

Sumário de resultados

Piscina 25m, FINA 2008

Alves Tiago Miguel	95 :	50m Livres	32.97	30.19	84%		262 Pt.		
		50m Livres	30.32	30.19	99%		337 Pt.		
		100m Livres	1:08.22	1:03.31	86%		316 Pt.		
		100m Livres	1:03.72	1:03.31	99%		387 Pt.		
		200m Livres	2:20.63	2:16.25	94%		387 Pt.		
		200m Livres	2:10.65	2:16.25	109%	RP	482 Pt.		
		400m Livres	4:44.70	4:42.06	98%		448 Pt.		
		50m Costas	36.98	37.85	105%	RP	255 Pt.		
		100m Costas	1:17.47	1:16.73	98%		277 Pt.		
		200m Costas	2:36.92	3:15.72	156%	RP	346 Pt.		
		50m Bruços	42.46	39.84	88%		245 Pt.		
		100m Bruços	1:29.51	1:25.74	92%		270 Pt.		
		200m Bruços	3:02.14	3:06.60	105%	RP	324 Pt.		
		Carvalho Eduardo Filipe	97 :	50m Livres	34.30	31.95	87%		233 Pt.
50m Livres	33.88			31.95	89%		242 Pt.		
100m Livres	1:12.09			1:10.08	95%		268 Pt.		
100m Livres	1:12.60			1:10.08	93%		262 Pt.		
200m Livres	2:31.39			2:31.28	100%		310 Pt.		
200m Livres	2:30.87			2:31.28	101%	RP	313 Pt.		
400m Livres	5:13.02			5:14.76	101%	RP	337 Pt.		
50m Mariposa	39.11			36.25	86%		198 Pt.		
50m Mariposa	38.52			36.25	89%		207 Pt.		
100m Mariposa	1:23.99			1:18.81	88%		214 Pt.		
200m Mariposa	3:01.44			--		RP	231 Pt.		
200m Estilos	2:51.88			2:49.76	98%		291 Pt.		
Costa Diogo Silva	97 :			50m Livres	38.33	33.96	78%		167 Pt.
				100m Livres	1:23.21	1:15.52	82%		174 Pt.
		200m Livres	2:54.19	2:50.30	96%		204 Pt.		
		400m Livres	5:49.48	5:46.20	98%		242 Pt.		
		50m Costas	42.28	40.43	91%		171 Pt.		
		100m Costas	1:27.58	1:23.76	91%		191 Pt.		
		200m Costas	2:58.79	--		RP	234 Pt.		
		50m Bruços	46.09	47.20	105%	RP	191 Pt.		
		100m Bruços	1:38.58	1:39.74	102%	RP	202 Pt.		
		200m Bruços	3:25.09	--		RP	227 Pt.		
		50m Mariposa	43.25	41.59	92%		146 Pt.		
		200m Estilos	3:03.97	3:08.28	105%	RP	237 Pt.		
		Coutinho Alexandre Valda	97 :	50m Livres	34.66	32.54	88%		226 Pt.
				50m Livres	35.33	32.54	85%		213 Pt.
100m Livres	1:18.38			1:12.71	86%		208 Pt.		
100m Livres	1:15.58			1:12.71	93%		232 Pt.		
100m Livres	1:17.12			1:12.71	89%		219 Pt.		
200m Livres	2:36.68			2:38.15	102%	RP	280 Pt.		
200m Livres	2:40.06			2:38.15	98%		262 Pt.		
400m Livres	5:24.39			5:34.18	106%	RP	303 Pt.		
50m Mariposa	38.48			38.06	98%		208 Pt.		
50m Mariposa	42.54			38.06	80%		154 Pt.		
100m Mariposa	1:35.63			1:23.94	77%		145 Pt.		
200m Mariposa	3:21.93			--		RP	168 Pt.		
200m Estilos	2:59.14			3:00.12	101%	RP	257 Pt.		

