



<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	XLEVEL	3.19.48	BADAJEZ ( ESP )	22/03/15	2.55.55	2011	3.19.48	3.05.11	3.13.48	3.04.13	2.55.55	3.05.06	3.02.16	2.56.49
									<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>
									2013 / 2014	2012 / 2013	2011 / 2012	2010 / 2011	2009 / 2010	2008 / 2009	2007 / 2008
<a href="#">JESSICA AUGUSTO</a>	81	IND	2.24.25	LONDRES ( GBR )	13/04/14	2.24.33	2011	2.24.25		2.24.59	2.24.33				
<a href="#">DULCE FÉLIX</a>	82	SLB	2.26.46	LONDRES ( GBR )	13/04/14	2.25.40	2011	2.26.46	2.30.05	2.25.40	2.26.30				
<a href="#">FILOMENA COSTA</a>	85	ACDJS	2.31.08	HAMBURGO ( GER )	04/05/14	2.33.34	2011	2.31.08		2.40.57	2.33.34				
<a href="#">MARISA BARROS RODRIGUES</a>	80	IND	2.34.35	ZURIQUE ( SUI )	16/08/14	2.25.04	2011	2.34.35	2.26.51	2.26.13	2.25.04	2.25.45	2.26.03	2.31.31	
<a href="#">DOROTEIA PEIXOTO</a>	83	MCP	2.36.51	HAMBURGO ( GER )	04/05/14			2.36.51							
<a href="#">CLÁUDIA PEREIRA</a>	76	JOMA	2.37.13	AMESTERDÃO ( NED )	19/10/14			2.37.13							
<a href="#">VERA NUNES</a>	80	SLB	2.39.30	PÁDUA ( ITA )	27/04/14			2.39.30							
<a href="#">MÓNICA SILVA</a>	83	MCP	2.41.43	TURIM ( ITA )	17/11/13			2.41.43							
<a href="#">ROSA MADUREIRA</a>	77	FCPF	2.43.14	PORTO	03/11/13			2.43.14	2.58.55						
<a href="#">PATRÍCIA ISABEL SERAFIM</a>	91	IND	2.49.24	BADAJEZ ( ESP )	23/03/14			2.49.24							
<a href="#">LÚCIA PEREIRA</a>	86	DVV	2.56.39	NOVA IORQUE ( USA )	03/11/13			2.56.39							
<a href="#">MARLENE LOPES</a>	83	GDAC	2.56.52	PORTO	03/11/13			2.56.52	3.07.16						
<a href="#">LIDIA PEREIRA</a>	67	CPM	2.59.56	PORTO	03/11/13	2.54.41	2013	2.59.56	2.54.41	2.56.50	2.56.51	3.09.53	3.08.48	3.11.47	
<a href="#">RAQUEL CARVALHO</a>		ORUN	3.02.01	BARCELONA ( ESP )	16/03/14			3.02.01							
<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	AMCF	3.05.11	BADAJEZ ( ESP )	23/03/14	2.55.55	2011	3.05.11	3.13.48	3.04.13	2.55.55	3.05.06	3.02.16	2.56.49	
<a href="#">ALICE BASÍLIO</a>	70	AAMAF	3.05.20	VALÊNCIA ( ESP )	17/11/13			3.05.20		3.08.17		3.19.16			
<a href="#">SARA DE BRITO</a>	70	CABAR	3.05.21	BADAJEZ ( ESP )	23/03/14	3.08.43	2013	3.05.21	3.08.43	3.18.45					
<a href="#">DULCINEA SILVA</a>		CABAR	3.05.53	BADAJEZ ( ESP )	23/03/14			3.05.53							
<a href="#">CONCEIÇÃO GRARE</a>	53	IND	3.08.59	VALÊNCIA ( ESP )	17/11/13			3.08.59	3.10.05	3.09.16	2.59.18	3.09.35			
<a href="#">MARIA PINTO</a>		IND	3.12.55	LONDRES ( GBR )	13/04/14			3.12.55							
<a href="#">RAQUEL GUIMARÃES</a>	72	IND	3.13.38	PORTO	03/11/13			3.13.38			3.15.21				
<a href="#">ISABEL CARVALHO</a>	70	LDMONTE	3.14.14	PORTO	03/11/13			3.14.14							
