tempo Final	3.	1:17.65	407	1:10.64	22.11.2019	83%
50m Bruços	Tempo Final	1.	35.54	566	34.01	15.12.2019	92%
100m Bruços	Tempo Final	4.	1:22.76	465	1:15.38	14.12.2019	83%
200m Bruços	Tempo Final	2.	2:59.95	461	2:55.00		95%

Diogo Santos Cardoso, 07.04.2001

400m Livres	Tempo Final	1.	4:13.43	654	4:05.07	20.12.2020	94%
800m Livres	Tempo Final	1.	8:48.83	624	8:13.31	20.12.2019	87%
200m Bruços	Tempo Final	5.	2:41.92	472	2:32.36	14.02.2021	89%
200m Estilos	Tempo Final	2.	2:19.72	543	2:12.91	28.03.2021	90%

Francisca Salvador Mesquita, 26.01.2002

400m Livres	Tempo Final	2.	4:38.40	612	4:37.51	28.02.2020	99%
200m Bruços	Tempo Final	1.	2:45.81	590	2:36.97	15.12.2019	90%
100m Mariposa	Tempo Final	1.	1:06.24	587	1:03.25	09.11.2019	91%
200m Estilos	Tempo Final	1.	2:26.00	644	2:20.49	14.12.2019	93%

Leonor Roque Mendes, 27.10.2006

100m Costas	Tempo Final	11.	1:22.91	334	1:17.09	22.11.2019	86%
100m Mariposa	Tempo Final	8.	1:21.83	311	1:17.78	01.03.2020	90%
200m Estilos	Tempo Final	11.	2:55.86	368	2:46.22	12.12.2020	89%
400m Estilos	Tempo Final	2.	6:11.30	369	5:53.32	29.02.2020	91%

Mafalda Santos Costa, 08.07.2005

50m Livres	Tempo Final	6.	31.51	423	29.26	15.12.2019	86%
200m Livres	Tempo Final	6.	2:22.20	501	2:13.88	08.12.2019	89%
400m Livres	Tempo Final	1.	4:53.03	525	4:40.90	08.12.2019	92%
800m Livres	Tempo Final	1.	9:58.48	531	9:38.66	07.12.2019	93%
200m Costas	Tempo Final	4.	2:45.67	412	2:34.58	16.05.2021	87%

Tiago Miguel Trombinhas, 13.05.2004

100m Livres	Tempo Final	9.	1:01.90	435	58.80	08.12.2019	90%
400m Livres	Tempo Final	4.	4:36.01	506	4:23.33	16.05.2021	91%
800m Livres	Tempo Final	1.	9:21.73	521	9:12.01	14.11.2020	97%
1500m Livres	Tempo Final	2.	17:50.49	538	17:43.26	29.05.2021	99%
50m Bruços	Tempo Final	3.	37.09	342	35.54	16.05.2021	92%

Assoc. Humanitaria de Bombeiros dos Estoris								4
Daniel Rochinha Pedro, 02.12.1998								-
50m Livres	Tempo Final	1.	25.31	563	23.55	21.12.2019	87%	
100m Livres	Tempo Final	2.	55.10	617	50.97	14.12.2019	86%	
50m Mariposa	Tempo Final	3.	27.07	556	25.78	08.02.2020	91%	
100m Mariposa	Tempo Final	3.	1:02.06	507	56.40	01.02.2020	83%	
Laura Santos Penedo, 01.07.2004								1
50m Livres	Tempo Final	6.	33.63	348	34.36	01.11.2019	104%	
100m Livres	Tempo Final	5.	1:15.89	316	1:11.90	15.05.2021	90%	
Madalena Rodrigues Tome, 28.10.2003								1
100m Livres	Tempo Final	7.	1:04.38	518	1:03.31	01.02.2020	97%	
50m Mariposa	Tempo Final	1.	29.71	555	30.77	09.02.2020	107%	
100m Mariposa	Tempo Final	3.	1:08.74	525	1:05.95	27.06.2021	92%	
Madalena Sampaio Torgal, 16.05.2005								1
100m Livres	Tempo Final	9.	1:07.68	446	1:05.50	01.03.2020	94%	
50m Mariposa	Tempo Final	7.	32.99	406	33.80	08.02.2020	105%	
100m Mariposa	Tempo Final	6.	1:15.74	393	1:09.30	01.02.2020	84%	
Maria Freire Alves, 10.06.2004								1
50m Livres	Tempo Final	4.	32.02	403	32.23	01.11.2019	101%	
100m Livres	Tempo Final	4.	1:11.68	375	1:07.09	01.11.2019	88%	
200m Estilos	Tempo Final	2.	2:51.98	394	2:44.24	01.03.2020	91%	

Associação Ed. Física Desp. Torres Vedras								1
Ema Jeronimo Conceicao, 17.09.2003								-
50m Livres	Tempo Final	2.	28.52	571	26.51	22.11.2019	86%	
100m Livres	Tempo Final	1.	1:00.16	635	58.43	19.12.2020	94%	
200m Livres	Tempo Final	1.	2:06.40	714	2:02.18	15.11.2020	93%	
400m Livres	Tempo Final	1.	4:24.42	715	4:19.73	27.03.2021	96%	
Francisco Ribeiro Vieira, 06.04.2004								1
100m Livres	Tempo Final	1.	57.10	554	55.45	27.06.2021	94%	
50m Costas	Tempo Final	2.	29.15	558	29.54	09.05.2021	103%	
50m Mariposa	Tempo Final	3.	27.97	504	26.62	09.05.2021	91%	
100m Mariposa	Tempo Final	2.	1:01.08	532	1:00.77	29.05.2021	99%	
200m Mariposa	Tempo Final	2.	2:22.51	469	2:11.69	27.06.2021	85%	
Mariana Lisboa Dias, 26.03.2007								-
100m Livres	Tempo Final	RJC		-	1:13.42	16.05.2021	-	
Soraia Maria Salgado, 23.05.2005								-
50m Livres	Tempo Final	3.	30.48	468	29.68	09.05.2021	95%	
100m Livres	Tempo Final	6.	1:05.76	486	1:03.56	09.05.2021	93%	
50m Costas	Tempo Final	1.	31.99	599	30.02	27.06.2021	88%	
100m Costas	Tempo Final	1.	1:11.68	518	1:06.28	27.06.2021	86%	
200m Costas	Tempo Final	3.	2:36.86	486	2:25.22	27.06.2021	86%	

Clube de Instrucao e Recreio do Laranjeiro								9
Bruna Martins Riesenberger, 06.06.1997								1
200m Livres	Tempo Final	3.	2:17.18	558	2:22.00		107%	
50m Braços	Tempo Final	2.	36.22	534	34.93	09.05.2021	93%	
100m Mariposa	Tempo Final	4.	1:10.22	493	1:07.08	15.12.2019	91%	
200m Estilos	Tempo Final	3.	2:32.17	569	2:31.11	19.12.2020	99%	
Carolina Saraiva Pires, 17.01.1996								-
50m Livres	Tempo Final	7.	29.94	494	28.57	09.05.2021	91%	
100m Livres	Tempo Final	8.	1:04.43	516	1:02.29	15.02.2020	93%	
Daniel Filipe Cazeiro, 05.01.1997								3
50m Livres	Tempo Final	10.	26.60	485	29.00		119%	
100m Livres	Tempo Final	11.	58.55	514	1:02.00		112%	
50m Mariposa	Tempo Final	12.	28.81	461	33.00		131%	
Filipa Inacio Cazeiro, 04.08.2002								1
50m Mariposa	Tempo Final	3.	31.71	457	31.57	15.02.2020	99%	
100m Mariposa	Tempo Final	5.	1:10.77	481	1:12.45	01.03.2020	105%	
Iris Pereira Carrao, 15.07.2005								-
50m Livres	Tempo Final	2.	30.32	475	29.18	27.06.2021	93%	
100m Livres	Tempo Final	3.	1:04.55	514	1:03.71	08.02.2020	97%	
200m Livres	Tempo Final	7.	2:24.05	482	2:13.73	08.12.2019	86%	
100m Costas	Tempo Final	5.	1:19.21	383	1:13.51	08.02.2020	86%	
Joana Filipa Varandas, 02.05.2002								-
400m Livres	Tempo Final	5.	4:53.95	520	4:37.66	15.12.2019	89%	
200m Mariposa	Tempo Final	2.	2:49.39	371	2:30.90	14.12.2019	79%	
200m Estilos	Tempo Final	5.	2:51.09	400	2:33.37	24.11.2019	80%	
400m Estilos	Tempo Final	1.	5:47.12	451	5:19.20	15.12.2019	85%	
Joao Negreiros Guerreiro, 10.07.2004								-
50m Livres	Tempo Final	2.	26.42	495	25.91	09.05.2021	96%	
100m Livres	Tempo Final	2.	57.13	553	56.90	16.05.2021	99%	
Joao Nogueira Mendes, 06.05.2002								-
50m Livres	Tempo Final	8.	26.32	501	26.12	01.03.2020	98%	
100m Livres	Tempo Final	7.	56.70	566	56.00	01.03.2020	98%	
50m Mariposa	Tempo Final	8.	27.78	515	27.12	28.02.2020	95%	
Maria Mousinho Esteves, 09.03.2002								-
50m Costas	Tempo Final	3.	33.89	504	31.20	09.05.2021	85%	
Marta Filipa Cruz, 10.04.2007								-
100m Livres	Tempo Final	10.	1:09.32	415	1:06.58	16.05.2021	92%	
100m Costas	Tempo Final	10.	1:18.48	394	1:17.55	06.03.2020	98%	
Pedro Barata Neves, 18.02.2000								-
400m Livres	Tempo Final	3.	4:23.46	582	4:15.91	01.03.2020	94%	
100m Mariposa	Tempo Final	5.	1:02.28	502	1:00.85	01.03.2020	95%	
200m Mariposa	Tempo Final	2.	2:19.48	500	2:07.36	14.12.2019	83%	
Ricardo Saraiva Pires, 24.07.1998								-
50m Livres	Tempo Final	2.	25.63	543	24.63	22.11.2019	92%	
50m Costas	Tempo Final	2.	28.84	576	26.88	15.12.2019	87%	
200m Costas	Tempo Final	1.	2:15.44	564	2:03.65	15.12.2019	83%	
50m Mariposa	Tempo Final	9.	27.87	510	27.20	24.11.2019	95%	
Rodrigo Rebelo Pereira, 06.11.2004								3
100m Livres	Tempo Final	10.	1:02.02	432	1:04.30	01.03.2020	107%	
200m Livres	Tempo Final	6.	2:21.39	375	2:22.49	29.02.2020	102%	
400m Livres	Tempo Final	5.	5:08.57	362	4:55.00		91%	
100m Costas	Tempo Final	5.	1:14.76	333	1:15.78	15.02.2020	103%	
Sebastiao Mendes Gomes, 16.02.2000								1
50m Livres	Tempo Final	6.	26.16	510	25.21	09.02.2020	93%	
200m Livres	Tempo Final	4.	2:05.74	533	2:05.88	27.06.2021	100%	
100m Mariposa	Tempo Final	7.	1:03.80	467	58.14	30.11.2019	83%	
Sofia Alexandra Nunes, 27.04.2000								-
50m Livres	Tempo Final	3.	28.88	550	27.05	15.12.2019	88%	
100m Livres	Tempo Final	3.	1:02.07	578	59.70	27.06.2021	93%	
50m Costas	Tempo Final	1.	32.19	588	31.10	27.06.2021	93%	
100m Costas	Tempo Final	1.	1:10.18	552	1:05.37	22.12.2019	87%	
Soraia Guerra Rolim, 03.10.1995								-
50m Livres	Tempo Final	14.	30.98	446	29.45	22.11.2019	90%	
100m Livres	Tempo Final	14.	1:07.50	449	1:03.44	23.11.2019	88%	