Dinis Andre Marques	93 :	50m Livres	31.90	27.54	75%		289 Pt.		
		50m Livres	29.77	27.54	86%		356 Pt.		
		100m Livres	Est 1:03.44	58.66	85%		393 Pt.		
		100m Livres	1:07.34	58.66	76%		328 Pt.		
		100m Livres	1:03.42	58.66	86%		393 Pt.		
		200m Livres	2:18.11	2:08.43	86%		408 Pt.		
		200m Livres	2:11.59	2:08.43	95%		472 Pt.		
		400m Livres	4:40.93	4:28.51	91%		466 Pt.		
		50m Costas	38.97	38.61	98%		218 Pt.		
		100m Costas	1:18.89	1:18.41	99%		262 Pt.		
		200m Costas	2:42.06	2:48.19	108%	RP	314 Pt.		
		50m Bruços	41.52	38.46	86%		262 Pt.		
		100m Bruços	1:28.07	1:21.59	86%		283 Pt.		
		200m Bruços	3:02.03	3:05.73	104%	RP	325 Pt.		
		Fonseca David Jose	94 :	50m Livres	29.50	27.88	89%		366 Pt.
50m Livres	30.99			27.88	81%		316 Pt.		
100m Livres	1:02.33			59.91	92%		414 Pt.		
100m Livres	1:05.07			59.91	85%		364 Pt.		
200m Livres	2:08.88			2:11.21	104%	RP	503 Pt.		
200m Livres	2:14.34			2:11.21	95%		444 Pt.		
400m Livres	4:33.99			4:41.47	106%	RP	503 Pt.		
50m Mariposa	32.94			31.67	92%		331 Pt.		
50m Mariposa	34.75			31.67	83%		282 Pt.		
100m Mariposa	1:14.86			1:08.08	83%		302 Pt.		
200m Mariposa	2:40.03			2:36.10	95%		337 Pt.		
200m Estilos	2:31.55			2:31.34	100%		424 Pt.		
Girao Diogo Cunha	94 :			50m Livres	30.98	28.70	86%		316 Pt.
				50m Livres	29.58	28.70	94%		363 Pt.
		100m Livres	1:05.49	58.90	81%		357 Pt.		
		100m Livres	1:02.26	58.90	89%		415 Pt.		
		200m Livres	2:15.12	2:08.65	91%		436 Pt.		
		200m Livres	2:09.47	2:08.65	99%		496 Pt.		
		400m Livres	4:36.35	4:24.09	91%		490 Pt.		
		50m Costas	33.93	31.35	85%		331 Pt.		
		100m Costas	Est 1:06.51	1:06.35	100%		437 Pt.		
		100m Costas	1:10.69	1:06.35	88%		364 Pt.		
		200m Costas	2:21.94	2:20.87	98%		468 Pt.		
		50m Mariposa	32.87	31.11	90%		333 Pt.		
		200m Estilos	2:26.79	2:24.24	97%		467 Pt.		
		Goncalves Diogo Mendes	97 :	50m Livres	39.17	35.35	81%		156 Pt.
				100m Livres	1:22.61	1:16.63	86%		178 Pt.
200m Livres	2:50.46			2:46.23	95%		217 Pt.		
400m Livres	5:46.14			5:56.15	106%	RP	249 Pt.		
50m Costas	44.03			40.78	86%		151 Pt.		
100m Costas	1:31.24			1:23.97	85%		169 Pt.		
200m Costas	3:04.61			--.--		RP	213 Pt.		
50m Bruços	43.79			44.14	102%	RP	223 Pt.		
100m Bruços	1:32.02			1:32.34	101%	RP	248 Pt.		
200m Bruços	3:07.80			--.--		RP	296 Pt.		
50m Mariposa	46.30			43.05	86%		119 Pt.		
200m Estilos	3:05.78			2:58.90	93%		230 Pt.		

