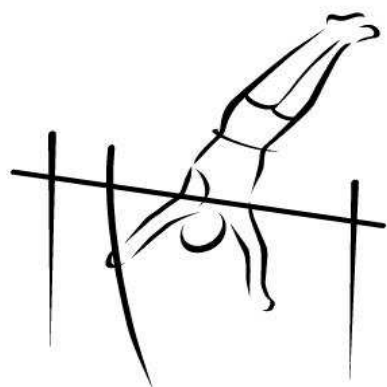
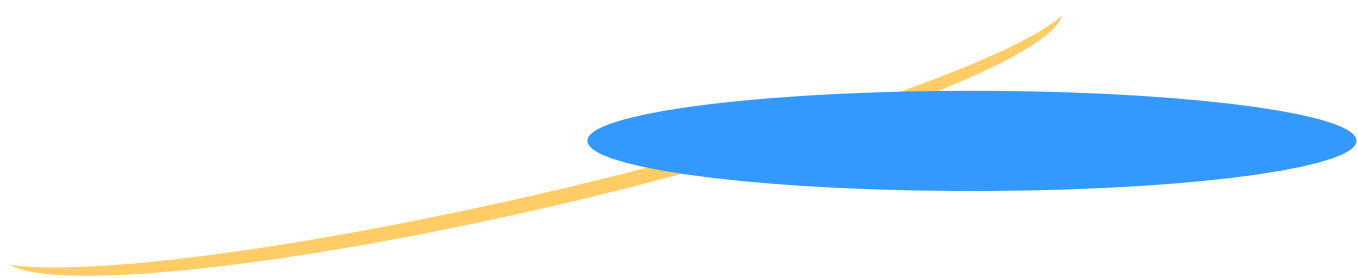


# PORTUGAL



## Rankings Indoor 2013/2014

**Listas não oficiais da temporada de 2013/2014  
elaboradas por Fernando Martins em colaboração  
com Arons de Carvalho**



# Masculinos

Época Indoor  
2013/2014



### 60 m - 6,90 - 7,30

6,68	Francis Obikwelu	Sporting CP	22-11-78	2		Viena - AUT	08-02	6,53i-11
6,72	Ricardo Monteiro	SL Benfica	02-10-85	1ex		Pombal	26-01	6,72i-13
6,73	Ricardo Monteiro			1	C. Port	Pombal	15-02	
6,74	Francis Obikwelu			2h		Viena - AUT	08-02	
6,75	Yazaldes Nascimento	SL Benfica	17-04-86	1		Lisboa - CAR	21-01	6,72i-12
6,75	Diogo Antunes	SL Benfica	02-11-92	2ex		Pombal	26-01	6,70i-13
6,75	Francis Obikwelu			1	CNCI-1	Pombal	22-02	
6,75	Francis Obikwelu			1ex		Pombal	22-02	
6,75	Francis Obikwelu			3h		Metz - FRA	28-02	
6,76	Yazaldes Nascimento			3ex		Pombal	26-01	
6,76	Diogo Antunes			2	CNCI-1	Pombal	22-02	
6,77	Ricardo Monteiro			2		Lisboa - CAR	21-01	
6,77	Diogo Antunes			1mf	C. Port	Pombal	15-02	
6,78	Ricardo Monteiro			1h		Lisboa - CAR	21-01	
6,78	Diogo Antunes			2ex		Pombal	22-02	
6,79	Diogo Antunes			2h		Lisboa - CAR	21-01	
6,79	Diogo Antunes			3		Lisboa - CAR	21-01	
6,79	Diogo Antunes			1		Pombal	02-02	
6,79	Diogo Antunes			2	C. Port	Pombal	15-02	
6,79	Arnaldo Abrantes	SL Benfica	27-11-86	3	C. Port	Pombal	15-02	6,65i-11
6,79	Ricardo Monteiro			1h	C. Port	Pombal	15-02	
6,79	Ricardo Monteiro			1mf	C. Port	Pombal	15-02	
6,79	Francis Obikwelu			6		Metz - FRA	28-02	
6,80	Arnaldo Abrantes			2mf	C. Port	Pombal	15-02	
6,81	Edi Sousa	Sporting CP	11-07-89	3mf	C. Port	Pombal	15-02	6,84i-11/12
6,82	Arnaldo Abrantes			4		Lisboa - CAR	21-01	
6,82	Yazaldes Nascimento			3ex		Pombal	22-02	
6,83	Ricardo Monteiro			2		Pombal	02-02	
6,83	Diogo Antunes			1h		Pombal	02-02	
6,83	Arnaldo Abrantes			1		Lisboa - CAR	05-02	
6,83	Carlos Nascimento	Sporting CP	12-10-94	4	C. Port	Pombal	15-02	6,73i-13
6,83	André Costa	SL Benfica	09-05-92	2mf	C. Port	Pombal	15-02	6,89i-13
6,84	Yazaldes Nascimento			3h		Lisboa - CAR	21-01	
6,84	Pedro Bernardo	Sporting CP	12-05-89	4mf	C. Port	Pombal	15-02	6,98i-13
6,84	Arnaldo Abrantes			4ex		Pombal	22-02	
6,85	Arnaldo Abrantes			4h		Lisboa - CAR	21-01	
6,85	Francis Obikwelu			1ex		Pombal	25-01	
6,85	Yazaldes Nascimento			1s	CNCI-Ap	Pombal	26-01	
6,85	Yazaldes Nascimento			1h		Sabadell - ESP	31-01	
6,85	Arnaldo Abrantes			3		Pombal	02-02	
6,85	Edi Sousa			2		Lisboa - CAR	05-02	
6,85	João Gonçalves	SL Benfica	31-12-93	3		Lisboa - CAR	05-02	7,08i-12
6,85	David Lima	Sporting CP	06-09-90	1		Birmingham - GBR	09-02	6,89i-13
6,85	David Lima			1s		Birmingham - GBR	09-02	
6,85	Edi Sousa			5	C. Port	Pombal	15-02	
6,85	Pedro Bernardo			5	C. Port	Pombal	15-02	
6,86	Arnaldo Abrantes			1h		Lisboa - CAR	05-02	
6,86	Arnaldo Abrantes			1h	C. Port	Pombal	15-02	
6,86	João Gonçalves			5mf	C. Port	Pombal	15-02	
6,86	João Gonçalves			1ex		Pombal	22-02	
6,87	Edi Sousa			1h		Lisboa - CAR	21-01	
6,87	Edi Sousa			5		Lisboa - CAR	21-01	
6,87	Carlos Nascimento			3mf	C. Port	Pombal	15-02	
6,87	Carlos Nascimento			5ex		Pombal	22-02	
6,88	Diogo Antunes			1h		Lisboa - CAR	05-02	
6,88	André Costa			7	C. Port	Pombal	15-02	
6,88	João Gonçalves			8	C. Port	Pombal	15-02	
6,89	André Costa			5h		Lisboa - CAR	21-01	

6,89		Arnaldo Abrantes			1h		Pombal	02-02	
6,89		Diogo Antunes			1	CNU	Pombal	02-03	
6,89		Edi Sousa			2	CNU	Pombal	02-03	
6,90		Pedro Bernardo			1h		Lisboa - CAR	21-01	
6,90		João Gonçalves			1s		Lisboa - CAR	21-01	
6,90		Edi Sousa			2ex		Pombal	25-01	
6,90	Xavier Mendes	Sporting CP		04-02-95	2h		Lisboa - CAR	05-02	6,95i-13
6,90		João Gonçalves			2h	C. Port	Pombal	15-02	
6,90		Diogo Antunes			1h	CNU	Pombal	02-03	
6,94	Ivo Vital	Sporting CP		09-08-88	3h	C. Port	Pombal	15-02	6,88i-09
6,95	Tiago Silvestre	SL Benfica		18-06-91	7		Pombal	02-02	6,92i-12
6,96	Holder da Silva	JOMA	GBS	22-01-88	3ex		Pombal	22-02	6,80i-09
6,98	Samuel Remédios	GA Fátima		24-02-92	2s	CNCI-Ap	Pombal	26-01	6,95i-13
6,99	António Brandão	CCSJ. Madeira		08-09-92	6mf	C. Port	Pombal	15-02	6,99i-12
7,00	Nuno Batista	Sporting CP		10-04-91	1rB		Lisboa - CAR	05-02	6,91i-12
7,00	Dany Gonçalves	SL Benfica		14-03-85	3h	C. Port	Pombal	15-02	6,81i-09
7,01	Luis Neves	SL Benfica		22-05-95	5rB		Lisboa - CAR	21-01	7,03i-12
7,02	Helder Pinto	Gira Sol RC		07-04-93	3s	CNCI-Ap	Pombal	26-01	7,02i-13
7,02	João Pinto	CA Marinha Grande		12-06-97	1mf	CNJ	Pombal	08-02	
7,03	João Barros	SL Benfica	STP	25-05-93	2rB		Lisboa - CAR	05-02	7,17i-12
7,03	João Djibo	SL Benfica	GBS	10-08-94	3rB		Lisboa - CAR	05-02	7,30i-13
7,04	Lionel Delgado	Luxemburgo		96	4h		Coque - Lux	01-02	7,10i-13
7,05	Pedro Cabral	AC Mocidade - Aç		10-03-93	8mf	C. Port	Pombal	15-02	7,14i-12
7,06	Rafael Jorge	SL Benfica		01-03-97	2h		Lisboa - CAR	05-02	
7,07	Edgar Batista	Esc Movimento		12-07-91	3h	C. Port	Pombal	15-02	7,07i-10/12
7,08	Paulo Gomes	ACR Sra. Desterro		16-03-93	4s	CNCI-Ap	Pombal	26-01	7,02i-13
7,08	Ricardo Ribeiro	ACD Jardim Serra		21-02-95	2h	CNJ	Pombal	08-02	7,20i-13
7,10	Ricardo Pereira	SL Benfica		04-03-96	3h		Lisboa - CAR	21-01	7,01i-13
7,10	Joel Jesus	Gira Sol RC		08-12-95	4	CNJ	Pombal	08-02	7,21i-13
7,10	Valter Pereira	SL Benfica	STP	31-03-96	2mf	CNJ	Pombal	08-02	
7,11	José Pedro Lopes	SL Benfica		23-05-95	6h		Lisboa - CAR	21-01	6,98i-13
7,14	Tomás Borges	Sporting CP		23-01-95	1h		Lisboa - CAR	21-01	7,13i-13
7,14	Marco Rodrigues	Juv. Vidigalense		08-04-95	8ex		Pombal	26-01	7,17i-13
7,14	Giziel Lima	Juv. Vidigalense		11-01-92	5h	C. Port	Pombal	15-02	7,11i-13
7,15	Ernane Silva	Sporting CP	GBS	19-09-92	3		Eaubonne - FRA	18-01	7,04i-12
7,15	Francisco Cordoeiro	Esc Movimento		09-05-92	2ex		Pombal	22-02	7,27i-13
7,17	Rafael Gonçalves	AC Vermoil		03-06-98	3		Pombal	18-01	
7,17	Eduardo Sá	CCD Ribeirão		18-05-95	3s	CNCI-Ap	Braga	25-01	7,20i-13
7,18	Miguel Sambé	CF Belenenses		20-11-95	4h		Lisboa - CAR	05-02	7,33i-13
7,19	Abel Pereira	NA Cucujães		01-05-86	5h	C. Port	Pombal	15-02	7,26i-12/13
7,20	Pedro Fernando	ACDR Arneirense		20-03-97	6s	CNCI-Ap	Pombal	26-01	
7,20	André Leal	CP Corroios		28-11-95	5h	C. Port	Pombal	15-02	7,13i-13
7,21	Sérgio Silva	GRECAS		31-07-92	3s	CNCI-Ap	Pombal	25-01	7,25i-13
7,21	Marcos Caldeira	SL Benfica		27-02-88	4	CNU	Pombal	02-03	7,09i-11
7,22	Filipe Santos	GD Estreito		25-06-84	1s	CNCI-Ap	Pombal	25-01	7,05i-11
7,22	Luís Silva	CC SJ. Madeira		11-07-93	6h	C. Port	Pombal	15-02	7,12i-12
7,23	Wilson Martins	Juv. Vidigalense	CPV	01-03-88	2h	CNU	Pombal	02-03	7,13i-12
7,23	Bruno Gualberto	Juv. Vidigalense		01-08-88	3h	CNU	Pombal	02-03	7,05i-08
7,24	Ivo Tavares	Maia AC		31-01-96	3		Braga	28-12	7,26i-13
7,24	Pedro Ferreira	EC+S Lavra		21-02-96	Hep	C. Norte	Braga	01-02	7,27i-13
7,24	José Miguel Salgado	CCD Ribeirão		20-10-94	1ex	ANDDI	Braga	08-02	7,34i-13
7,24	David Sénica	UD Zona Alta		27-01-97	4h	CNJ	Pombal	08-02	7,46i-13
7,25	Dylan Pedro	Juv. Vidigalense		04-01-95	5		Pombal	11-01	7,45i-13
7,25	David Silva	CAS Manique		27-01-97	3h	CNJ	Pombal	08-02	
7,25	Ricardo Lemos	SL Benfica		30-01-73	1	CN Vet	Pombal	08-03	6,82i-95
7,26	André Simões	GCA Donas		06-08-93	1		Pombal	11-01	7,28i-13
7,26	Fábio Martins	CLAC		11-01-97	1s		Pombal	11-01	7,24i-13
7,26	Tiago Boucela	Sporting CP		09-02-92	Hep	C. Norte	Braga	01-02	7,25i-13
7,26	Diogo Maçarico	Sporting CP		23-12-95	3h		Lisboa - CAR	05-02	7,30i-13
7,26	Sergio Chiu	Sporting CP		11-05-95	5h		Lisboa - CAR	05-02	7,35i-13
7,26	André Lima	CA Seia		19-04-91	3ex		Pombal	22-02	
7,27	Adam Ferreira	S Lagos Bf		10-05-96	1		V. R. Sto. António	18-01	