Clube Futebol Os Belenenses								13
Afonso Costa Albuquerque, 14.04.2005								2
1500m Livres	Tempo Final	5.	20:38.40	347	19:35.00		90%	
100m Bruços	Tempo Final	5.	1:21.23	343	1:21.88	13.12.2020	102%	
100m Mariposa	Tempo Final	13.	1:10.29	349	1:10.25	01.03.2020	100%	
200m Estilos	Tempo Final	15.	2:34.74	399	2:37.44	01.03.2020	104%	
Afonso Mateus Ribeiro, 20.11.1995								-
200m Livres	Tempo Final	3.	2:04.70	547	1:56.34	14.12.2019	87%	
Alfredo Cabrita Soudo, 21.06.2005								-
100m Livres	Tempo Final	14.	1:02.21	428	1:01.29	23.05.2021	97%	
100m Bruços	Tempo Final	6.	1:23.68	314	1:21.31	23.05.2021	94%	
200m Estilos	Tempo Final	16.	2:37.77	377	2:33.96	09.05.2021	95%	
Ana Rita Matos, 05.02.2002								1
200m Livres	Tempo Final	6.	2:20.15	523	2:16.64	27.06.2021	95%	
800m Livres	Tempo Final	2.	9:55.47	539	10:03.26	28.02.2020	103%	
Constanca Dias Baptista, 19.09.2001								-
50m Livres	Tempo Final	9.	30.11	485	28.74	14.12.2019	91%	
50m Mariposa	Tempo Final	5.	32.30	432	30.63	14.12.2019	90%	
Francisca Otao Tribuna, 29.06.2005								-
50m Livres	Tempo Final	4.	30.86	451	30.48	23.05.2021	98%	
100m Livres	Tempo Final	7.	1:05.92	482	1:05.28	01.03.2020	98%	
50m Costas	Tempo Final	3.	35.22	449	34.49	23.05.2021	96%	
100m Costas	Tempo Final	4.	1:16.04	433	1:14.28	23.05.2021	95%	
Joao Diogo Fernandes, 01.04.1998								1
50m Livres	Tempo Final	5.	25.98	521	24.85	22.11.2019	91%	
50m Costas	Tempo Final	1.	28.43	601	26.51	21.12.2019	87%	
200m Costas	Tempo Final	3.	2:18.69	525	2:03.03	11.04.2021	79%	
50m Mariposa	Tempo Final	4.	27.20	548	26.90	28.02.2020	98%	
100m Mariposa	Tempo Final	8.	1:03.83	466	1:05.00		104%	
Joao Esteves Padrela, 12.07.1999								-
100m Livres	Tempo Final	1.	54.87	624	50.91	20.12.2019	86%	
Jose Alves Monteiro, 11.04.2005								-
100m Bruços	Tempo Final	3.	1:14.70	441	1:11.45	10.04.2021	91%	
200m Bruços	Tempo Final	3.	2:54.69	376	2:42.77	30.05.2021	87%	
100m Mariposa	Tempo Final	10.	1:08.85	371	1:04.11	15.05.2021	87%	
200m Estilos	Tempo Final	10.	2:31.57	425	2:26.10	29.05.2021	93%	
Luana Correia Rodrigues, 12.11.2001								-
100m Bruços	Tempo Final	2.	1:18.03	555	1:15.65	10.11.2019	94%	
Nina Weronika Pajak, 11.08.2006								1
100m Costas	Tempo Final	12.	1:23.45	328	1:19.29	23.05.2021	90%	
200m Costas	Tempo Final	7.	2:57.68	334	3:10.00		114%	
Rafael Caceres Lopes, 18.03.2004								2
50m Livres	Tempo Final	7.	27.91	420	28.37	08.02.2020	103%	
100m Livres	Tempo Final	7.	1:00.94	456	58.80	08.02.2020	93%	
200m Livres	Tempo Final	4.	2:15.19	429	2:06.80	07.12.2019	88%	
50m Mariposa	Tempo Final	7.	30.21	400	30.53	15.05.2021	102%	
100m Mariposa	Tempo Final	6.	1:09.87	355	1:06.62	22.11.2019	91%	
200m Estilos	Tempo Final	3.	2:35.73	392	2:29.67	19.01.2020	92%	
Rafael Rodrigues Jacinto, 22.02.2002								-
100m Livres	Tempo Final	3.	55.57	601	53.31	20.12.2019	92%	
200m Livres	Tempo Final	1.	2:00.59	605	1:54.79	22.12.2019	91%	
Ricardo Martins Bras, 27.06.2001								-
200m Costas	Tempo Final	2.	2:18.48	527	2:12.20	22.11.2019	91%	
100m Bruços	Tempo Final	5.	1:12.95	474	1:07.69	27.06.2021	86%	
Rodrigo Almeida Cabrito, 02.10.2001								1
100m Livres	Tempo Final	14.	59.29	495	1:02.00		109%	
50m Bruços	Tempo Final	4.	32.63	502	30.30	11.04.2021	86%	
Rodrigo Martins Bras, 26.06.2005								2
100m Livres	Tempo Final	10.	1:00.47	466	59.48	15.05.2021	97%	
200m Livres	Tempo Final	7.	2:13.75	443	2:14.68	09.05.2021	101%	
200m Estilos	Tempo Final	9.	2:30.39	435	2:30.40	15.05.2021	100%	
Rodrigo Onofre Matos, 22.08.2006								1
200m Livres	Tempo Final	13.	2:22.96	363	2:37.06	16.02.2020	121%	
200m Bruços	Tempo Final	3.	3:01.01	338	2:55.15	15.05.2021	94%	
200m Estilos	Tempo Final	13.	2:43.73	337	2:38.21	15.05.2021	93%	
Rodrigo Piteira Maio, 14.04.2006								1
100m Livres	Tempo Final	13.	1:01.32	447	1:03.18	22.02.2020	106%	
400m Livres	Tempo Final	8.	4:45.53	457	4:39.79	15.05.2021	96%	
100m Mariposa	Tempo Final	8.	1:08.47	377	1:06.41	11.04.2021	94%	
400m Estilos	Tempo Final	4.	5:28.44	409	5:12.93	15.05.2021	91%	

Rodrigo Reis Dias, 14.05.2003								1
100m Livres	Tempo Final	1.	58.46	516	1:02.00		112%	
1500m Livres	Tempo Final	1.	17:48.62	541	16:47.39	23.11.2019	89%	
Tomas Barreiros Cardoso, 18.04.2006								-
100m Livres	Tempo Final	RJC		-	1:07.59	15.05.2021	-	
100m Bruços	Tempo Final	7.	1:25.87	290	1:25.21	23.05.2021	98%	

Clube Nacional de Natação								7
Clara Vieira Tojo, 01.06.2007								1
100m Livres	Tempo Final	12.	1:10.05	402	1:10.15	02.05.2021	100%	
200m Livres	Tempo Final	13.	2:33.23	400	2:31.25	01.05.2021	97%	
200m Costas	Tempo Final	12.	3:02.34	309	2:50.13	08.03.2020	87%	
100m Bruços	Tempo Final	8.	1:27.15	398	1:27.02	27.06.2021	100%	
200m Bruços	Tempo Final	3.	3:03.62	434	3:01.59	27.06.2021	98%	
200m Estilos	Tempo Final	RJC		-	3:00.15	22.12.2019	-	
Daniel Pankivskiy, 19.05.2005								1
100m Livres	Tempo Final	19.	1:03.63	400	1:01.40	02.05.2021	93%	
200m Livres	Tempo Final	10.	2:20.72	380	2:15.87	24.11.2019	93%	
100m Costas	Tempo Final	4.	1:10.87	391	1:12.12	22.11.2019	104%	
200m Costas	Tempo Final	5.	2:38.11	354	2:30.14	02.05.2021	90%	
200m Estilos	Tempo Final	RJC		-	NT		-	
David Alexandre Fernandes, 08.12.2006								1
100m Livres	Tempo Final	RJC		-	1:08.36	02.05.2021	-	
200m Livres	Tempo Final	17.	2:26.13	340	2:27.05	01.05.2021	101%	
100m Costas	Tempo Final	22.	1:23.82	236	1:20.46	01.05.2021	92%	
Ines Trindade Dionisio, 17.05.2007								-
100m Livres	Tempo Final	23.	1:17.29	299	1:10.63	07.03.2020	84%	
200m Livres	Tempo Final	19.	2:45.56	317	2:41.15	01.05.2021	95%	
100m Bruços	Tempo Final	16.	1:37.69	282	1:32.30	08.03.2020	89%	
200m Bruços	Tempo Final	7.	3:25.80	308	3:13.57	07.03.2020	88%	
200m Estilos	Tempo Final	19.	3:11.40	286	2:52.73	07.03.2020	81%	
Joao Almeida Gomes, 22.05.2006								2
100m Livres	Tempo Final	17.	1:02.21	428	1:01.17	08.03.2020	97%	
200m Livres	Tempo Final	6.	2:12.50	456	2:11.71	07.03.2020	99%	
400m Livres	Tempo Final	7.	4:43.47	467	4:45.15	08.12.2019	101%	
100m Mariposa	Tempo Final	9.	1:09.11	367	1:07.52	11.01.2020	95%	
200m Mariposa	Tempo Final	7.	2:36.61	353	2:37.74	27.06.2021	101%	
200m Estilos	Tempo Final	11.	2:38.44	372	2:32.83	08.03.2020	93%	
Mafalda Sousa Mira, 22.05.2007								2
100m Livres	Tempo Final	RJC		-	1:17.13	07.03.2020	-	
200m Livres	Tempo Final	20.	2:47.23	308	2:52.59	01.05.2021	107%	
100m Bruços	Tempo Final	19.	1:46.57	217	1:48.38	02.05.2021	103%	
100m Mariposa	Tempo Final	13.	1:38.38	179	1:34.88	15.02.2020	93%	
Manuel Vanigli Carvalho, 26.12.2003								-
100m Livres	Tempo Final	4.	59.61	487	57.12	27.06.2021	92%	
200m Livres	Tempo Final	4.	2:13.12	449	2:12.28	01.05.2021	99%	
50m Costas	Tempo Final	2.	30.09	507	29.67	27.06.2021	97%	
100m Costas	Tempo Final	3.	1:05.21	502	1:01.00	27.06.2021	88%	
200m Costas	Tempo Final	2.	2:21.45	495	2:13.37	27.06.2021	89%	
200m Estilos	Tempo Final	2.	2:29.30	445	2:25.00		94%	

Clube Natacao Colegio Vasco da Gama								2
Bernardo Jorge Simoes, 08.01.2004								-
50m Livres	Tempo Final	1.	25.70	538	25.33	10.04.2021	97%	
200m Livres	Tempo Final	1.	1:59.48	622	1:57.03	19.12.2020	96%	
1500m Livres	Tempo Final	1.	17:05.53	612	16:17.51	23.11.2019	91%	
50m Costas	Tempo Final	3.	29.91	516	29.78	15.05.2021	99%	
200m Costas	Tempo Final	2.	2:24.10	468	2:07.99	30.11.2019	79%	
100m Bruços	Tempo Final	3.	1:13.50	463	1:09.56	15.05.2021	90%	
50m Mariposa	Tempo Final	1.	26.53	591	25.77	13.02.2021	94%	
Diogo Correia Neves, 08.08.1994								1
50m Livres	Tempo Final	16.	28.70	386	28.19	26.06.2021	96%	
50m Mariposa	Tempo Final	14.	32.12	333	32.44	25.04.2021	102%	
Maria Jardim Fidalgo, 15.12.2004								1
50m Livres	Tempo Final	2.	30.23	480	29.63	11.04.2021	96%	
100m Livres	Tempo Final	1.	1:05.70	487	1:00.56	11.04.2021	85%	
400m Livres	Tempo Final	2.	4:58.84	495	5:00.00		101%	
800m Livres	Tempo Final	1.	10:13.42	493	10:10.00		99%	
100m Bruços	Tempo Final	3.	1:26.68	404	1:25.00		96%	
100m Mariposa	Tempo Final	2.	1:09.68	504	1:04.70	29.05.2021	86%	
400m Estilos	Tempo Final	1.	5:30.53	523	5:24.16	23.11.2019	96%	
Susana Pereira Veiga, 08.04.2000								-
50m Livres	Tempo Final	13.	30.76	455	28.85	22.05.2021	88%	
100m Livres	Tempo Final	11.	1:06.09	478	1:04.33	19.05.2021	95%	

Clube Natacao da Amadora								7
Gonçalo Pires Fialho, 01.12.2005								2
100m Livres	Tempo Final	17.	1:03.14	410	1:01.43	15.05.2021	95%	
200m Livres	Tempo Final	12.	2:24.17	354	2:25.83	15.02.2020	102%	
100m Mariposa	Tempo Final	14.	1:10.87	340	1:16.02	01.02.2020	115%	
200m Estilos	Tempo Final	RJC		-	2:44.66	15.02.2020	-	
Ines Correia Teixeira, 31.05.2006								-
100m Livres	Tempo Final	1.	1:02.33	570	1:01.48	12.12.2020	97%	
200m Livres	Tempo Final	1.	2:15.39	581	2:14.74	29.02.2020	99%	
400m Livres	Tempo Final	2.	4:53.47	523	4:46.88	01.03.2020	96%	
800m Livres	Tempo Final	4.	10:21.63	474	9:50.57	13.12.2020	90%	
100m Costas	Tempo Final	2.	1:14.52	461	1:12.48	15.02.2020	95%	
Iris Castro Campos, 24.01.2006								3
100m Livres	Tempo Final	9.	1:07.91	441	1:07.62	15.05.2021	99%	
200m Livres	Tempo Final	11.	2:26.34	460	2:30.77	29.02.2020	106%	
400m Livres	Tempo Final	6.	5:05.58	463	5:11.31	01.03.2020	104%	
800m Livres	Tempo Final	7.	10:44.32	425	10:23.40	13.12.2020	94%	
100m Mariposa	Tempo Final	7.	1:21.25	318	1:25.98	01.02.2020	112%	
Matilde Aparicio Pereira, 09.03.2006								1
100m Livres	Tempo Final	13.	1:10.75	390	1:10.31	15.05.2021	99%	
100m Bruços	Tempo Final	2.	1:26.03	414	1:26.09	28.02.2020	100%	
200m Bruços	Tempo Final	2.	3:05.85	419	3:03.90	07.12.2019	98%	
200m Estilos	Tempo Final	8.	2:50.93	401	2:49.84	09.05.2021	99%	
Tatiana Alexandre Cardoso, 29.07.2001								1
400m Livres	Tempo Final	4.	4:53.62	522	5:00.00		104%	
200m Bruços	Tempo Final	3.	3:00.32	459	2:48.63	24.11.2019	87%	
100m Mariposa	Tempo Final	6.	1:10.82	480	1:09.13	30.11.2019	95%	
200m Mariposa	Tempo Final	1.	2:35.13	484	2:29.20	30.11.2019	93%	