<a href="#">LUCINDA SOUSA</a>	71	IND	3.14.26	PORTO	03/11/13			3.14.26							
<a href="#">CARMO PINTO</a>			3.17.34	LISBOA	05/10/14			3.17.34							
<a href="#">CARINA MATIAS</a>	84	CABAR	3.19.01	BADAJEZ ( ESP )	23/03/14	3.10.20	2013	3.19.01	3.10.20	3.13.16					
<a href="#">ESTER ALVES</a>	81	DPSPORT	3.19.39	PORTO	03/11/13			3.19.39		3.15.46					
<a href="#">CRISTINA PONTE</a>	72	CLINIP	3.19.52	SEVILHA ( ESP )	23/02/14			3.19.52	3.13.19						
									<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	
									2012 / 2013	2011 / 2012	2010 / 2011	2009 / 2010	2008 / 2009	2007 / 2008	
<a href="#">MARISA BARROS RODRIGUES</a>	80	SLB	2.26.51	YOKOHAMA ( JPN )	18/11/12	2.25.04	2011	2.26.51		2.26.13	2.25.04	2.25.45	2.26.03	2.31.31	
<a href="#">DULCE FÉLIX</a>	82	MCP	2.30.05	BOSTON ( USA )	15/04/13	2.25.40	2011	2.30.05	2.25.40	2.26.30					
<a href="#">ANABELA TAVARES</a>	78	GDJL	2.45.44	LISBOA	09/12/12	2.50.19	2011	2.45.44	2.50.19						
<a href="#">LIDIA PEREIRA</a>	67	CPM	2.54.41	SEVILHA ( ESP )	24/02/13	2.56.50	2012	2.54.41	2.56.50	2.56.51	3.09.53	3.08.48	3.11.47		
<a href="#">RUTE MARTINS</a>	85	CAFZZ	2.55.03	LISBOA	09/12/12			2.55.03							
<a href="#">ROSA MADUREIRA</a>	77	FCPF	2.58.55	LISBOA	09/12/12			2.58.55							
<a href="#">VERA FERNANDES</a>	85	AABV	3.05.29	LISBOA	09/12/12			3.05.29							
<a href="#">EVELINA SHAMAROVA</a>	74	PRUNNERS	3.06.34	SEVILHA ( ESP )	24/02/13			3.09.46							
<a href="#">MARLENE LOPES</a>	83	MAC	3.07.16	CORUNHÃ ( ESP )	21/04/13			3.07.16							
<a href="#">ANA MARGARIDA DUARTE</a>		CCDOA	3.08.28	SEVILHA ( ESP )	24/02/13			3.08.28							
<a href="#">SARA DE BRITO</a>		BARREIRA	3.08.43	BADAJEZ ( ESP )	17/03/13	3.18.45	2012	3.08.43	3.18.45						
<a href="#">HELENA LOBO</a>	68	NAT	3.08.49	PORTO	28/10/12			3.08.49	3.12.58						
<a href="#">CONCEIÇÃO GRARE</a>	53	PRUNNERS	3.10.05	VALENCIA ( ESP )	18/11/12			3.10.05	3.09.16	2.59.18	3.09.35				
<a href="#">CARINA MATIAS</a>		BARREIRA	3.10.20	BADAJEZ ( ESP )	17/03/13	3.13.16	2012	3.10.20	3.13.16						
<a href="#">CRISTINA PONTE</a>	72	SRC	3.13.19	SEVILHA ( ESP )	24/02/13			3.13.19							
<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	AMCF	3.13.48	BADAJEZ ( ESP )	17/03/13	2.55.55	2011	3.13.48	3.04.13	2.55.55	3.05.06	3.02.16	2.56.49		
<a href="#">ISABEL MOLEIRO</a>		SSCGD	3.18.26	SEVILHA ( ESP )	24/02/13			3.18.26							
<a href="#">VERÓNICA CORREIA</a>	86	IND	3.18.41	LISBOA	09/12/12			3.18.41			3.19.24	3.15.22			
									<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	
									2011 / 2012	2010 / 2011	2009 / 2010	2008 / 2009	2007 / 2008		