Grilo Joao Nuno	96 :	50m Livres	34.29	33.27	94%		233 Pt.		
		100m Livres	1:12.13	1:11.65	99%		267 Pt.		
		200m Livres	2:33.76	2:31.68	97%		296 Pt.		
		400m Livres	5:18.46	5:20.72	101%	RP	320 Pt.		
		50m Bruços	41.10	42.23	106%	RP	270 Pt.		
		100m Bruços	1:29.26	1:29.44	100%	RP	272 Pt.		
		200m Bruços	3:09.54	3:07.30	98%		288 Pt.		
		50m Mariposa	39.93	36.48	83%		186 Pt.		
		50m Mariposa	38.47	36.48	90%		208 Pt.		
		100m Mariposa	1:29.75	1:24.38	88%		175 Pt.		
		200m Mariposa	3:13.06	3:12.50		DC	192 Pt.		
		200m Estilos	2:52.61	2:52.53	100%		287 Pt.		
		Guerra Mariana Cunha	98 :	50m Livres	34.44	31.54	84%		330 Pt.
				100m Livres	1:12.78	1:08.22	88%		374 Pt.
200m Livres	2:32.87			2:32.54	100%		415 Pt.		
400m Livres	5:11.05			5:11.19	100%	RP	459 Pt.		
50m Costas	38.53			37.12	93%		337 Pt.		
100m Costas	1:20.43			1:17.36	93%		365 Pt.		
200m Costas	2:43.44			--		RP	433 Pt.		
50m Bruços	45.37			43.48	92%		291 Pt.		
100m Bruços	1:36.10			1:30.87	89%		308 Pt.		
200m Bruços	3:17.97			--		RP	350 Pt.		
50m Mariposa	36.10			35.87	99%		355 Pt.		
200m Estilos	2:48.23			2:45.43	97%		442 Pt.		
Lopes Cristiana Margarida	92 :			50m Livres	33.88	--		RP	347 Pt.
				50m Livres	34.33	--		RP	334 Pt.
		100m Livres	1:13.97	--		RP	356 Pt.		
		100m Livres	1:15.19	--		RP	339 Pt.		
		200m Livres	2:43.34	--		RP	340 Pt.		
		200m Livres	2:43.64	--		RP	339 Pt.		
		400m Livres	5:43.62	--		RP	340 Pt.		
		50m Costas	41.36	--		RP	273 Pt.		
		100m Costas	1:28.09	--		RP	278 Pt.		
		200m Costas	3:01.81	--		RP	314 Pt.		
		50m Mariposa	43.97	--		RP	196 Pt.		
		200m Estilos	3:08.90	--		RP	313 Pt.		
		Lopes Pedro Fragoso	90 :	50m Livres	27.99	25.60	84%		428 Pt.
				100m Livres	58.20	55.99	93%		508 Pt.
200m Livres	2:01.06			2:00.67	99%		606 Pt.		
50m Mariposa	28.17			27.24	94%		530 Pt.		
50m Mariposa	29.87			27.24	83%		444 Pt.		
100m Mariposa	1:03.28			58.95	87%		499 Pt.		
200m Mariposa	2:13.98			2:09.96	94%		575 Pt.		
200m Estilos	2:18.23			2:16.89	98%		559 Pt.		
Louro Margarida Santos	98 :	50m Livres	44.02	--		RP	158 Pt.		
		100m Livres	1:34.09	--		RP	173 Pt.		
		200m Livres	3:17.83	--		RP	192 Pt.		
		400m Livres	6:45.99	--		RP	206 Pt.		
		50m Costas	51.57	--		RP	141 Pt.		
		100m Costas	1:45.75	--		RP	161 Pt.		
		200m Costas	3:28.22	--		DC	209 Pt.		

Machado Florbela Cavaco 96 :	50m Livres		32.68	31.45	93%		387 Pt.	
	100m Livres		1:08.32	1:04.21	88%		452 Pt.	
	200m Livres		2:19.66	2:16.32	95%		545 Pt.	
	400m Livres		4:42.25	4:37.60	97%		614 Pt.	
	50m Costas		39.85	39.05	96%		305 Pt.	
	100m Costas		1:22.92	1:18.46	90%		333 Pt.	
	200m Costas		2:46.85	3:33.83	164%	RP	407 Pt.	
	50m Bruços		43.25	42.12	95%		336 Pt.	
	100m Bruços		1:33.02	1:28.12	90%		340 Pt.	
	200m Bruços		3:10.57	3:20.54	111%	RP	392 Pt.	
	50m Mariposa		36.52	33.95	86%		342 Pt.	
	200m Estilos		2:43.25	2:40.80	97%		484 Pt.	
	Machado Vanessa Branco 98 :	50m Livres		37.54	37.61	100%	RP	255 Pt.
		50m Livres		38.95	37.61	93%		228 Pt.
100m Livres			1:21.42	1:19.16	95%		267 Pt.	
100m Livres			1:23.76	1:19.16	89%		245 Pt.	
200m Livres			2:53.57	2:53.51	100%		284 Pt.	
200m Livres			2:52.97	2:53.51	101%	RP	287 Pt.	
400m Livres			5:56.07	5:56.82	100%	RP	306 Pt.	
50m Costas			45.03	52.79	137%	RP	211 Pt.	
100m Costas		Est	1:32.68	--		RP	239 Pt.	
100m Costas			1:34.13	--		RP	228 Pt.	
200m Costas			3:10.64	--		RP	273 Pt.	
50m Mariposa			48.69	46.10	90%		144 Pt.	
200m Estilos			3:20.90	3:16.30	95%		260 Pt.	
Meneses Gustavo Alexandre 92 :		50m Costas		33.34	29.96	81%		348 Pt.
		100m Costas	Est	1:03.61	1:02.91	98%		499 Pt.
	100m Costas		1:09.18	1:02.91	83%		388 Pt.	
	200m Costas		2:23.96	2:19.32	94%		448 Pt.	
	50m Bruços		34.60	31.73	84%		452 Pt.	
	100m Bruços		1:13.63	1:09.62	89%		484 Pt.	
	200m Bruços		2:33.19	2:32.86	100%		545 Pt.	
	50m Mariposa		31.54	28.89	84%		377 Pt.	
	200m Estilos		2:20.87	2:19.87	99%		528 Pt.	
Neto Hugo Neves 94 :	50m Livres		32.08	28.41	78%		285 Pt.	
	100m Livres		1:06.31	1:02.36	88%		344 Pt.	
	200m Livres		2:16.43	2:18.64	103%	RP	424 Pt.	
	400m Livres		4:33.53	4:44.85	108%	RP	505 Pt.	
	50m Costas		38.23	37.03	94%		231 Pt.	
	100m Costas		1:18.24	1:16.53	96%		268 Pt.	
	200m Costas		2:37.90	3:00.89	131%	RP	340 Pt.	
	50m Bruços		38.92	36.82	89%		318 Pt.	
	100m Bruços		1:20.72	1:18.40	94%		368 Pt.	
	200m Bruços		2:45.73	2:53.62	110%	RP	430 Pt.	
	50m Mariposa		34.03	32.53	91%		300 Pt.	
	200m Estilos		2:34.71	2:34.88	100%	RP	399 Pt.	

