

Comparação entre Campeonatos Zonais de Natação 2008

- Zonal Sul - Albufeira -
- Zonal Norte - Mealhada -

ZONAL SUL			ZONAL NORTE		
400E Femininos			400E Femininos		
	INF A			INF A	
1. Lisa Marisa Soares	1995 CNA	5:20.28	1. Filipa Maria Rompante	1995 GDNVNF	5:30.72
2. Ana Sofia Costa	1995 CNAL	5:22.77	2. Ana Goncalves Neto	1995 FCP	5:31.51
3. Patricia Alexandra Martins	1995 SCP	5:27.05	3. Guadalupe Ribeiro Pinheiro	1995 GESP	5:37.13
4. Claudia Ferreira Guerreiro	1995 EMDS	5:28.04	4. Ana Filipa Teixeira	1995 EDVIANA	5:39.22
5. Ines Filipa Borges	1995 CNAL	5:34.24	5. Adriana Correia Lopes	1995 C.D.L	5:40.15
6. Leonor Mourinho Neves	1995 SCP	5:40.55	6. Ines Jesus Ribeiro	1995 SCB	5:41.67
7. Susana Colaco Silva	1995 SAD	5:47.39	7. Joana Fazendeiro Matos	1995 FCP	5:41.94
8. Mariana Sequeira Crespo	1995 SCP	5:48.20	8. Maria Francisca Fernandes	1995 VSC	5:43.37
	INF B			INF B	
1. Ana Marta Miranda	1996 SFUAP	5:48.06	1. Ana Catarina Sousa	1996 VSC	5:58.55
2. Isabel Pinto Abreu	1996 CFB	5:53.36	2. Beatriz Casimiro Valente	1996 CFP	6:00.13
3. Sara Cristiana Valente	1996 CNAL	5:59.28	3. Ana Isabel Cunha	1996 FOCA	6:02.40
4. Joana Dias Santos	1996 SFUAP	6:03.34	4. Flavia Sofia Lima	1996 EDVIANA	6:06.84
5. Bruna Leal Dantas	1996 SCP	6:07.55	5. Debora Guimaraes Oliveira	1996 SCB	6:07.52
6. Catarina Vilhena Gregorio	1996 CLAC	6:09.07	6. Maria Joao Paixao	1996 GCF	6:08.34
7. Rita Fernandes Leitao	1996 SLB	6:09.15	7. Maria Julia Cunha	1996 SCB	6:10.83
8. Catarina Dias Coutinho	1996 SCP	6:09.95	8. Andreia Lima Araujo	1996 VIANA	6:12.13
400E Masculinos			400E Masculinos		
	INF A			INF A	
1. Antonio Luis Quintino	1994 SCP	5:05.82	1. Ruben Filipe Nunes	1994 GESP	5:03.57
2. Pedro Afonso Gaspar	1994 ASC	5:10.21	2. Luis Pedro Ribeiro	1994 EDVIANA	5:07.20
3. Jose Manuel Dias	1994 SFUAP	5:15.61	3. Tiago Silva Oliveira	1994 LSC	5:10.54
4. Paulo Bruno Janeiro	1994 CNLA	5:19.09	4. Hugo Miguel Silva	1994 SCB	5:10.99
5. Francisco Miguel Cruz	1994 SFUAP	5:23.14	5. Francisco Miguel Costa	1994 GDNVNF	5:13.96
6. Edgar Miguel Lopes	1994 LDC	5:25.22	6. Joao Pedro Veiga	1994 CNAC	5:16.81
7. Tiago Barros Ferreira	1994 SAD	5:28.20	7. Diogo Manuel Rodrigues	1994 VSC	5:18.86
8. Rui Pedro Horta	1994 CL	5:29.07	8. Jose Alberto Martins	1994 VSC	5:21.73
	INF B			INF B	
1. Afonso Lopes dos Santos	1995 AHBVCR	5:25.14	1. Luis Manuel Fernandes	1995 GDNVNF	5:25.84
2. Nuno Miguel Feliciano	1995 CNAL	5:27.83	2. Manuel Henrique Alves	1995 EDVIANA	5:27.42
3. Joao Duarte Santos	1995 CNOL	5:32.83	3. Joao Nuno Abreu	1995 VSC	5:46.44
4. Tiago Ferreira Azevedo	1995 ANSE	5:34.25	4.		
5. Pedro Afonso Centeno	1995 CNCVG	5:35.23	5.		
6. Joao Nuno Pedro	1995 SCP	5:36.10	6.		
7. Diogo Goncalves Teixeira	1995 CFB	5:40.16	7.		
8. Diogo Antonio Lopes	1995 SCALAB	5:43.43	8.		
100C Femininos			100C Femininos		
	INF A			INF A	
1. Catia Raquel Martinheira	1995 LDC	1:07.03	1. Tatiana Filipa Santos	1995 GCF	1:10.79
2. Joana Margarida Guimaraes	1995 PIMP	1:12.71	2. Maria Goncalves Maciel	1995 EDVIANA	1:15.57
3. Laura Oliveira Ferreira	1995 CNA	1:13.08	3. Catarina Lopes Reis	1995 CFP	1:15.67
4. Marta Filipa Vinagre	1995 CLAC	1:13.87	4. Mariana Costa Sebastiao	1995 GCF	1:15.73
5. Catarina Tiago Nunes	1995 ANSE	1:13.94	5. Ana Oliveira Cunha	1995 GDNVNF	1:16.14
6. Ines Duarte Martins	1995 SFUAP	1:13.96	6. Maria Luis Amorim	1995 FCP	1:16.48
7. Paula Cristina Yang	1995 GESL	1:14.14	7. Rita Soares Reis	1995 CNAV	1:16.51
8. Tania Marcos Cabaco	1995 CNTN	1:14.60	8. Rita Amado Laezza	1995 AAC	1:17.01
	INF B			INF B	
1. Ines Alexandra Paiva	1996 SAD	1:15.40	1. Beatriz Magalhaes Novais	1996 CNIN	1:17.51
2. Rafaela Marques Bodiao	1996 CNOL	1:16.06	2. Ana Rita Artur	1996 AAC	1:19.70
3. Carolina Saraiva Pires	1996 CL	1:16.25	3.		
4. Sasha Penelope Theodoris	1996 LDC	1:16.38	4.		
5. Ines Brito Pereira	1996 SCP	1:19.87	5.		
6. Mafalda Goncalves Hormigo	1996 SFUAP	1:21.19	6.		
7. Catia Susana Silva	1996 AMINAT	1:21.24	7.		
8. Debora Filipa Duque	1996 PIMP	1:21.28	8.		

