

Semana 10 (2 a 8 de março 2026)

**DESTAQUES DA PROGRAMAÇÃO: RTP INTERNACIONAL
(AMERICA)**

**Futebol: Taça de Portugal 2025/2026
Meias-Finais (1ª mão)
Sporting CP x FC Porto**

Primeiro encontro das meias finais da Prova Rainha

O Sporting recebe o Porto num jogo a contar para a 1ª mão das meias finais da Taça de Portugal.

Terça-feira, pelas 15h45 (NY) e 20h45 (LIS)



GRELHA DE PROGRAMAS

SEMANA 10

2026

NY	US	COD	TAB	2/mar/26	3/mar/26	4/mar/26	5/mar/26	6/mar/26	7/mar/26	8/mar/26	COD	TAB	US	NY								
01.00	06.00	AM06	14	BOM DIA PORTUGAL	BOM DIA PORTUGAL	BOM DIA PORTUGAL	BOM DIA PORTUGAL	BOM DIA PORTUGAL	GRANDIOSA ENCICLOPÉDIA DO LUDOPÉDIO	PROGRAMA CAUTELAR	AM06	14	06.00	01.00								
15	15	AM07	14						(REP) ACOLÁ DENTRO	MEMÓRIAS E OFÍCIOS (Açores) - MEMÓRIAS E OFÍCIOS (Açores)	AM07	14	BOM DIA PORTUGAL - FIM-DE-SEMANA	AM08	14	07.00	02.00					
30	30								BOM DIA PORTUGAL - FIM-DE-SEMANA	AM09						14	08.00	03.00				
45	45																		AM10	14	09.00	04.00
02.00	07.00																					
15	15	AM12	14	11.00	06.00																	
30	30					AM13	14	12.00	07.00													
45	45									AM14	14	13.00	08.00									
03.00	08.00	AM15	14	14.00	09.00																	
15	15					AM16	14	15.00	10.00													
30	30									AM17	14	16.00	11.00									
45	45	AM18	14	17.00	12.00																	
04.00	09.00					AM19	14	18.00	13.00													
15	15									AM20	14	19.00	14.00									
30	30	AM21	14	20.00	15.00																	
45	45					AM22	14	21.00	16.00													
05.00	10.00									AM23	14	22.00	17.00									
15	15	AM24	14	23.00	18.00																	
30	30					AM25	14	24.00	19.00													
45	45									AM26	14	25.00	20.00									
06.00	11.00	AM27	14	26.00	21.00																	
15	15					AM28	14	27.00	22.00													
30	30									AM29	14	28.00	23.00									
45	45	AM30	14	29.00	24.00																	
07.00	12.00					AM31	14	30.00	25.00													
15	15									AM32	14	31.00	26.00									
30	30	AM33	14	32.00	27.00																	
45	45					AM34	14	33.00	28.00													
08.00	13.00									AM35	14	34.00	29.00									
15	15	AM36	14	35.00	30.00																	
30	30					AM37	14	36.00	31.00													
45	45									AM38	14	37.00	32.00									
09.00	14.00	AM39	14	38.00	33.00																	
15	15					AM40	14	39.00	34.00													
30	30									AM41	14	40.00	35.00									
45	45	AM42	14	41.00	36.00																	
10.00	15.00					AM43	14	42.00	37.00													
15	15									AM44	14	43.00	38.00									
30	30	AM45	14	44.00	39.00																	
45	45					AM46	14	45.00	40.00													
11.00	16.00									AM47	14	46.00	41.00									
15	15	AM48	14	47.00	42.00																	
30	30					AM49	14	48.00	43.00													
45	45									AM50	14	49.00	44.00									
12.00	17.00	AM51	14	50.00	45.00																	
15	15					AM52	14	51.00	46.00													
30	30									AM53	14	52.00	47.00									
45	45	AM54	14	53.00	48.00																	
13.00	18.00					AM55	14	54.00	49.00													
15	15									AM56	14	55.00	50.00									
30	30	AM57	14	56.00	51.00																	
45	45					AM58	14	57.00	52.00													
14.00	19.00									AM59	14	58.00	53.00									
15	15	AM60	14	59.00	54.00																	
30	30					AM61	14	60.00	55.00													
45	45									AM62	14	61.00	56.00									
15.00	20.00	AM63	14	62.00	57.00																	
15	15					AM64	14	63.00	58.00													
30	30									AM65	14	64.00	59.00									
45	45	AM66	14	65.00	60.00																	
16.00	21.00					AM67	14	66.00	61.00													
15	15									AM68	14	67.00	62.00									
30	30	AM69	14	68.00	63.00																	
45	45					AM70	14	69.00	64.00													
17.00	22.00									AM71	14	70.00	65.00									
15	15	AM72	14	71.00	66.00																	
30	30					AM73	14	72.00	67.00													
45	45									AM74	14	73.00	68.00									
18.00	23.00	AM75	14	74.00	69.00																	
15	15					AM76	14	75.00	70.00													
30	30									AM77	14	76.00	71.00									
45	45	AM78	14	77.00	72.00																	
19.00	24.00					AM79	14	78.00	73.00													
15	15									AM80	14	79.00	74.00									
30	30	AM81	14	80.00	75.00																	
45	45					AM82	14	81.00	76.00													
20.00	25.00									AM83	14	82.00	77.00									
15	15	AM84	14	83.00	78.00																	
30	30					AM85	14	84.00	79.00													
45	45									AM86	14	85.00	80.00									
21.00	26.00	AM87	14	86.00	81.00																	
15	15					AM88	14	87.00	82.00													
30	30									AM89	14	88.00	83.00									