Oliveira Francisco Miguel	97 :	50m Livres		36.76	34.39	88%		189 Pt.		
		50m Livres		35.48	34.39	94%		210 Pt.		
		100m Livres		1:17.79	1:12.97	88%		213 Pt.		
		100m Livres		1:15.65	1:12.97	93%		231 Pt.		
		200m Livres		2:44.09	2:51.78	110%	RP	244 Pt.		
		200m Livres		2:36.80	2:51.78	120%	RP	279 Pt.		
		400m Livres		5:34.51	6:04.99	119%	RP	276 Pt.		
		50m Costas		44.38	42.86	93%		148 Pt.		
		100m Costas		1:34.21	1:29.55	90%		154 Pt.		
		200m Costas		3:11.15	--:--		RP	192 Pt.		
		50m Mariposa		45.02	44.38	97%		130 Pt.		
		200m Estilos		3:10.10	3:14.66	105%	RP	215 Pt.		
		Pereira Renan Camara	93 :	50m Livres		31.22	28.10	81%		309 Pt.
				100m Livres		1:05.82	1:01.64	88%		351 Pt.
				200m Livres		2:20.52	2:19.34	98%		388 Pt.
400m Livres				4:48.91	4:41.92	95%		429 Pt.		
50m Bruços				37.75	34.08	82%		348 Pt.		
100m Bruços				1:20.71	1:13.55	83%		368 Pt.		
200m Bruços				2:48.76	2:38.59		DC	408 Pt.		
50m Mariposa				32.71	29.27	80%		338 Pt.		
100m Mariposa				1:15.89	1:09.66	84%		289 Pt.		
200m Mariposa				2:46.59	2:30.35	81%		299 Pt.		
Portasio Alexandro Malva	97 :			50m Livres		31.83	31.95	101%	RP	291 Pt.
				50m Livres		34.08	31.95	88%		237 Pt.
		100m Livres		1:10.28	1:08.67	95%		289 Pt.		
		100m Livres		1:14.55	1:08.67	85%		242 Pt.		
		200m Livres		2:31.97	2:35.65		DC	307 Pt.		
		200m Livres		2:38.95	2:35.65	96%		268 Pt.		
		400m Livres		5:27.12	5:21.76	97%		295 Pt.		
		50m Costas		38.69	38.86	101%	RP	223 Pt.		
		100m Costas	Est	1:19.40	1:18.92	99%		257 Pt.		
		100m Costas		1:21.49	1:18.92	94%		238 Pt.		
		200m Costas		2:45.29	--:--		RP	296 Pt.		
		50m Mariposa		41.41	40.98	98%		167 Pt.		
		200m Estilos		2:55.71	3:07.31	114%	RP	272 Pt.		
		Ramos Bruno Filipe	96 :	50m Livres		39.31	38.24	95%		155 Pt.
				50m Livres		41.14	38.24	86%		135 Pt.
100m Livres	Est			1:24.55	1:21.08	92%		166 Pt.		
100m Livres				1:25.65	1:21.08	90%		160 Pt.		
100m Livres				1:29.22	1:21.08	83%		141 Pt.		
200m Livres				3:00.87	3:19.99	122%	RP	182 Pt.		
200m Livres				3:10.52	3:19.99	110%	RP	156 Pt.		
400m Livres				6:31.11	6:49.20	109%	RP	173 Pt.		
50m Costas				46.85	47.59	103%	RP	126 Pt.		
100m Costas				1:37.36	1:35.58	96%		139 Pt.		
200m Costas				3:17.11	3:46.28	132%	RP	175 Pt.		
50m Mariposa				48.27	51.12	112%	RP	105 Pt.		
200m Estilos				3:24.19	--:--		RP	173 Pt.		
Samagaio Iolanda Santos	98 :			50m Livres		44.43	43.94	98%		154 Pt.
				100m Livres		1:37.93	1:34.22	93%		153 Pt.
		200m Livres		3:26.48	3:27.32	101%	RP	169 Pt.		
		400m Livres		6:57.82	7:06.67	104%	RP	189 Pt.		
		50m Costas		54.20	49.67	84%		121 Pt.		
		100m Costas		1:51.41	1:42.63	85%		137 Pt.		
		200m Costas		3:47.41	--:--		RP	161 Pt.		