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ZONAL SUL			ZONAL NORTE		
100C Masculinos			100C Masculinos		
	INF A			INF A	
1. David Rua Amaro	1994 TNC	1:06.22	1. Carlos Manuel Cabral	1994 CFV	1:06.55
2. Miguel Angelo Pinto	1994 CNCVG	1:07.52	2. Diogo Nobrega Catelas	1994 AEJ	1:08.04
3. Renato Filipe Nascimento	1994 LDC	1:07.63	3. Simao Pedro Alves	1994 GDNVNF	1:08.09
4. Pedro Andre Santos	1994 SAD	1:07.98	4. Miguel Antonio Silva	1994 SCB	1:08.28
5. Joao Manuel Leandro	1994 SCP	1:08.91	5. Diogo Jose Santos	1994 CNMC	1:08.84
6. Pedro Miguel Hormigo	1994 SFUAP	1:08.95	6. Miguel Ferraz Costa	1994 CFV	1:10.05
7. Jorge Miguel Roque	1994 SCP	1:09.74	7. Jose Alberto Martins	1994 VSC	1:10.11
8. Antonio Sampaio Rebolo	1994 CFB	1:10.58	8. Gustavo Almeida Madureira	1994 AAC	1:10.95
	INF B			INF B	
1. Nathan Keith Theodoris	1995 LDC	1:03.69	1. Joao Paulo Duro	1995 IND	1:12.68
2. Diogo Gomes Sousa	1995 CNCVG	1:10.74	2. Tomas Correia Silva	1995 CFP	1:13.14
3. Miguel Duarte Nascimento	1995 PORTIN	1:10.77	3. Joao Santos	1995 CDE	1:14.38
4. Daniel Ribeiro Sousa	1995 DNMG	1:11.56	4. Renato Almeida Domingues	1995 FOCA	1:14.97
5. Joao Carlos Costa	1995 SCP	1:11.66	5. Andre Isaias Guimaraes	1995 GDNVNF	1:15.43
6. Miguel Bras Sergio	1995 ABVE	1:11.77	6. Luis Gabriel Santos	1995 GCF	1:15.55
7. Fabio Miguel Samouco	1995 CNTN	1:12.00	7. Joao Pedro Barroso	1995 GCST	1:16.44
8. Filipe Maria Ferreira	1995 LDC	1:12.82	8. Daniel Costa Vieira	1995 FCP	1:16.71
800L Femininos			800L Femininos		
	INF A			INF A	
1. Catia Raquel Martinheira	1995 LDC	9:29.30	1. Ana Goncalves Neto	1995 FCP	9:56.63
2. Leonor Mourinho Neves	1995 SCP	9:55.88	2. Joana Isabel Miranda	1995 VSC	10:03.46
3. Ana Sofia Costa	1995 CNAL	10:00.15	3. Rita Castro Freitas	1995 ADF	10:06.95
4. Laura Oliveira Ferreira	1995 CNA	10:07.73	4. Beatriz Magalhaes Sampaio	1995 ADF	10:16.04
5. Marta Filipa Vinagre	1995 CLAC	10:08.49	5. Maria Luis Amorim	1995 FCP	10:16.06
6. Claudia Ferreira Guerreiro	1995 EMDS	10:08.61	6. Ines Jesus Ribeiro	1995 SCB	10:18.90
7. Marta Sofia Cunha	1995 SCP	10:12.43	7. Maria Francisca Fernandes	1995 VSC	10:21.21
8. Joana Margarida Guimaraes	1995 PIMP	10:22.76	8. Silvia Ariana Soares	1995 FCP	10:21.70
	INF B			INF B	
1. Isabel Pinto Abreu	1996 CFB	10:03.06	1. Diana Margarida Duraes	1996 FOCA	10:08.48
2. Sara Cristiana Valente	1996 CNAL	10:40.58	2. Sofia Cunha Sousa	1996 FOCA	10:26.17
3. Rafaela Marques Bodiao	1996 CNOL	10:49.46	3. Ana Catarina Sousa	1996 VSC	10:51.14
4. Ana Isabel Neves	1996 PIMP	10:59.10	4. Joana Milhazes Pinto	1996 SCB	10:54.16
5. Catarina Vilhena Gregorio	1996 CLAC	11:00.07	5. Flavia Sofia Lima	1996 EDVIANA	10:54.96
6. Sara Filipa Andrade	1996 ASC	11:01.66	6. Flavia Daniela Goncalves	1996 EDVIANA	10:54.96
7. Debora Filipa Duque	1996 PIMP	11:05.45	7. Ana Luisa Carvalho	1996 C.D.L	11:15.83
8. Marcia Filipa Carvalho	1996 CLAC	11:06.31	8. Ines Ribeiro Sequeira	1996 EDVIANA	11:16.10
400L Masculinos			400L Masculinos		
	INF A			INF A	
1. Antonio Luis Quintino	1994 SCP	4:29.74	1. Diogo Cunha Girao	1994 SCC	4:31.58
2. Pedro Afonso Gaspar	1994 ASC	4:29.75	2. Andre Manuel Garcia	1994 CFV	4:32.42
3. Paulo Bruno Janeiro	1994 CNLA	4:33.73	3. Ruben Filipe Nunes	1994 GESF	4:32.60
4. Edgar Miguel Lopes	1994 LDC	4:38.15	4. Tiago Silva Oliveira	1994 LSC	4:35.07
5. Andre Eduardo Infante	1994 ESJB	4:38.21	5. Luis Pedro Ribeiro	1994 EDVIANA	4:35.71
6. Micael Valverde Teixeira	1994 CNNZ	4:38.94	6. Joao Manuel Borges	1994 GCF	4:38.90
7. Nuno Costa Caires	1994 CNF	4:40.24	7. Joao Pedro Veiga	1994 CNAC	4:39.32
8. Pedro Miguel Silva	1994 CIMM	4:44.07	8. Ricardo Jorge Rodrigues	1994 SCB	4:41.41
	INF B			INF B	
1. Afonso Lopes dos Santos	1995 AHBVCR	4:48.50	1. Manuel Henrique Alves	1995 EDVIANA	4:47.70
2. Tiago Ferreira Azevedo	1995 ANSE	4:51.96	2. Tomas Correia Silva	1995 CFP	4:53.42
3. Joao Filipe Duarte	1995 AVQA	4:58.72	3. Joao Paulo Duro	1995 IND	4:53.53
4. Gil Vilela Correia	1995 SCP	5:00.60	4. Bernardo Manuel Valente	1995 CFP	4:59.72
5. Joao Pedro Monteiro	1995 CDN	5:02.46	5. Rui Jorge Dias	1995 CNMC	5:00.27
6. Diogo Antonio Lopes	1995 SCALAB	5:03.52	6. Luis Alberto Nogueira	1995 GESF	5:01.17
7. Mohammad Shams Azad	1995 CNPD	5:04.74	7. Luis Gabriel Santos	1995 GCF	5:03.20
8.			8. Rui Oliveira Cardoso	1995 SCE	5:03.93