7,27	Miguel Cabral	Gira Sol RC		27-01-97	2h		Pombal	18-01	
7,27	Hélio Vaz	CA Seia		01-05-91	1ex		Pombal	22-02	
7,28	Bruno Varejão	CA Tamega		28-05-94	4	C. Norte	Braga	11-01	7,31i-13
7,28	Fábio Cunha	JUN Ideal		23-08-94	6h	C. Norte	Braga	11-01	7,32i-13
7,28	Pedro Fontes	Juv. Vidigalense		08-06-88	3ex		Pombal	26-01	7,18i-07
7,29	André Ferrão	Esc Movimento		27-12-94	2h	C. Norte	Braga	11-01	7,35i-13
7,29	Luís Ribeiro	SL Benfica		31-07-96	3h		Lisboa - CAR	21-01	7,29i-13
7,29	Rodrigo Belo	AA Pinhalnovense		13-06-95	4s	CNCI-Ap	Pombal	25-01	7,35i-13
7,29	José Gonçalves	CCSJ. Madeira		27-09-95	7h	C. Port	Pombal	15-02	
7,30	José Fernandes	Esc Movimento		06-01-93	3ex		Braga	25-01	
7,30	André Reis	SL Benfica		93	4h		Pombal	02-02	
7,30	Paulo Neto	ACRD Escapães		11-03-97	Hep	CNJ	Pombal	08-02	

## 200 m- 22,50 – 23,50

21,26	David Lima	Sporting CP		06-09-90	1		Birmingham - GBR	08-02	21,60i-12
21,27	Arnaldo Abrantes	SL Benfica		27-11-86	1	CNCI-1	Pombal	23-02	21,02i-09
21,41	David Lima				2	CNCI-1	Pombal	23-02	
21,57	Arnaldo Abrantes				1s	CNCI-Ap	Pombal	26-01	
21,57	Vitor Santos Soares	SL Benfica		18-12-94	1h		Sheffield - GBR	09-02	22,35i-13
21,62	Vitor Santos Soares				1	C. Port	Pombal	16-02	
21,68	Arnaldo Abrantes				2	C. Port	Pombal	16-02	
21,95	Carlos Nascimento	Sporting CP		12-10-94	1s	C. Port	Pombal	16-02	22,15i-13
22,19	Eduardo Sá	CCD Ribeirão		18-05-95	1	CNJ	Pombal	09-02	22,68i-13
22,20	Pedro Bernardo	Sporting CP		12-05-89	1s	CNCI-Ap	Pombal	25-01	23,43i-07
22,20	Dany Gonçalves	SL Benfica		14-03-85	2s	C. Port	Pombal	16-02	21,48i-09
22,20	Sérgio Silva	GRECAS		31-07-92	1s	CNCI-1	Pombal	23-02	22,34i-13
22,21	André Marques	Sporting CP		20-11-92	1s	C. Port	Pombal	16-02	22,48i-13
22,21	João Pinto	CA Marinha Grande		12-06-97	1	CNCI-2	Pombal	23-02	
22,26	António Brandão	CCSJ. Madeira		08-09-92	2s	CNCI-1	Pombal	23-02	22,30i-12
22,28	Joel Jesus	Gira Sol RC		08-12-95	3s	CNCI-1	Pombal	23-02	22,83i-13
22,29	Eduardo Sá				3s	C. Port	Pombal	16-02	
22,35	Ricardo Pereira	SL Benfica		04-03-96	1s	CNJ	Pombal	09-02	22,19i-13
22,40	Xavier Mendes	Sporting CP		04-02-95	2s	CNJ	Pombal	09-02	
22,41	José Pedro Lopes	SL Benfica		23-05-95	2s	C. Port	Pombal	16-02	22,39i-13
22,49	Edgar Batista	Esc Movimento		12-07-91	2	CNCI-2	Pombal	23-02	22,88i-12
22,63	André Simões	GCA Donas		06-08-93	1s	CNCI-2	Pombal	23-02	23,90i-13
22,65	Ricardo Ribeiro	ACD Jardim Serra		21-02-95	3s	C. Port	Pombal	16-02	
22,69	David Sénica	UD Zona Alta		27-01-97	1s		Pombal	12-01	23,75i-13
22,70	Tiago Silvestre	SL Benfica		18-06-91	4s	C. Port	Pombal	16-02	22,68i-10
22,70	Cesar Pedreira	AA Pinhalnovense		20-08-87	2s	CNCI-2	Pombal	23-02	22,98i-08
22,72	Dylan Pedro	Juv. Vidigalense		04-01-95	3s	CNCI-1	Pombal	23-02	23,41i-12
22,79	Rodrigo Belo	AA Pinhalnovense		13-06-95	3s	CNJ	Pombal	09-02	22,89i-13
22,80	Gracelino Barbosa	ACR Sra. Desterro	CPV	01-02-85	4s	CNCI-1	Pombal	23-02	22,58i-11
22,82	Edgar Remédios	GA Fátima		05-05-94	2s	C. Port	Pombal	16-02	23,21i-13
22,84	Lionel Delgado	Luxemburgo		96	2s		Coque - Lux	11-01	23,16i-13
22,84	Edivaldo Monteiro	Jambeossi SC		28-04-76	1	CN Vet	Pombal	08-03	21,81i-00
22,85	Bruno Gualberto	Juv. Vidigalense		01-08-88	1s	CNCI-Ap	Pombal	26-01	21,85i-08
22,86	Alexandre Cardeira	ACDR Arneirense		02-12-94	3s	C. Port	Pombal	16-02	22,88i-12
23,03	Miguel Sambé	CF Belenenses		20-11-95	1s	CNJ	Pombal	09-02	
23,09	Marco Rodrigues	Juv. Vidigalense		08-04-95	1s		Pombal	12-01	23,20i-13
23,18	Micael Franco	ADR Agua Pena		31-08-95	4s	C. Port	Pombal	16-02	
23,27	João Ribeiro	UD Santiago Guarda		16-03-97	1s		Pombal	19-01	
23,30	João Delgado	CA Seia		08-01-90	3s	CNCI-2	Pombal	23-02	
23,31	Muler Santos	JOMA	GBS	05-11-93	2s	CNCI-Ap	Pombal	25-01	24,02i-13
23,31	Giziel Lima	Juv. Vidigalense		11-01-92	5s	C. Port	Pombal	16-02	23,72i-13
23,33	Henrique Marques	Gira Sol RC		22-06-93	2		Pombal	12-01	
23,33	André Leal	CP Corroios		28-11-95	3s	CNJ	Pombal	09-02	
23,35	Rafael Gonçalves	AC Vermoil		03-06-98	1s		Pombal	12-01	
23,43	Délcio Martins	CA Bx Banheira	ANG	11-05-95	3s	CNCI-2	Pombal	23-02	23,80i-13

## 300 m – 39,00

38,28	Ricardo Reis	Maia AC		20-07-98	1		Braga	18-01	
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## 400 m– 50,20 – 52,30

47,37	Vitor Santos Soares	SL Benfica		18-12-94	1	CNCI-1	Pombal	22-02	48,35i-13
47,81	Vitor Santos Soares				1	C. Port	Pombal	15-02	
48,06	João Ferreira	Sporting CP		20-10-86	2	CNCI-1	Pombal	22-02	48,00i-11
48,07	Vitor Santos Soares				4h		Sheffield - GBR	08-02	
48,40	João Ferreira				1		Sabadell - ESP	08-02	
48,44	João Ferreira				1		Pombal	02-02	
48,62	João Ferreira				2	C. Port	Pombal	15-02	
48,75	João Ferreira				1s	CNCI-Ap	Pombal	25-01	
48,79	António Rodrigues	SL Benfica		25-09-88	2		Pombal	02-02	47,95i-08
48,96	André Marques	Sporting CP		20-11-92	1ex	CNU	Pombal	02-03	49,27i-13
49,06	André Marques				3		Pombal	02-02	
49,11	João Ferreira				1ex		Pombal	04-01	
49,14	António Rodrigues				2ex		Pombal	04-01	
49,31	André Marques				3	C. Port	Pombal	15-02	
49,31	Mauricio Alves	CO Pechão	CPV	05-01-94	2ex	CNU	Pombal	02-03	49,94i-13
49,45	Mauricio Alves				3ex		Pombal	04-01	
49,76	Luis Neves	SL Benfica		22-05-95	1	CNJ	Pombal	08-02	49,86i-13
49,90	André Marques				1ex		Pombal	18-01	
49,90	Pedro Fontes	Juv. Vidigalense		08-06-88	3	CNCI-1	Pombal	22-02	49,50i-13
49,97	Mauricio Alves				4	C. Port	Pombal	15-02	
49,98	Pedro Fontes				1s	CNCI-Ap	Pombal	26-01	
49,99	Pedro Fontes				5	C. Port	Pombal	15-02	
50,12	Sandy Martins	Sporting CP		08-08-93	1s	C. Port	Pombal	15-02	51,16i-13
50,23	João Fonseca	Gira Sol RC		30-03-96	1s	CNCI-1	Pombal	22-02	51,89i-13
50,30	Edgar Remédios	GA Fátima		05-05-94	1	CNU	Pombal	02-03	50,80i-13
50,34	Muler Santos	JOMA	GBS	05-11-93	2s	C. Port	Pombal	15-02	51,45i-13
50,37	Sérgio Silva	GRECAS		31-07-92	3s	C. Port	Pombal	15-02	50,53ii-11
50,55	Gracelino Barbosa	ACR Sra. Desterro	CPV	01-02-85	3s	CNCI-Ap	Pombal	26-01	50,29i-11
50,57	Diogo Mestre	SL Benfica		20-05-95	3s	CNU	Pombal	02-03	50,41i-13
50,60	André Sá	SL Benfica		01-06-95	1s	C. Port	Pombal	15-02	52,67i-13
50,73	Angelo Marques	SL Benfica		23-07-95	2s	CNJ	Pombal	08-02	50,71i-13
50,76	Cesar Pedreira	AA Pinhalnovense		20-08-87	2s	CNCI-Ap	Pombal	25-01	50,38i-06
50,88	José Carlos Tavares	SL Benfica		11-02-94	1s		Pombal	02-02	
50,93	Miguel Roque	CCSJ. Madeira		19-04-92	3s	CNCI-1	Pombal	22-02	50,98i-12
50,95	Filipe Almeida	AAC Caparica		23-10-95	2s	CNU	Pombal	02-03	52,66i-13
50,99	Joel Oliveira	Gira Sol RC		01-03-95	1s	C. Port	Pombal	15-02	51,24i-13
51,05	João Delgado	CA Seia		08-01-90	2	CNCI-2	Pombal	22-02	50,53i-13
51,07	Dylan Pedro	Juv. Vidigalense		04-01-95	1		Pombal	18-01	50,86i-13
51,11	Mário Santos Mendes	GA Fátima		28-07-88	2		Pombal	11-01	52,14i-12
51,24	Rui Matos	GRECAS		09-09-92	4s	CNCI-Ap	Pombal	25-01	51,81i-10
51,25	Ricardo Lima	Sporting CP		02-01-85	5ex		Pombal	04-01	48,87i-12
51,26	Rui Almeida	GRECAS		12-09-96	1s	C. Port	Pombal	15-02	
51,27	Ricardo Pereira	SL Benfica		04-03-96	3s	CNJ	Pombal	08-02	51,38i-13
51,28	Henrique Marques	Gira Sol RC		22-06-93	2		Pombal	11-01	50,34i-13
51,32	Bruno Gualberto	Juv. Vidigalense		01-08-88	4s	CNU	Pombal	02-03	48,75i-09
51,33	André Simões	GCA Donas		06-08-93	1s	CNU	Pombal	02-03	53,15i-13
51,46	Miguel Figueira	Gira Sol RC		26-07-95	2s	CNJ	Pombal	08-02	51,90i-13
51,49	Tiago Cipriano	GRECAS		27-03-95	3s	CNJ	Pombal	08-02	50,89i-13
51,52	David Sénica	UD Zona Alta		27-01-97	1s		Pombal	09-03	
51,62	Fábio Filipe	FC Castrense		16-04-96	4s	CNJ	Pombal	08-02	
51,81	Duarte Ponte	SE Alhandrense		11-11-73	1	CN Vet	Pombal	08-03	
51,92	Gonçalo Figueiredo	CF Belenenses		13-10-93	1s	CNCI-Ap	Pombal	26-01	
51,95	João Maciel	CA Mazarefes		17-05-95	3s	CNU	Pombal	02-03	52,63i-13
51,97	André Eleutério	UD Santiago Guarda		23-09-97	5s	CNJ	Pombal	08-02	
51,98	Marcos Ramos	CP Corroios		29-12-96	5s	CNJ	Pombal	08-02	
51,99	Jorge Colaço	AAC Caparica		05-04-94	4s	CNU	Pombal	02-03	53,33i-13
52,00	Tiago Horta	SFRA Amadora	CPV	10-06-94	4ex		Pombal	18-01	

52,00	Celso Pinto	Individual - Lx		22-10-84	3s	C. Port	Pombal	15-02	51,96i-08
52,05	José Maria Tavares	CF Belenenses		11-02-94	3s	C. Port	Pombal	15-02	
52,12	Mário Mendes	GA Fátima		17-07-87	2ex		Pombal	04-01	50,48i-08
52,15	Francisco Évora	C+S Lavra		11-12-91	4s	C. Port	Pombal	15-02	51,19i-13
52,23	Manuel Cunha	SL Benfica		06-12-96	1s		Pombal	02-02	
52,23	Edgar Rodrigues	CA Seia		25-04-95	5s	C. Port	Pombal	15-02	51,65i-13
52,23	Pedro Morgado	GCA Donas		02-01-97	1s	CNCI-2	Pombal	22-02	55,64i-13
52,25	Francisco Cordoeiro	Esc Movimento		09-05-92	2		Braga	28-12	
52,27	André Lima	CA Seia		19-04-91	2s		Pombal	02-02	52,74i-13
52,30	Ivo Martins	C Bf. Faro		21-02-94	4s	C. Port	Pombal	15-02	
52,34	Tomás Batista	Esc Movimento		21-12-92	2s	CNCI-2	Pombal	22-02	52,06i-12