<a href="#">JESSICA AUGUSTO</a>	81	IND	2.24.59	LONDRES ( GBR )	22/04/12	2.24.33	2011		2.24.59	2.24.33					
<a href="#">DULCE FÉLIX</a>	82	MCP	2.25.40	NOVA IORQUE ( USA )	06/11/11	2.26.30	2011		2.25.40	2.26.30					
<a href="#">MARISA BARROS RODRIGUES</a>	80	SLB	2.26.13	LONDRES ( GBR )	05/08/12	2.25.04	2011		2.26.13	2.25.04	2.25.45	2.26.03	2.31.31		
<a href="#">FILOMENA COSTA</a>	85	SCB	2.40.57	GOLD COAST ( AUS )	01/07/12	2.33.34	2011		2.40.57	2.33.34					
<a href="#">ANABELA TAVARES</a>	78	CRDA	2.50.19	LISBOA	04/12/11	2.50.19	2011		2.50.19						
<a href="#">LIDIA PEREIRA</a>	67	CPM	2.56.50	BADAJEZ ( ESP )	18/03/12	2.56.51	2010		2.56.50	2.56.51	3.09.53	3.08.48	3.11.47		
<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	AMCF	3.04.13	SEVILHA ( ESP )	19/02/12	2.55.55	2011		3.04.13	2.55.55	3.05.06	3.02.16	2.56.49		
<a href="#">ALICE BASÍLIO</a>	70	AAMAF	3.08.17	PORTO	06/11/11			3.08.17			3.19.16				

<a href="#">CONCEIÇÃO GRARE</a>	53	PRUNNERS	3.09.16	PORTO	06/11/11			3.09.16	2.59.18	3.09.35				
<a href="#">EVELINA SHAMAROVA ( RUS )</a>		PRUNNERS	3.09.46	PORTO	06/11/11			3.09.46						
<a href="#">SONIA BAILLY ( FRA )</a>		ASICSPT	3.11.50	PORTO	06/11/11			3.11.50						
<a href="#">CARLA MENDES PINTO</a>	71	GDMAC	3.11.56	LISBOA	04/12/11			3.11.56		3.15.38	3.12.42			
<a href="#">HELENA LOBO</a>	68	NAT	3.12.58	PORTO	06/11/11			3.12.58						
<a href="#">CARINA MATIAS</a>		BARREIRA	3.13.16	BADAJOS ( ESP )	18/03/12			3.13.16						
<a href="#">VERÓNICA SCUTARU</a>	76	CRDA	3.15.05	FARO	09/10/11			3.15.05						
<a href="#">ESTER ALVES</a>	81	GINVILAC	3.15.46	PORTO	06/11/11			3.15.46						
<a href="#">SARA DE BRITO</a>		BARREIRA	3.18.45	BADAJOS ( ESP )	18/03/12			3.18.45						
											<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>
											<b>2010 / 2011</b>	<b>2009 / 2010</b>	<b>2008 / 2009</b>	<b>2007 / 2008</b>
<a href="#">JESSICA AUGUSTO</a>	81	IND	2.24.33	LONDRES ( GBR )	17/04/11	2.24.33	2011	2.24.33						
<a href="#">MARISA BARROS RODRIGUES</a>	80	SLB	2.25.04	YOKOHAMA ( JPN )	20/02/11	2.25.45	2010	2.25.04	2.25.45	2.26.03	2.31.31			
<a href="#">DULCE FÉLIX</a>	82	MCP	2.26.30	VIENA ( AUT )	17/04/11	2.26.30	2011	2.26.30						
<a href="#">FILOMENA COSTA</a>	85	SCB	2.33.34	PRAGA ( CZE )	08/05/11	2.33.34	2011	2.33.34						
<a href="#">LEOPOLDINA SILVEIRA</a>	75	EFSSRA	2.54.27	MARSELHA ( FRA )	17/04/11	2.39.19	2008	2.54.27		2.48.09	2.39.19			
<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	AMCF	2.55.55	BADAJOS ( ESP )	31/01/11	2.55.55	2011	2.55.55	3.05.06	3.02.16	2.56.49			
<a href="#">LIDIA PEREIRA</a>	67	CPM	2.56.51	PORTO	07/11/10	3.08.48	2008	2.56.51	3.09.53	3.08.48	3.11.47			