45	45	AM90	14	89.00	84.00																	
22.00	27.00					AM91	14	90.00	85.00													
15	15									AM92	14	91.00	86.00									
30	30	AM93	14	92.00	87.00																	
45	45					AM94	14	93.00	88.00													
23.00	28.00									AM95	14	94.00	89.00									
15	15	AM96	14	95.00	90.00																	
30	30					AM97	14	96.00	91.00													
45	45									AM98	14	97.00	92.00									
24.00	29.00	AM99	14	98.00	93.00																	
15	15					AM100	14	99.00	94.00													
30	30									AM101	14	100.00	95.00									
45	45	AM102	14	101.00	96.00																	
25.00	30.00					AM103	14	102.00	97.00													
15	15									AM104	14	103.00	98.00									
30	30	AM105	14	104.00	99.00																	
45	45					AM106	14	105.00	100.00													
26.00	31.00									AM107	14	106.00	101.00									
15	15	AM108	14	107.00	102.00																	
30	30					AM109	14	108.00	103.00													
45	45									AM110	14	109.00	104.00									
27.00	32.00	AM111	14	110.00	105.00																	
15	15					AM112	14	111.00	106.00													
30	30									AM113	14	112.00	107.00									
45	45	AM114	14	113.00	108.00																	
28.00	33.00					AM115	14	114.00	109.00													
15	15									AM116	14	115.00	110.00									
30	30	AM117	14	116.00	111.00																	
45	45					AM118	14	117.00	112.00													
29.00	34.00									AM119	14	118.00	113.00									
15	15	AM120	14	119.00	114.00																	
30	30					AM121	14	120.00	115.00													
45	45									AM122	14	121.00	116.00									
30.00	35.00	AM123	14	122.00	117.00																	
15.00	36.00					AM124	14	123.00	118.00													
15	15									AM125	14	124.00	119.00									
30	30	AM126	14	125.00	120.00																	
45	45					AM127	14	126.00	121.00													
31.00	37.00									AM128	14	127.00	122.00									
15.00	38.00	AM129	14	128.00	123.00																	
15	15					AM130	14	129.00	124.00													
30	30									AM131	14	130.00	125.00									
45	45	AM132	14	131.00	126.00																	
32.00	39.00					AM133	14	132.00	127.00													
15.00	40.00									AM134	14	133.00	128.00									
15	15	AM135	14	134.00	129.00																	
30	30					AM136	14	135.00	130.00													
45	45									AM137	14	136.00	131.00									
33.00	41.00	AM138	14	137.00	132.00																	
15.00	42.00					AM139	14	138.00	133.00													
15	15									AM140	14	139.00	134.00									
30	30	AM141	14	140.00	135.00																	
45	45					AM142	14	141.00	136.00													
34.00	43.00									AM143	14	142.00	137.00									
15.00	44.00	AM144	14	143.00	138.00																	
15	15					AM145	14	144.00	139.00													
30	30									AM146	14	145.00	140.00									
45	45	AM147	14	146.00	141.00																	
35.00	45.00					AM148	14	147.00	142.00													
15.00	46.00									AM149	14	148.00	143.00									
15	15	AM150	14	149.00	144.00																	
30	30					AM151	14	150.00	145.00													
45	45									AM152	14	151.00	146.00									
36.00	47.00	AM153	14	152.00	147.00																	
15.00	48.00					AM154	14	153.00	148.00													
15	15									AM155	14	154.00	149.00									
30	30	AM156	14	155.00	150.00																	
45	45					AM157	14	156.00	151.00													
37.00	49.00									AM158	14	157.00	152.00									
15.00	50.00	AM159	14	158.00	153.00																	
15	15					AM160	14	159.00	154.00													
30	30									AM161	14	160.00	155.00									
45	45	AM162	14	161.00	156.00																	
38.00	51.00					AM163	14	162.00	157.00													
15.00	52.00									AM164	14	163.00	158.00									
15	15	AM165	14	164.00	159.00																	
30	30					AM166	14	165.00	160.00													
45	45									AM167	14	166.00	161.00									
39.00	53.00	AM168	14	167.00	162.00																	
15.00	54.00					AM169	14	168.00	163.00													
15	15									AM170	14	169.00	164.00									
30	30	AM171	14	170.00	165.00																	
45	45					AM172	14	171.00	166.00													
40.00	55.00									AM173	14	172.00	167.00									
15.00	56.00	AM174	14	173.00	168.00																	
15	15					AM175	14	174.00	169.00													
30	30									AM176	14	175.00	170.00									
45	45	AM177	14	176.00	171.00																	
41.00	57.00					AM178	14	177.00	172.00													
15.00	58.00									AM179	14	178.00	173.00									
15	15	AM180	14	179.00	174.00																	
30	30					AM181	14	180.00	175.00													
45	45									AM182	14	181.00	176.00									
42.00	59.0																					