### 800 m – 1.53,0 – 2.00,0

1.49,51	Miguel Moreira	SL Benfica		04-02-91	1	CNU	Pombal	02-03	1.51,09i-12
1.51,05	Miguel Moreira				1	CNCI-1	Pombal	23-02	
1.51,96	João Brás	Sporting CP		13-08-89	1	C. Port	Pombal	16-02	1.51,25i-11
1.52,20	Miguel Moreira				2	C. Port	Pombal	16-02	
1.52,31	Guilherme Pinto	Sporting CP		10-02-94	2ex	CNU	Pombal	02-03	1.53,93i-13
1.52,36	António Rodrigues	SL Benfica		25-09-88	3	C. Port	Pombal	16-02	1.50,63i-11
1.52,38	Guilherme Pinto				4	C. Port	Pombal	16-02	
1.52,39	António Rodrigues				1	CNCI-Ap	Pombal	26-01	
1.52,49	Emanuel Rolim	SL Benfica		03-01-93	1		Pombal	02-02	1.54,79i-12
1.52,54	João Brás				1s	CNCI-Ap	Pombal	25-01	
1.52,77	João Brás				2	CNCI-1	Pombal	23-02	
1.53,09	Mário Santos Mendes	GA Fátima		28-07-88	3	CNCI-1	Pombal	23-02	1.55,21i-13
1.53,44	Mauricio Alves	CO Pechão	CPV	05-01-94	2		Pombal	02-02	1.53,62i-13
1.53,62	João Fonseca	Gira Sol RC		30-03-96	4	CNCI-1	Pombal	23-02	1.58,01i-13
1.53,67	Ricardo Paixão	CF Belenenses		01-04-86	6	C. Port	Pombal	16-02	1.53,20i-10
1.53,84	Sandy Martins	Sporting CP		08-08-93	3ex	CNU	Pombal	02-03	
1.53,99	Celso Pinto	Individual - Lx		22-10-84	7	C. Port	Pombal	16-02	1.52,72i-09
1.54,00	Francisco Rodrigues	SC Braga		24-05-95	8	C. Port	Pombal	16-02	1.55,48i-13
1.54,81	Wilson Conniot	AC Vermoil		05-11-93	4	CNCI-Ap	Pombal	26-01	1.55,79i-13
1.54,92	Rui Almeida	GRECAS		12-09-96	1s	C. Port	Pombal	16-02	
1.55,07	Tiago Freire	Juv. Vidigalense		02-02-94	5	CNCI-1	Pombal	23-02	1.59,33i-13
1.55,11	João Cruz	SL Benfica		12-04-94	2	CNU	Pombal	02-03	
1.55,85	Edgar Rodrigues	CA Seia		25-04-95	3s	C. Port	Pombal	16-02	1.57,93i-13
1.56,63	João Bernardo	Gira Sol RC		06-09-93	4	CNU	Pombal	02-03	1.59,12i-10
1.57,00	Hugo Almeida	CCSJ. Madeira		01-09-88	2s	CNCI-Ap	Braga	25-01	1.56,50i-11
1.57,02	Pedro Braz Correia	PN Descobertas		17-09-86	1s	C. Port	Pombal	16-02	1.57,53i-12
1.57,28	Rodrigo Carrera	JOMA		31-07-86	4s	CNCI-Ap	Pombal	25-01	1.58,23i-08
1.57,38	João Parreira	CA Bx Banheira		11-01-95	5	CNU	Pombal	02-03	1.59,76i-13
1.57,40	José Spencer	SRM Trafariense		04-12-92	4	C. Port	Pombal	16-02	1.59,33i-13
1.57,50	Pedro Alexandre Santos	SL Benfica		12-04-95	3	CNJ	Pombal	09-02	1.52,94i-12
1.57,65	Miguel Figueira	Gira Sol RC		26-07-95	2		Pombal	12-01	1.58,81i-13
1.57,94	Bruno Silva	AR Luz e Vida		27-12-95	2	C. Norte	Braga	12-01	2.00,08i-13
1.58,29	Carlos Teixeira	Sporting CP		02-03-86	3	C. Norte	Braga	12-01	1.53,19i-08
1.58,30	Tiago Silva	NA Cucujães		07-05-94	3s	CNCI-Ap	Braga	25-01	1.59,79i-12
1.58,32	Sérgio Teixeira	NA Cucujães		24-02-94	2s	C. Port	Pombal	16-02	1.57,71i-12
1.58,47	Hugo Rocha	SL Benfica		27-06-97	1s	CNJ	Pombal	09-02	
1.58,60	Tony Calvo	Esc Movimento		07-06-81	4s	CNCI-Ap	Braga	25-01	2.00,88i-13
1.58,63	Francisco Correia	AA Pinhalnovense		02-07-97	5s	CNCI-Ap	Pombal	25-01	
1.58,65	Angelo Marques	SL Benfica		23-07-95	2s	CNJ	Pombal	09-02	1.57,62i-13
1.58,70	Rui Matos	GRECAS		09-09-92	6s	C. Port	Pombal	16-02	1.57,32i-13
1.58,71	Ricardo A. Fernandes	CA Marinha Grande		04-07-91	3	CNCI-2	Pombal	23-02	1.54,32i-13
1.58,98	Johan Caldeira	CCSJ. Madeira		08-03-93	7	CNCI-1	Pombal	23-02	
1.59,15	Luís Mendes	ACR Sra. Desterro		10-06-90	8	CNCI-1	Pombal	23-02	
1.59,40	Paulo Antunes	SL Benfica		06-01-92	8s	C. Port	Pombal	16-02	1.54,46i-13
1.59,54	Joao Ferreira	Ginásio Trofa		25-01-95	3s	CNJ	Pombal	09-02	2.04,48i-13
1.59,88	Fernando Lemos	UD Varzea		03-11-83	9s	C. Port	Pombal	16-02	2.01,64i-13
1.59,99	David Fortes	Jambeossi SC		16-03-97	5s	CNCI-Ap	Pombal	25-01	



## 1500 m – 3.53,0 – 4.05,0

3.45,42	João Brás	Sporting CP	13-08-89	1	CNCI-1	Pombal	22-02	3.46,5i-13
3.47,22	Helio Gomes	SL Benfica	27-12-84	10		Sabadell - ESP	15-02	3.39,46i-13
3.49,56	Paulo Pinheiro	SL Benfica	09-07-89	1		Cardiff -GBR	02-02	
3.49,83	João Brás			1		Pombal	02-02	
3.51,88	João Cruz	SL Benfica	12-04-94	2		Pombal	02-02	3.56,44i-13
3.53,63	Hugo Correia	Sporting CP	17-11-91	4		Pombal	02-02	3.52,36i-13
3.54,16	Guilherme Pinto	Sporting CP	10-02-94	1s	CNCI-Ap	Pombal	25-01	3.51,88i-13
3.54,35	Ricardo Pereira	ACD Jardim Serra	12-08-90	2s	CNCI-Ap	Pombal	25-01	3.57,76i-13
3.54,87	Miguel Moreira	SL Benfica	04-02-91	1	C. Port	Pombal	15-02	3.51,66i-13
3.55,03	Emanuel Rolim	SL Benfica	03-01-93	2	C. Port	Pombal	15-02	3.47,86i-11
3.55,36	Adrião Rodrigues	SL Benfica	16-10-93	5		Pombal	02-02	3.56,74i-12
3.57,08	Francisco Rodrigues	SC Braga	24-05-95	6	C. Port	Pombal	15-02	3.53,35i-13
3.57,17	Luís Fernandes	Maratona CP	01-12-93	6		Pombal	02-02	3.58,28i-13
3.57,55	Ruben Silva	Juv. Vidigalense	16-05-93	3	CNCI-1	Pombal	22-02	3.54,45i-13
3.58,40	Ricardo Paixão	CF Belenenses	01-04-86	2s	CNCI-Ap	Pombal	26-01	3.50,51i-10
3.58,73	Paulo Rosário	Maratona CP	21-04-94	2ex	C. Norte	Braga	11-01	4.00,34i-13
3.59,04	Ricardo A. Fernandes	CA Marinha Grande	04-07-91	2	CNCI-2	Pombal	22-02	3.55,39i-13
3.59,55	Fernando Serrão	ACR Sra. Desterro	03-04-93	1s	CNCI-Ap	Pombal	26-01	4.06,97i-11
3.59,66	Luís Miguel Borges	SL Benfica	04-10-94	8s	C. Port	Pombal	15-02	4.02,31i-13
4.00,09	Oswald Freitas	CN Rio Maior	08-02-96	3s	CNCI-Ap	Pombal	25-01	4.05,98i-13
4.00,86	Fábio Gomes	UD Varzea	20-05-97	1	C. Norte	Braga	11-01	4.03,56i-13
4.01,05	Rafael Rucha	Maratona CP	28-03-95	2s	C. Port	Pombal	15-02	
4.02,82	Tiago Marques	AC Vermoil	17-04-83	4s	CNCI-Ap	Pombal	26-01	3.59,28i-11
4.02,82	Sérgio Rodrigues	GRECAS	28-03-85	3s	C. Port	Pombal	15-02	3.57,34i-11
4.02,92	Hugo Daniel Santos	C Xistarca	25-07-90	4ex	C. Norte	Braga	11-01	3.59,48i-12
4.03,06	Mário Santos Mendes	GA Fátima	28-07-88	5	CNCI-1	Pombal	22-02	
4.03,1	Gonçalo Claudio	CRD Arrudense	20-02-95	4		Pombal	22-12	
4.03,15	Hugo Rocha	SL Benfica	27-06-97	1s		Pombal	02-02	
4.03,39	João Valente	CAF Zezere	26-09-93	2s		Pombal	02-02	4.07,70i-13
4.03,47	João Bernardo	Gira Sol RC	06-09-93	6	CNCI-1	Pombal	22-02	3.59,14i-12
4.03,49	Edgar Rodrigues	CA Seia	25-04-95	3	CNCI-2	Pombal	22-02	4.06,06i-13
4.03,95	Avelino Eusébio	AC Povia	19-04-91	5	C. Norte	Braga	11-01	4.12,77i-13
4.04,25	Johan Caldeira	CCSJ. Madeira	08-03-93	5s	C. Port	Pombal	15-02	
4.04,62	Sérgio Teixeira	NA Cucujães	24-02-94	4	CNCI-2	Pombal	22-02	4.04,97i-12
4.04,82	Wilson Coniot	AC Vermoil	05-11-93	1		Pombal	11-01	4.04,30i-11

## 3000 m – 8.25,0 – 8.50,0

8.15,37	Emanuel Rolim	SL Benfica	03-01-93	1	CNCI-1	Pombal	23-02	8.18,23i-10
8.16,98	Hugo Almeida	CCSJ. Madeira	01-09-88	1	C. Port	Pombal	16-02	8.20,10i-11
8.17,18	Emanuel Rolim			2	C. Port	Pombal	16-02	
8.19,26	Hugo Almeida			2	CNCI-1	Pombal	23-02	
8.20,17	Emanuel Rolim			1s	CNCI-Ap	Pombal	26-01	
8.21,84	Ricardo Mateus	Sporting CP	05-01-88	3	CNCI-1	Pombal	23-02	8.16,14i-13
8.22,75	João Cruz	SL Benfica	12-04-94	3	C. Port	Pombal	16-02	8.29,74i-13
8.24,15	Paulo Pinheiro	SL Benfica	09-07-89	13		Sheffield - GBR	08-02	8.05,06i-13
8.24,40	Fernando Serrão	ACR Sra. Desterro	03-04-93	4	C. Port	Pombal	16-02	8.36,16i-12
8.24,62	Fernando Serrão			4	CNCI-1	Pombal	23-02	
8.27,36	Luís Miguel Borges	SL Benfica	04-10-94	5	C. Port	Pombal	16-02	8.40,81i-13
8.30,28	Hugo Daniel Santos	C Xistarca	25-07-90	6	C. Port	Pombal	16-02	8.27,55i-13
8.32,14	Nelson Oliveira	AA Coimbra	26-08-81	7	C. Port	Pombal	16-02	8.28,60i-09
8.32,62	Avelino Eusébio	AC Povia	19-04-91	1	C. Norte	Braga	12-01	8.43,09i-13
8.32,84	Ricardo Pereira	ACD Jardim Serra	12-08-90	ex	C. Norte	Braga	12-01	8.23,73i-13
8.34,93	Hugo Correia	Sporting CP	17-11-91	9	C. Port	Pombal	16-02	8.18,37i-13
8.35,33	Paulo Rosário	Maratona CP	21-04-94	2		Braga	29-12	8.29,36i-13
8.36,06	Tiago Marques	AC Vermoil	17-04-83	1	CNU	Pombal	02-03	8.34,75i-12
8.36,13	Abilio Gonçalves	ACR Cambra	04-12-89	10	C. Port	Pombal	16-02	8.30,80i-13
8.37,13	Adrião Rodrigues	SL Benfica	16-10-93	11	C. Port	Pombal	16-02	8.31,99i-11
8.37,17	Luís Mendes	ACR Sra. Desterro	10-06-90	2s	CNCI-Ap	Pombal	26-01	8.31,88i-10
8.37,93	José Azevedo	AM Vermoil	20-10-88	13	C. Port	Pombal	16-02	8.36,45i-12



8.38,68	Ricardo Vale	SC Braga		09-06-88	2	C. Norte	Braga	12-01	8.31,86i-13
8.38,75	João Valente	CAF Zezere		26-09-93	14	C. Port	Pombal	16-02	8.45,40i-13
8.40,42	José Neves	GA Fátima		09-07-92	2		Pombal	12-01	8.49,52i-11
8.40,57	Samuel Barata	SL Benfica		19-07-93	15	C. Port	Pombal	16-02	8.29,77i-13
8.43,12	Daniel Gregório	CA Seia		07-09-89	1	CNCI-2	Pombal	23-02	8.26,14i-12
8.44,73	Alvaro Carvalho	GD Unidos Cano		04-10-95	3	C. Norte	Braga	12-01	
8.46,08	Nuno Paulo	GD Estreito		24-07-93	17	C. Port	Pombal	16-02	8.30,45i-13
8.47,10	Mário Teixeira	Sporting CP		20-09-74	1s	CNCI-Ap	Pombal	25-01	8.03,27i-04
8.47,35	Gonçalo Jesus	Gira Sol RC		04-01-92	1s	CNCI-Ap	Pombal	26-01	8.32,15i-13
8.47,75	João Lopes	Dragões V Vizela		23-08-96	5	C. Norte	Braga	12-01	9.08,08i-13
8.48,37	Ruben Silva	Juv. Vidigalense		16-05-93	5	CNCI-1	Pombal	23-02	8.33,92i-12
8.49,23	Vitor Barbosa	GDR Retorta		27-08-83	1s	C. Norte	Braga	12-01	