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ZONAL SUL			ZONAL NORTE		
200B femininos			200B femininos		
	INF A			INF A	
1. Lisa Marisa Soares	1995 CNA	2:53.91	1. Ana Claudia Cordeiro	1995 AAC	2:55.16
2. Joana Filipa Marques	1995 CAFBPD	2:59.30	2. Filipa Maria Rompante	1995 GDNVNF	2:56.09
3. Mariana Sequeira Crespo	1995 SCP	3:00.68	3. Ana Catarina Teixeira	1995 FOCA	2:59.13
4. Ana Carolina Mateus	1995 ABVE	3:02.58	4. Ana Cristina Brito	1995 SCB	3:00.04
5. Ines Raquel Estevao	1995 GESL	3:05.23	5. Ana Rita Silva	1995 CFV	3:03.97
6. Nance Antunes Vinagre	1995 ABVE	3:07.23	6. Maria Beatriz Ferreira	1995 CNMAIA	3:04.33
7. Sara Margarida Bento	1995 AVQA	3:07.29	7. Joana Fazendeiro Matos	1995 FCP	3:06.33
8. Patricia Alexandra Silva	1995 CL	3:07.35	8. Ines Sofia Ferreira	1995 GESP	3:07.51
	INF B			INF B	
1. Rita Fernandes Leitao	1996 SLB	3:05.94	1. Alexandra Vilas Fabiao	1996 SCB	3:09.13
2. Ana Marta Miranda	1996 SFUAP	3:06.79	2. Ana Cristina Dias	1996 SCB	3:10.66
3. Joana Dias Santos	1996 SFUAP	3:08.90	3. Daniela Valente Ferreira	1996 AEJ	3:13.40
4. Jennifer Martins Dias	1996 AHBVCR	3:13.39	4. Andreia Raquel Granjo	1996 GDNVNF	3:14.01
5. Catarina Dias Coutinho	1996 SCP	3:15.10	5. Andreia Lima Araujo	1996 VIANA	3:17.60
6. Adriana Cabrita Lopes	1996 LDC	3:15.91	6. Maria Ines Almeida	1996 CNAC	3:19.28
7. Maria Francisca Guimaraes	1996 SAD	3:17.90	7. Catia Alexandra Batista	1996 CLAMAS	3:19.42
8. Ines Simoes Rodrigues	1996 AVQA	3:20.42	8. Maria Joao Esteves	1996 CFP	3:20.14
200C Masculinos			200C Masculinos		
	INF A			INF A	
1. David Rua Amaro	1994 TNC	2:25.43	1. Miguel Antonio Silva	1994 SCB	2:23.68
2. Renato Filipe Nascimento	1994 LDC	2:26.09	2. Carlos Manuel Cabral	1994 CFV	2:25.42
3. Pedro Miguel Hormigo	1994 SFUAP	2:26.99	3. Diogo Nobrega Catelas	1994 AEJ	2:27.35
4. Miguel Angelo Pinto	1994 CNCVG	2:28.11	4. Jose Alberto Martins	1994 VSC	2:27.78
5. Jorge Miguel Roque	1994 SCP	2:28.39	5. Antonio Rafael Bessa	1994 GESP	2:28.44
6. Marcelo Santos Saldanha	1994 AHBVCR	2:29.38	6. Alcides Costa Sousa	1994 CDF	2:28.55
7. Joao Miguel Galvao	1994 SFUAP	2:31.00	7. Miguel Ferraz Costa	1994 CFV	2:28.98
8. Pedro Andre Santos	1994 SAD	2:31.73	8. Diogo Jose Santos	1994 CNMC	2:29.65
	INF B			INF B	
1. Nathan Keith Theodoris	1995 LDC	2:20.29	1. Renato Almeida Domingues	1995 FOCA	2:33.22
2. Diogo Gomes Sousa	1995 CNCVG	2:32.63	2. Tomas Correia Silva	1995 CFP	2:34.04
3. Filipe Maria Ferreira	1995 LDC	2:34.50	3. Andre Isaias Guimaraes	1995 GDNVNF	2:38.98
4. Daniel Ribeiro Sousa	1995 DNMG	2:34.84	4. Daniel Costa Vieira	1995 FCP	2:39.12
5. Luis Pedro Ferreira	1995 ASC	2:34.87	5. Joao Santos	1995 CDE	2:39.83
6. Pedro Afonso Centeno	1995 CNCVG	2:35.40	6. Luis Alberto Nogueira	1995 GESP	2:40.75
7. Joao Pedro Neto	1995 CNS	2:35.44	7. Joao Nuno Abreu	1995 VSC	2:42.13
8. Joao Carlos Costa	1995 SCP	2:37.67	8. Miguel Angelo Figueira	1995 SCC	2:42.50
200E Femininos			200E Femininos		
	INF A			INF A	
1. Patricia Alexandra Martins	1995 SCP	2:33.73	1. Tatiana Filipa Santos	1995 GCF	2:35.62
2. Catarina Tiago Nunes	1995 ANSE	2:35.60	2. Ana Goncalves Neto	1995 FCP	2:38.74
3. Ana Sofia Costa	1995 CNAL	2:38.83	3. Guadalupe Ribeiro Pinheiro	1995 GESP	2:39.61
4. Ines Filipa Borges	1995 CNAL	2:40.45	4. Filipa Maria Rompante	1995 GDNVNF	2:40.51
5. Ines Duarte Martins	1995 SFUAP	2:40.60	5. Catarina Lopes Reis	1995 CFP	2:41.77
6. Victoriya Kaminskaya	1995 CNPE	2:43.44	6. Diana Patricia Silva	1995 SSCMP	2:43.07
7. Mariana Costa Cabral	1995 ABVE	2:45.45	7. Beatriz Magalhaes Sampaio	1995 ADF	2:43.28
8. Raquel Maurile Taveira	1995 SAD	2:45.99	8. Rita Castro Freitas	1995 ADF	2:43.36
	INF B			INF B	
1. Ines Alexandra Paiva	1996 SAD	2:44.64	1. Diana Margarida Duraes	1996 FOCA	2:42.83
2. Catarina Vilhena Gregorio	1996 CLAC	2:50.87	2. Sofia Cunha Sousa	1996 FOCA	2:47.66
3. Sara Cristiana Valente	1996 CNAL	2:52.30	3. Joana Varandas Borges	1996 CNIN	2:48.85
4. Ana Catarina Pinto	1996 CNS	2:52.93	4. Beatriz Magalhaes Novais	1996 CNIN	2:49.89
5. Patricia Miguel Mendes	1996 ANSE	2:53.98	5. Beatriz Casimiro Valente	1996 CFP	2:50.35
6. Mafalda Goncalves Hormigo	1996 SFUAP	2:54.37	6. Claudia Susana Teixeira	1996 GESP	2:52.99
7. Catia Susana Silva	1996 AMINAT	2:54.63	7. Ana Isabel Cunha	1996 FOCA	2:53.60
8. Ana Isabel Neves	1996 PIMP	2:54.71	8. Ana Catarina Remelgado	1996 LSC	2:53.71