Clube Natacao de Lisboa								5
Ana Leonor Dias, 13.01.2002								-
100m Livres	Tempo Final	15.	1:08.67	426	1:00.79	30.11.2019	78%	
200m Livres	Tempo Final	9.	2:32.27	408	2:11.71	24.11.2019	75%	
50m Bruços	Tempo Final	4.	40.38	385	37.52	08.02.2020	86%	
50m Mariposa	Tempo Final	9.	35.16	335	31.52	12.01.2020	80%	
200m Estilos	Tempo Final	6.	2:51.93	394	2:32.96	30.11.2019	79%	
Catarina Martins Mestre, 02.07.2000								-
200m Livres	Tempo Final	2.	2:11.86	629	2:11.45	08.02.2020	99%	
200m Costas	Tempo Final	1.	2:22.53	648	2:15.01	20.12.2019	90%	
100m Mariposa	Tempo Final	1.	1:06.24	587	1:05.99	30.11.2019	99%	
200m Estilos	Tempo Final	2.	2:26.09	643	2:25.49	29.05.2021	99%	
Catarina Trigo Ferreira, 18.08.2002								-
50m Livres	Tempo Final	8.	30.09	486	29.60	22.11.2019	97%	
100m Livres	Tempo Final	13.	1:06.25	475	1:03.71	24.11.2019	92%	
200m Livres	Tempo Final	7.	2:23.46	488	2:21.30	29.02.2020	97%	
Joao Costa Fonseca, 18.06.2000								1
50m Bruços	Tempo Final	1.	31.60	553	30.92	29.02.2020	96%	
100m Bruços	Tempo Final	1.	1:07.50	598	1:07.61	30.05.2021	100%	
200m Bruços	Tempo Final	2.	2:32.64	564	2:28.36	30.05.2021	94%	
Joao Seixedo Pinheiro, 16.09.2005								2
100m Livres	Tempo Final	4.	58.27	521	57.11	27.03.2021	96%	
100m Costas	Tempo Final	1.	1:06.10	482	1:01.47	15.05.2021	86%	
200m Costas	Tempo Final	1.	2:21.47	495	2:14.40	13.12.2020	90%	
100m Mariposa	Tempo Final	2.	1:01.63	518	1:07.53	01.11.2019	120%	
200m Estilos	Tempo Final	2.	2:20.09	538	2:24.45	19.01.2020	106%	
Madalena Graca Dias, 20.09.2006								2
200m Livres	Tempo Final	4.	2:20.50	519	2:19.30	30.05.2021	98%	
100m Costas	Tempo Final	8.	1:21.47	352	1:21.75	01.03.2020	101%	
100m Mariposa	Tempo Final	9.	1:22.70	301	1:21.04	16.05.2021	96%	
200m Estilos	Tempo Final	9.	2:52.03	394	2:59.89	01.03.2020	109%	
Pedro Ferraz Esteves, 11.08.1999								-
50m Livres	Tempo Final	9.	26.55	488	25.05	30.11.2019	89%	
50m Bruços	Tempo Final	7.	33.05	484	30.76	15.05.2021	87%	
Tiago Miguel Dias, 20.05.2003								-
100m Costas	Tempo Final	2.	1:04.54	518	59.96	22.12.2019	86%	

Clube Natacao do Montijo								9
Andre Azevedo Baraona, 20.05.2004								1
50m Costas	Tempo Final	1.	28.70	584	28.70	25.04.2021	100%	
100m Costas	Tempo Final	1.	1:02.47	571	58.77	27.06.2021	89%	
200m Costas	Tempo Final	1.	2:19.61	515	2:08.44	16.05.2021	85%	
50m Mariposa	Tempo Final	2.	27.01	560	27.21	30.05.2021	101%	
100m Mariposa	Tempo Final	1.	1:00.23	555	59.38	29.05.2021	97%	
200m Mariposa	Tempo Final	1.	2:18.98	505	2:10.36	15.05.2021	88%	
400m Estilos	Tempo Final	2.	5:02.38	524	4:42.69	16.05.2021	87%	
Cristian Sergio Spac, 04.10.2004								2
100m Livres	Tempo Final	12.	1:05.31	370	1:20.00		150%	
200m Livres	Tempo Final	7.	2:29.76	315	2:25.00		94%	
100m Costas	Tempo Final	4.	1:12.76	361	1:20.00		121%	
Ines Azevedo Baraona, 02.05.2007								-
100m Livres	Tempo Final	15.	1:10.53	394	1:08.25	15.05.2021	94%	
200m Livres	Tempo Final	15.	2:39.06	358	2:32.12	09.05.2021	91%	
400m Livres	Tempo Final	6.	5:37.43	344	5:22.50	08.03.2020	91%	
100m Costas	Tempo Final	15.	1:23.27	330	1:22.98	22.12.2019	99%	
100m Mariposa	Tempo Final	12.	1:22.26	306	1:16.68	12.01.2020	87%	
200m Mariposa	Tempo Final	4.	3:07.14	275	2:54.08	11.01.2020	87%	
Iris Araujo Belchior, 05.01.2007								1
100m Livres	Tempo Final	RJC		-	1:20.40	16.05.2021	-	
200m Livres	Tempo Final	22.	2:58.92	251	3:00.00		101%	
Maria Sousa Caxaria, 17.12.2005								1
50m Livres	Tempo Final	7.	33.11	365	32.67	23.11.2019	97%	
100m Livres	Tempo Final	11.	1:10.50	394	1:09.03	23.11.2019	96%	
200m Livres	Tempo Final	8.	2:32.14	409	2:30.40	29.02.2020	98%	
50m Bruços	Tempo Final	3.	40.89	371	41.09	17.11.2019	101%	
100m Bruços	Tempo Final	3.	1:30.00	361	1:27.78	17.11.2019	95%	
200m Bruços	Tempo Final	3.	3:20.30	334	3:13.45	01.03.2020	93%	
200m Estilos	Tempo Final	3.	2:50.08	407	2:45.04	18.01.2020	94%	
Miguel Palminha Serafim, 31.01.2005								3
100m Livres	Tempo Final	RJC		-	1:07.17	01.03.2020	-	
200m Livres	Tempo Final	13.	2:24.24	353	2:39.89	18.01.2020	123%	
400m Livres	Tempo Final	4.	5:12.61	348	5:26.97	18.01.2020	109%	
200m Bruços	Tempo Final	6.	3:13.33	277	3:15.00		102%	
Sofia Medeiros Pereira, 10.08.2006								-
200m Livres	Tempo Final	15.	2:37.67	367	2:36.29	19.01.2020	98%	
100m Costas	Tempo Final	13.	1:23.68	325	1:19.48	01.03.2020	90%	
200m Costas	Tempo Final	9.	2:59.64	323	2:48.09	29.02.2020	88%	
200m Estilos	Tempo Final	12.	3:00.36	341	2:54.54	18.01.2020	94%	
Tiago Almeida Correia, 20.12.2006								1
400m Livres	Tempo Final	5.	4:39.61	487	4:29.95	16.05.2021	93%	
1500m Livres	Tempo Final	1.	18:35.90	475	17:37.96	27.06.2021	90%	
100m Mariposa	Tempo Final	2.	1:05.54	430	1:06.15	29.05.2021	102%	
200m Mariposa	Tempo Final	3.	2:27.75	420	2:25.60	29.05.2021	97%	
400m Estilos	Tempo Final	1.	5:12.63	474	5:11.68	30.05.2021	99%	
Tiago Fanha Lopes, 27.05.2004								-
50m Livres	Tempo Final	WDR		-	28.03	01.11.2019	-	
50m Costas	Tempo Final	WDR		-	29.74	15.05.2021	-	
50m Bruços	Tempo Final	WDR		-	32.78	15.05.2021	-	
100m Bruços	Tempo Final	WDR		-	1:10.84	07.12.2019	-	
50m Mariposa	Tempo Final	WDR		-	27.61	16.05.2021	-	

Clube Natação e Triatlo de Lisboa

Marta Nascimento Ribeiro, 11.03.2007

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100m Livres	Tempo Final	7.	1:08.60	428	1:07.25	15.05.2021	96%
200m Livres	Tempo Final	9.	2:29.86	428	2:26.25	15.05.2021	95%
400m Livres	Tempo Final	2.	5:07.44	454	5:13.92	27.06.2021	104%
800m Livres	Tempo Final	5.	10:42.99	428	10:41.06	27.06.2021	99%
100m Costas	Tempo Final	16.	1:23.40	328	1:19.73	06.03.2020	91%

Clube Naval Setubalense									22
Ana Margarida Soares, 17.01.2003									-
50m Livres	Tempo Final	6.	29.42	520	28.13	30.11.2019	91%		
100m Livres	Tempo Final	9.	1:04.90	505	1:00.89	30.11.2019	88%		
50m Costas	Tempo Final	4.	34.45	480	32.41	01.11.2019	89%		
50m Mariposa	Tempo Final	6.	32.59	421	31.09	28.02.2020	91%		
Artur Mesquita Pires, 02.11.2005									1
100m Livres	Tempo Final	RJC	-	-	1:09.37	15.05.2021	-		
100m Mariposa	Tempo Final	15.	1:16.84	267	1:18.62	15.05.2021	105%		
Beatriz Santos Pinto, 21.03.2007									-
100m Bruços	Tempo Final	10.	1:30.89	351	1:29.56	27.06.2021	97%		
200m Bruços	Tempo Final	6.	3:18.45	344	3:08.02	27.06.2021	90%		
Eduard Daniel Milanov, 08.10.2005									3
100m Costas	Tempo Final	3.	1:10.77	393	1:10.66	15.05.2021	100%		
200m Costas	Tempo Final	3.	2:33.87	384	2:35.69	29.02.2020	102%		
100m Mariposa	Tempo Final	12.	1:09.30	364	1:12.33	01.11.2019	109%		
200m Estilos	Tempo Final	12.	2:32.73	415	2:33.77	24.11.2019	101%		
Filipe Ferrao Melo, 11.06.2001									-
100m Livres	Tempo Final	18.	1:00.72	461	56.17	01.11.2019	86%		
50m Costas	Tempo Final	3.	31.08	460	30.00	28.02.2020	93%		
50m Mariposa	Tempo Final	10.	28.32	486	27.40	08.02.2020	94%		
100m Mariposa	Tempo Final	6.	1:03.17	481	1:00.86	09.02.2020	93%		
Goncalo Albino Ramos, 27.02.2006									-
100m Livres	Tempo Final	RJC	-	-	1:07.25	23.02.2020	-		
100m Costas	Tempo Final	21.	1:22.26	250	1:19.69	06.03.2020	94%		
Margarida Santos Botelho, 05.01.2007									1
100m Livres	Tempo Final	13.	1:10.27	398	1:08.32	15.05.2021	95%		
400m Livres	Tempo Final	4.	5:18.30	409	5:20.16	08.03.2020	101%		
100m Costas	Tempo Final	RJC	-	-	1:23.09	22.12.2019	-		
100m Mariposa	Tempo Final	9.	1:18.85	348	1:17.19	08.03.2020	96%		
200m Mariposa	Tempo Final	3.	2:54.17	342	2:50.28	27.06.2021	96%		
Mariana Ramos Zacarias, 03.06.2006									1
100m Livres	Tempo Final	RJC	-	-	NT	29.02.2020	-		
100m Bruços	Tempo Final	4.	1:28.74	377	1:27.81	28.02.2020	98%		
200m Bruços	Tempo Final	3.	3:09.29	396	3:01.78	07.12.2019	92%		
200m Estilos	Tempo Final	5.	2:46.82	432	2:47.75	01.03.2020	101%		
Marina Alexandra Oliveira, 05.01.2006									-
100m Livres	Tempo Final	12.	1:09.93	404	1:06.32	07.12.2019	90%		
100m Costas	Tempo Final	8.	1:21.47	352	1:17.98	01.11.2019	92%		
100m Bruços	Tempo Final	5.	1:33.81	319	1:28.84	27.06.2021	90%		
Marta Silva Santos, 07.03.2006									2
100m Livres	Tempo Final	7.	1:06.81	463	1:05.96	27.06.2021	97%		
200m Livres	Tempo Final	12.	2:26.72	456	2:28.08	29.02.2020	102%		
400m Livres	Tempo Final	10.	5:10.83	440	5:14.50	01.03.2020	102%		
100m Costas	Tempo Final	6.	1:17.21	414	1:15.67	27.06.2021	96%		
Martim Daniel Torres, 24.10.2006									1
100m Livres	Tempo Final	14.	1:01.39	446	1:01.00	15.05.2021	99%		
200m Livres	Tempo Final	8.	2:14.96	431	2:13.27	12.12.2020	98%		
100m Costas	Tempo Final	17.	1:15.81	319	1:23.86	21.12.2019	122%		
200m Estilos	Tempo Final	RJC	-	-	2:49.30	08.03.2020	-		
Martim Frederico Paulino, 14.06.2006									2
100m Costas	Tempo Final	13.	1:12.88	360	1:13.60	22.02.2020	102%		
200m Costas	Tempo Final	7.	2:37.78	356	2:39.07	07.03.2020	102%		
Matilde Aleixo Duarte, 31.07.2005									-
50m Bruços	Tempo Final	4.	45.39	271	44.98	22.11.2019	98%		
100m Bruços	Tempo Final	5.	1:41.21	254	1:38.12	28.02.2020	94%		
200m Bruços	Tempo Final	4.	3:35.33	269	3:21.93	26.01.2020	88%		
Matilde Anjos Frischknecht, 14.02.2007									2
200m Costas	Tempo Final	10.	2:51.87	369	2:43.90	08.03.2020	91%		
100m Bruços	Tempo Final	4.	1:24.19	441	1:26.09	13.12.2020	105%		
200m Bruços	Tempo Final	1.	2:58.41	474	2:58.45	27.06.2021	100%		
200m Estilos	Tempo Final	8.	2:48.28	420	2:48.26	12.12.2020	100%		
Rita Lima Batista, 17.05.2007									-
200m Livres	Tempo Final	12.	2:32.73	404	2:27.81	08.03.2020	94%		
100m Costas	Tempo Final	12.	1:20.28	368	1:17.94	07.03.2020	94%		
200m Costas	Tempo Final	8.	2:50.03	381	2:43.60	12.01.2020	93%		
200m Estilos	Tempo Final	12.	2:52.41	391	2:45.92	07.03.2020	93%		
Rita Machita Santos, 17.08.2007									5
100m Livres	Tempo Final	3.	1:05.85	484	1:06.81	08.03.2020	103%		
200m Livres	Tempo Final	4.	2:25.75	465	2:26.68	15.05.2021	101%		