## 60 m B – 8,30 – 9,30

7,66	Rasul Dabo	SL Benfica		14-02-89	2		Metz - FRA	28-02	7,68i-13
7,73	Rasul Dabo				1h		Metz - FRA	28-02	
7,79	Rasul Dabo				1h		Viena - AUT	08-02	
7,79	Rasul Dabo				1	C. Port	Pombal	16-02	
7,83	Rasul Dabo				2		Viena - AUT	08-02	
7,83	Rasul Dabo				1	CNCI-1	Pombal	23-02	
7,85	Rasul Dabo				1		Lisboa - CAR	05-02	
7,88	Rasul Dabo				1h		Lisboa - CAR	05-02	
7,89	Rasul Dabo				1h	C. Port	Pombal	16-02	
7,93	Rasul Dabo				1ex		Pombal	26-01	
8,00	Rasul Dabo				1s	CNCI-Ap	Pombal	26-01	
8,03	Samuel Remédios	GA Fátima		24-02-92	2		Lisboa - CAR	05-02	8,12i-13
8,04	André Costa	SL Benfica		09-05-92	1	CNU	Pombal	02-03	8,14i-13
8,05	Hélio Vaz	CA Seia		01-05-91	2	C. Port	Pombal	16-02	8,29i-12
8,08	André Costa				3	C. Port	Pombal	16-02	
8,09	Samuel Remédios				1h		Lisboa - CAR	21-01	
8,09	Hélio Vaz				1h	C. Port	Pombal	16-02	
8,11	Samuel Remédios				2h		Lisboa - CAR	05-02	
8,13	Samuel Remédios				1		Lisboa - CAR	21-01	
8,13	Hélio Vaz				2		Lisboa - CAR	21-01	
8,13	André Costa				2ex		Pombal	26-01	
8,13	André Costa				1h	C. Port	Pombal	16-02	
8,16	Hélio Vaz				1	CNCI-2	Pombal	23-02	
8,16	João Ferreira	Sporting CP		20-10-86	2	CNCI-1	Pombal	23-02	7,98i-06
8,17	Hugo Espírito Santo	Sporting CP		30-05-93	3		Lisboa - CAR	21-01	8,17i-13
8,17	Hugo Espírito Santo				3		Lisboa - CAR	05-02	
8,18	Samuel Remédios				Hep	C. Port	Pombal	16-02	
8,21	Hugo Espírito Santo				3h		Lisboa - CAR	05-02	
8,21	Hugo Espírito Santo				2h	C. Port	Pombal	16-02	
8,22	Hélio Vaz				2h		Lisboa - CAR	21-01	
8,26	Samuel Remédios				1		Pombal	12-01	
8,26	Tiago Marto	GA Fátima		05-05-86	4	C. Port	Pombal	16-02	8,13i-13
8,26	Luís Fernandes	Gira Sol RC		31-05-82	5	C. Port	Pombal	16-02	8,08i-05
8,26	Tiago Marto				3	CNCI-1	Pombal	23-02	
8,27	Hugo Espírito Santo				3h		Lisboa - CAR	21-01	
8,30	Hugo Espírito Santo				6	C. Port	Pombal	16-02	
8,30	Samuel Remédios				2	CNU	Pombal	02-03	
8,37	Brandon Silvestre	SL Benfica		28-03-95	7	C. Port	Pombal	16-02	
8,47	Paulo Conceição	SL Benfica		29-12-93	3h	C. Port	Pombal	16-02	8,41i-13
8,55	Pedro Cardoso	SL Benfica		29-05-93	2ex	Taça FPA	Braga	04-01	8,41i-13
8,56	Jorge Santos	NA Cucujães		25-03-85	4h	C. Port	Pombal	16-02	8,33i-10/12
8,58	Amâncio Santos	CF Belenenses		31-01-77	4h	C. Port	Pombal	16-02	7,93i-01
8,63	Carlos Lopes	Jambeossi SC		13-03-83	5h		Lisboa - CAR	21-01	8,50i-13
8,65	Pedro Vilacova	EC+S Lavra		18-04-96	2s	CNCI-Ap	Braga	25-01	8,98i-13
8,66	Fernando Semedo	CA Bx Banheira		02-10-90	3	CNCI-2	Pombal	23-02	8,85i-08
8,69	Pedro Santos	CP Alcanena		01-01-88	1		Pombal	21-12	8,44i-08
8,73	Daniel Dias	AJ Cortiçadas		10-11-92	2h		Lisboa - CAR	21-01	8,56i-13

8,73	Rafael Correia	ACDR Arneirense		31-12-93	4ex		Pombal	26-01	9,12i-13
8,74	Ivan Santos	ADL Apelaçenenses		12-04-94	Hep	C. Port	Pombal	16-02	8,93i-13
8,75	João Bento	CCSJ. Madeira		28-08-92	5	CNCI-1	Pombal	23-02	8,80i-13
8,76	Pedro Silva	SC Braga		21-03-95	3	Taça FPA	Braga	04-01	8,57i-13
8,77	Ricardo Mendes	Juv. Vidigalense		30-05-94	1		Pombal	12-01	8,86i-12
8,81	José Gomes	JOMA	GBS	25-04-83	5		Lisboa - CAR	05-02	8,99i-13
8,84	Tiago Boucela	Sporting CP		09-02-92	Hep	C. Norte	Braga	02-02	8,75i-13
8,86	Carlos Resende	CCSJ. Madeira		10-09-92	3s	CNCI-Ap	Braga	25-01	8,79i-13
8,87	Carlos Santos	CP Alcanena		10-05-86	2		Alpiarça	01-02	8,65i-12/13
8,88	Daniel Gaspar	Juv. Vidigalense		07-11-87	5ex		Pombal	26-01	8,56i-13
8,88	Alexandre Sousa	CA Marinha Grande		13-11-87	4	CNCI-2	Pombal	23-02	8,87i-09
8,89	Pedro Gomes	Jambeossi SC		13-11-90	5h	C. Port	Pombal	16-02	8,86i-10/11
8,95	Fábio Teixeira	ACR Sra. Desterro		22-02-95	5h	C. Port	Pombal	16-02	8,75i-13
8,95	José Fidalgo	Sporting CP	ESP	05-09-94	6h	C. Port	Pombal	16-02	8,96i-13
8,99	Ruben Couchinho	Sporting CP		01-05-95	7h	C. Port	Pombal	16-02	9,32i-13
9,09	Luís Miguel Santos	OC Lagos		06-07-93	1		V. R. Santo António	18-01	9,26i-13
9,13	Micael Seixeiro	ACR Sra. Desterro		20-07-95	7	CNCI-1	Pombal	23-02	8,88i-13
9,14	António Joaquim Gomes	CA Seia		04-11-95	1s	Taça FPA	Braga	04-01	
9,23	Diogo Costa	Esc Movimento		12-01-93	5	CNCI-2	Pombal	23-02	
9,25	Ricardo Araújo	GRECAS		25-10-93	Hep		Pombal	29-12	
9,27	Nuno Perdigão	AJ Cortiçadas		01-05-81	3		Alpiarça	21-12	9,33i-13
9,28	Bruno Pinto	Sporting CP		20-09-93	5h		Lisboa - CAR	21-01	9,39i-13

### 60 m B (1,00) – 8,30 – 9,30

8,22	Brandon Silvestre	SL Benfica		28-03-95	1h	CNJ	Pombal	09-02	9,53i-13
8,27	Brandon Silvestre				1h		Lisboa - CAR	21-01	
8,31	Pedro Silva	SC Braga		21-03-95	1h		Lisboa - CAR	21-01	8,27i-13
8,31	Paulo Neto	ACRD Escapães		11-03-97	Hep	CNJ	Pombal	09-02	8,54i-13
8,39	Fábio Teixeira	ACR Sra. Desterro		22-02-95	1	CNJ	Pombal	09-02	8,39i-13
8,44	Joel Pereira	GA Fátima		14-02-95	2		Lisboa - CAR	21-01	8,49i-13
8,45	Pedro Ferreira	EC+S Lavra		21-02-96	Hep	C. Norte	Braga	02-02	
8,46	Pedro Vilacova	EC+S Lavra		18-04-96	1		Braga	28-12	8,83i-13
8,49	António Joaquim Gomes	CA Seia		04-11-95	ex		Pombal	19-01	8,96i-13
8,75	Ruben Couchinho	Sporting CP		01-05-95	2		Lisboa - CAR	05-02	9,09i-13
8,76	Ricardo Mendes	Juv. Vidigalense		30-05-94	Hep		Pombal	29-12	
8,77	Miguel Barrigana	SL Benfica		03-07-96	3h		Lisboa - CAR	21-01	9,05i-12
8,84	Diogo Oliveira	CA Seia		03-09-97	4	CNJ	Pombal	09-02	
8,90	Carlos Prino	GA Fátima		13-06-97	5	CNJ	Pombal	09-02	
8,97	Eduardo Lima	JOMA		20-08-96	2h		Lisboa - CAR	21-01	9,12i-13
9,00	Roberto Carneiro	Sporting CP		27-07-96	3		Lisboa - CAR	05-02	
9,00	Rui Santos	Maia AC		24-10-96	7	CNJ	Pombal	09-02	
9,01	Pedro Longo	Desp. C. Branco		25-02-96	Hep		Pombal	29-12	
9,04	Eduardo Valério	Juv. Vidigalense		07-02-96	Hep		Pombal	29-12	9,18i-13
9,07	Miguel Marta	GRECAS		12-02-98	8	CNJ	Pombal	09-02	
9,10	Pedro Castro	SL Benfica		13-10-96	5h	CNJ	Pombal	09-02	
9,11	Duarte Eusébio	Juv. Vidigalense		06-08-97	5h	CNJ	Pombal	09-02	
9,18	Manuel M Fernandes	SC Braga		24-07-96	6h	CNJ	Pombal	09-02	

A vermelho os atletas que ainda eram juniores até 31-12-2013

### Altura/High Jump – 2,00 – 1,82

2,16	Paulo Conceição	SL Benfica	RN23	29-12-93	1	C. Port	Pombal	16-02	2,12i-12
2,12	Roman Guliy	Sporting CP		07-04-79	1		Lisboa - CAR	21-01	2,16i-08/09
2,12	Paulo Conceição				2		Lisboa - CAR	21-01	
2,12	Tiago Boucela	Sporting CP		09-02-92	2	C. Port	Pombal	16-02	2,07i-11
2,10	Tiago Pereira	SL Benfica		19-09-93	3	C. Port	Pombal	16-02	2,10i-13
2,10	Roman Guliy				1	CNCI-1	Pombal	23-02	
2,10	Paulo Conceição				2	CNCI-1	Pombal	23-02	
2,09	Tiago Pereira				3		Lisboa - CAR	21-01	
2,09	Paulo Conceição				1	CNU	Pombal	02-03	
2,08	Roman Guliy				1	Taça FPA	Alpiarça	05-01	

2,08		Paulo Conceição			2	Taça FPA	Alpiarça	05-01	
2,08	Ricardo Mendes	Juv. Vidigalense		30-05-94	1		Pombal	12-01	2,02i-12/13
2,08		Roman Guliy			1s	CNCI-Ap	Pombal	25-01	
2,07		Tiago Boucela			Hep	C. Norte	Braga	01-02	
2,07		Roman Guliy			4	C. Port	Pombal	16-02	
2,06		Ricardo Mendes			2	CNU	Pombal	02-03	
2,05		Tiago Boucela			1ex	C. Norte	Braga	11-01	
2,05	Wilson Vieira	CA Bx Banheira		15-05-91	1	CNCI-Ap	Pombal	26-01	1,95i-12
2,05		Ricardo Mendes			2	CNCI-Ap	Pombal	26-01	
2,05	Victor Korst	AA Pinhalnovense		21-10-96	1	CNCI-2	Pombal	23-02	2,04i-13
2,05	Rafael Gonçalves	SL Benfica		12-05-77	1	CN Vet	Pombal	08-03	2,20i-02
2,03		Tiago Boucela			1		Braga	28-12	
2,03		Ricardo Mendes			3	CNCI-1	Pombal	23-02	
2,02		Tiago Pereira			3	Taça FPA	Alpiarça	05-01	
2,01		Ricardo Mendes			1		Pombal	28-12	
2,00	Tiago Costa	CCD Ribeirão		08-05-94	5	C. Port	Pombal	16-02	2,04i-13
2,00		Ricardo Mendes			6	C. Port	Pombal	16-02	
1,99	Fábio Martins	CLAC		11-01-97	TT		Pombal	04-01	1,96i-13
1,98	Oscar Vilaça	Esc Movimento		08-02-92	1s	CNCI-Ap	Braga	25-01	1,99i-13
1,98	Ricardo Araújo	GRECAS		25-10-93	2s	CNCI-Ap	Pombal	25-01	1,98i-13
1,98	Francisco Barreto	CAS Manique		31-08-96	4	CNCI-Ap	Pombal	26-01	1,83i-13
1,97	Samuel Remédios	GA Fátima		24-02-92	Hep	C. Port	Pombal	15-02	1,97i-12
1,96	Stephane Varela	Sporting CP	CPV	30-09-90	4		Lisboa - CAR	21-01	1,98i-13
1,96	Marcos Maio	AD Afifense		07-01-97	1	CNJ	Pombal	09-02	1,81i-13
1,96	Paulo Neto	ACRD Escapães		11-03-97	Hep	CNJ	Pombal	08-02	2,00i-13
1,95	Denys Vatamanyuk	NDET Cabreira		15-10-96	1		V. R. Sto. António	19-01	1,90i-13
1,95	Francisco Cordoeiro	Esc Movimento		09-05-92	3	CNU	Pombal	02-03	1,90i-12
1,94	Alexandre Lucas	CA Marinha Grande		09-02-95	5	CNCI-Ap	Pombal	26-01	1,90i-13
1,93	Carlos Gomes	CLAC		17-03-97	TT		Pombal	04-01	1,88i-13
1,92	Miguel Marques	Juv. Vidigalense		23-05-95	4	CNJ	Pombal	09-02	1,86i-13
1,92	Henrique Marques	Gira Sol RC		22-06-93	8	C. Port	Pombal	16-02	1,86i-13
1,92	Cláudio Freixo	CAS Manique		04-07-91	11	C. Port	Pombal	16-02	2,01i-12
1,90	Joel Pereira	GA Fátima		14-02-95	6	CNCI-Ap	Pombal	26-01	1,88i-11/13
1,90	João Bento	CCSJ. Madeira		28-08-92	5	CNCI-1	Pombal	23-02	1,91i-11
1,89	Ivan Santos	ADL Apelaçenenses		12-04-94	Hep	Taça FPA	Braga	04-01	1,89i-13
1,88	Rafael Vilas Boas	SC Braga		01-02-95	5	C. Norte	Braga	11-01	2,02i-13
1,88	Filipe Gilate	CF Belenenses		28-12-91	5		Lisboa - CAR	21-01	1,89i-10
1,88	Miguel Barrigana	SL Benfica		03-07-96	6		Lisboa - CAR	21-01	
1,88	André F. Santos	OC Lagos		04-04-91	Hep	C. Port	Pombal	15-02	1,92i-11
1,88	Carlos Santos	CP Alcanena		10-05-86	Hep	C. Port	Pombal	15-02	1,93i-05/12
1,86	Sérgio Silva	ACR Sra. Desterro		22-11-85	Hep	Taça FPA	Braga	04-01	1,95i-09
1,85	Pedro Costa	CCSJ. Madeira		11-05-92	Hep		Pombal	28-12	
1,85	Miguel Pinheiro	Juv. Vidigalense		21-07-96	1		Pombal	18-01	1,83i-12
1,85	Sérgio Cruz	SUO Vais		26-03-97	1		Pombal	18-01	1,85i-13
1,85	Ruben Fernandes	S Lagos Bf		08-12-89	2		V. R. Sto. António	19-01	1,82i-13
1,85	Pedro Fernandes	JOMA		03-10-96	5s	CNCI-Ap	Pombal	25-01	1,80i-13
1,85	Alexandre Almeida	GCA Donas		17-08-93	7	CNCI-Ap	Pombal	26-01	1,85i-12
1,85	Luís Silva	ACR Sra. Desterro		26-05-80	6=	CNCI-1	Pombal	23-02	2,00i-07
1,85	Rui Silva	Universitário		90	5	CNU	Pombal	02-03	
1,82	Tiago Martins	ACR Valdágua		05-03-97	6	CNJ	Pombal	09-02	
1,82	Luís Miguel Santos	OC Lagos		06-07-93	Hep	C. Port	Pombal	15-02	1,90i-12