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- Zonal Sul - Albufeira -
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ZONAL SUL			ZONAL NORTE		
200L masculinos			200L masculinos		
	INF A			INF A	
1. Antonio Luis Quintino	1994 SCP	2:06.79	1. Andre Manuel Garcia	1994 CFV	2:08.43
2. Pedro Afonso Gaspar	1994 ASC	2:09.56	2. Ruben Filipe Nunes	1994 GESF	2:09.49
3. Micael Valverde Teixeira	1994 CNNZ	2:10.53	3. Diogo Cunha Girao	1994 SCC	2:09.68
4. Bruno Pinto Drumond	1994 CNF	2:11.25	4. Carlos Manuel Cabral	1994 CFV	2:12.13
5. Paulo Bruno Janeiro	1994 CNLA	2:12.04	5. Luis Miguel Fonseca	1994 FCP	2:12.61
6. Joao Manuel Leandro	1994 SCP	2:13.06	6. David Xavier Cunha	1994 ADF	2:12.70
7. Nuno Miguel Brites	1994 EFC	2:13.31	7. Joao Manuel Borges	1994 GCF	2:12.85
8. Pedro Andre Santos	1994 SAD	2:14.23	8. Fernando Santos Moreira	1994 CFP	2:12.94
	INF B			INF B	
1. Nathan Keith Theodoris	1995 LDC	2:06.04	1. Joao Paulo Duro	1995 IND	2:16.49
2. Joao Duarte Santos	1995 CNOL	2:17.01	2. Tomas Correia Silva	1995 CFP	2:19.24
3. Fabio Miguel Samouco	1995 CNTN	2:17.95	3. Rui Jorge Dias	1995 CNMC	2:20.73
4. Joao Pedro Monteiro	1995 CDN	2:18.10	4. Bernardo Manuel Valente	1995 CFP	2:21.76
5. Tiago Ferreira Azevedo	1995 ANSE	2:19.26	5. Sebastiao Jose Reis	1995 LSC	2:21.95
6. David Matias Fernandes	1995 LDC	2:20.62	6. Miguel Angelo Figueira	1995 SCC	2:24.04
7. Joao Manuel Serralheiro	1995 BSCN	2:21.14	7. Luis de Oliveira	1995 AAC	2:24.76
8. Diogo Neto	1995 ADBA	2:21.22	8. Luis Gabriel Santos	1995 GCF	2:25.06
100L Femininos			100L Femininos		
	INF A			INF A	
1. Patricia Alexandra Martins	1995 SCP	1:02.86	1. Silvia Ariana Soares	1995 FCP	1:04.99
2. Laura Oliveira Ferreira	1995 CNA	1:04.92	2. Rita Amado Laezza	1995 AAC	1:05.38
3. Joana Margarida Guimaraes	1995 PIMP	1:05.93	3. Joana Isabel Miranda	1995 VSC	1:05.53
4. Leonor Mourinho Neves	1995 SCP	1:06.22	4. Catarina Lopes Reis	1995 CFP	1:05.71
5. Paula Cristina Yang	1995 GESL	1:06.42	5. Maria Goncalves Maciel	1995 EDVIANA	1:06.18
6. Beatriz Maria Mendes	1995 CL	1:06.67	6. Andreia Sofia Torres	1995 GESF	1:06.22
7. Mariana Costa Cabral	1995 ABVE	1:06.79	7. Diana Patricia Silva	1995 SSCMP	1:07.66
8. Madalena Delerue Frischknecht	1995 SAD	1:06.82	8. Adriana Correia Lopes	1995 C.D.L	1:07.73
	INF B			INF B	
1. Isabel Pinto Abreu	1996 CFB	1:04.68	1. Beatriz Magalhaes Novais	1996 CNIN	1:09.69
2. Carolina Saraiva Pires	1996 CL	1:10.52	2. Maria Julia Cunha	1996 SCB	1:11.51
3. Sasha Penelope Theodoris	1996 LDC	1:10.94	3. Alexandra Vilas Fabio	1996 SCB	1:11.64
4. Carolina Costa Martins	1996 SCP	1:11.93	4. Renata, Castro Goncalves	1996 SCA	1:11.84
5. Carla Rosario Palma	1996 CNAL	1:12.10	5. Ariana Rocha Barbosa	1996 VIANA	1:11.97
6. Patricia Miguel Mendes	1996 ANSE	1:12.21	6. Maria Joao Amaral	1996 VIANA	1:12.50
7. Ana Filipa Brito	1996 CIMM	1:12.29	7. Ana Catarina Remelgado	1996 LSC	1:13.35
8. Beatriz Camilo Arsenio	1996 PORTIN	1:12.39	8. Diana Sofia Rocha	1996 GDNVNF	1:13.65
100B Masculinos			100B Masculinos		
	INF A			INF A	
1. Jose Manuel Dias	1994 SFUAP	1:13.44	1. Hugo Miguel Silva	1994 SCB	1:14.82
2. Pedro Miguel Silva	1994 CIMM	1:15.11	2. Ricardo Magina Lima	1994 EDL	1:15.37
3. Edgar Miguel Lopes	1994 LDC	1:16.38	3. Claudio Miguel Marques	1994 VIANA	1:16.26
4. Pedro Daniel Brito	1994 CNBE	1:18.19	4. Diogo Manuel Rodrigues	1994 VSC	1:16.59
5. Joao Pedro Braga	1994 CNPD	1:18.36	5. Joao Pedro Veiga	1994 CNAC	1:17.30
6. Ruben Jose marques	1994 CSM	1:18.80	6. Miguel Correia Mesquita	1994 FCP	1:17.60
7. Luis Miguel Silva	1994 PDEM	1:19.87	7. Joao Pedro Gomes	1994 SCB	1:17.87
8. David Rua Amaro	1994 TNC	1:19.96	8. Mario Miguel Azevedo	1994 CFV	1:18.20
	INF B			INF B	
1. Nuno Miguel Feliciano	1995 CNAL	1:18.26	1. Luis Manuel Fernandes	1995 GDNVNF	1:16.11
2. Fabio Miguel Samouco	1995 CNTN	1:19.64	2. Manuel Henrique Alves	1995 EDVIANA	1:19.30
3. Miguel Bras Sergio	1995 ABVE	1:21.10	3. Renato Almeida Domingues	1995 FOCA	1:20.14
4. Andre Goncalo Gomes	1995 CDN	1:21.12	4. Pedro Miguel Ribeiro	1995 ABPG	1:21.77
5. Joao Pedro Neto	1995 CNS	1:21.26	5. Joao Andre Neves	1995 AAC	1:25.50
6. Pedro Afonso Centeno	1995 CNCVG	1:21.53	6. Tiago Sobral Coelho	1995 GCST	1:25.75
7. Miguel Rego Borges	1995 CAFBPD	1:23.35	7. Marcelo, Oliveira Cardoso	1995 SCA	1:27.23
8. Miguel Maria Rosado	1995 AMINAT	1:24.45	8. Nuno Goncalo Martins	1995 GDNVNF	1:27.26