100m Bruços	Tempo Final	1.	1:19.84	518	1:21.83	30.05.2021	105%	
100m Mariposa	Tempo Final	3.	1:12.95	439	1:13.46	15.05.2021	101%	
200m Estilos	Tempo Final	2.	2:36.62	522	2:42.27	23.02.2020	107%	
Sara Sofia Alves, 26.01.2007								
200m Livres	Tempo Final	1.	2:20.16	523	2:17.18	27.06.2021	96%	1
400m Livres	Tempo Final	1.	4:57.21	503	5:00.70	12.12.2020	102%	
800m Livres	Tempo Final	2.	10:22.06	473	10:08.85	27.06.2021	96%	
100m Costas	Tempo Final	1.	1:12.32	504	1:11.25	06.03.2020	97%	
Simao Lopes Oliveira, 05.05.2005								
100m Livres	Tempo Final	13.	1:01.19	450	59.48	15.05.2021	94%	-
100m Bruços	Tempo Final	1.	1:13.46	464	1:09.23	07.11.2020	89%	
100m Mariposa	Tempo Final	7.	1:05.76	426	1:03.94	27.06.2021	95%	
200m Mariposa	Tempo Final	3.	2:28.80	412	2:21.66	12.12.2020	91%	
200m Estilos	Tempo Final	6.	2:24.98	486	2:19.20	07.11.2020	92%	
Tiago Ventura Chao, 20.10.2006								
400m Livres	Tempo Final	6.	4:43.24	469	4:51.79	27.06.2021	106%	2
1500m Livres	Tempo Final	4.	19:21.31	421	18:37.34	27.06.2021	93%	
100m Mariposa	Tempo Final	4.	1:06.52	412	1:08.59	15.05.2021	106%	
200m Mariposa	Tempo Final	4.	2:29.66	405	2:27.21	27.06.2021	97%	
Tomas Martins Mira, 05.04.2004								
50m Livres	Tempo Final	4.	26.92	468	25.89	27.06.2021	92%	1
100m Livres	Tempo Final	3.	58.10	526	56.96	07.11.2020	96%	
200m Livres	Tempo Final	3.	2:13.64	444	2:11.53	29.02.2020	97%	
50m Costas	Tempo Final	6.	32.25	412	31.28	07.11.2020	94%	
50m Mariposa	Tempo Final	5.	28.74	465	29.01	26.01.2020	102%	
100m Mariposa	Tempo Final	4.	1:06.13	419	1:04.25	07.12.2019	94%	

CPCD - Póvoa de Santa Iria									9
Afonso Leonel Barreto, 10.04.2004									-
50m Livres	Tempo Final	8.	28.65	388	28.44	16.05.2021	99%		
100m Livres	Tempo Final	11.	1:02.05	432	59.52	23.11.2019	92%		
Beatriz de Castro Teixeira, 16.01.2006									-
100m Livres	Tempo Final	RJC		-	1:14.34	01.11.2019	-		
Beatriz Pedro Ferreira, 06.05.2003									-
50m Livres	Tempo Final	12.	30.65	460	28.64	22.11.2019	87%		
Bruna Sofia Silva, 08.04.2004									-
100m Costas	Tempo Final	3.	1:30.00	261	1:15.00		69%		
Catarina Maria Santos, 16.03.2005									-
50m Bruços	Tempo Final	1.	39.90	400	39.77	16.05.2021	99%		
100m Bruços	Tempo Final	2.	1:27.96	387	1:24.78	16.05.2021	93%		
200m Bruços	Tempo Final	2.	3:16.05	357	3:07.56	09.05.2021	92%		
Diogo Morgado Figueira, 06.06.2006									3
100m Livres	Tempo Final	7.	1:00.46	467	1:01.75	08.03.2020	104%		
200m Livres	Tempo Final	3.	2:11.63	465	2:12.18	16.05.2021	101%		
100m Mariposa	Tempo Final	1.	1:05.33	434	1:04.21	16.05.2021	97%		
200m Estilos	Tempo Final	6.	2:29.61	442	2:31.28	29.05.2021	102%		
Goncalo Ramos Costa, 28.09.2005									1
100m Bruços	Tempo Final	2.	1:14.45	445	1:14.63	08.02.2020	100%		
200m Bruços	Tempo Final	4.	2:54.71	376	2:42.84	09.02.2020	87%		
200m Estilos	Tempo Final	14.	2:34.57	401	2:33.28	09.05.2021	98%		
Henrique Antao Neves, 17.04.2004									1
50m Livres	Tempo Final	9.	28.99	375	30.86	01.11.2019	113%		
200m Estilos	Tempo Final	4.	2:49.27	305	2:35.00		84%		
Inga Vitorino Carvalho, 31.01.2006									-
100m Costas	Tempo Final	RJC		-	1:24.15	09.05.2021	-		
200m Costas	Tempo Final	10.	3:04.37	299	2:56.19	09.05.2021	91%		
Leonor Maria Neves, 27.09.2003									-
50m Livres	Tempo Final	4.	28.92	548	28.28	08.02.2020	96%		
100m Livres	Tempo Final	5.	1:03.19	547	1:00.70	01.02.2020	92%		
50m Costas	Tempo Final	2.	33.85	506	33.83	09.02.2020	100%		
Mafalda Mourao Lopes, 24.01.2006									1
100m Livres	Tempo Final	10.	1:08.61	428	1:07.12	23.11.2019	96%		
100m Mariposa	Tempo Final	6.	1:18.43	353	1:16.85	16.05.2021	96%		
200m Estilos	Tempo Final	4.	2:45.36	443	2:46.06	09.05.2021	101%		
Margarida Martins Pereira, 28.11.2005									2
50m Mariposa	Tempo Final	5.	32.36	430	35.00		117%		
100m Mariposa	Tempo Final	5.	1:13.63	427	1:16.01	16.05.2021	107%		
Maria Fatima Medinas, 28.07.2007									1
100m Livres	Tempo Final	RJC		-	1:19.78	09.05.2021	-		
100m Bruços	Tempo Final	18.	1:44.33	232	1:55.00		122%		
Rafael Goncalves Sousa, 20.12.1999									-
50m Costas	Tempo Final	4.	34.75	329	34.44	16.05.2021	98%		
100m Costas	Tempo Final	1.	1:15.16	328	1:11.93	16.05.2021	92%		
Rodrigo Filipe Valerio, 16.07.2005									-
100m Livres	Tempo Final	RJC		-	1:06.54	09.05.2021	-		
Rodrigo Rosa Fernandes, 15.01.2002									-
50m Livres	Tempo Final	15.	27.24	452	26.72	07.11.2020	96%		
100m Livres	Tempo Final	15.	59.93	479	57.24	07.11.2020	91%		
Susana Chanoca Narciso, 01.05.2004									-
50m Livres	Tempo Final	1.	30.07	487	28.42	15.12.2019	89%		
50m Costas	Tempo Final	1.	32.93	549	32.41	24.11.2019	97%		
100m Costas	Tempo Final	1.	1:11.22	528	1:07.84	15.11.2020	91%		
200m Costas	Tempo Final	1.	2:36.69	487	2:28.40	09.05.2021	90%		
Tiago Nunes Silva, 27.07.2006									-
100m Livres	Tempo Final	11.	1:01.15	451	59.75	16.05.2021	95%		
200m Livres	Tempo Final	18.	2:27.30	332	2:13.70	09.05.2021	82%		
100m Costas	Tempo Final	15.	1:13.00	358	1:11.58	06.03.2020	96%		

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Despertarecorde								-
Carina Tymosh, 06.08.2006								
200m Livres	Tempo Final	17.	2:52.23	282	2:40.00		86%	
100m Costas	Tempo Final	10.	1:21.99	346	1:20.18	01.03.2020	96%	
200m Costas	Tempo Final	8.	2:58.77	328	2:56.28	18.01.2020	97%	
Carolina Alexandra Silva, 31.08.2005								1
50m Livres	Tempo Final	5.	31.25	434	33.16	09.02.2020	113%	
100m Livres	Tempo Final	10.	1:08.24	435	1:05.90	27.06.2021	93%	
200m Livres	Tempo Final	9.	2:35.06	386	2:32.48	11.01.2020	97%	
100m Costas	Tempo Final	6.	1:20.10	371	1:17.00	01.11.2019	92%	
Daniela Guerreiro Silva, 30.08.2007								-
100m Livres	Tempo Final	24.	1:17.92	292	1:11.54	23.02.2020	84%	
100m Bruços	Tempo Final	14.	1:34.70	310	1:28.60	21.12.2019	88%	
Diogo Miguel Monteiro, 28.04.2004								1
50m Bruços	Tempo Final	2.	34.26	434	33.46	27.06.2021	95%	
100m Bruços	Tempo Final	4.	1:14.04	453	1:11.54	27.06.2021	93%	
50m Mariposa	Tempo Final	6.	29.43	433	30.65	09.02.2020	108%	
Diogo Rafael Dias, 28.02.2005								1
100m Livres	Tempo Final	11.	1:00.55	465	58.51	01.03.2020	93%	
100m Mariposa	Tempo Final	16.	1:17.89	256	1:25.00		119%	
Inês Sofia Pires, 15.12.2007								1
100m Livres	Tempo Final	18.	1:12.78	358	1:11.76	07.03.2020	97%	
100m Bruços	Tempo Final	11.	1:31.07	349	1:32.56	08.03.2020	103%	
200m Bruços	Tempo Final	8.	3:32.86	279	3:20.00		88%	
Leonor Carvalho Oliveira, 12.07.2007								3
100m Livres	Tempo Final	8.	1:08.67	426	1:12.76	21.12.2019	112%	
100m Bruços	Tempo Final	7.	1:26.74	404	1:27.70	08.03.2020	102%	
200m Bruços	Tempo Final	4.	3:05.63	420	3:06.95	07.03.2020	101%	
Matilde Nunes Ribeiro, 31.01.2007								1
200m Livres	Tempo Final	16.	2:40.02	351	3:00.00		127%	
100m Costas	Tempo Final	8.	1:17.86	404	1:17.54	23.02.2020	99%	
200m Costas	Tempo Final	3.	2:47.95	396	2:43.36	08.03.2020	95%	
200m Estilos	Tempo Final	14.	2:54.49	377	2:51.50	07.03.2020	97%	
Raquel Correia, 18.02.2004								3
50m Livres	Tempo Final	5.	32.45	388	32.47	01.03.2020	100%	
100m Livres	Tempo Final	3.	1:11.52	377	1:11.58	09.02.2020	100%	
200m Livres	Tempo Final	2.	2:43.69	328	2:51.67	11.01.2020	110%	

Fundacao Salesianos								9
Ana Burguete Tavares, 08.09.2000								-
50m Livres	Tempo Final	15.	31.57	421	29.46	22.11.2019	87%	
100m Livres	Tempo Final	16.	1:12.31	365	1:05.26	23.11.2019	81%	
200m Livres	Tempo Final	10.	2:42.58	335	2:32.31	29.02.2020	88%	
50m Costas	Tempo Final	7.	37.17	382	35.28	24.11.2019	90%	
100m Costas	Tempo Final	4.	1:22.85	335	1:15.37	22.11.2019	83%	
50m Bruços	Tempo Final	5.	40.71	376	39.25	29.02.2020	93%	
50m Mariposa	Tempo Final	8.	33.45	389	32.68	09.02.2020	95%	
Dinis Santos Almeida, 29.04.2005								1
100m Livres	Tempo Final	RJC	-	-	1:03.53	15.05.2021	-	
200m Livres	Tempo Final	11.	2:21.73	372	2:27.67	29.02.2020	109%	
100m Costas	Tempo Final	5.	1:13.88	345	1:12.62	15.05.2021	97%	
200m Costas	Tempo Final	6.	2:41.19	334	2:40.32	07.11.2020	99%	
Goncalo Miguel Rodrigues, 11.04.2003								1
50m Costas	Tempo Final	3.	34.26	343	31.23	24.11.2019	83%	
50m Mariposa	Tempo Final	2.	29.25	441	32.26	01.02.2020	122%	
Ines Santos Barbosa, 13.09.2007								1
100m Livres	Tempo Final	21.	1:14.52	334	1:13.33	07.11.2020	97%	
200m Livres	Tempo Final	21.	2:55.15	268	3:00.00	-	106%	
100m Costas	Tempo Final	17.	1:25.80	302	1:20.28	06.03.2020	88%	
200m Costas	Tempo Final	13.	3:06.41	289	2:57.76	07.11.2020	91%	
Maria Leonor Rodrigues, 08.11.2007								-
100m Livres	Tempo Final	14.	1:10.28	398	1:05.18	07.03.2020	86%	
200m Livres	Tempo Final	11.	2:32.59	405	2:23.41	08.03.2020	88%	
100m Costas	Tempo Final	7.	1:17.54	409	1:12.79	13.12.2020	88%	
200m Costas	Tempo Final	7.	2:49.29	386	2:38.22	08.03.2020	87%	
200m Estilos	Tempo Final	17.	2:56.22	366	2:51.97	15.05.2021	95%	
Mariana Conceicao Duarte, 18.11.2003								-
50m Costas	Tempo Final	5.	35.02	457	32.57	15.05.2021	86%	
100m Costas	Tempo Final	2.	1:15.39	445	1:10.39	15.05.2021	87%	
Mateus Dias Correia, 22.02.2004								2
50m Livres	Tempo Final	10.	31.77	285	34.03	15.05.2021	115%	
100m Livres	Tempo Final	13.	1:11.38	283	1:10.21	15.05.2021	97%	
50m Costas	Tempo Final	7.	41.19	197	39.96	26.01.2020	94%	
50m Mariposa	Tempo Final	8.	35.71	242	38.25	15.05.2021	115%	
Miguel Alexandre Filipe, 18.07.2005								-
100m Livres	Tempo Final	RJC	-	-	1:08.75	15.05.2021	-	
100m Mariposa	Tempo Final	17.	1:20.96	228	1:16.53	15.05.2021	89%	
200m Estilos	Tempo Final	RJC	-	-	NT	-	-	
Pedro Dinis Casquinha, 16.10.2005								1
100m Livres	Tempo Final	15.	1:02.36	425	1:02.46	01.03.2020	100%	
100m Bruços	Tempo Final	7.	1:24.11	309	1:17.99	07.11.2020	86%	
200m Estilos	Tempo Final	RJC	-	-	2:50.41	01.03.2020	-	
Rodrigo Viana Rosa, 01.12.2004								3
50m Livres	Tempo Final	11.	32.49	266	34.72	15.05.2021	114%	
100m Livres	Tempo Final	14.	1:13.31	262	1:13.76	15.05.2021	101%	
50m Mariposa	Tempo Final	9.	38.29	196	39.98	15.05.2021	109%	
Sara Lagorsse Caldas, 19.03.2006								-
100m Livres	Tempo Final	14.	1:12.00	370	1:09.34	15.05.2021	93%	
200m Livres	Tempo Final	16.	2:39.40	356	2:38.11	29.02.2020	98%	
100m Costas	Tempo Final	14.	1:24.81	312	1:22.08	01.11.2019	94%	
200m Costas	Tempo Final	11.	3:05.47	294	3:05.39	29.02.2020	100%	