### Vara/Pole vault – 4,50 – 3,50

5,70	Edi Maia	Sporting CP	RNi	10-11-87	3		Orleans - FRA	18-01	5,64i-12
5,55		Edi Maia			1	CNCI-1	Pombal	22-02	
5,52		Edi Maia			1s	CNCI-Ap	Pombal	25-01	
5,50		Edi Maia			1		Pombal	28-12	
5,50		Edi Maia			1		Lisboa - CAR	21-01	
5,48		Edi Maia			1		Mondeville-FRA	01-02	
5,44		Edi Maia			7		Nice	08-02	
5,44	Diogo Ferreira	SL Benfica		30-07-90	7		Bad Oeynhausen-AL	01-03	5,40i-13

5,40		Diogo Ferreira			2		Pombal	28-12	
5,35		Edi Maia			1	Taça FPA	Alpiarça	05-01	
5,35		Diogo Ferreira			1	C. Port	Pombal	15-02	
5,31		Edi Maia			7		Villerbanne - FRA	14-12	
5,31		Edi Maia			13	Stars	Donetsk - UCR	15-02	
5,30		Diogo Ferreira			1		Lisboa - CAR	24-02	
5,25		Diogo Ferreira			2	Taça FPA	Alpiarça	05-01	
5,25		Diogo Ferreira			1	CNCI-Ap	Pombal	26-01	
5,25		Diogo Ferreira			2	CNCI-1	Pombal	22-02	
5,20	Ruben Miranda	SL Benfica		10-06-93	1		Pombal	02-02	5,10i-13
5,16		Diogo Ferreira			1s		Villerbanne - FRA	14-12	
5,15		Ruben Miranda			3	Taça FPA	Alpiarça	05-01	
5,15		Diogo Ferreira			2		Lisboa - CAR	21-01	
5,15		Ruben Miranda			2		Lisboa - CAR	05-02	
5,15		Ruben Miranda			2		Lisboa - CAR	24-02	
5,15		Edi Maia			3		Lisboa - CAR	24-02	
5,15	Icaro Miranda	SL Benfica		13-12-94	3		Lisboa - CAR	24-02	5,06i-13
5,10		Ruben Miranda			1ex	CNU	Pombal	02-03	
5,05		Ruben Miranda			3		Lisboa - CAR	21-01	
5,00		Ruben Miranda			3		Pombal	28-12	
4,95		Ruben Miranda			2	C. Port	Pombal	15-02	
4,95	Samuel Remédios	GA Fátima		24-02-92	Hep	C. Port	Pombal	16-02	4,40i-12
4,85		Icaro Miranda			3	C. Port	Pombal	15-02	
4,70		Samuel Remédios			Hep	Taça FPA	Braga	05-01	
4,70		Icaro Miranda			3		Lisboa - CAR	05-02	
4,70		Samuel Remédios			4		Lisboa - CAR	05-02	
4,65		Icaro Miranda			4	Taça FPA	Alpiarça	05-01	
4,65	Tiago Marto	GA Fátima		05-05-86	3	CNCI-1	Pombal	22-02	4,70i-13
4,60		Tiago Marto			2	CNCI-Ap	Pombal	26-01	
4,60	Pedro Soares	CA Marinha Grande		19-06-93	2ex	CNU	Pombal	02-03	4,50i-13
4,40	Gonçalo Lopes	CA Seia		14-03-88	1	CNU	Pombal	02-03	4,55i-12
4,35	Tiago Vicente	Juv. Vidigalense		08-11-94	4	CNCI-1	Pombal	22-02	4,02i-12
4,30	Alexandre Gameiro	GCA Donas		04-05-92	4	CNCI-Ap	Pombal	26-01	3,80i-13
4,30	Diogo Costa	Esc Movimento		12-01-93	1	CNCI-2	Pombal	22-02	4,10i-13
4,20	Luís Silva	ACR Sra. Desterro		26-05-80	5	CNCI-1	Pombal	22-02	4,62i-03
4,15	António Magro	GDI Setubal		13-01-96	6	Taça FPA	Alpiarça	05-01	4,00i-13
4,15	Emerson Évora	CA Bx Banheira	GBS	30-04-93	5		Lisboa - CAR	21-01	3,60i-13
4,15	Filipe Corceiro	Sporting CP		10-05-98	1	CNJ	Pombal	08-02	3,90i-13
4,15	Samuel Leal	NA Cucujães		12-09-92	3	CNCI-2	Pombal	22-02	3,95i-12
4,15	Filipe Lara Ramos	CF Belenenses		10-09-78	1	CN Vet	Pombal	08-03	4,65i-04
4,10	André Silva	N Sp. Faro		27-01-91	3	CNU	Pombal	02-03	4,25i-13
4,10	Gonçalo Pacheco	Gira Sol RC		17-02-78	2	CN Vet	Pombal	09-03	4,47i-08
4,05	João Almeida	Sporting CP		20-03-98	6		Lisboa - CAR	05-02	3,65i-12
4,05	Pedro Santos	CP Alcanena		01-01-88	Hep	C. Port	Pombal	16-02	4,10i-11/13
4,00	Fábio Dias	AC Vermoil		03-05-97	2		Pombal	28-12	3,80i-13
4,00	Tomas Marreiros	AC Vermoil		20-04-98	3	CNJ	Pombal	08-02	
3,95	André F. Santos	OC Lagos		04-04-91	Hep	C. Port	Pombal	16-02	4,20i-11
3,90	George Silva	Juv. Vidigalense		05-01-76	3	CN Vet	Pombal	08-03	4,25i-98
3,85	Ivan Santos	ADL Apelaçenenses		12-04-94	10		Lisboa - CAR	05-02	4,10i-13
3,80	Celso Almeida	GRECAS		21-11-93	4s	CNCI-Ap	Pombal	25-01	4,00i-12
3,80	Tiago F. Silva	AA Pinhalnovense		31-05-94	5s	CNCI-Ap	Pombal	25-01	3,50i-12
3,80	Miguel Barrigana	SL Benfica		03-07-96	Hep	CNJ	Pombal	09-02	
3,75	Miguel Lopes	Juv. Vidigalense		19-03-97	5	CNJ	Pombal	08-02	3,20i-13
3,75	Daniel Coelho	GD Cavadas		30-09-96	6	CNJ	Pombal	08-02	3,50i-13
3,75	Gonçalo Uva	Sporting CP		30-04-98	7	CNJ	Pombal	08-02	3,45i-13
3,75	Luís Miguel Santos	OC Lagos		06-07-93	5	C. Port	Pombal	16-02	4,10i-13
3,65	Joel Pereira	GA Fátima		14-02-95	Hep	C. Port	Pombal	16-02	
3,60	Miguel Monteiro	CP Alcanena		21-08-96	1		Pombal	19-01	3,60i-13
3,60	Hugo Valente	CCSJ. Madeira		13-12-82	2s	CNCI-Ap	Braga	25-01	4,10i-10
3,60	Carlos Ferreira	AC Vermoil		30-04-84	8	CNCI-Ap	Pombal	26-01	3,80i-10/11
3,60	André Carvalho	Esc Movimento		05-09-88	5	CNU	Pombal	02-03	4,34i-07
3,55	Carlos Santos	CP Alcanena		10-05-86	Hep	C. Port	Pombal	16-02	3,60i-12

3,50	Luis Ferreira	Juv. Vidigalense		27-01-92	6	CNU	Pombal	02-03	4,26i-10
3,50	Christophe Capitão	CA Marinha Grande		15-10-93	7	CNU	Pombal	02-03	3,60i-13

### Comprimento/Long Jump – 7,15 – 6,50

7,96	Marcos Chuva	SL Benfica		08-08-89	1	CNCI-Ap	Pombal	26-01	8,00i-12
7,93	Marcos Chuva				2		Moscovo - RUS	02-02	
7,83	Marcos Chuva				1	CNCI-1	Pombal	22-02	
7,71	Bruno Costa	SL Benfica		03-05-92	1	C. Port	Pombal	15-02	7,23i-13
7,63	Marcos Chuva				1	Taça FPA	Alpiarça	05-01	
7,58	Marcos Chuva				2		Lisboa - CAR	24-02	
7,51	Marcos Chuva				2	C. Port	Pombal	15-02	
7,49	Marcos Caldeira	SL Benfica		27-02-88	1		Pombal	02-02	7,81i-10
7,48	Marcos Caldeira				3	C. Port	Pombal	15-02	
7,40	Bruno Costa				4		Lisboa - CAR	24-02	
7,39	Bruno Costa				2		Pombal	02-02	
7,23	Ricardo Jaquité	Sporting CP		17-08-89	2	CNCI-1	Pombal	22-02	7,24i-13
7,22	Samuel Remédios	GA Fátima		24-02-92	3		Pombal	02-02	7,18i-13
7,20	Miguel Marques	Juv. Vidigalense		23-05-95	1		Lisboa - CAR	21-01	7,28i-13
7,19	Samuel Remédios				2	CNCI-Ap	Pombal	26-01	
7,17	Victor Korst	AA Pinhalnovense		21-10-96	1	CNJ	Pombal	08-02	
7,14	Francisco Cordoeiro	Esc Movimento		09-05-92	4		Pombal	02-02	7,25i-13
7,11	Ivan Martins	Sporting CP	ANG	29-10-91	2	Taça FPA	Alpiarça	05-01	6,97i-13
7,10	João Dias	Gira Sol RC		01-06-84	3	CNCI-Ap	Pombal	26-01	7,25i-12
7,10	Carlos Nascimento	Sporting CP		12-10-94	4	C. Port	Pombal	15-02	6,74i-11
7,03	Isaac Lopes	CCSJ. Madeira		08-02-90	6	C. Port	Pombal	15-02	6,67i-13
7,01	Gaspar Araújo	Jambeossi SC		17-12-81	2	CNU	Pombal	02-03	8,00i-05
6,97	Gui Boissy	JOMA	SEN	22-02-89	3	Taça FPA	Alpiarça	05-01	6,78i-05
6,94	Miguel Barrigana	SL Benfica		03-07-96	Hep	CNJ	Pombal	08-02	6,03i-13
6,93	Eusébio Cá	Grã Bretanha		24-09-91	5		Lee Valley - GBR	18-01	6,95i-12
6,92	Tiago Pereira	SL Benfica		19-09-93	11	C. Port	Pombal	15-02	6,92i-13
6,92	Sérgio Silva	ACR Sra. Desterro		22-11-85	4	CNCI-1	Pombal	22-02	7,02i-12
6,88	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	3	CNJ	Pombal	08-02	
6,88	Dylan Pedro	Juv. Vidigalense		04-01-95	12	C. Port	Pombal	15-02	5,72i-13
6,88	André da Luz	SL Benfica		21-01-93	13	C. Port	Pombal	15-02	6,28i-13
6,87	Pedro Santos	CP Alcanena		01-01-88	2		Pombal	12-01	7,45i-08
6,80	Ricardo Mendes	Juv. Vidigalense		30-05-94	15	C. Port	Pombal	15-02	6,78i-12
6,77	Carlos Santos	CP Alcanena		10-05-86	7		Pombal	02-02	7,11i-07
6,74	Mauro Rodrigues	CRD Santaluziense		02-10-93	4	CNU	Pombal	02-03	6,68i-12
6,71	André Silva	Esc Movimento		18-07-94	2	C. Norte	Braga	12-01	7,08i-13
6,70	Adam Ferreira	S Lagos Bf		10-05-96	2		V. R. Sto. António	18-01	6,49i-13
6,70	Joel Pereira	GA Fátima		14-02-95	6		Lisboa - CAR	21-01	
6,68	Hugo Espírito Santo	Sporting CP		30-05-93	18	C. Port	Pombal	15-02	6,74i-09
6,67	Micael Seixeiro	ACR Sra. Desterro		20-07-95	5	CNJ	Pombal	08-02	6,88i-13
6,63	Paulo Neto	ACRD Escapães		11-03-97	Hep	CNJ	Pombal	08-02	6,43i-13
6,62	André Reis	SL Benfica		93	11		Pombal	02-02	
6,62	Rafael Vilas Boas	SC Braga		01-02-95	4	CNCI-2	Pombal	22-02	
6,53	Tiago Boucela	Sporting CP		09-02-92	Hep	C. Norte	Braga	01-02	6,60i-11
6,52	Eduardo Ribeiro	NA Cucujães		14-09-93	5	CNCI-2	Pombal	22-02	6,44i-13
6,50	Fábio Martins	CLAC		11-01-97	1		Alpiarça	07-12	6,64i-12