Santos Carlos Eduardo	96 :	50m Livres		34.95	33.73	93%		220 Pt.		
		100m Livres		1:15.50	1:13.01	94%		233 Pt.		
		200m Livres		2:37.79	2:36.32	98%		274 Pt.		
		400m Livres		5:16.60	5:24.60	105%	RP	326 Pt.		
		50m Costas		40.65	40.40	99%		192 Pt.		
		100m Costas		1:24.61	1:21.37	92%		212 Pt.		
		200m Costas		2:54.44	2:52.08	97%		252 Pt.		
		50m Bruços		43.95	43.57	98%		221 Pt.		
		100m Bruços		1:35.03	1:33.52	97%		225 Pt.		
		200m Bruços		3:18.18	3:28.30	110%	RP	252 Pt.		
		50m Mariposa		43.13	40.70	89%		148 Pt.		
		200m Estilos		2:58.29	2:59.12	101%	RP	260 Pt.		
		Santos Carolina Rua	98 :	50m Livres		39.60	37.62	90%		217 Pt.
				50m Livres		39.66	37.62	90%		216 Pt.
100m Livres				1:23.32	1:22.01	97%		249 Pt.		
100m Livres				1:23.75	1:22.01	96%		245 Pt.		
200m Livres				2:53.34	2:56.09	103%	RP	285 Pt.		
200m Livres				2:51.74	2:56.09	105%	RP	293 Pt.		
400m Livres				5:54.57	6:12.00	110%	RP	310 Pt.		
50m Costas				46.78	46.64	99%		188 Pt.		
100m Costas				1:35.73	1:34.51	97%		217 Pt.		
200m Costas				3:11.19	--		RP	270 Pt.		
50m Mariposa				47.75	46.64	95%		153 Pt.		
200m Estilos				3:17.57	3:18.19	101%	RP	273 Pt.		
Santos Diogo Andre	96 :			50m Livres		32.49	32.36	99%		274 Pt.
				50m Livres		31.00	32.36	109%	RP	315 Pt.
		100m Livres		1:09.21	1:07.03	94%		302 Pt.		
		100m Livres		1:06.76	1:07.03	101%	RP	337 Pt.		
		200m Livres		2:26.36	2:24.69	98%		343 Pt.		
		200m Livres		2:20.16	2:24.69	107%	RP	391 Pt.		
		400m Livres		5:00.46	5:03.54	102%	RP	381 Pt.		
		50m Costas		36.64	35.16	92%		262 Pt.		
		100m Costas	Est	1:15.76	1:14.46	97%		296 Pt.		
		100m Costas		1:17.19	1:14.46	93%		280 Pt.		
		200m Costas		2:37.27	2:37.68	101%	RP	344 Pt.		
		50m Mariposa		36.72	35.38	93%		239 Pt.		
		200m Estilos		2:42.81	2:40.90	98%		342 Pt.		
		Santos Mariana Pereirinha	98 :	50m Livres		36.38	35.17	93%		280 Pt.
100m Livres	Est			1:16.12	1:13.91	94%		327 Pt.		
100m Livres				1:18.02	1:13.91	90%		303 Pt.		
200m Livres				2:43.00	2:45.71	103%	RP	343 Pt.		
400m Livres				5:32.57	5:37.64	103%	RP	375 Pt.		
50m Costas				43.74	41.16	89%		231 Pt.		
100m Costas				1:29.44	1:25.07	90%		266 Pt.		
200m Costas				3:00.22	--		RP	323 Pt.		
50m Bruços				46.17	46.97	103%	RP	276 Pt.		
100m Bruços				1:38.60	1:39.72	102%	RP	286 Pt.		
200m Bruços				3:26.58	--		RP	308 Pt.		
50m Mariposa				42.68	41.12	93%		215 Pt.		
200m Estilos				3:04.14	3:06.05	102%	RP	337 Pt.		