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ZONAL SUL			ZONAL NORTE		
200M Femininos			200M Femininos		
	INF A			INF A	
1. Lisa Marisa Soares	1995 CNA	2:32.83	1. Guadalupe Ribeiro Pinheiro	1995 GESP	2:39.34
2. Ines Duarte Martins	1995 SFUAP	2:35.31	2. Tatiana Filipa Santos	1995 GCF	2:46.03
3. Ana Sofia Costa	1995 CNAL	2:38.19	3. Beatriz Magalhaes Sampaio	1995 ADF	2:48.20
4. Claudia Ferreira Guerreiro	1995 EMDS	2:41.52	4. Joana Filipa Rosas	1995 FCP	2:48.45
5. Ines Filipa Borges	1995 CNAL	2:42.26	5. Ana Joaquina Goncalves	1995 SCB	2:50.38
6. Marta Sofia Cunha	1995 SCP	2:49.17	6. Ana Filipa Teixeira	1995 EDVIANA	2:50.80
7. Marta Filipa Vinagre	1995 CLAC	2:51.76	7. Mariana Sousa Martins	1995 CDF	2:51.24
8. Joana Reis Dias	1995 CNA	2:52.48	8. Joana Reis Veiga	1995 AAC	2:51.68
	INF B			INF B	
1. Ana Marta Miranda	1996 SFUAP	2:50.86	1. Joana Varandas Borges	1996 CNIN	2:51.18
2. Sara Cristiana Valente	1996 CNAL	2:52.68	2. Beatriz Casimiro Valente	1996 CFP	2:56.64
3. Ines Alexandra Paiva	1996 SAD	2:53.13	3. Ana Catarina Sousa	1996 VSC	2:59.09
4. Marcia Filipa Carvalho	1996 CLAC	2:54.26	4. Ana Isabel Cunha	1996 FOCA	2:59.90
5. Sara Filipa Andrade	1996 ASC	3:01.83	5. Debora Guimaraes Oliveira	1996 SCB	3:06.32
6. Bruna Leal Dantas	1996 SCP	3:02.85	6. Catia Alexandra Batista	1996 CLAMAS	3:11.42
7. Joana Dias Santos	1996 SFUAP	3:05.15	7. Claudia Susana Teixeira	1996 GESP	3:11.47
8. Rita Sequeira Raposeiro	1996 SFUAP	3:06.09	8. Joana Milhazes Pinto	1996 SCB	3:12.57
100M Masculinos			100M Masculinos		
	INF A			INF A	
1. Nuno Costa Caires	1994 CNF	1:03.62	1. Simao Pedro Alves	1994 GDNVNF	1:03.93
2. Francisco Miguel Cruz	1994 SFUAP	1:05.60	2. Antonio Jorge Rocha	1994 ADP	1:05.21
3. Miguel Alexandre Mira	1994 ABVE	1:05.95	3. Alcides Costa Sousa	1994 CDF	1:05.73
4. Renato Filipe Nascimento	1994 LDC	1:06.78	4. Luis Pedro Ribeiro	1994 EDVIANA	1:06.13
5. Carlos Lopes Pedrosa	1994 CNPD	1:07.91	5. Diogo Nobrega Catelas	1994 AEJ	1:07.55
6. Miguel Angelo Pinto	1994 CNCVG	1:09.52	6. Antonio Rafael Bessa	1994 GESP	1:07.95
7. Vasco Vinhas Rocha	1994 CFB	1:10.08	7. Claudio Miguel Marques	1994 VIANA	1:09.48
8. Joao Nuno Machado	1994 ESJB	1:10.30	8. Miguel Antonio Silva	1994 SCB	1:11.18
	INF B			INF B	
1. Afonso Lopes dos Santos	1995 AHBVCR	1:06.37	1. Cesar Filipe Magalhaes	1995 FOCA	1:15.02
2. Miguel Bras Sergio	1995 ABVE	1:09.14	2. Renato Almeida Domingues	1995 FOCA	1:15.44
3. Diogo Gomes Sousa	1995 CNCVG	1:10.18	3. Paulo Andre Silva	1995 CNMAIA	1:16.82
4. Miguel Duarte Nascimento	1995 PORTIN	1:10.87	4. Joao Pedro Barroso	1995 GCST	1:16.98
5. Daniel Ribeiro Sousa	1995 DNMG	1:12.09	5.		
6. Andre Augusto Santos	1995 CFB	1:12.51	6.		
7. Filipe Maria Ferreira	1995 LDC	1:14.32	7.		
8. Diogo Goncalves Teixeira	1995 CFB	1:14.34	8.		
1500L Masculinos			1500L Masculinos		
	INF A			INF A	
1. Pedro Afonso Gaspar	1994 ASC	17:44.97	1. Diogo Cunha Girao	1994 SCC	17:50.03
2. Andre Eduardo Infante	1994 ESJB	18:22.20	2. Tiago Silva Oliveira	1994 LSC	17:54.85
3. Micael Valverde Teixeira	1994 CNNZ	18:24.31	3. Fernando Santos Moreira	1994 CFP	17:57.53
4. Tiago Barros Ferreira	1994 SAD	18:33.82	4. Joao Manuel Borges	1994 GCF	18:14.30
5. Joao Pedro Vieira	1994 CNF	18:45.73	5. Luis Pedro Ribeiro	1994 EDVIANA	18:20.74
6. Antero Simao Martins	1994 DNMG	18:45.89	6. Francisco Miguel Costa	1994 GDNVNF	18:26.93
7. Simao Alexandre Ribeiro	1994 CMEM	18:48.00	7. Bernardo Machado Costa	1994 CFP	18:31.15
8. Joao Miguel Galvao	1994 SFUAP	19:04.51	8. Renato Mendes Pinheiro	1994 EDVIANA	18:36.10
	INF B			INF B	
1. Nathan Keith Theodoris	1995 LDC	17:49.06	1. Tomas Correia Silva	1995 CFP	18:36.46
2. Nuno Miguel Feliciano	1995 CNAL	19:27.04	2. Manuel Henrique Alves	1995 EDVIANA	18:49.51
3. Joao Carlos Costa	1995 SCP	19:38.92	3. Bernardo Manuel Valente	1995 CFP	19:44.15
4. Luis Pedro Ferreira	1995 ASC	19:39.24	4. Cesar Filipe Magalhaes	1995 FOCA	19:51.16
5. Joao Duarte Santos	1995 CNOL	19:45.41	5. Joao Nuno Abreu	1995 VSC	19:51.98
6. Joao Filipe Duarte	1995 AVQA	19:50.06	6. Luis Alberto Nogueira	1995 GESP	19:52.15
7. Gil Vilela Correia	1995 SCP	19:58.12	7.		
8. Duarte Nuno Vieira	1995 CDN	19:58.41	8.		