### Triplo/Triple jump – 14,20 – 13,00

15,60	Marcos Caldeira	SL Benfica		27-02-88	1	C. Port	Pombal	16-02	16,06i-10
15,60	Marcos Caldeira				1	CNCI-1	Pombal	23-02	
15,57	Ricardo Jaquité	Sporting CP		17-08-89	2	C. Port	Pombal	16-02	15,94i-13
15,51	Tiago Pereira	SL Benfica		19-09-93	3	C. Port	Pombal	16-02	15,13i-13
15,49	Ricardo Jaquité				2	CNCI-1	Pombal	23-02	
15,44	Marcos Caldeira				1	CNCI-Ap	Pombal	26-01	
15,25	João Alexandre	Juv. Vidigalense		01-09-90	3	CNCI-1	Pombal	23-02	15,26i-13
15,19	João Alexandre				4	C. Port	Pombal	16-02	
15,18	João Alexandre				1		Pombal	11-01	



15,14	Ricardo Mendes	Juv. Vidigalense		30-05-94	2		Pombal	11-01	14,75i-12
15,11	Ricardo Jaquité				1	Taça FPA	Alpiarça	05-01	
15,10	Marcos Caldeira				2	Taça FPA	Alpiarça	05-01	
14,95	João Alexandre				2	CNCI-Ap	Pombal	26-01	
14,94	Iuri Santos	CA Bx Banheira		11-04-85	5	C. Port	Pombal	16-02	15,12i-06
14,89	João Dias	Gira Sol RC		01-06-84	3	CNCI-Ap	Pombal	26-01	15,71i-10
14,89	Iuri Santos				1		Lisboa - CAR	05-02	
14,84	Gui Boissy	JOMA	SEN	22-02-89	3	Taça FPA	Alpiarça	05-01	14,82i-05
14,76	João Dias				4	CNCI-1	Pombal	23-02	
14,75	Ricardo Mendes				6	C. Port	Pombal	16-02	
14,70	Iuri Santos				4	CNCI-Ap	Pombal	26-01	
14,62	Iuri Santos				1	CNCI-2	Pombal	23-02	
14,56	Miguel Marques	Juv. Vidigalense		23-05-95	2		Lisboa - CAR	05-02	14,07i-13
14,50	Isaac Lopes	CCSJ. Madeira		08-02-90	1s	CNCI-Ap	Braga	25-01	14,50i-13
14,45	Iuri Santos				4	Taça FPA	Alpiarça	05-01	
14,45	Rafael Vilas Boas	SC Braga		01-02-95	7	C. Port	Pombal	16-02	14,09i-12
14,44	Isaac Lopes				1ex		Braga	02-02	14,50i-13
14,41	Miguel Marques				1	CNJ	Pombal	09-02	
14,40	Rafael Vilas Boas				2s	CNCI-Ap	Braga	25-01	
14,40	Ricardo Araújo	GRECAS		25-10-93	8	C. Port	Pombal	16-02	14,18i-13
14,37	Bruno Costa	SL Benfica		03-05-92	3		Lisboa - CAR	05-02	14,50i-11
14,37	Francisco Cordoeiro	Esc Movimento		09-05-92	2	CNCI-2	Pombal	23-02	
14,34	Bruno Costa				9	C. Port	Pombal	16-02	
14,34	Francisco Cordoeiro				10	C. Port	Pombal	16-02	
14,34	Rafael Vilas Boas				3	CNCI-2	Pombal	23-02	
14,26	Bruno Pinto	Sporting CP		20-09-93	11	C. Port	Pombal	16-02	
14,24	André da Luz	SL Benfica		21-01-93	4		Lisboa - CAR	05-02	14,00i-13
14,22	Isaac Lopes				12	C. Port	Pombal	16-02	14,50i-13
14,17	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	2	CNJ	Pombal	09-02	
14,10	Gil Manuel	SL Benfica		28-09-94	5		Lisboa - CAR	05-02	13,40i-13
14,04	Sérgio Silva	ACR Sra. Desterro		22-11-85	6	CNCI-1	Pombal	23-02	14,24i-09
13,99	Joel Pereira	GA Fátima		14-02-95	6	CNCI-Ap	Pombal	26-01	13,92i-13
13,91	José Miguel Pereira	CA Seia		22-07-91	4	CNCI-2	Pombal	23-02	14,80i-10
13,78	Tomás Militão	Juv. Ilha Verde		25-03-96	4	CNJ	Pombal	09-02	13,69i-13
13,60	Carlos Santos	CP Alcanena		10-05-86	2		Pombal	11-01	14,26i-12
13,54	Angelo Santos	CA Marinha Grande		13-04-96	5	CNJ	Pombal	09-02	12,72i-13
13,52	Mauro Rodrigues	CRD Santaluziense		02-10-93	2s	CNCI-Ap	Pombal	25-01	13,47i-11
13,49	Miguel Morais	CA Marinha Grande		05-03-95	3		Pombal	11-01	13,18i-13
13,46	Pedro Fernandes	JOMA		03-10-96	7		Lisboa - CAR	05-02	12,38i-13
13,43	Dylan Pedro	Juv. Vidigalense		04-01-95	4		Pombal	11-01	13,24i-12
13,26	Pedro Pinheiro	NDET Cabreira		29-03-98	2		V. R. Sto. António	19-01	
13,23	Luís Miguel Santos	OC Lagos		06-07-93	5s	CNCI-Ap	Pombal	25-01	
13,23	Danilo Almeida	SL Benfica		02-12-96	7	CNJ	Pombal	09-02	
13,17	Fábio Almeida	Gira Sol RC		27-09-96	1		Pombal	11-01	
13,17	Pedro Costa	CCSJ. Madeira		11-05-92	8	CNCI-1	Pombal	23-02	13,84i-12
13,11	Diogo Costa	Esc Movimento		12-01-93	2	C. Norte	Braga	11-01	13,03i-13
13,04	Ruben Ventura	Juv. Ilha Verde		28-12-89	20	C. Port	Pombal	16-02	
13,02	Gabriel Brito	CA Marinha Grande		12-10-95	22	C. Port	Pombal	16-02	13,80i-13
13,01	Eduardo Ribeiro	NA Cucujães		14-09-93	5	CNCI-2	Pombal	23-02	13,35i-13

### Peso/Shot Put – 14,50 – 11,00

20,41	Marco Fortes	SL Benfica		26-09-82	1	C. Port	Pombal	16-02	20,91i-12
20,12	Marco Fortes				11q	WIC	Sopot - POL	07-03	
19,94	Marco Fortes				1	CNCI-Ap	Pombal	26-01	
19,74	Marco Fortes				1	CNCI-1	Pombal	23-02	
19,53	Marco Fortes				6		Karlshure - GER	01-02	
18,36	Marco Fortes				6	PSD Bank	Dusseldorf - GER	30-01	
17,77	Tsanko Amaudov	SL Benfica		14-03-92	1		Pombal	02-02	18,05i-13
17,63	Francisco Belo	Sporting CP		27-03-91	2	C. Port	Pombal	16-02	18,64i-12
17,56	Francisco Belo				1	CNU	Pombal	02-03	
17,52	Francisco Belo				2	CNCI-1	Pombal	23-02	



16,57		Tsanko Amaudov			3	C. Port	Pombal	16-02	
15,73	Adriano Lopes	Juv. Vidigalense		22-10-91	3	CNCI-1	Pombal	23-02	15,84i-12
15,71	Luís Melo	Juv. Ilha Verde		18-01-87	4	C. Port	Pombal	16-02	15,00i-09
15,44	Adriano Lopes				1		Braga	08-02	
15,34	Adriano Lopes				2	CNCI-Ap	Pombal	26-01	
15,30	Adriano Lopes				1		Braga	28-12	
15,25	Vítor Rodrigues	CA Seia		25-02-84	1	CNCI-2	Pombal	23-02	15,84i-10
15,10	Francisco Belo				1s	CNCI-Ap	Pombal	25-01	
15,09	Adriano Lopes				5	C. Port	Pombal	16-02	
15,07	Adriano Lopes				1ex	C. Norte	Braga	01-02	
14,98	Herédio Costa	Sporting CP		30-10-71	6	C. Port	Pombal	16-02	17,16i-07
14,90	Adriano Lopes				1ex	C. Norte	Braga	12-01	
14,81	Adriano Lopes				2ex	CNU	Pombal	02-03	
14,77	Pedro Veloso	SC Braga		03-10-77	2		Braga	08-02	14,41i-01
14,73	José Pinho	NA Cucujães		20-03-95	1s	CNCI-Ap	Braga	25-01	14,08i-13
14,72	Vítor Rodrigues				2s	CNCI-Ap	Pombal	25-01	
14,69	José Pinho				7	C. Port	Pombal	16-02	
14,54	Pedro Veloso				2	CNCI-2	Pombal	23-02	
14,50	Bruno Abel Martins	Gira Sol RC		09-01-82	8	C. Port	Pombal	16-02	13,75i-12
14,32	Pedro Veloso				2ex	C. Norte	Braga	01-02	
14,15	André Vital e Silva	CCSJ. Madeira		13-02-80	2s	CNCI-Ap	Braga	25-01	16,12i-05
13,42	Bernardo Lopes	CA Marinha Grande		26-01-93	4	CNCI-2	Pombal	23-02	13,52i-12
13,29	Nuno Serra	AA Coimbra		27-06-74	3s	CNCI-Ap	Pombal	25-01	16,76i-98
13,11	João Moreira	AA Pinhalnovense		24-06-93	9	C. Port	Pombal	16-02	11,59i-13
12,98	Miguel Carreira	Juv. Vidigalense		12-03-96	3		Pombal	02-02	
12,93	Tiago Marto	GA Fátima		05-05-86	1		Pombal	12-01	14,23i-13
12,93	Alexandre Almeida	GCA Donas		17-08-93	10	C. Port	Pombal	16-02	12,73i-13
12,71	Fábio Silva	SL Benfica		18-04-95	4		Pombal	02-02	
12,69	João Ferreira	ACR Sra. Desterro		12-04-94	5	CNCI-Ap	Pombal	26-01	12,33i-13
12,64	Alessandro Gonçalves	GA Fátima		28-02-94	1		Alpiarça	01-02	12,63i-13
12,48	Rui Costa	SC Braga		10-04-95	2	C. Norte	Braga	12-01	11,65i-13
12,06	Luís Assunção	NA Cucujães		03-09-78	13	C. Port	Pombal	16-02	13,01i-06
12,05	Pedro Santos	CP Alcanena		01-01-88	5s	CNCI-Ap	Pombal	25-01	11,83i-11
12,02	Renato Gomes	CA Bx Banheira		30-01-76	6	CNCI-2	Pombal	23-02	12,99i-05
11,94	Samuel Remédios	GA Fátima		24-02-92	Hep	Taça FPA	Braga	04-01	11,23i-12
11,91	José Silva	CDC Navais		14-10-78	4s	CNCI-Ap	Braga	25-01	12,24i-12
11,91	Ricardo Freitas	GRECAS		14-11-93	6s	CNCI-Ap	Pombal	25-01	12,36i-13
11,89	Rui Fernandes	Gira Sol RC		08-05-80	2		Pombal	12-01	13,67i-05
11,88	Miguel Carvalho	Esc Movimento		09-12-69	7	CNCI-2	Pombal	23-02	14,10i-96
11,86	Ricardo Marques	CA Centro		31-07-78	1	ANDDI	Braga	08-02	11,68i-11
11,83	Daniel Santiago	Gira Sol RC		03-01-96	3		Pombal	12-01	
11,72	Renato Costa	GRECAS		24-11-91	8	CNCI-1	Pombal	23-02	13,71i-09
11,61	Carlos Santos	CP Alcanena		10-05-86	Hep	Taça FPA	Braga	04-01	11,55i-13
11,55	Miguel Angelo Almeida	GCA Donas		30-10-95	8	CNCI-Ap	Pombal	26-01	11,05i-13
11,48	Filipe Velosa	Juv. Vidigalense		30-05-95	6		Pombal	02-02	11,65i-13
11,38	Pedro Faria	CCSJ. Madeira		29-01-94	15	C. Port	Pombal	16-02	13,12i-13
11,15	Ivan Santos	ADL Apelaçenenses		12-04-94	Hep	C. Port	Pombal	15-02	11,31i-13
11,12	Natã Lé	CAS Manique	GBS	29-02-96	9	CNCI-Ap	Pombal	26-01	
11,09	Sérgio Almeida	CF Belenenses		17-02-72	1	CN Vet	Pombal	08-03	11,01i-13
11,04	Gonçalo Pimenta	SC Braga		21-12-93	4ex	C. Norte	Braga	01-02	9,96i-13
11,02	Gonçalo Lopes	CA Seia		14-03-88	6	CNU	Pombal	02-03	

### Peso/Shot Put ( 6 Kg) – 14,00 – 11,00

15,56	José Pinho	NA Cucujães		20-03-95	1	CNJ	Pombal	09-02	15,50i-13
14,36	Miguel Carreira	Juv. Vidigalense		12-03-96	1		Pombal	19-01	13,52i-13
14,13	Fábio Silva	SL Benfica		18-04-95	2	CNJ	Pombal	09-02	13,56i-13
14,05	Otoniel Badjana	Sporting CP	GBS	18-12-98	3	CNJ	Pombal	09-02	
14,02	Miguel Carreira				4	CNJ	Pombal	09-02	
13,56	Daniel Santiago	Gira Sol RC		03-01-96	5	CNJ	Pombal	09-02	10,95i-13
13,48	Rui Costa	SC Braga		10-04-95	1		Braga	28-12	13,63i-13
13,35	Francisco Costa	Esc Movimento		25-02-97	7	CNJ	Pombal	09-02	