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Gesloures - Gestão Equipamentos E.M.								-
Ana Madalena Simoes, 02.05.2007								-
100m Livres	Tempo Final	9.	1:08.75	425	1:06.44	29.05.2021	93%	
200m Livres	Tempo Final	10.	2:30.55	422	2:22.68	08.03.2020	90%	
100m Bruços	Tempo Final	9.	1:28.75	377	1:24.13	13.12.2020	90%	
200m Estilos	Tempo Final	9.	2:48.30	420	2:40.94	09.05.2021	91%	
Andre Tavares Grenho, 30.01.1999								-
50m Livres	Tempo Final	12.	26.93	468	24.94	09.05.2021	86%	
100m Livres	Tempo Final	9.	57.41	545	54.56	16.02.2020	90%	
400m Livres	Tempo Final	5.	4:34.57	514	4:13.65	27.06.2021	85%	
50m Bruços	Tempo Final	2.	31.64	551	30.28	29.05.2021	92%	
100m Bruços	Tempo Final	4.	1:10.41	527	1:03.99	14.12.2019	83%	
50m Mariposa	Tempo Final	11.	28.37	483	26.07	14.12.2019	84%	
100m Mariposa	Tempo Final	4.	1:02.10	506	58.53	09.05.2021	89%	
Beatriz Heitor Cachaço, 05.05.2007								-
100m Livres	Tempo Final	11.	1:09.59	410	1:06.11	23.02.2020	90%	
200m Livres	Tempo Final	14.	2:34.72	389	2:27.92	27.06.2021	91%	
100m Bruços	Tempo Final	13.	1:32.45	333	1:28.41	21.12.2019	91%	
100m Mariposa	Tempo Final	6.	1:16.71	378	1:13.95	12.01.2020	93%	
200m Estilos	Tempo Final	16.	2:55.89	368	2:47.60	11.01.2020	91%	
Bruno Miguel Martins, 25.04.1993								-
50m Bruços	Tempo Final	6.	32.87	492	31.31	29.02.2020	91%	
100m Bruços	Tempo Final	3.	1:09.93	538	1:05.57	15.11.2020	88%	
200m Bruços	Tempo Final	3.	2:36.27	525	2:29.75	22.02.2020	92%	
50m Mariposa	Tempo Final	13.	29.56	427	28.45	14.12.2019	93%	
Catarina Alexandra Alves, 23.09.2007								-
100m Livres	Tempo Final	17.	1:11.96	371	1:09.56	02.05.2021	93%	
200m Costas	Tempo Final	9.	2:50.21	380	2:48.76	02.05.2021	98%	
200m Bruços	Tempo Final	5.	3:13.92	369	3:09.96	27.06.2021	96%	
100m Mariposa	Tempo Final	10.	1:20.55	326	1:19.27	27.06.2021	97%	
200m Estilos	Tempo Final	RJC	-	-	3:00.62	03.11.2019	-	
400m Estilos	Tempo Final	4.	5:55.06	422	5:42.02	27.06.2021	93%	
Catarina Andrade Franco, 19.11.2007								1
800m Livres	Tempo Final	1.	10:21.96	473	10:02.01	13.12.2020	94%	
100m Costas	Tempo Final	3.	1:15.81	437	1:09.13	09.05.2021	83%	
100m Bruços	Tempo Final	-	-	-	1:21.48	09.05.2021	-	
100m Mariposa	Tempo Final	1.	1:10.67	483	1:09.32	29.05.2021	96%	
200m Mariposa	Tempo Final	1.	2:46.33	392	2:38.93	07.03.2020	91%	
200m Estilos	Tempo Final	3.	2:38.17	506	2:43.73	22.12.2019	107%	
Catarina Ferreira Rodrigues, 28.12.2007								2
400m Livres	Tempo Final	3.	5:09.49	445	5:04.65	08.03.2020	97%	
100m Mariposa	Tempo Final	5.	1:16.62	379	1:18.94	29.05.2021	106%	
200m Mariposa	Tempo Final	2.	2:50.25	366	2:51.65	29.05.2021	102%	
400m Estilos	Tempo Final	2.	5:46.81	453	5:39.90	12.12.2020	96%	
Claudia Beatriz Martins, 27.08.2003								-
50m Livres	Tempo Final	10.	30.31	476	28.98	16.02.2020	91%	
100m Livres	Tempo Final	10.	1:05.96	481	1:03.85	09.02.2020	94%	
100m Bruços	Tempo Final	5.	1:25.58	420	1:20.00	-	87%	
50m Mariposa	Tempo Final	7.	32.75	415	31.84	28.02.2020	95%	
Daniel Alexandre Ascenso, 20.11.2003								-
200m Mariposa	Tempo Final	1.	2:24.20	452	2:22.00	01.03.2020	97%	
Daniel Munoz Lopes, 23.01.2005								-
100m Livres	Tempo Final	18.	1:03.62	400	1:00.25	09.05.2021	90%	
200m Livres	Tempo Final	14.	2:25.59	343	2:14.47	27.06.2021	85%	
200m Bruços	Tempo Final	5.	3:04.86	317	2:50.00	27.06.2021	85%	
Daniela Mascarenhas Henriques, 13.03.2003								-
50m Bruços	Tempo Final	WDR	-	-	36.53	15.12.2019	-	
50m Mariposa	Tempo Final	WDR	-	-	31.68	09.02.2020	-	
100m Mariposa	Tempo Final	WDR	-	-	1:07.59	09.05.2021	-	
Erica Candeias Mendes, 12.09.2006								-
200m Livres	Tempo Final	9.	2:25.94	463	2:22.41	29.02.2020	95%	
400m Livres	Tempo Final	8.	5:08.87	448	4:58.01	29.05.2021	93%	
800m Livres	Tempo Final	5.	10:38.99	436	10:20.74	28.02.2020	94%	
200m Bruços	Tempo Final	5.	3:13.92	369	3:04.08	27.06.2021	90%	
Eva Sofia Ascenso, 24.09.2007								-
100m Livres	Tempo Final	22.	1:15.84	316	1:13.10	01.02.2020	93%	
100m Costas	Tempo Final	RJC	-	-	1:24.19	09.05.2021	-	
Francisco Lourenco Vasconcelos, 18.01.2005								-
100m Livres	Tempo Final	9.	1:00.14	474	56.58	02.05.2021	89%	
200m Costas	Tempo Final	2.	2:33.22	389	2:17.31	13.12.2020	80%	
200m Mariposa	Tempo Final	5.	2:37.77	345	2:23.64	16.02.2020	83%	

200m Estilos	Tempo Final	4.	2:24.54	490	2:18.78	09.05.2021	92%	
Ines Gaspar Silva, 19.10.2006								1
200m Livres	Tempo Final	13.	2:29.66	430	2:24.76	16.02.2020	94%	
800m Livres	Tempo Final	8.	10:57.95	400	10:06.61	13.12.2020	85%	
200m Costas	Tempo Final	5.	2:45.57	413	2:35.71	27.06.2021	88%	
200m Bruços	Tempo Final	4.	3:12.62	376	3:01.70	16.02.2020	89%	
200m Estilos	Tempo Final	6.	2:46.91	431	2:47.86	01.03.2020	101%	
Joao Ferreira Rodrigues, 20.03.2005								1
100m Livres	Tempo Final	15.	1:02.36	425	1:00.34	27.06.2021	94%	
400m Livres	Tempo Final	3.	4:56.22	410	4:51.85	01.03.2020	97%	
1500m Livres	Tempo Final	4.	19:27.94	414	19:34.74	28.02.2020	101%	
Joao Pedro Penelas, 25.03.2004								-
50m Livres	Tempo Final	6.	26.98	465	25.85	09.05.2021	92%	
100m Livres	Tempo Final	5.	59.97	478	56.93	01.03.2020	90%	
200m Livres	Tempo Final	5.	2:19.77	388	2:02.13	06.12.2019	76%	
50m Costas	Tempo Final	5.	31.52	441	31.00	16.02.2020	97%	
Leandro Carvalho Semedo, 26.02.2006								-
100m Livres	Tempo Final	18.	1:03.26	407	1:02.68	09.05.2021	98%	
100m Mariposa	Tempo Final	11.	1:16.96	266	1:15.22	27.06.2021	96%	
Leonor Bordalo Dias, 26.10.2007								-
100m Bruços	Tempo Final	17.	1:41.05	255	NT		-	
Luis Henrique Mendonça, 08.06.2006								-
100m Costas	Tempo Final	5.	1:10.67	394	1:07.24	27.06.2021	91%	
200m Costas	Tempo Final	4.	2:34.38	381	2:24.90	27.06.2021	88%	
Luis Pedro Figueiredo, 09.05.2006								1
100m Livres	Tempo Final	4.	1:00.04	476	1:01.53	09.05.2021	105%	
200m Livres	Tempo Final	19.	2:29.10	320	2:12.33	27.06.2021	79%	
100m Mariposa	Tempo Final	6.	1:07.98	386	1:06.44	27.06.2021	96%	
Madalena Correa Sa, 26.10.2006								-
100m Livres	Tempo Final	5.	1:05.84	484	1:02.84	01.05.2021	91%	
200m Livres	Tempo Final	8.	2:22.67	496	2:20.70	09.05.2021	97%	
400m Livres	Tempo Final	5.	5:05.48	463	4:49.05	09.05.2021	90%	
100m Costas	Tempo Final	7.	1:17.68	407	1:11.65	01.05.2021	85%	
100m Mariposa	Tempo Final	4.	1:13.78	425	1:09.31	01.05.2021	88%	
Margarida Messias Ribeiro, 06.10.1998								-
50m Bruços	Tempo Final	3.	37.80	470	35.58	16.02.2020	89%	
100m Bruços	Tempo Final	3.	1:20.22	510	1:16.62	22.11.2019	91%	
50m Mariposa	Tempo Final	4.	32.25	434	30.12	28.02.2020	87%	
200m Estilos	Tempo Final	4.	2:32.92	560	2:23.58	21.12.2019	88%	
Margarida Rodrigues Gouveia, 28.06.2007								-
100m Livres	Tempo Final	19.	1:14.34	336	1:12.94	09.05.2021	96%	
200m Livres	Tempo Final	18.	2:44.21	325	2:39.07	27.06.2021	94%	
100m Costas	Tempo Final	RJC	-	-	1:23.12	06.03.2020	-	
Maria Carlotta Ferrari, 23.11.2007								-
100m Livres	Tempo Final	6.	1:07.32	453	1:03.27	27.06.2021	88%	
200m Livres	Tempo Final	8.	2:28.60	439	2:17.61	08.03.2020	86%	
100m Costas	Tempo Final	4.	1:16.14	432	1:10.98	23.02.2020	87%	
100m Mariposa	Tempo Final	4.	1:14.04	420	1:10.18	09.05.2021	90%	
200m Estilos	Tempo Final	6.	2:42.40	468	2:36.40	23.02.2020	93%	
Martim Carvalho Fonseca, 01.03.2006								-
100m Livres	Tempo Final	RJC	-	-	1:07.25	09.05.2021	-	
100m Costas	Tempo Final	19.	1:18.75	285	1:13.64	09.05.2021	87%	
Pedro Goncalves Bonniz, 06.01.2006								-
100m Costas	Tempo Final	8.	1:11.07	388	1:04.40	09.05.2021	82%	
200m Costas	Tempo Final	5.	2:34.90	377	2:24.95	11.01.2020	88%	
100m Mariposa	Tempo Final	7.	1:08.44	378	1:05.05	27.06.2021	90%	
200m Estilos	Tempo Final	4.	2:26.50	471	2:18.88	12.12.2020	90%	
400m Estilos	Tempo Final	3.	5:22.09	433	5:01.42	06.03.2020	88%	
Pedro Miguel Pimentel, 04.07.2006								1
100m Livres	Tempo Final	RJC	-	-	1:03.80	27.06.2021	-	
100m Mariposa	Tempo Final	10.	1:09.72	357	1:10.86	23.02.2020	103%	
Rafael Duarte Beato, 21.01.2006								-
100m Livres	Tempo Final	RJC	-	-	1:04.21	02.05.2021	-	
100m Costas	Tempo Final	16.	1:15.06	329	1:13.46	09.05.2021	96%	
200m Costas	Tempo Final	9.	2:46.86	301	2:40.59	27.06.2021	93%	
Rafael Filipe Lopes, 05.05.2006								1
100m Livres	Tempo Final	20.	1:04.91	377	1:02.75	09.05.2021	93%	
200m Livres	Tempo Final	16.	2:26.11	340	2:29.54	16.02.2020	105%	
100m Costas	Tempo Final	14.	1:12.90	359	1:10.65	09.05.2021	94%	
200m Estilos	Tempo Final	RJC	-	-	2:41.85	12.12.2020	-	