Comparação entre Campeonatos Zonais de Natação 2008

- Zonal Sul - Albufeira -
- Zonal Norte - Mealhada -

ZONAL SUL			ZONAL NORTE		
400L Femininos			400L Femininos		
	INF A			INF A	
1. Catia Raquel Martinheira	1995 LDC	4:41.52	1. Joana Isabel Miranda	1995 VSC	4:49.20
2. Lisa Marisa Soares	1995 CNA	4:45.30	2. Ana Goncalves Neto	1995 FCP	4:50.12
3. Claudia Ferreira Guerreiro	1995 EMDS	4:45.54	3. Rita Castro Freitas	1995 ADF	4:52.46
4. Leonor Mourinho Neves	1995 SCP	4:52.89	4. Catarina Lopes Reis	1995 CFP	4:56.03
5. Marta Filipa Vinagre	1995 CLAC	4:56.49	5. Beatriz Magalhaes Sampaio	1995 ADF	4:59.63
6. Mariana Sequeira Crespo	1995 SCP	4:59.69	6. Maria Luis Amorim	1995 FCP	5:00.57
7. Maria Rodrigues Fernandes	1995 CNF	5:04.99	7. Silvia Ariana Soares	1995 FCP	5:01.13
8. Vanessa Sofia Almeida	1995 CNA	5:06.03	8. Ana Catarina Costa	1995 AEJ	5:02.36
	INF B			INF B	
1. Isabel Pinto Abreu	1996 CFB	4:50.26	1. Diana Margarida Duraes	1996 FOCA	4:50.90
2. Catarina Vilhena Gregorio	1996 CLAC	5:17.99	2. Sofia Cunha Sousa	1996 FOCA	5:09.06
3. Rafaela Marques Bodiao	1996 CNOL	5:18.08	3. Ana Catarina Sousa	1996 VSC	5:13.38
4. Carla Rosario Palma	1996 CNAL	5:21.18	4. Maria Julia Cunha	1996 SCB	5:21.20
5. Sara Filipa Andrade	1996 ASC	5:23.80	5. Joana Milhazes Pinto	1996 SCB	5:23.56
6. Ana Isabel Neves	1996 PIMP	5:25.89	6. Alexandra Vilas Fabiao	1996 SCB	5:23.95
7. Ana Filipa Brito	1996 CIMM	5:25.92	7. Flavia Sofia Lima	1996 EDVIANA	5:24.50
8. Isa Morais Penas	1996 BSCN	5:27.06	8. Ana Catarina Azevedo	1996 GDNVNF	5:25.36
200B Masculinos			200B Masculinos		
	INF A			INF A	
1. Pedro Miguel Silva	1994 CIMM	2:44.04	1. Hugo Miguel Silva	1994 SCB	2:42.84
2. Jose Manuel Dias	1994 SFUAP	2:44.93	2. Diogo Manuel Rodrigues	1994 VSC	2:43.53
3. David Rua Amaro	1994 TNC	2:46.39	3. Joao Pedro Veiga	1994 CNAC	2:47.01
4. Edgar Miguel Lopes	1994 LDC	2:46.66	4. Joao Pedro Gomes	1994 SCB	2:48.00
5. Joao Pedro Braga	1994 CNPD	2:49.11	5. Mario Miguel Azevedo	1994 CFV	2:50.14
6. Pedro Andre Santos	1994 SAD	2:49.22	6. Ricardo Magina Lima	1994 EDL	2:50.23
7. Rui Pedro Horta	1994 CL	2:50.33	7. Miguel Correia Mesquita	1994 FCP	2:51.14
8. Bernardo Joao Patricio	1994 SCP	2:52.06	8. Tiago Jose Rola	1994 FCP	2:51.34
	INF B			INF B	
1. Nuno Miguel Feliciano	1995 CNAL	2:48.37	1. Luis Manuel Fernandes	1995 GDNVNF	2:48.48
2. Pedro Afonso Centeno	1995 CNCVG	2:56.60	2. Manuel Henrique Alves	1995 EDVIANA	2:53.63
3. Andre Goncalo Gomes	1995 CDN	2:57.21	3. Rui Jorge Dias	1995 CNMC	2:55.63
4. Pedro Alexandre Bento	1995 SAD	2:59.50	4. Joao Andre Neves	1995 AAC	2:59.35
5. Miguel Rego Borges	1995 CAFBPD	3:02.08	5. Pedro Miguel Ribeiro	1995 ABPG	2:59.71
6. Miguel Angelo Cruz	1995 GESL	3:03.27	6. Luis de Oliveira	1995 AAC	3:06.84
7. Joao Pedro Neto	1995 CNS	3:03.33	7. Marcelo, Oliveira Cardoso	1995 SCA	3:06.95
8. Pedro Alexandre Santiago	1995 SFUAP	3:05.54	8. Tiago Sobral Coelho	1995 GCST	3:07.07
200C Femininos			200C Femininos		
	INF A			INF A	
1. Catia Raquel Martinheira	1995 LDC	2:24.28	1. Tatiana Filipa Santos	1995 GCF	2:27.01
2. Catarina Tiago Nunes	1995 ANSE	2:34.09	2. Filipa Maria Rompante	1995 GDNVNF	2:36.96
3. Patricia Alexandra Martins	1995 SCP	2:34.66	3. Guadalupe Ribeiro Pinheiro	1995 GESP	2:37.23
4. Paula Cristina Yang	1995 GESL	2:34.93	4. Ana Oliveira Cunha	1995 GDNVNF	2:39.51
5. Ana Sofia Costa	1995 CNAL	2:35.17	5. Diana Patricia Silva	1995 SSCMP	2:41.02
6. Laura Oliveira Ferreira	1995 CNA	2:35.23	6. Mariana Costa Sebastiao	1995 GCF	2:41.75
7. Ines Filipa Borges	1995 CNAL	2:36.21	7. Maria Goncalves Maciel	1995 EDVIANA	2:41.97
8. Patricia Santos Dinis	1995 AHBVCR	2:39.93	8. Ana Margarida Costa	1995 LSC	2:43.18
	INF B			INF B	
1. Ines Alexandra Paiva	1996 SAD	2:42.00	1. Beatriz Magalhaes Novais	1996 CNIN	2:44.32
2. Ana Marta Miranda	1996 SFUAP	2:44.02	2. Beatriz Casimiro Valente	1996 CFP	2:45.52
3. Rafaela Marques Bodiao	1996 CNOL	2:44.84	3. Joana Varandas Borges	1996 CNIN	2:48.24
4. Carolina Saraiva Pires	1996 CL	2:45.70	4. Flavia Daniela Goncalves	1996 EDVIANA	2:48.32
5. Ines Brito Pereira	1996 SCP	2:46.50	5. Claudia Susana Teixeira	1996 GESP	2:50.38
6. Mafalda Goncalves Hormigo	1996 SFUAP	2:49.83	6. Ana Catarina Remelgado	1996 LSC	2:51.53
7. Debora Filipa Duque	1996 PIMP	2:50.08	7. Ana Isabel Cunha	1996 FOCA	2:53.20
8. Ana Isabel Neves	1996 PIMP	2:50.48	8. Maria Joao Paixao	1996 GCF	2:54.36