13,29	João Ferreira	ACR Sra. Desterro		12-04-94	2		Braga	28-12	13,28i-12
13,04	Luís Pereira	GA Fátima		13-11-97	1		Pombal	19-01	
12,76	Décio Andrade	GD Estreito		25-01-97	8	CNJ	Pombal	09-02	
12,56	João Ferreira	ACDR Arneirense		29-08-97	2		Pombal	19-01	
12,33	João Dias	SUO Vais		28-01-97	2		Pombal	19-01	
12,25	Rui Silva	ACR Sra. Desterro		27-02-95	1ex	ANDDI	Braga	08-02	11,11i-13
12,22	Natã lé	CAS Manique	GBS	29-02-96	9	CNJ	Pombal	09-02	
12,07	Pedro Ferreira	EC+S Lavra		21-02-96	Hep	C. Norte	Braga	01-02	
11,90	João Dias	ADC Lovelhe		27-09-96	2ex	ANDDI	Braga	08-02	
11,89	Edujosé Lima	SL Benfica	STP	02-03-96	10	CNJ	Pombal	09-02	
11,69	Filipe Velosa	Juv. Vidigalense		30-05-95	11	CNJ	Pombal	09-02	12,70i-13
11,39	Tiago Ferrão	SUO Vais		18-04-98	3		Pombal	19-01	
11,38	Joel Pereira	GA Fátima		14-02-95	Hep	CNJ	Pombal	09-02	
11,29	João Matias	SL Benfica		30-07-97	13	CNJ	Pombal	09-02	
11,28	Pedro Longo	Desp. C. Branco		25-02-96	Hep		Pombal	28-12	
11,27	Nuno Botelho	GRECAS		04-01-97	14	CNJ	Pombal	09-02	
11,18	Tomás Gonçalves	JD Almansor		28-10-97	2		Pombal	19-01	
11,14	Valentyn Zavadskyy	ACDR Arneirense		27-08-96	3		Pombal	19-01	

A vermelho os atletas que ainda eram juniores até 31-12-2013

### Heptatlo - 4000 - 3000

5.553	Samuel Remédios	GA Fátima	RN23	24-02-92	1	C. Port	Pombal	16-02	5312i-13
5.402	Samuel Remédios				1	Taça FPA	Braga	05-01	
4.748	Tiago Boucela	Sporting CP		09-02-92	1ex	C. Norte	Braga	02-02	4546i-12
4.720	Pedro Santos	CP Alcanena		01-01-88	2	C. Port	Pombal	16-02	5250i-12
4.652	Pedro Santos				2	Taça FPA	Braga	05-01	
4.598	Ivan Santos	ADL Apelaçenenses		12-04-94	3	Taça FPA	Braga	05-01	4770i-13
4.587	Carlos Santos	CP Alcanena		10-05-86	3	C. Port	Pombal	16-02	4914i-12
4.543	Ivan Santos				4	C. Port	Pombal	16-02	
4.496	Carlos Santos				1		Pombal	29-12	
4.382	Joel Pereira	GA Fátima		14-02-95	5	C. Port	Pombal	16-02	
4.327	Luís Miguel Santos	OC Lagos		06-07-93	6	C. Port	Pombal	16-02	4365i-13
4.292	Carlos Santos				4	Taça FPA	Braga	05-01	
4.172	André F. Santos	OC Lagos		04-04-91	7	C. Port	Pombal	16-02	4218i-12
4.100	Pedro Vilacova	EC+S Lavra		18-04-96	5	Taça FPA	Braga	05-01	
3.833	Diogo Costa	Esc Movimento		12-01-93	1	C. Norte	Braga	02-02	
3.775	Pedro Ferreira	EC+S Lavra		21-02-96	7	Taça FPA	Braga	05-01	
3.744	Oscar Vilaça	Esc Movimento		08-02-92	2	C. Norte	Braga	02-02	3564i-12
3.742	Nuno Perdigão	AJ Cortiçadas		01-05-81	8	Taça FPA	Braga	05-01	3944i-11
3.661	Bruno Coelho	Juv. Vidigalense		21-04-93	1		Pombal	29-12	
3.661	Joaquim Moreira	CD Póvoa		30-01-93	3	C. Norte	Braga	02-02	
3.654	João Costa	EC+S Lavra		08-05-96	10	Taça FPA	Braga	05-01	
3.524	Ruben Ventura	Juv. Ilha Verde		28-12-89	11	Taça FPA	Braga	05-01	3373i-09
3.496	Ricardo Araújo	GRECAS		25-10-93	3ex		Pombal	29-12	
3.439	Helder Coutinho	CA Mazarefes		05-06-90	4	C. Norte	Braga	02-02	
3.381	Pedro Costa	CCSJ. Madeira		11-05-92	4ex		Pombal	29-12	
3.213	Tomás Batista	Esc Movimento		21-12-92	5	C. Norte	Braga	02-02	

### Heptatlo Junior – 4000 - 3000 ( 60m B 1,00 - Peso 6 Kg)

4.818	Paulo Neto	ACRD Escapães		11-03-97	1	CNJ	Pombal	09-02	
4.802	Joel Pereira	GA Fátima		14-02-95	2	CNJ	Pombal	09-02	4272i-12
4.713	Miguel Barrigana	SL Benfica		03-07-96	3	CNJ	Pombal	09-02	
4.602	Paulo Neto				1ex		Pombal	29-12	
4.576	Joel Pereira				1		Pombal	29-12	
4.502	Pedro Ferreira	EC+S Lavra		21-02-96	1	C. Norte	Braga	02-02	
4.471	Pedro Ferreira				4	CNJ	Pombal	09-02	
4.424	Pedro Vilacova	EC+S Lavra		18-04-96	2	C. Norte	Braga	02-02	
4.360	Pedro Vilacova				5	CNJ	Pombal	09-02	
4.210	Pedro Longo	Desp. C. Branco		25-02-96	2ex		Pombal	29-12	
4.200	Ricardo Mendes	Juv. Vidigalense		30-05-94	1		Pombal	29-12	

3.999	Eduardo Valério	Juv. Vidigalense		07-02-96	2		Pombal	29-12	3968i-12
3.858	João Costa	EC+S Lavra		08-05-96	6	CNJ	Pombal	09-02	
3.456	Pedro Fernandes	JOMA		03-10-96	3ex		Pombal	29-12	
3.444	Rui Santos	Maia AC		24-10-96	4	C. Norte	Braga	02-02	
3.402	Duarte Eusébio	Juv. Vidigalense		06-08-97	3		Pombal	29-12	
3.147	Miguel Monteiro	CP Alcanena		21-08-96	2		Pombal	29-12	3053i-12
3.094	João Miranda	Juv. Vidigalense		21-05-95	4		Pombal	29-12	
3.060	Miguel Ferreira	CD Póvoa		22-03-96	5	C. Norte	Braga	02-02	
3.033	Carlos Madeira	Juv. Vidigalense		05-06-94	5		Pombal	29-12	

A vermelho os atletas que ainda eram juniores até 31-12-2013

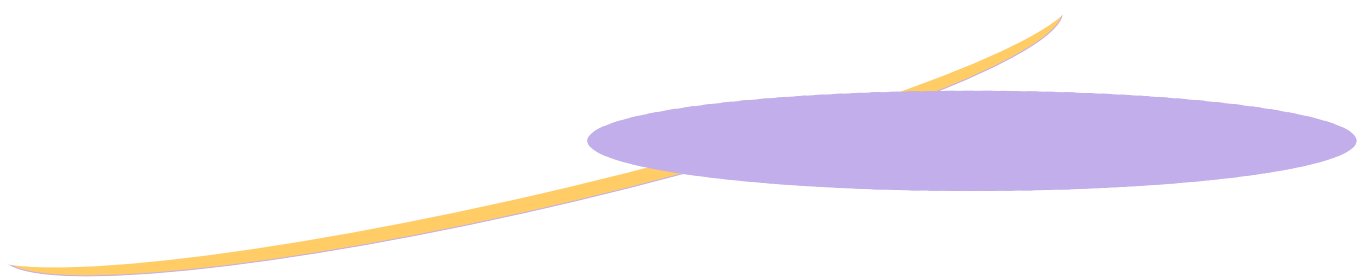
### 5000 m M/W – 25.00,0

19.21,07	João Vieira	Sporting CP		20-02-76	1	C. Port	Pombal	15-02	19.04,74i-07
19.24,59	Sérgio Vieira	SL Benfica		20-02-76	2	C. Port	Pombal	15-02	19.20,77i-99
20.00,59	Pedro Isidro	SL Benfica		17-07-85	3	C. Port	Pombal	15-02	20.31,20i-10
20.45,51	Miguel Carvalho	CN Rio Maior		02-09-94	4	C. Port	Pombal	15-02	20.42,04i-13
21.13,54	Augusto Cardoso	ACR Sra. Desterro		13-12-70	2	CNCI-Ap	Pombal	26-01	20.10,50i-03
21.15,96	António Pereira	CCSJ. Madeira		10-07-75	3	CNCI-1	Pombal	22-02	20.23,37i-10
21.16,56	Bruno Pedro	GA Casais Vento		11-10-93	1		Pombal	11-01	21.35,9i-13
21.21,34	Rui Coelho	CA Seia		26-09-94	5	C. Port	Pombal	15-02	21.32,68i-13
21.31,54	Pedro Martins	CA Seia		12-01-68	2s	CNCI-Ap	Pombal	25-01	20.45,47i-99
21.36,31	Luís Silva	Juv. Vidigalense		26-08-70	5	CNCI-1	Pombal	22-02	20.59,42i-11
21.45,83	Cristiano António	AC Vermoil		15-10-88	3	CNCI-Ap	Pombal	26-01	21.23,16i-13
21.48,46	Miguel Rodrigues	CN Rio Maior		01-11-96	2		Pombal	11-01	23.43,81i-13
21.52,70	Dionisio Ventura	CIA Ilha Azul		13-12-79	7	C. Port	Pombal	15-02	20.30,34i-13
22.08,45	Pedro Santos	CA Seia		25-04-86	1s	C. Port	Pombal	15-02	21.39,73i-07
22.21,39	Samuel Pereira	CA Seia		25-11-93	2s	C. Port	Pombal	15-02	21.44,14i-12
22.50,06	Helder Leitão Santos	Gira Sol RC		07-03-96	5	CNCI-Ap	Pombal	26-01	22.41,81i-13
23.08,70	José Silva	NA Cucujães		16-01-85	3s	C. Port	Pombal	15-02	22.41,04i-13
23.28,68	Amaro Teixeira	GCA Donas		08-07-89	2	CNCI-2	Pombal	22-02	27.26,48i-13
23.33,98	Nuno Santos	Sporting CP		29-11-88	3s	CNCI-Ap	Pombal	25-01	23.07,37i-13
23.35,97	João Martins	CAF Zezere		20-03-95	4s	C. Port	Pombal	15-02	22.56,42i-12
23.43,40	Vasco Santos	CA Marinha Grande		20-07-98	4	CNCI-2	Pombal	22-02	
23.47,24	Jaime Santos	CCSJ. Madeira		22-05-72	1	CNCI-Ap	Braga	25-01	22.32,33i-05
24.12,44	Marco Graça	CA Casais Vento		01-11-96	4	CNJ	Pombal	08-02	
24.24,50	Pedro Miguel Santos	SL Benfica		15-11-92	7s	C. Port	Pombal	15-02	23.21,6i-13
24.41,19	Eduardo Cardoso	CCD Ribeirão		09-03-92	8s	C. Port	Pombal	15-02	23.12,93i-10
24.44,54	Grigore Navin	NDET Cabreira		18-01-95	4s	CNCI-Ap	Pombal	25-01	
24.52,95	Cláudio Cotrim	CP Alcanena		26-04-96	4		Pombal	11-01	25.46,50i-13

## 4 x 400 m – 3.25,0 – 3.35,0

3.16,60	SL Benfica	A. Abrantes, D. Mestre, A. Rodrigues, V. Santos		1	CNCI-1	Pombal	23-02	3.16,21i-95
3.18,95	Sporting CP	D. Lima, A. Marques, M. Alves, J. Ferreira	*	2	CNCI-1	Pombal	23-02	3.13,56i-00
3.22,88	SL Benfica	D. Mestre, M. Moreira, R. Pereira, A. Rodrigues		1s	CNCI-Ap	Pombal	26-01	
3.24,13	Gira Sol - RC	H. Marques, J. Oliveira, M. Figueira, J. Fonseca		3	CNCI-1	Pombal	23-02	3.22,47i-13
3.24,46	Juventude Vidigalense	D. Pedro, B. Gualberto, T. Freire, P. Fontes		4	CNCI-1	Pombal	23-02	3.22,00i-10
3.25,05	Sporting CP	A. Marques, S. Martins, J. Ferreira, J. Brás		1s	CNCI-Ap	Pombal	25-01	
3.25,85	GRECAS	R. Almeida, T. Cipriano, R. Matos, S. Silva		1s	CNCI-Ap	Pombal	25-01	3.24,40i-02
3.27,49	GA Fátima	E. Remédios, J. Cancela, M. Mendes, S. Remedios		2s	CNCI-1	Pombal	23-02	3.29,83i-13
3.29,09	AA Pinhalnovense	A. Pereira, C. Pedreira, A. Lourenço, R. Belo		2s	CNCI-Ap	Pombal	25-01	3.32,65i-13
3.32,03	CA Seia	A. Lima, J. Delgado, H. Vaz, E. Rodrigues		3s	CNCI-Ap	Pombal	25-01	3.21,45i-07
3.32,99	Escola do Movimento	T. Baptista, T. Calvo, E. Batista, A. Ferrão		1	CNCI-2	Pombal	23-02	3.27,89i-12
3.33,00	JO Monte Abrão	J. Gomes, I. Quintunda, P. Semedo, M. Santos	*	2s	CNCI-Ap	Pombal	25-01	3.19,88i-06
3.34,35	CC S. João Madeira	R. Leite, R. Gomes, D. Silva, M. Roque		1s	CNCI-Ap	Braga	25-01	3.28,98i-12
3.34,95	GDA Donas	A. Borges, L. Crisostomo, P. Morgado, A. Simões		1s	CNCI-2	Pombal	23-02	3.37,46i-13