<a href="#">CONCEIÇÃO GRARE</a>	53	PRUNNERS	2.59.18	PARIS ( FRA )	10/04/11			2.59.18	3.09.35					
<a href="#">SUSANA SIMÕES</a>	72	PRUNNERS	3.14.28	PORTO	07/11/10	3.13.48	2006	3.14.28		3.17.08	3.08.41			
<a href="#">RAQUEL GUIMARÃES</a>	72	TDASFALTO	3.15.21	PORTO	07/11/10			3.15.21						
											<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	
											<b>2009 / 2010</b>	<b>2008 / 2009</b>	<b>2007 / 2008</b>	
<a href="#">MARISA BARROS RODRIGUES</a>	80	SZRT	2.25.45	OSAKA ( JPN )	31/01/10	2.26.03	2009	2.25.45	2.26.03	2.31.31				
<a href="#">ANA DIAS</a>	74	CBF	2.30.12	ENEZA ( ITA )	25/10/09	2.28.49	2003	2.30.12			2.29.22			
<a href="#">FERNANDA RIBEIRO</a>	69	IND	2.31.11	PORTO	08/11/09			2.31.11						
<a href="#">MÓNICA ROSA</a>	78	MCP	2.37.09	PARIS ( FRA )	11/04/10			2.37.09						
<a href="#">ELISABETE LOPES</a>	75	MCP	2.44.40	MACAU ( MAC )	06/12/09	2.37.36	2009	2.44.40	2.37.36	2.46.10				
<a href="#">PATRICIA PEREIRA</a>	81	NAJ	2.52.46	PORTO	08/11/09			2.52.46						
<a href="#">CHANTAL XHERVELLE ( BEL )</a>	68	AMCF	3.05.06	PORTO	08/11/09	2.56.49	2008	3.05.06	3.02.16	2.56.49				
<a href="#">CONCEIÇÃO GRARE</a>	53	PRUNNERS	3.09.35	BERLIM ( GER )	26/09/10			3.09.35						
<a href="#">LIDIA PEREIRA</a>	67	CPM	3.09.53	PORTO	08/11/09	3.08.48	2008	3.09.53	3.08.48	3.11.47				
<a href="#">ROSA MARIA MOREIRA</a>			3.10.46	BERLIM ( GER )	26/09/10			3.10.46						
<a href="#">CRISTINA SANCHES</a>	69	IND	3.12.03	PORTO	08/11/09			3.12.03						
<a href="#">CARLA MENDES</a>	71	PRUNNERS	3.15.38	PORTO	08/11/09			3.15.38	3.12.42					
<a href="#">JANINE COELHO</a>		IND	3.16.33	PORTO	08/11/09			3.16.33						
<a href="#">CARMEN PIRES</a>	77	ASASM	3.16.38	BADAJOS ( ESP )	31/01/10			3.16.38						
<a href="#">ANA GOMES</a>		IND	3.17.16	PORTO	08/11/09			3.17.16						
<a href="#">ALICE BASÍLIO</a>	70	AAMAF	3.19.16	ZARAGOZA ( ESP )	22/11/09			3.19.16						
<a href="#">VERÓNICA CORREIA</a>	86	MIRFC	3.19.24	PORTO	08/11/09			3.19.24	3.15.22					
											<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	
											<b>2008 / 2009</b>	<b>2007 / 2008</b>	<b>2006 / 2007</b>	
<a href="#">MARISA BARROS RODRIGUES</a>	80	SZRT	2.26.03	SEVILHA ( ESP )	22/02/09	2.26.03	2009	2.26.03	2.31.31					
<a href="#">ELISABETE LOPES</a>	75	MCP	2.37.36	LISBOA	10/05/09	2.37.36	2009	2.37.36	2.46.10					
<a href="#">MADALENA CARRICO</a>	79	GDE	2.42.16	SEVILHA ( ESP )	22/02/09	2.42.16	2009	2.42.16						
<a href="#">FÁTIMA SILVA</a>	70	CDP	2.46.23	PORTO	26/10/08	2.32.01	2002	2.46.23	2.47.49					
<a href="#">LEOPOLDINA SILVEIRA</a>	75	EFSSRA	2.48.09	LA ROCHELLE ( FRA )	30/11/08	2.39.19	2008	2.48.09	2.39.19					