Comparação entre Campeonatos Zonais de Natação 2008

- Zonal Sul - Albufeira -
- Zonal Norte - Mealhada -

ZONAL SUL			ZONAL NORTE		
200E Masculinos			200E Masculinos		
	INF A			INF A	
1. Paulo Bruno Janeiro	1994 CNLA	2:26.26	1. Ruben Filipe Nunes	1994 GESP	2:25.58
2. Renato Filipe Nascimento	1994 LDC	2:27.35	2. Simao Pedro Alves	1994 GDNVNF	2:25.94
3. Miguel Angelo Pinto	1994 CNCVG	2:28.35	3. Hugo Miguel Silva	1994 SCB	2:27.05
4. Pedro Andre Santos	1994 SAD	2:28.53	4. Antonio Jorge Rocha	1994 ADP	2:27.36
5. Nuno Costa Caires	1994 CNF	2:30.54	5. Alcides Costa Sousa	1994 CDF	2:29.58
6. Francisco Miguel Cruz	1994 SFUAP	2:30.97	6. Pedro Barros Mendes	1994 AAC	2:31.53
7. David Rua Amaro	1994 TNC	2:31.36	7. Diogo Nobrega Catelas	1994 AEJ	2:31.67
8. Antonio Luis Quintino	1994 SCP	2:31.95	8. Miguel Antonio Silva	1994 SCB	2:32.66
	INF B			INF B	
1. Afonso Lopes dos Santos	1995 AHBVCR	2:23.70	1. Luis Manuel Fernandes	1995 GDNVNF	2:35.14
2. Diogo Gomes Sousa	1995 CNCVG	2:32.10	2. Renato Almeida Domingues	1995 FOCA	2:37.37
3. Daniel Ribeiro Sousa	1995 DNMG	2:35.90	3. Rui Jorge Dias	1995 CNMC	2:37.74
4. Miguel Duarte Nascimento	1995 PORTIN	2:36.05	4. Joao Paulo Duro	1995 IND	2:42.43
5. Joao Pedro Neto	1995 CNS	2:36.76	5. Miguel Angelo Figueira	1995 SCC	2:43.89
6. Joao Pedro Monteiro	1995 CDN	2:37.75	6. Cesar Filipe Magalhaes	1995 FOCA	2:43.97
7. Fabio Miguel Samouco	1995 CNTN	2:37.98	7. Luis Alberto Nogueira	1995 GESP	2:44.26
8. Andre Augusto Santos	1995 CFB	2:39.69	8. Joao Andre Neves	1995 AAC	2:44.26
200L Femininos			200L Femininos		
	INF A			INF A	
1. Catia Raquel Martinheira	1995 LDC	2:14.47	1. Joana Isabel Miranda	1995 VSC	2:19.05
2. Claudia Ferreira Guerreiro	1995 EMDS	2:18.93	2. Ana Goncalves Neto	1995 FCP	2:19.95
3. Leonor Mourinho Neves	1995 SCP	2:20.51	3. Ana Sofia Alves	1995 VSC	2:22.15
4. Laura Oliveira Ferreira	1995 CNA	2:20.62	4. Catarina Lopes Reis	1995 CFP	2:22.20
5. Paula Cristina Yang	1995 GESL	2:21.84	5. Andreia Sofia Torres	1995 GESP	2:22.22
6. Joana Margarida Guimaraes	1995 PIMP	2:23.02	6. Rita Castro Freitas	1995 ADF	2:22.44
7. Patricia Alexandra Martins	1995 SCP	2:24.34	7. Adriana Correia Lopes	1995 C.D.L	2:22.75
8. Maria Rodrigues Fernandes	1995 CNF	2:24.80	8. Tatiana Filipa Santos	1995 GCF	2:23.56
	INF B			INF B	
1. Isabel Pinto Abreu	1996 CFB	2:22.39	1. Diana Margarida Duraes	1996 FOCA	2:22.20
2. Rafaela Marques Bodiao	1996 CNOL	2:32.50	2. Beatriz Magalhaes Novais	1996 CNIN	2:30.46
3. Debora Filipa Duque	1996 PIMP	2:34.74	3. Maria Julia Cunha	1996 SCB	2:33.84
4. Carolina Saraiva Pires	1996 CL	2:34.76	4. Joana Milhazes Pinto	1996 SCB	2:34.69
5. Patricia Miguel Mendes	1996 ANSE	2:35.00	5. Ana Catarina Azevedo	1996 GDNVNF	2:35.47
6. Beatriz Camilo Arsenio	1996 PORTIN	2:36.67	6. Renata, Castro Goncalves	1996 SCA	2:36.01
7.			7. Ana Catarina Remelgado	1996 LSC	2:36.56
8.			8. Flavia Sofia Lima	1996 EDVIANA	2:36.67
100L Masculinos			100L Masculinos		
	INF A			INF A	
1. Pedro Afonso Gaspar	1994 ASC	0:57.87	1. Simao Pedro Alves	1994 GDNVNF	0:57.92
2. Nuno Costa Caires	1994 CNF	0:58.74	2. Andre Manuel Garcia	1994 CFV	0:58.84
3. Antonio Luis Quintino	1994 SCP	0:59.45	3. Carlos Manuel Cabral	1994 CFV	0:58.92
4. Carlos Lopes Pedrosa	1994 CNPD	0:59.57	4. Antonio Jorge Rocha	1994 ADP	0:59.89
5. Micael Valverde Teixeira	1994 CNNZ	0:59.95	5. Gustavo Almeida Madureira	1994 AAC	0:59.89
6. Miguel Alexandre Mira	1994 ABVE	1:00.19	6. Claudio Miguel Marques	1994 VIANA	1:00.12
7. Joao Manuel Leandro	1994 SCP	1:00.63	7. Fernando Santos Moreira	1994 CFP	1:00.59
8. Bruno Pinto Drumond	1994 CNF	1:00.83	8. Andre Marques Silva	1994 SCBM	1:00.97
	INF B			INF B	
1. Nathan Keith Theodoris	1995 LDC	0:58.44	1. Luis Manuel Fernandes	1995 GDNVNF	1:03.87
2. Fabio Miguel Samouco	1995 CNTN	1:00.75	2. Sebastiao Jose Reis	1995 LSC	1:04.20
3. Diogo Gomes Sousa	1995 CNCVG	1:01.18	3. Joao Paulo Duro	1995 IND	1:05.17
4. Joao Duarte Santos	1995 CNOL	1:03.27	4. Bernardo Manuel Valente	1995 CFP	1:05.47
5. Joao Pedro Monteiro	1995 CDN	1:03.41	5. Luis de Oliveira	1995 AAC	1:05.62
6. Daniel Ribeiro Sousa	1995 DNMG	1:04.08	6. Joao Santos	1995 CDE	1:05.69
7. Tiago Ferreira Azevedo	1995 ANSE	1:04.52	7. Rui Jorge Dias	1995 CNMC	1:06.10
8. Joao Carlos Costa	1995 SCP	1:04.67	8. Joao Pedro Barroso	1995 GCST	1:06.20