Rita Abibe Goncalves, 11.01.2005									-
100m Costas	Tempo Final	2.	1:12.05	510	1:07.39	15.11.2020	87%		
200m Costas	Tempo Final	1.	2:35.71	497	2:27.52	15.11.2020	90%		
50m Mariposa	Tempo Final	4.	31.69	458	31.66	09.05.2021	100%		
Rita Borges Silva, 25.11.2006									1
100m Livres	Tempo Final	6.	1:06.35	473	1:05.72	29.05.2021	98%		
200m Livres	Tempo Final	10.	2:26.04	463	2:24.46	01.05.2021	98%		
400m Livres	Tempo Final	9.	5:09.21	447	5:10.74	01.03.2020	101%		
200m Bruços	Tempo Final	6.	3:15.84	358	3:10.95	27.06.2021	95%		
200m Estilos	Tempo Final	10.	2:55.47	371	2:44.50	09.05.2021	88%		
Rodrigo Figueiredo Pissarra, 03.05.2006									-
100m Livres	Tempo Final	9.	1:00.88	457	58.69	12.12.2020	93%		
200m Livres	Tempo Final	4.	2:11.72	464	2:06.17	27.06.2021	92%		
400m Livres	Tempo Final	4.	4:37.53	498	4:33.68	07.03.2020	97%		
Rodrigo Franco Palare, 08.06.2006									-
100m Livres	Tempo Final	15.	1:02.01	432	59.70	27.06.2021	93%		
200m Livres	Tempo Final	12.	2:21.51	374	2:13.75	09.05.2021	89%		
100m Costas	Tempo Final	11.	1:12.72	362	1:08.07	27.06.2021	88%		
200m Estilos	Tempo Final	12.	2:38.77	370	2:33.39	08.03.2020	93%		
Salvador Ataide Parente, 18.06.2003									2
50m Livres	Tempo Final	2.	27.04	462	27.72	27.06.2021	105%		
100m Livres	Tempo Final	3.	59.56	488	57.38	27.06.2021	93%		
50m Bruços	Tempo Final	2.	35.32	396	40.00		128%		
Sara Carreira Melo, 12.10.2005									1
50m Livres	Tempo Final	1.	28.65	563	27.96	20.12.2020	95%		
200m Livres	Tempo Final	5.	2:22.02	503	2:12.05	06.12.2019	86%		
50m Mariposa	Tempo Final	1.	30.20	529	33.37	08.02.2020	122%		
Tomas Maia Januario, 24.10.2006									-
100m Livres	Tempo Final	3.	59.37	493	56.41	09.05.2021	90%		
100m Costas	Tempo Final	1.	1:04.32	523	1:03.33	30.05.2021	97%		
200m Costas	Tempo Final	1.	2:25.34	456	2:20.05	30.05.2021	93%		
100m Mariposa	Tempo Final	5.	1:06.60	410	1:04.30	27.06.2021	93%		
Yonina Brancourt, 11.12.2004									-
50m Livres	Tempo Final	3.	31.17	437	28.82	09.05.2021	85%		
100m Livres	Tempo Final	2.	1:08.97	421	1:03.83	24.11.2019	86%		
50m Mariposa	Tempo Final	1.	32.66	418	30.74	24.11.2019	89%		

Individual ANL								6
Gabriel Carvalho Ferrao, 01.11.2005								2
100m Livres	Tempo Final	2.	57.17	552	55.57	15.05.2021	94%	
200m Livres	Tempo Final	1.	2:03.98	556	2:01.33	29.05.2021	96%	
100m Mariposa	Tempo Final	1.	59.32	581	59.42	29.05.2021	100%	
200m Mariposa	Tempo Final	1.	2:17.96	517	2:12.45	12.12.2020	92%	
200m Estilos	Tempo Final	3.	2:20.11	538	2:21.67	19.01.2020	102%	
Lucas Vilaca Casimiro, 17.07.2006								-
100m Livres	Tempo Final	RJC	-	-	1:07.54	15.05.2021	-	
200m Livres	Tempo Final	15.	2:24.45	352	2:20.25	15.05.2021	94%	
100m Bruços	Tempo Final	9.	1:29.28	258	1:23.72	16.05.2021	88%	
Manuel Costa Simoes, 14.11.2006								2
100m Livres	Tempo Final	8.	1:00.49	466	1:01.81	09.05.2021	104%	
800m Livres	Tempo Final	3.	9:39.34	475	9:32.39	30.05.2021	98%	
1500m Livres	Tempo Final	2.	18:46.01	462	19:54.74	19.01.2020	113%	
100m Mariposa	Tempo Final	3.	1:06.25	417	1:06.00	29.05.2021	99%	
200m Mariposa	Tempo Final	5.	2:31.41	391	2:29.99	29.05.2021	98%	
Miguel Costa Simoes, 25.07.2004								-
200m Livres	Tempo Final	2.	2:05.73	533	1:59.67	15.05.2021	91%	
400m Livres	Tempo Final	1.	4:20.62	602	4:16.56	18.01.2020	97%	
100m Costas	Tempo Final	3.	1:09.50	415	1:00.71	16.05.2021	76%	
200m Costas	Tempo Final	3.	2:27.42	437	2:10.89	15.11.2020	79%	
200m Estilos	Tempo Final	2.	2:23.24	504	2:13.59	14.11.2020	87%	
Miguel Filipe Anjo, 01.08.2004								2
50m Livres	Tempo Final	3.	26.61	485	29.76	01.11.2019	125%	
100m Livres	Tempo Final	4.	58.97	503	1:01.22	01.11.2019	108%	
400m Livres	Tempo Final	3.	4:34.52	515	4:26.44	07.12.2019	94%	
50m Bruços	Tempo Final	1.	33.92	447	32.12	09.05.2021	90%	
100m Bruços	Tempo Final	2.	1:13.14	470	1:11.21	09.05.2021	95%	
200m Bruços	Tempo Final	2.	2:45.50	442	2:38.11	16.05.2021	91%	

Palmela Desporto EEM								6
Afonso Miguel Ribeiro, 25.07.2004								1
100m Livres	Tempo Final	6.	1:00.53	465	1:02.77	01.03.2020	108%	
Beatriz Ferreira Perpetuo, 21.02.2007								-
100m Livres	Tempo Final	RJC	-	-	1:20.02	12.01.2020	-	
100m Costas	Tempo Final	RJC	-	-	1:29.81	11.01.2020	-	
Diogo Lopes Venceslau, 09.06.2006								2
100m Livres	Tempo Final	RJC	-	-	1:05.20	09.05.2021	-	
200m Livres	Tempo Final	11.	2:19.90	387	2:18.73	09.05.2021	98%	
100m Costas	Tempo Final	20.	1:20.42	268	1:25.79	12.01.2020	114%	
100m Bruços	Tempo Final	8.	1:28.15	268	1:35.00	-	116%	
200m Estilos	Tempo Final	RJC	-	-	2:41.98	09.05.2021	-	
Leonor Peso Parente, 04.11.2007								2
100m Livres	Tempo Final	1.	1:02.87	556	1:01.23	27.06.2021	95%	
200m Livres	Tempo Final	2.	2:20.19	523	2:19.87	30.05.2021	100%	
100m Costas	Tempo Final	2.	1:12.41	502	1:09.91	13.12.2020	93%	
100m Bruços	Tempo Final	3.	1:24.11	443	1:23.84	09.05.2021	99%	
100m Mariposa	Tempo Final	2.	1:11.17	473	1:16.30	12.12.2020	115%	
200m Estilos	Tempo Final	1.	2:32.69	563	2:33.65	29.05.2021	101%	
Leticia Rodrigues Magalhaes, 12.11.2007								-
200m Livres	Tempo Final	5.	2:26.67	457	2:20.28	27.06.2021	91%	
100m Costas	Tempo Final	6.	1:16.84	420	1:12.77	13.12.2020	90%	
200m Costas	Tempo Final	1.	2:43.20	431	2:31.66	13.12.2020	86%	
100m Bruços	Tempo Final	2.	1:23.32	455	1:23.22	30.05.2021	100%	
100m Mariposa	Tempo Final	7.	1:17.05	373	1:16.96	29.05.2021	100%	
200m Estilos	Tempo Final	4.	2:39.58	493	2:31.42	12.12.2020	90%	
Maria Duarte Marcalo, 24.08.2007								1
100m Livres	Tempo Final	16.	1:11.61	376	1:10.99	07.03.2020	98%	
100m Costas	Tempo Final	18.	1:25.99	300	1:20.33	06.03.2020	87%	
100m Bruços	Tempo Final	15.	1:37.48	284	1:36.50	22.02.2020	98%	
200m Estilos	Tempo Final	15.	2:55.86	368	2:56.14	07.03.2020	100%	
Tiago Romão Lourenco, 02.12.2005								-
100m Livres	Tempo Final	RJC	-	-	1:05.99	23.11.2019	-	
200m Estilos	Tempo Final	RJC	-	-	2:42.23	09.05.2021	-	

Soc.Filarmónica União A. Piedense									14
Andre Correia Alves, 05.02.2006									-
100m Livres	Tempo Final	6.	1:00.43	467	58.36	02.05.2021	93%		
200m Livres	Tempo Final	2.	2:10.71	475	2:06.16	12.12.2020	93%		
400m Livres	Tempo Final	2.	4:35.88	507	4:27.81	01.05.2021	94%		
800m Livres	Tempo Final	4.	9:43.91	464	9:28.74	30.05.2021	95%		
100m Costas	Tempo Final	9.	1:11.31	384	1:05.08	13.12.2020	83%		
Bernardo Geada Brito, 01.08.2002									1
50m Mariposa	Tempo Final	5.	27.27	544	33.00		146%		
Carolina Martins Camacho, 29.09.2006									-
100m Costas	Tempo Final	1.	1:10.83	536	1:07.73	13.12.2020	91%		
David Matias Cristino, 16.05.2001									-
400m Livres	Tempo Final	2.	4:17.44	624	3:58.50	21.12.2019	86%		
800m Livres	Tempo Final	2.	8:53.49	608	8:45.00		97%		
50m Mariposa	Tempo Final	6.	27.38	538	26.81	28.03.2021	96%		
100m Mariposa	Tempo Final	1.	1:00.22	555	59.06	07.03.2020	96%		
David Van Ossenbruggen, 21.07.2003									-
100m Livres	Tempo Final	5.	1:01.45	444	59.58	23.11.2019	94%		
50m Bruços	Tempo Final	1.	32.99	486	32.67	24.04.2021	98%		
100m Bruços	Tempo Final	1.	1:11.91	494	1:08.85	15.11.2020	92%		
Francisca Razina Oliveira, 22.09.2003									2
50m Livres	Tempo Final	WDR	-	-	30.65	01.03.2020	-		
100m Livres	Tempo Final	6.	1:04.07	525	1:05.14	05.06.2021	103%		
200m Livres	Tempo Final	5.	2:18.78	539	2:21.29	06.06.2021	104%		
400m Livres	Tempo Final	6.	4:56.15	509	4:55.21	15.05.2021	99%		
Guilherme Machado Santos, 06.11.2004									3
50m Livres	Tempo Final	5.	26.97	466	27.86	23.11.2019	107%		
50m Costas	Tempo Final	4.	30.61	481	31.03	06.12.2019	103%		
50m Mariposa	Tempo Final	4.	28.60	472	30.78	09.02.2020	116%		
Guilherme Matias Cristino, 26.05.2003									-
200m Bruços	Tempo Final	1.	2:37.17	516	2:26.12	15.11.2020	86%		
200m Estilos	Tempo Final	1.	2:25.95	476	2:18.58	24.11.2019	90%		
Joao Carlos Santos, 19.06.1996									-
200m Livres	Tempo Final	2.	2:02.94	571	2:00.41	15.05.2021	96%		
400m Livres	Tempo Final	4.	4:33.72	519	4:20.72	15.05.2021	91%		
800m Livres	Tempo Final	3.	9:38.07	478	8:45.00		82%		
50m Bruços	Tempo Final	9.	35.33	396	34.00		93%		
Luis Carlos Correia, 25.07.2003									1
100m Livres	Tempo Final	2.	59.23	496	57.56	09.05.2021	94%		
200m Livres	Tempo Final	3.	2:06.38	525	2:03.80	24.11.2019	96%		
400m Livres	Tempo Final	2.	4:29.39	545	4:24.78	22.11.2019	97%		
100m Mariposa	Tempo Final	1.	1:04.09	460	1:04.11	01.03.2020	100%		
Luisa Maria Machado, 29.11.2001									-
100m Livres	Tempo Final	2.	1:01.79	586	59.79	01.11.2019	94%		
100m Bruços	Tempo Final	1.	1:17.65	563	1:10.88	20.12.2019	83%		
Luisa Ponte Jorge, 18.01.2007									1
100m Livres	Tempo Final	4.	1:06.64	467	1:07.17	29.05.2021	102%		
200m Livres	Tempo Final	3.	2:25.25	470	2:23.36	15.05.2021	97%		
400m Livres	Tempo Final	5.	5:20.28	402	5:05.95	02.05.2021	91%		
100m Costas	Tempo Final	5.	1:16.23	430	1:14.13	01.05.2021	95%		
200m Costas	Tempo Final	2.	2:44.88	418	2:39.63	15.05.2021	94%		
Margarida Filipe Ferreira, 09.09.2004									1
100m Livres	Tempo Final	WDR	-	-	1:04.00	01.03.2020	-		
200m Livres	Tempo Final	1.	2:18.18	546	2:20.16	24.11.2019	103%		
50m Bruços	Tempo Final	WDR	-	-	34.04	08.02.2020	-		
100m Bruços	Tempo Final	1.	1:19.12	532	1:13.54	09.02.2020	86%		
Maria Pinto Monteiro, 17.05.2006									2
100m Livres	Tempo Final	3.	1:04.27	520	1:05.48	29.05.2021	104%		
200m Livres	Tempo Final	3.	2:19.18	534	2:20.40	15.05.2021	102%		
400m Livres	Tempo Final	7.	5:07.65	454	5:03.21	02.05.2021	97%		
Marta Pereira Domingos, 23.06.2004									-
100m Bruços	Tempo Final	2.	1:24.09	443	1:20.67	30.05.2021	92%		
200m Bruços	Tempo Final	1.	3:00.65	456	2:48.25	15.05.2021	87%		
50m Mariposa	Tempo Final	WDR	-	-	33.21	28.02.2020	-		
Pedro Crispim Jorge, 26.09.2006									2
100m Livres	Tempo Final	15.	1:02.01	432	1:02.91	02.05.2021	103%		
100m Costas	Tempo Final	12.	1:12.84	360	1:11.35	01.05.2021	96%		
100m Bruços	Tempo Final	6.	1:25.45	294	1:25.59	23.02.2020	100%		
400m Estilos	Tempo Final	2.	5:20.15	441	5:12.69	13.12.2020	95%		