<a href="#">LUCINDA MOREIRAS</a>	68	NCLSC	2.57.59	BADAJOS ( ESP )	01/02/09	2.47.48	2002	2.57.59	2.55.33					
<a href="#">CHANTAL XHERVELLE ( BEL )</a>		CASFIG	3.02.16	BADAJOS ( ESP )	01/02/09	2.56.49	2008	3.02.16	2.56.49					
<a href="#">AURELIANA EDMUNDO POLÓNIA</a>	70	SZRT	3.05.20	PORTO	26/10/08	2.57.35	2006	3.05.20	3.10.58					
<a href="#">LIDIA PEREIRA</a>	67	GDR	3.08.48	PORTO	26/10/08	3.08.48	2008	3.08.48	3.11.47					
<a href="#">CARLA MENDES</a>	71	PRUNNERS	3.12.42	PORTO	26/10/08			3.12.42						
<a href="#">VERÓNICA CORREIA</a>	86	GDMO	3.15.22	PORTO	26/10/08			3.15.22						
<a href="#">RUTE MATOS</a>			3.16.43	LISBOA	10/05/09			3.16.43						
<a href="#">SUSANA SIMÕES</a>	72	PRUNNERS	3.17.08	PORTO	26/10/08	3.13.48	2006	3.17.08	3.08.41					
											<b>ÉPOCA</b>	<b>ÉPOCA</b>	<b>ÉPOCA</b>	
											<b>2007 / 2008</b>	<b>2006 / 2007</b>	<b>2005 / 2006</b>	
<a href="#">ANA DIAS</a>	74	CBF	2.29.22	SEVILHA ( ESP )	24/02/08	2.28.49	2003	2.29.22						
<a href="#">INÊS MONTEIRO</a>	80	MCP	2.30.36	ROTTERDÃO ( NED )	13/04/08	2.30.36	2008	2.30.36						
<a href="#">MARISA BARROS RODRIGUES</a>	80	AÇOREANA	2.31.31	PORTO	21/10/07	2.31.31	2007	2.31.31						

<a href="#">LEONOR CARNEIRO</a>	78	MCP	<b>2.33.15</b>	HAMBURGO ( GER )	27/04/08	2.31.41	2007	<b>2.33.15</b>
<a href="#">FÁTIMA CABRAL</a>	72	AÇOREANA	<b>2.35.10</b>	HAMBURGO ( GER )	27/04/08	2.33.32	2003	<b>2.35.10</b>
<a href="#">LEOPOLDINA SILVEIRA</a>	75	EFSRA	<b>2.39.19</b>	PARIS ( FRA )	06/04/08	2.42.39	2006	<b>2.39.19</b>
<a href="#">ELISABETE LOPES</a>	75	MCP	<b>2.46.10</b>	LISBOA	12/04/08	2.46.10	2008	<b>2.46.10</b>
<a href="#">FÁTIMA SILVA</a>	70	CDP	<b>2.47.49</b>	LISBOA	02/12/07	2.32.01	2002	<b>2.47.49</b>
<a href="#">LUCINDA MOREIRAS</a>	68	NCLSC	<b>2.55.33</b>	LISBOA	02/12/07	2.47.48	2002	<b>2.55.33</b>
<a href="#">CHANTAL XHERVELLE ( BEL )</a>		CASFIG	<b>2.56.49</b>	BADAJOS ( ESP )	27/01/08	2.56.49	2008	<b>2.56.49</b>
<a href="#">NATÁLIA PINHO</a>	64	AÇOREANA	<b>3.06.08</b>	LISBOA	02/12/07	2.52.09	2006	<b>3.06.08</b>
<a href="#">SUSANA SIMÕES</a>	72	PRCC	<b>3.08.41</b>	PORTO	21/10/07	3.13.48	2006	<b>3.08.41</b>
<a href="#">AURELIANA EDMUNDO POLÓNIA</a>	70	AÇOREANA	<b>3.10.58</b>	PORTO	21/10/07	2.57.35	2006	<b>3.10.58</b>
<a href="#">LIDIA PEREIRA</a>	67	GDR	<b>3.11.47</b>	LISBOA	12/04/08	3.11.47	2008	<b>3.11.47</b>
<a href="#">RUTE SOUSA</a>	70	AÇOREANA	<b>3.14.54</b>	BOSTON ( USA )	21/04/08	3.22.04	2006	<b>3.14.54</b>

Para qualquer correcção, sugestão ou comentário a este Ranking é favor enviar para:

Eduardo Oliveira - Seixas do Douro

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