Silva Tiago Andre	94 :	50m Livres		32.30	29.26	82%	279 Pt.
		100m Livres	Est	1:04.21	1:03.86	99%	379 Pt.
		100m Livres		1:07.83	1:03.86	89%	321 Pt.
		200m Livres		2:21.78	2:18.84	96%	378 Pt.
		400m Livres		4:47.06	4:45.41	99%	437 Pt.
		50m Bruços		40.57	38.82	92%	281 Pt.
		100m Bruços		1:26.35	1:21.84	90%	300 Pt.
		200m Bruços		2:59.24	2:57.18	98%	340 Pt.
		50m Mariposa		34.04	32.27	90%	300 Pt.
		50m Mariposa		33.46	32.27	93%	316 Pt.
		100m Mariposa		1:20.69	1:12.30	80%	241 Pt.
		200m Mariposa		2:53.37	2:44.21	90%	265 Pt.
		200m Estilos		2:40.97	2:36.88	95%	354 Pt.

4 x 100m Livres Masc.	:	Dinis Andre Marques	1:03.44	Meneses Gustavo Alexandre	57.18	3:59.95
		Lopes Pedro Fragoso	57.03	Pereira Renan Camara	1:02.30	
4 x 100m Livres Masc.	:	Silva Tiago Andre	1:04.21	Girao Diogo Cunha	1:00.11	4:06.31
		Fonseca David Jose	1:00.07	Neto Hugo Neves	1:01.92	
4 x 100m Livres Masc.	:	Ramos Bruno Filipe	1:24.55	Santos Diogo Andre	1:05.57	4:52.19
		Santos Carlos Eduardo	1:11.52	Grilo Joao Nuno	1:10.55	
4 x 100m Livres Masc.	:	Coutinho Alexandre Valdagua	1:18.38	Oliveira Francisco Miguel	1:14.92	5:01.67
		Costa Diogo Silva	1:18.50	Portasio Alexandro Malva	1:09.87	
4 x 100m Livres Femin.	:	Santos Mariana Pereirinha	1:16.12	Machado Vanessa Branco	1:19.59	5:05.34
		Santos Carolina Rua	1:22.14	Guerra Mariana Cunha	1:07.49	
4 x 100m Estilos Masc.	:	Meneses Gustavo Alexandre	1:03.61	Lopes Pedro Fragoso	59.75	4:21.31
		Pereira Renan Camara	1:16.57	Dinis Andre Marques	1:01.38	
4 x 100m Estilos Masc.	:	Girao Diogo Cunha	1:06.51	Fonseca David Jose	1:10.34	4:39.40
		Neto Hugo Neves	1:19.04	Silva Tiago Andre	1:03.51	
4 x 100m Estilos Masc.	:	Santos Diogo Andre	1:15.76	Grilo Joao Nuno	1:22.97	5:36.41
		Santos Carlos Eduardo	1:34.39	Ramos Bruno Filipe	1:23.29	
4 x 100m Estilos Masc.	:	Portasio Alexandro Malva	1:19.40	Coutinho Alexandre Valdagua	1:29.55	5:35.44
		Goncalves Diogo Mendes	1:32.91	Oliveira Francisco Miguel	1:13.58	
4 x 100m Estilos Femin.	:	Machado Vanessa Branco	1:32.68	Guerra Mariana Cunha	1:26.00	5:57.48
		Santos Mariana Pereirinha	1:38.46	Santos Carolina Rua	1:20.34	

Total 316 resultados individuais, desempenho médio: 95,9%

0 novos rec. Clube, 102 novos rec. pessoais

Maior melhoria: Machado Florbela Cavaco, 200m Costas 2:46.85