Tomas Nogueira Gomes, 23.12.2003

1

50m Livres	Tempo Final	1.	25.44	555	24.39	05.06.2021	92%
200m Livres	Tempo Final	1.	2:00.19	611	1:58.10	29.05.2021	97%
50m Costas	Tempo Final	1.	29.05	563	26.72	14.11.2020	85%
100m Costas	Tempo Final	1.	1:01.72	592	56.74	15.11.2020	85%
200m Costas	Tempo Final	1.	2:17.26	542	2:03.94	15.11.2020	82%
50m Mariposa	Tempo Final	1.	27.75	516	28.64	20.12.2020	107%

Sport Lisboa e Benfica								36
Alice Gomes Durao, 09.01.2007								1
100m Livres	Tempo Final	RJC	-	-	1:20.39	21.12.2019	-	
100m Bruços	Tempo Final	6.	1:26.21	411	1:23.28	15.05.2021	93%	
200m Bruços	Tempo Final	2.	3:03.30	437	3:03.54	30.05.2021	100%	
200m Estilos	Tempo Final	RJC	-	-	3:05.26	22.12.2019	-	
Andre Henriques Marques, 03.01.2005								2
100m Livres	Tempo Final	1.	56.65	567	55.68	29.05.2021	97%	
1500m Livres	Tempo Final	1.	17:53.71	533	17:55.75	23.11.2019	100%	
100m Bruços	Tempo Final	4.	1:16.46	411	1:25.00		124%	
200m Estilos	Tempo Final	1.	2:19.11	550	2:16.49	12.12.2020	96%	
400m Estilos	Tempo Final	1.	5:05.14	510	4:59.23	24.11.2019	96%	
Barbara Cunha Ventura, 11.08.2005								1
100m Livres	Tempo Final	8.	1:07.60	447	1:06.79	24.11.2019	98%	
50m Costas	Tempo Final	2.	34.70	470	33.41	27.06.2021	93%	
100m Costas	Tempo Final	3.	1:15.50	443	1:08.71	27.06.2021	83%	
200m Costas	Tempo Final	2.	2:36.17	492	2:26.98	27.06.2021	89%	
100m Bruços	Tempo Final	4.	1:30.33	357	1:29.42	01.11.2019	98%	
200m Estilos	Tempo Final	1.	2:41.70	474	2:34.41	27.06.2021	91%	
400m Estilos	Tempo Final	1.	5:32.48	514	5:38.27	29.02.2020	104%	
Catarina Coutinho Lima, 15.08.2006								-
100m Livres	Tempo Final	15.	1:12.92	356	1:09.87	01.11.2019	92%	
200m Livres	Tempo Final	14.	2:33.50	398	2:26.46	15.05.2021	91%	
400m Livres	Tempo Final	11.	5:16.47	417	5:00.03	08.12.2019	90%	
800m Livres	Tempo Final	6.	10:42.32	429	10:13.26	07.12.2019	91%	
David Miguel Morais, 14.05.2006								5
100m Livres	Tempo Final	2.	57.96	530	1:00.54	08.03.2020	109%	
200m Livres	Tempo Final	1.	2:07.70	509	2:45.00		167%	
800m Livres	Tempo Final	2.	9:30.03	498	9:40.00		104%	
100m Costas	Tempo Final	6.	1:10.73	393	1:13.09	21.12.2019	107%	
100m Bruços	Tempo Final	1.	1:14.88	438	1:12.88	30.05.2021	95%	
200m Estilos	Tempo Final	1.	2:22.31	514	2:24.61	11.04.2021	103%	
Diogo Sousa Barbosa, 04.06.2005								2
200m Livres	Tempo Final	3.	2:08.31	502	2:08.48	29.05.2021	100%	
400m Livres	Tempo Final	1.	4:27.94	554	4:31.34	15.05.2021	103%	
1500m Livres	Tempo Final	2.	18:05.59	516	17:42.71	12.12.2020	96%	
100m Costas	Tempo Final	2.	1:08.24	438	1:04.52	13.12.2020	89%	
Goncalo Duarte Carvalho, 24.05.2005								1
100m Livres	Tempo Final	8.	59.55	488	57.56	29.05.2021	93%	
400m Livres	Tempo Final	2.	4:33.43	521	4:30.40	07.12.2019	98%	
1500m Livres	Tempo Final	3.	18:48.81	459	17:54.95	23.11.2019	91%	
100m Mariposa	Tempo Final	3.	1:03.55	472	1:02.36	11.04.2021	96%	
200m Mariposa	Tempo Final	2.	2:27.56	422	2:28.31	25.01.2020	101%	
Guilherme Fernandes Baptista, 30.03.2006								2
100m Livres	Tempo Final	1.	56.77	564	56.18	10.04.2021	98%	
800m Livres	Tempo Final	1.	9:21.72	521	9:40.00		107%	
100m Costas	Tempo Final	3.	1:07.97	443	1:05.12	13.12.2020	92%	
200m Costas	Tempo Final	2.	2:27.48	437	2:45.00		125%	
200m Mariposa	Tempo Final	1.	2:20.61	488	2:19.23	10.04.2021	98%	
200m Estilos	Tempo Final	2.	2:23.10	505	2:17.87	27.06.2021	93%	
Guilherme Santos Gavea, 27.08.2006								2
100m Livres	Tempo Final	18.	1:03.26	407	1:00.90	15.05.2021	93%	
100m Costas	Tempo Final	10.	1:12.04	372	1:14.31	06.03.2020	106%	
100m Bruços	Tempo Final	3.	1:20.79	348	1:25.80	23.02.2020	113%	
200m Estilos	Tempo Final	10.	2:36.31	387	2:29.04	15.05.2021	91%	
Isadora Maia Andre, 10.01.2005								3
100m Livres	Tempo Final	5.	1:05.52	491	1:04.96	15.05.2021	98%	
200m Livres	Tempo Final	3.	2:20.48	520	2:24.62	30.05.2021	106%	
50m Mariposa	Tempo Final	3.	31.49	466	33.20	29.05.2021	111%	
100m Mariposa	Tempo Final	1.	1:10.06	496	1:11.32	29.05.2021	104%	
Joana Rocha Ferreira, 02.03.2005								1
100m Livres	Tempo Final	4.	1:05.07	501	1:01.25	15.05.2021	89%	
200m Livres	Tempo Final	2.	2:19.33	533	2:14.39	10.04.2021	93%	
800m Livres	Tempo Final	2.	10:17.36	484	9:39.20	07.12.2019	88%	
50m Mariposa	Tempo Final	2.	31.15	482	33.03	08.02.2020	112%	
100m Mariposa	Tempo Final	2.	1:10.50	487	1:08.31	27.06.2021	94%	
Joao Manuel Vargas, 16.12.2000								-
200m Bruços	Tempo Final	1.	2:32.63	564	2:21.91	21.12.2019	86%	
200m Estilos	Tempo Final	3.	2:21.35	524	2:13.66	24.11.2019	89%	

Leonor Carreiro Rodrigues, 05.01.2007								3
100m Livres	Tempo Final	2.	1:05.54	491	1:03.39	29.05.2021	94%	
800m Livres	Tempo Final	3.	10:23.03	471	10:40.38	07.03.2020	106%	
100m Bruços	Tempo Final	5.	1:26.16	412	1:23.78	30.05.2021	95%	
100m Mariposa	Tempo Final	11.	1:20.84	323	1:19.34	22.02.2020	96%	
200m Estilos	Tempo Final	5.	2:41.39	477	2:49.02	22.12.2019	110%	
400m Estilos	Tempo Final	1.	5:42.61	469	6:00.00		110%	
Madalena Fragoso Guterres, 17.05.2006								-
100m Livres	Tempo Final	11.	1:09.19	417	1:06.75	15.05.2021	93%	
200m Costas	Tempo Final	6.	2:47.99	395	2:44.81	22.11.2019	96%	
100m Mariposa	Tempo Final	5.	1:17.74	363	1:17.49	12.12.2020	99%	
200m Mariposa	Tempo Final	3.	2:51.73	356	2:50.36	19.01.2020	98%	
200m Estilos	Tempo Final	7.	2:47.30	428	2:41.65	15.05.2021	93%	
Manuel Faria Silvestre, 09.06.2006								-
100m Costas	Tempo Final	18.	1:16.96	305	1:09.81	21.12.2019	82%	
200m Costas	Tempo Final	8.	2:39.69	344	2:31.85	11.01.2020	90%	
Maria Carolina Vargas, 22.11.2005								-
50m Bruços	Tempo Final	2.	39.98	397	38.60	27.06.2021	93%	
100m Bruços	Tempo Final	1.	1:25.13	427	1:20.93	27.06.2021	90%	
200m Bruços	Tempo Final	1.	3:00.35	458	2:48.72	27.06.2021	88%	
200m Estilos	Tempo Final	2.	2:43.77	456	2:37.51	27.06.2021	93%	
Maria Esteves Valente, 17.07.2006								2
100m Livres	Tempo Final	8.	1:07.20	455	1:02.28	15.05.2021	86%	
800m Livres	Tempo Final	1.	9:58.40	531	9:55.21	30.05.2021	99%	
1500m Livres	Tempo Final	2.	18:58.82	528	19:25.00		105%	
100m Bruços	Tempo Final	3.	1:27.10	399	1:24.32	22.11.2019	94%	
100m Mariposa	Tempo Final	3.	1:13.64	427	1:16.52	01.03.2020	108%	
200m Estilos	Tempo Final	2.	2:38.18	506	2:35.89	29.05.2021	97%	
Maria Leonor Coelho, 25.04.2006								3
1500m Livres	Tempo Final	1.	18:48.14	543	19:25.00		107%	
100m Costas	Tempo Final	3.	1:14.53	460	1:15.60	01.03.2020	103%	
200m Costas	Tempo Final	1.	2:36.05	493	2:37.84	29.02.2020	102%	
100m Mariposa	Tempo Final	2.	1:11.90	459	1:07.16	15.05.2021	87%	
200m Estilos	Tempo Final	1.	2:32.44	566	2:29.71	10.04.2021	96%	
400m Estilos	Tempo Final	1.	5:25.20	549	5:15.48	06.12.2019	94%	
Martim Barata Antunes, 14.01.2006								1
100m Livres	Tempo Final	10.	1:01.12	452	58.90	15.05.2021	93%	
200m Livres	Tempo Final	10.	2:16.92	413	2:17.61	07.03.2020	101%	
100m Costas	Tempo Final	2.	1:07.26	458	1:04.44	10.04.2021	92%	
200m Estilos	Tempo Final	8.	2:33.56	409	2:30.35	29.05.2021	96%	
Matilde Nunes Lopes, 24.03.2006								3
100m Livres	Tempo Final	2.	1:03.40	542	1:03.65	27.03.2021	101%	
200m Livres	Tempo Final	2.	2:15.80	575	2:13.83	10.04.2021	97%	
400m Livres	Tempo Final	1.	4:48.29	551	4:41.82	08.12.2019	96%	
800m Livres	Tempo Final	2.	9:59.34	529	10:13.15	24.11.2019	105%	
100m Mariposa	Tempo Final	1.	1:10.56	486	1:08.12	15.05.2021	93%	
200m Mariposa	Tempo Final	2.	2:35.46	481	3:00.00		134%	
Miguel Carlos Arede, 19.09.2006								-
100m Livres	Tempo Final	RJC		-	1:07.00	15.05.2021	-	
200m Livres	Tempo Final	14.	2:24.00	355	2:17.15	15.05.2021	91%	
200m Estilos	Tempo Final	RJC		-	2:48.26	08.03.2020	-	
Tomas Nunes Roque, 18.01.2006								4
200m Livres	Tempo Final	5.	2:11.76	463	2:12.40	27.06.2021	101%	
400m Livres	Tempo Final	3.	4:37.09	500	4:28.18	27.06.2021	94%	
1500m Livres	Tempo Final	3.	18:59.97	446	19:35.00		106%	
100m Costas	Tempo Final	4.	1:08.51	433	1:09.76	21.12.2019	104%	
200m Costas	Tempo Final	6.	2:35.08	375	2:45.00		113%	
100m Bruços	Tempo Final	2.	1:19.59	365	1:17.03	30.05.2021	94%	