Comparação entre Campeonatos Zonais de Natação 2008

- Zonal Sul - Albufeira -
- Zonal Norte - Mealhada -

ZONAL SUL			ZONAL NORTE		
100B Femininos			100B Femininos		
	INF A			INF A	
1. Ana Carolina Mateus	1995 ABVE	1:21.70	1. Ana Claudia Cordeiro	1995 AAC	1:22.02
2. Joana Filipa Marques	1995 CAFBPD	1:22.48	2. Filipa Maria Rompante	1995 GDNVNF	1:23.47
3. Catarina Tiago Nunes	1995 ANSE	1:23.16	3. Ana Catarina Teixeira	1995 FOCA	1:24.39
4. Ines Raquel Estevo	1995 GESL	1:26.01	4. Ana Cristina Brito	1995 SCB	1:24.84
5. Victoriya Kaminskaya	1995 CNPE	1:26.21	5. Ana Francisca Pereira	1995 GDNVNF	1:27.02
6. Patricia Alexandra Silva	1995 CL	1:26.60	6. Joana Fazendeiro Matos	1995 FCP	1:27.27
7. Ana Filipa Bento	1995 SLB	1:27.06	7. Ines Sofia Ferreira	1995 GESP	1:27.41
8. Susana Colaco Silva	1995 SAD	1:27.25	8. Ana Rita Silva	1995 CFV	1:28.09
	INF B			INF B	
1. Rita Fernandes Leitao	1996 SLB	1:26.32	1. Sofia Cunha Sousa	1996 FOCA	1:28.53
2. Ana Marta Miranda	1996 SFUAP	1:28.67	2. Daniela Valente Ferreira	1996 AEJ	1:28.63
3. Joana Dias Santos	1996 SFUAP	1:30.52	3. Maria Manuela Frade	1996 ABPG	1:29.30
4. Carolina Costa Martins	1996 SCP	1:31.41	4. Alexandra Vilas Fabiao	1996 SCB	1:29.41
5. Catarina Dias Coutinho	1996 SCP	1:31.54	5. Maria Joao Amaral	1996 VIANA	1:31.24
6. Catarina Vilhena Gregorio	1996 CLAC	1:32.30	6. Ana Cristina Dias	1996 SCB	1:31.35
7. Jennifer Martins Dias	1996 AHBVCR	1:32.85	7. Andreia Lima Araujo	1996 VIANA	1:32.38
8. Adriana Cabrita Lopes	1996 LDC	1:32.91	8. Paula Alexandra Oliveira	1996 FCP	1:33.08
200M Masculinos			200M Masculinos		
	INF A			INF A	
1. Jose Manuel Dias	1994 SFUAP	2:29.26	1. Ruben Filipe Nunes	1994 GESP	2:26.03
2. Renato Filipe Nascimento	1994 LDC	2:29.86	2. Alcides Costa Sousa	1994 CDF	2:26.41
3. Francisco Miguel Cruz	1994 SFUAP	2:30.23	3. Antonio Rafael Bessa	1994 GESP	2:27.74
4. Paulo Bruno Janeiro	1994 CNLA	2:30.54	4. Luis Pedro Ribeiro	1994 EDVIANA	2:29.76
5. Vasco Vinhas Rocha	1994 CFB	2:33.92	5. Antonio Jorge Rocha	1994 ADP	2:30.32
6. David Rua Amaro	1994 TNC	2:35.22	6. Diogo Nobrega Catelas	1994 AEJ	2:33.14
7. Tiago Barros Ferreira	1994 SAD	2:37.29	7. Pedro Gomes Antunes	1994 SCB	2:36.00
8. Antonio Luis Garcia	1994 SAD	2:40.35	8. Tiago Silva Oliveira	1994 LSC	2:38.52
	INF B			INF B	
1. Afonso Lopes dos Santos	1995 AHBVCR	2:32.14	1. Cesar Filipe Magalhaes	1995 FOCA	2:47.25
2. Andre Augusto Santos	1995 CFB	2:37.88	2. Paulo Andre Silva	1995 CNMAIA	2:50.19
3. Miguel Duarte Nascimento	1995 PORTIN	2:38.29	3. Rui Oliveira Cardoso	1995 SCE	2:52.60
4. Filipe Maria Ferreira	1995 LDC	2:47.80	4. Luis Gabriel Santos	1995 GCF	2:53.25
5. Guilherme Nunes Faria	1995 CDN	2:48.41	5.		
6. Nuno Miguel Feliciano	1995 CNAL	2:48.89	6.		
7. Afonso Mateus Ribeiro	1995 CFB	2:49.43	7.		
8. Goncalo Alexandre Rato	1995 ASC	2:51.17	8.		
100M Femininos			100M Femininos		
	INF A			INF A	
1. Lisa Marisa Soares	1995 CNA	1:06.55	1. Guadalupe Ribeiro Pinheiro	1995 GESP	1:10.16
2. Catarina Tiago Nunes	1995 ANSE	1:10.43	2. Ana Filipa Teixeira	1995 EDVIANA	1:14.35
3. Ines Duarte Martins	1995 SFUAP	1:10.96	3. Joana Reis Veiga	1995 AAC	1:15.04
4. Marta Filipa Vinagre	1995 CLAC	1:12.93	4. Silvia Ariana Soares	1995 FCP	1:15.13
5. Ines Filipa Borges	1995 CNAL	1:14.97	5. Sofia Verissimo Pedrosa	1995 JFP	1:16.04
6. Victoriya Kaminskaya	1995 CNPE	1:15.84	6. Mariana Sousa Martins	1995 CDF	1:16.19
7. Joana Reis Dias	1995 CNA	1:15.88	7. Ana Catarina Costa	1995 AEJ	1:16.70
8. Mariana Romao Pereira	1995 ESJB	1:17.80	8. Joana Filipa Rosas	1995 FCP	1:16.79
	INF B			INF B	
1. Ines Alexandra Paiva	1996 SAD	1:16.81	1. Joana Varandas Borges	1996 CNIN	1:16.17
2. Sara Cristiana Valente	1996 CNAL	1:18.10	2. Diana Margarida Duraes	1996 FOCA	1:16.99
3. Marcia Filipa Carvalho	1996 CLAC	1:18.73	3. Beatriz Casimiro Valente	1996 CFP	1:19.32
4. Carla Rosario Palma	1996 CNAL	1:19.96	4. Ana Catarina Sousa	1996 VSC	1:20.28
5. Rita Sequeira Raposeiro	1996 SFUAP	1:21.95	5. Ariana Rocha Barbosa	1996 VIANA	1:20.51
6. Sara Filipa Andrade	1996 ASC	1:22.35	6. Debora Guimaraes Oliveira	1996 SCB	1:20.68
7. Sasha Penelope Theodoris	1996 LDC	1:22.41	7. Claudia Susana Teixeira	1996 GESP	1:21.80
8. Patricia Miguel Mendes	1996 ANSE	1:22.72	8. Ana Isabel Cunha	1996 FOCA	1:23.41