Sporting Clube de Portugal								19
Afonso Figueiredo Frasquilho, 04.06.2004								-
400m Livres	Tempo Final	2.	4:21.88	593	4:18.17	16.05.2021	97%	
400m Estilos	Tempo Final	1.	4:53.79	571	4:43.82	27.06.2021	93%	
Afonso Lucio Costa, 15.06.2005								2
100m Livres	Tempo Final	7.	59.42	492	56.91	27.06.2021	92%	
200m Livres	Tempo Final	6.	2:10.77	474	2:05.84	27.06.2021	93%	
100m Mariposa	Tempo Final	6.	1:05.74	426	1:10.22	30.05.2021	114%	
200m Estilos	Tempo Final	5.	2:24.73	488	2:27.35	29.05.2021	104%	
Alexandre Coelho Vieira, 11.09.2003								-
200m Livres	Tempo Final	2.	2:05.46	537	2:04.11	15.05.2021	98%	
400m Livres	Tempo Final	1.	4:24.05	578	4:23.34	16.05.2021	99%	
800m Livres	Tempo Final	1.	9:22.70	518	9:01.08	15.05.2021	92%	
1500m Livres	Tempo Final	2.	18:10.93	508	17:11.33	02.02.2020	89%	
Alice Jesus Morgado, 29.08.2004								-
100m Mariposa	Tempo Final	1.	1:09.50	508	1:06.75	27.06.2021	92%	
200m Mariposa	Tempo Final	1.	2:34.65	488	2:27.20	22.12.2019	91%	
200m Estilos	Tempo Final	1.	2:33.12	558	2:31.01	01.02.2020	97%	
Anastacia Tshesnovska, 09.10.2007								1
100m Livres	Tempo Final	5.	1:07.06	458	1:06.18	15.05.2021	97%	
200m Livres	Tempo Final	7.	2:27.76	447	2:22.73	16.02.2020	93%	
200m Estilos	Tempo Final	7.	2:43.40	459	2:44.72	22.12.2019	102%	
Antonio Coelho Vieira, 02.01.2006								-
400m Livres	Tempo Final	1.	4:35.16	511	4:28.78	16.05.2021	95%	
Antonio Lombardi Carvalho, 20.04.2004								-
100m Bruços	Tempo Final	1.	1:12.29	487	1:09.18	07.12.2019	92%	
200m Bruços	Tempo Final	1.	2:45.34	443	2:30.19	08.12.2019	83%	
200m Estilos	Tempo Final	1.	2:19.27	548	2:17.20	19.01.2020	97%	
Beatriz Fernandes Gama, 02.12.2006								-
100m Costas	Tempo Final	4.	1:15.72	439	1:12.79	06.12.2019	92%	
200m Costas	Tempo Final	3.	2:41.90	442	2:33.20	27.06.2021	90%	
100m Bruços	Tempo Final	1.	1:24.74	433	1:20.57	27.06.2021	90%	
200m Estilos	Tempo Final	3.	2:43.01	463	2:34.06	07.12.2019	89%	
Bruno Morita Batista, 04.03.2005								1
200m Livres	Tempo Final	8.	2:15.38	427	2:13.78	16.05.2021	98%	
100m Mariposa	Tempo Final	9.	1:08.23	381	1:25.00		155%	
Bruno Rey Barros, 24.05.2001								-
400m Estilos	Tempo Final	1.	4:52.49	579	4:48.23	29.02.2020	97%	
Carolina Fonseca Gomes, 15.03.2005								-
100m Livres	Tempo Final	2.	1:04.20	522	1:02.28	07.12.2019	94%	
200m Livres	Tempo Final	4.	2:21.68	507	2:14.14	15.05.2021	90%	
50m Mariposa	Tempo Final	6.	32.63	419	32.33	09.02.2020	98%	
100m Mariposa	Tempo Final	4.	1:12.21	453	1:10.20	29.05.2021	95%	
Carolina Parreira, 13.12.2006								-
200m Livres	Tempo Final	6.	2:21.83	505	2:19.45	30.05.2021	97%	
400m Livres	Tempo Final	4.	5:05.47	463	4:52.76	29.05.2021	92%	
800m Livres	Tempo Final	3.	10:19.66	478	9:49.98	13.12.2020	91%	
Daniela Alexandra Santos, 05.10.2007								-
100m Costas	Tempo Final	14.	1:21.52	352	1:16.84	23.02.2020	89%	
200m Costas	Tempo Final	11.	2:53.18	361	2:43.33	16.05.2021	89%	
100m Bruços	Tempo Final	12.	1:31.45	344	1:29.82	16.02.2020	96%	
200m Estilos	Tempo Final	11.	2:51.43	398	2:47.26	16.05.2021	95%	
Dinis Viola Caroco, 14.10.2003								-
100m Costas	Tempo Final	4.	1:08.61	431	1:03.98	15.05.2021	87%	
200m Costas	Tempo Final	3.	2:25.67	453	2:16.41	27.06.2021	88%	
Erica Cristina Reis, 04.03.2005								-
100m Livres	Tempo Final	1.	1:02.16	575	1:00.30	08.12.2019	94%	
200m Livres	Tempo Final	1.	2:15.87	574	2:10.57	06.12.2019	92%	
100m Mariposa	Tempo Final	3.	1:11.48	467	1:07.73	22.11.2019	90%	
Filipe Simoes Freitas, 12.04.2005								-
100m Livres	Tempo Final	12.	1:01.17	451	59.60	08.12.2019	95%	
200m Livres	Tempo Final	9.	2:19.04	394	2:09.20	14.12.2019	86%	
100m Mariposa	Tempo Final	8.	1:07.59	392	1:03.97	13.12.2019	90%	
Jose Diogo Fonseca, 09.08.2006								1
1500m Livres	Tempo Final	5.	19:31.61	410	19:00.29	08.03.2020	95%	
200m Estilos	Tempo Final	5.	2:28.17	455	2:34.09	21.12.2019	108%	
Jose Manuel Sa, 03.08.2005								-
200m Estilos	Tempo Final	8.	2:28.67	450	2:20.62	15.05.2021	89%	

Leonor Castanho Santos, 21.05.2007								1
200m Livres	Tempo Final	6.	2:26.71	456	2:24.60	27.06.2021	97%	
800m Livres	Tempo Final	4.	10:32.64	449	10:55.92	18.01.2020	107%	
100m Costas	Tempo Final	9.	1:18.36	396	1:16.66	16.05.2021	96%	
Leonor Gino Canhao, 14.05.2007								-
100m Costas	Tempo Final	13.	1:20.77	362	1:20.11	06.03.2020	98%	
200m Costas	Tempo Final	6.	2:49.22	387	2:46.81	16.05.2021	97%	
200m Estilos	Tempo Final	18.	2:59.09	349	2:54.52	07.03.2020	95%	
Leonor Tavares Catalao, 06.09.2006								-
200m Mariposa	Tempo Final	1.	2:30.83	526	2:26.15	15.05.2021	94%	
Mafalda Marques Pinto, 22.07.2002								1
50m Livres	Tempo Final	1.	28.36	581	27.43	20.12.2020	94%	
50m Mariposa	Tempo Final	2.	30.34	522	33.00		118%	
Manuel Angelo Pereira, 07.06.2005								2
200m Livres	Tempo Final	2.	2:07.20	515	2:04.29	27.06.2021	95%	
200m Costas	Tempo Final	4.	2:33.98	383	2:18.05	13.12.2020	80%	
200m Bruços	Tempo Final	2.	2:47.57	426	3:15.00		135%	
200m Estilos	Tempo Final	7.	2:26.05	475	2:27.87	01.03.2020	103%	
Maria Bandarra Matos, 12.04.2007								1
200m Costas	Tempo Final	4.	2:48.01	395	2:38.44	27.06.2021	89%	
100m Mariposa	Tempo Final	8.	1:17.71	363	1:19.37	22.02.2020	104%	
200m Estilos	Tempo Final	10.	2:50.53	404	2:44.85	16.05.2021	93%	
400m Estilos	Tempo Final	3.	5:52.36	431	5:48.50	06.03.2020	98%	
Maria Beatriz Costa, 28.08.2006								-
100m Livres	Tempo Final	4.	1:05.78	485	1:04.84	01.03.2020	97%	
200m Livres	Tempo Final	5.	2:21.65	507	2:15.69	27.06.2021	92%	
400m Livres	Tempo Final	3.	5:00.75	486	5:00.70	08.12.2019	100%	
100m Costas	Tempo Final	5.	1:16.59	424	1:12.90	06.12.2019	91%	
200m Costas	Tempo Final	4.	2:45.31	415	2:37.65	16.05.2021	91%	
Maria Ferreira Moura, 23.07.2004								-
400m Livres	Tempo Final	1.	4:33.08	649	4:29.59	09.02.2020	97%	
Maria Rosario Matela, 26.04.2007								-
100m Livres	Tempo Final	20.	1:14.48	334	1:09.97	23.02.2020	88%	
200m Livres	Tempo Final	17.	2:43.57	329	2:36.98	08.03.2020	92%	
Miguel Guilherme Sousa, 01.03.2006								-
100m Bruços	Tempo Final	4.	1:21.15	344	1:18.18	13.12.2020	93%	
200m Bruços	Tempo Final	2.	2:52.99	387	2:49.42	27.06.2021	96%	
Miguel Mera Herrero, 29.08.2006								2
200m Livres	Tempo Final	7.	2:14.60	435	2:20.76	07.03.2020	109%	
200m Estilos	Tempo Final	3.	2:26.41	472	2:36.42	08.03.2020	114%	
Pedro Bethlem Tigre, 09.03.2006								1
100m Livres	Tempo Final	5.	1:00.28	471	59.71	16.05.2021	98%	
200m Mariposa	Tempo Final	2.	2:24.80	447	2:32.71	08.03.2020	111%	
Ricardo Freitas Neto, 12.04.2006								2
100m Costas	Tempo Final	7.	1:11.01	389	1:08.88	16.05.2021	94%	
200m Costas	Tempo Final	3.	2:32.12	398	2:23.17	27.06.2021	89%	
100m Bruços	Tempo Final	5.	1:21.42	340	1:23.46	16.02.2020	105%	
200m Estilos	Tempo Final	9.	2:33.75	407	2:39.84	21.12.2019	108%	
Rodrigo Andrade Mesquita, 22.05.2006								1
200m Bruços	Tempo Final	1.	2:50.02	408	2:49.88	13.12.2020	100%	
200m Mariposa	Tempo Final	6.	2:32.70	381	2:36.66	08.03.2020	105%	
200m Estilos	Tempo Final	7.	2:31.69	424	2:30.12	16.05.2021	98%	
Sara Viana Vicencio, 04.05.2007								-
100m Costas	Tempo Final	11.	1:19.78	375	1:15.37	06.03.2020	89%	
200m Costas	Tempo Final	5.	2:48.45	392	2:38.22	08.03.2020	88%	
200m Estilos	Tempo Final	13.	2:52.58	390	2:47.77	22.12.2019	95%	
400m Estilos	Tempo Final	5.	6:05.64	386	5:47.93	19.01.2020	91%	
Tiago Barroso Proenca, 22.07.2004								1
100m Mariposa	Tempo Final	3.	1:04.74	446	1:05.27	01.03.2020	102%	
Tiago Rodrigues Pinto, 04.10.2005								-
200m Livres	Tempo Final	4.	2:09.09	493	2:08.10	29.02.2020	98%	
200m Bruços	Tempo Final	1.	2:45.13	445	2:36.79	15.05.2021	90%	
Vasco Antela Silva, 23.02.2005								2
100m Livres	Tempo Final	6.	59.38	493	58.57	29.05.2021	97%	
100m Mariposa	Tempo Final	5.	1:05.67	428	1:10.14	01.03.2020	114%	
200m Estilos	Tempo Final	11.	2:32.10	421	2:33.70	01.03.2020	102%	
Vicente Oliveira Gomes, 22.09.2002								-
50m Livres	Tempo Final	3.	25.82	531	25.20	15.05.2021	95%	
100m Livres	Tempo Final	4.	55.82	593	54.15	27.06.2021	94%	
50m Mariposa	Tempo Final	1.	26.57	588	26.22	30.05.2021	97%	

200m Mariposa

Tempo Final

1.

2:13.68

568

2:06.96

27.06.2021

90%

Vikings Sports Club								8
Ana Sofia Inácio, 01.10.2004								-
100m Costas	Tempo Final	2.	1:16.98	418	1:12.93	17.11.2019	90%	
200m Costas	Tempo Final	2.	2:49.06	388	2:33.73	15.12.2019	83%	
100m Mariposa	Tempo Final	3.	1:16.59	380	1:14.28	01.03.2020	94%	
Diogo Daniel Simões, 22.12.1999								-
100m Livres	Tempo Final	19.	1:05.58	366	1:00.37	07.03.2020	85%	
200m Livres	Tempo Final	6.	2:22.84	364	2:12.78	08.03.2020	86%	
Maria Ornelas Armas, 12.05.1998								1
200m Livres	Tempo Final	4.	2:17.68	552	2:14.17	06.03.2020	95%	
400m Livres	Tempo Final	3.	4:47.13	558	4:35.52	22.11.2019	92%	
800m Livres	Tempo Final	1.	9:42.98	575	9:28.81	24.11.2019	95%	
1500m Livres	Tempo Final	1.	18:37.95	558	19:08.92	01.03.2020	106%	
200m Costas	Tempo Final	2.	2:39.24	464	2:22.68	15.05.2021	80%	
Mariana Marques Mercedes, 16.04.2003								1
50m Livres	Tempo Final	5.	29.29	527	29.64	13.06.2021	102%	
100m Livres	Tempo Final	4.	1:02.67	561	1:01.47	27.06.2021	96%	
200m Livres	Tempo Final	8.	2:25.10	472	2:18.06	13.06.2021	91%	
Miguel Alexandre Rodrigues, 03.03.1998								2
50m Livres	Tempo Final	13.	26.97	466	29.00		116%	
100m Livres	Tempo Final	10.	58.52	515	1:02.00		112%	
Pedro Miguel Agostinho, 28.01.1992								-
50m Bruços	Tempo Final	3.	31.78	544	29.63	19.12.2020	87%	
Ricardo Alexandre Faia, 05.07.2000								1
50m Livres	Tempo Final	11.	26.87	471	25.57	07.11.2020	91%	
100m Livres	Tempo Final	12.	58.73	509	55.12	07.11.2020	88%	
200m Livres	Tempo Final	5.	2:12.78	453	2:01.95	15.05.2021	84%	
400m Livres	Tempo Final	7.	4:45.69	457	4:55.00		107%	
Rita João Serra, 13.12.2006								2
200m Livres	Tempo Final	7.	2:22.32	500	2:22.69	15.05.2021	101%	
400m Livres	Tempo Final	12.	5:23.76	389	4:56.65	15.05.2021	84%	
1500m Livres	Tempo Final	3.	20:31.11	417	19:55.00		94%	
200m Costas	Tempo Final	2.	2:36.39	490	2:44.50	07.03.2020	111%	
200m Bruços	Tempo Final	1.	3:00.13	460	2:57.29	13.06.2021	97%	
200m Estilos	Tempo Final	RJC		-	NT	26.01.2019	-	
Tiago Rafael Martins, 24.01.1997								1
100m Livres	Tempo Final	17.	1:00.39	468	1:02.00		105%	
400m Livres	Tempo Final	6.	4:37.06	501	4:23.76	09.05.2021	91%	
50m Bruços	Tempo Final	8.	34.34	431	32.85	23.11.2019	92%	
100m Bruços	Tempo Final	6.	1:13.41	465	1:10.36	10.11.2019	92%	
200m Bruços	Tempo Final	4.	2:40.66	483	2:31.76	09.11.2019	89%	
Vicente Morgado Ventoso, 22.02.2000								-
50m Livres	Tempo Final	7.	26.24	506	25.10	22.11.2019	91%	
100m Livres	Tempo Final	13.	59.15	498	57.37	08.02.2020	94%	
50m Bruços	Tempo Final	5.	32.78	496	30.58	07.03.2020	87%	
100m Bruços	Tempo Final	7.	1:14.59	443	1:09.57	22.11.2019	87%	