(\*) com atletas estrangeiros



# Femininos

Época Indoor  
2013/2014



## 60 m - 7,80 - 8,30

7,40	Carla Tavares	Sporting CP		22-05-82	1	CNCI-1	Pombal	22-02	7,41i-13
7,44	Carla Tavares				3		Mondeville - FRA	01-02	
7,45	Eva Vital	SL Benfica		08-07-92	1mf	C. Port	Pombal	15-02	7,48i-13
7,45	Carla Tavares				2rB	ISTAF	Berlin - ALE	01-03	
7,46	Carla Tavares				2h		Mondeville - FRA	01-02	
7,47	Eva Vital				2	CNCI-1	Pombal	22-02	
7,51	Carla Tavares				1h		Lisboa - CAR	21-01	
7,51	Sónia Tavares	SC Beira Mar		21-03-86	2h		Bordéus - FRA	26-01	7,32i-12
7,51	Sónia Tavares				4		Bordéus - FRA	26-01	
7,52	Carla Tavares				1		Lisboa - CAR	21-01	
7,52	Carla Tavares				3h		Bordéus - FRA	26-01	
7,52	Eva Vital				1h	C. Port	Pombal	15-02	
7,54	Sónia Tavares				1h		Sabadell - ESP	08-02	
7,55	Carla Tavares				1h	C. Port	Pombal	15-02	
7,55	Carla Tavares				1ex		Pombal	22-02	
7,56	Carla Tavares				6		Bordéus - FRA	26-01	
7,57	Carla Tavares				1		Lisboa - CAR	05-02	
7,59	Sónia Tavares				2		Sabadell - ESP	08-02	
7,60	Eva Vital				1ex		Pombal	04-01	
7,61	Teresa Carvalho	SL Benfica		03-01-95	2ex		Pombal	22-02	7,85i-13
7,62	Sónia Tavares				1h		Sabadell - ESP	09-02	
7,64	Andreia Felisberto	Sporting CP		22-06-86	3ex		Pombal	22-02	7,54i-13
7,65	Andreia Felisberto				2		Lisboa - CAR	05-02	
7,65	Carla Tavares				1h		Lisboa - CAR	05-02	
7,65	Carla Tavares				1sf	C. Port	Pombal	15-02	
7,66	Andreia Felisberto				2		Lisboa - CAR	21-01	
7,69	Lorene Dorcas Bazolo	JOMA	CGO	04-05-83	4ex		Pombal	22-02	
7,70	Andreia Felisberto				2h		Lisboa - CAR	21-01	
7,70	Olimpia Barbosa	Sporting CP	STP	28-02-95	1h	C. Port	Pombal	15-02	7,69i-13
7,71	Andreia Felisberto				1h		Lisboa - CAR	05-02	
7,72	Shaina Anthony Mags	Sporting CP		11-04-92	3		Lisboa - CAR	05-02	7,66i-12
7,72	Olimpia Barbosa				1h		Lisboa - CAR	05-02	
7,72	Andreia Felisberto				2mf	C. Port	Pombal	15-02	
7,73	Olimpia Barbosa				4		Lisboa - CAR	05-02	
7,74	Andreia Felisberto				1s	CNCI-Ap	Pombal	25-01	
7,74	Olimpia Barbosa				2mf	C. Port	Pombal	15-02	
7,74	Shaina Anthony Mags				3mf	C. Port	Pombal	15-02	
7,75	Shaina Anthony Mags				2h		Lisboa - CAR	05-02	
7,76	Sofia Duarte	AEA Rui Silva		07-11-96	1h		Pombal	11-01	7,82i-13
7,76	Shaina Anthony Mags				1		Pombal	02-02	
7,76	Susana Santos	SL Benfica		20-09-90	3mf	C. Port	Pombal	15-02	7,73i-13
7,77	Debora Clemente	Sporting CP		09-11-94	1h		Pombal	02-02	7,79i-11/13
7,77	Shaina Anthony Mags				2h	C. Port	Pombal	15-02	
7,78	Olimpia Barbosa				1ex		Pombal	25-01	
7,78	Joana Vitorino	CAS Manique		30-05-92	2		Pombal	02-02	7,67i-13
7,78	Joana Vitorino				4mf	C. Port	Pombal	15-02	
7,78	Olimpia Barbosa				5ex		Pombal	22-02	
7,79	Sofia Duarte				1		Pombal	07-12	
7,79	Debora Clemente				3h		Lisboa - CAR	21-01	
7,79	Tânia Duarte	SL Benfica		15-07-90	1s	CNCI-Ap	Pombal	26-01	7,72i-12
7,79	Susana Santos				3		Pombal	02-02	
7,79	Olimpia Barbosa				1h	CNJ	Pombal	08-02	
7,79	Andreia Felisberto				1h	C. Port	Pombal	15-02	
7,79	Joana Vitorino				1	CNCI-2	Pombal	22-02	
7,80	Sofia Duarte				1ex		Pombal	28-12	
7,80	Sofia Duarte				1		Pombal	11-01	
7,80	Sofia Duarte				1		Pombal	18-01	
7,80	Joana Vitorino				1h		Pombal	02-02	
7,80	Tânia Duarte				3h		Sabadell - ESP	08-02	
7,80	Joana Vitorino				2h	C. Port	Pombal	15-02	
7,81	Daniela França	Maia AC		02-08-95	2	CNCI-2	Pombal	22-02	7,74i-13



7,89	Carla Gama	SL Benfica		24-11-90	2h		Lisboa - CAR	05-02	7,91i-07
7,89	Susana Estriga	JOMA		16-07-75	3h	C. Port	Pombal	15-02	7,79i-11
7,91	Ilizandra Lopes	CP Alcanena		28-02-92	3h	C. Port	Pombal	15-02	8,01i-10
7,91	Catarina Costa	ACR Sra. Desterro		25-05-96	6sf	C. Port	Pombal	15-02	8,18i-13
7,92	Rafaela Nogueira	Sporting CP		16-04-94	2h		Pombal	02-02	7,82i-13
7,94	Rose Trindade	SC Braga		10-01-95	2h	C. Norte	Braga	11-01	8,00i-12
7,94	Marta Brandão	Sporting CP		12-07-95	1h	CNJ	Pombal	08-02	8,15i-13
7,94	Catarina Silva	GCA Donas		03-04-90	3	CNCI-1	Pombal	22-02	7,91i-10
7,98	Adriana Alves	SL Benfica	ANG	13-09-95	1h	CNJ	Pombal	08-02	7,98i-11/13
7,99	Cristiana Cunha	GDA Donas		17-07-91	3ex		Pombal	22-02	7,84i-11
8,00	Ana Moreira	GR Qt. Lomba		27-06-98	3	CNCI-2	Pombal	22-02	8,31i-13
8,01	Khristina Resler	SL Benfica		30-06-96	1mf	CNJ	Pombal	08-02	8,15i-12
8,01	Rute Limpo	JOMA		23-12-90	5	CNCI-1	Pombal	22-02	7,57i-13
8,01	Daniela Ferreira	Juv. Vidigalense		22-06-89	6	CNCI-1	Pombal	22-02	8,09i-08
8,03	Mariana António	SC Abrantes		09-06-98	2mf	CNJ	Pombal	08-02	8,12i-13
8,04	Ana Margarida Oliveira	GA Fátima		18-07-95	1h		Pombal	11-01	8,20i-11
8,06	Joana Vieira	SL Benfica		08-03-97	2h	CNJ	Pombal	08-02	7,97i-13
8,07	Sofia Rocha	Esc. Movimento		04-02-96	3s	CNCI-Ap	Braga	25-01	8,27i-13
8,09	Vera Lima	GCA Donas		08-12-89	1		Pombal	11-01	7,95i-12/13
8,09	Ludmila Nascimento	Sporting CP		01-11-96	3mf	CNJ	Pombal	08-02	
8,10	Bruna Varela	SL Benfica		15-04-97	3h		Lisboa - CAR	05-02	8,19i-13
8,12	Joana Carlos	Juv. Vidigalense		25-03-99	1		Pombal	01-02	8,05i-13
8,12	Nicole Santos	SCU Torreense		19-04-94	4h		Pombal	02-02	
8,12	Ana Mendes	GD Airão		98	4mf	CNJ	Pombal	08-02	
8,13	Patrícia Silva	ACDR Arneirense		07-04-94	5ex		Pombal	22-02	8,08i-13
8,14	Alicia Bonfim	SL Benfica	BRA	22-06-96	5mf	CNJ	Pombal	08-02	
8,15	Sofia Gomes	AC Vermoil		30-09-97	2ex		Pombal	28-12	
8,15	Lisandra Lopes	ACR Sra. Desterro		07-04-88	4	Taça FPA	Braga	04-01	7,86i-13
8,15	Tatiana Rosário	SL Benfica		05-04-94	6h		Lisboa - CAR	21-01	7,77i-13
8,15	Inês Aires	Maia AC		19-04-97	3h	CNJ	Pombal	08-02	8,19i-13
8,15	Maria João Silva	CD Marco		25-03-98	6mf	CNJ	Pombal	08-02	
8,16	Beatriz Garcia	Sporting CP		16-02-96	3rB		Lisboa - CAR	21-01	
8,16	Jalma Teixeira	JOMA		16-11-89	4h		Lisboa - CAR	05-02	8,06i-11
8,17	Elisabete Silva	Gira Sol RC		10-12-98	5	CNCI-2	Pombal	22-02	8,62i-13
8,18	Diana Relvas	Juv. Vidigalense		12-05-89	1h		Pombal	11-01	7,98i-07
8,18	Inês Matos Luís	Esc. Movimento		14-11-96	7mf	CNJ	Pombal	08-02	8,28i-13
8,19	Diana Morgado	AC Vermoil		16-11-89	1s	CNCI-Ap	Pombal	26-01	8,28i-13
8,19	Rita Pinheiro	SL Benfica		04-03-98	4h	CNJ	Pombal	08-02	
8,19	Sara Neves	GRECAS		07-07-95	5h	C. Port	Pombal	15-02	
8,19	Larissa Vieira	Juv. Vidigalense		14-11-95	6h	C. Port	Pombal	15-02	7,99i-13
8,20	Fátima Coutinho	CA Mazarefes		01-04-99	1s		Braga	28-12	8,25i-13
8,20	Scarlett Saleiro	CA Mazarefes		27-05-98	5	C. Norte	Braga	11-01	8,43i-13
8,20	Cintia Costa	SC Braga		26-06-96	2ex		Braga	25-01	8,32i-13
8,20	Carina Pereira	SL Benfica		98	5h	CNJ	Pombal	08-02	
8,20	Sara Rodrigues	CCD Ribeirão		99	1mf		Braga	27-02	8,43i-13
8,21	Andreia Breia	Desp. C. Branco		30-09-97	2		Pombal	11-01	
8,21	Vania Fernandes	JOMA		92	1s	CNCI-Ap	Pombal	25-01	
8,22	Flavia Ribeiro	Sporting CP		06-11-94	5h	C. Port	Pombal	15-02	7,76i-13
8,23	Candida Bairrada	CS Marítimo		31-12-84	3ex		Pombal	04-01	7,82i-08
8,23	Liliana Neto	SL Benfica		29-01-97	3ex		Pombal	26-01	
8,24	Stephanie Simões	GRECAS		08-10-94	3s	CNCI-Ap	Pombal	25-01	8,07i-11
8,24	Joana Lopes	JOMA		13-10-91	6h	C. Port	Pombal	15-02	7,98i-11
8,24	Angela Monteiro	CF Belenenses		15-08-94	8h	C. Port	Pombal	15-02	
8,26	Rita Parreira	SL Benfica		11-05-98	7mf	CNJ	Pombal	08-02	
8,28	Sara Ribeiro	GA Fátima		21-03-98	1s		Pombal	11-01	8,90i-13
8,30	Sofia Lascasas	Maia AC		20-02-95	3ex		Pombal	22-02	8,54i-13

## 200 m – 25,80 – 28,00

24,35	Carla Tavares	Sporting CP		22-05-82	1	CNCI-1	Pombal	23-02	24,62i-08
24,99	Tânia Duarte	SL Benfica		15-07-90	1	C. Port	Pombal	16-02	24,86i-13
25,03	Leslie Delgado	Grã Bretanha		25-06-89	3		Lee Valley - GBR	18-01	25,94i-12
25,06		Tânia Duarte			2	CNCI-1	Pombal	23-02	

25,10	Andreia Crespo	ACR Sra. Desterro		16-10-93	1s	CNCI-1	Pombal	23-02	25,49i-13
25,14	Sofia Duarte	AEA Rui Silva		07-11-96	1		Pombal	12-01	25,89i-13
25,15	Filipa Martins	Sporting CP		13-11-92	2	C. Port	Pombal	16-02	25,00i-11
25,17		Tânia Duarte			3		Sabadell - ESP	09-02	
25,19		Andreia Crespo			1s	C. Port	Pombal	16-02	
25,33		Leslie Delgado			2h		Lee Valley - GBR	18-01	
25,33		Andreia Crespo			1s	CNCI-Ap	Pombal	26-01	
25,37		Tânia Duarte			1s	CNCI-Ap	Pombal	26-01	
25,41	Dorothe Évora	SL Benfica		28-05-91	3s	C. Port	Pombal	16-02	25,35i-11
25,49	Rivinilda Mentai	SL Benfica		01-04-94	4s	C. Port	Pombal	16-02	25,11i-13
25,55		Filipa Martins			1s	CNCI-Ap	Pombal	25-01	
25,55	Márcia Cardoso	ADRE Palhaça		04-04-94	1	CNCI-2	Pombal	23-02	25,89i-13
25,59	Daniela França	Maia AC		02-08-95	2	CNCI-2	Pombal	23-02	25,04i-13
25,63		Sofia Duarte			1		Pombal	19-01	
25,71		Márcia Cardoso			2s	C. Port	Pombal	16-02	
25,92	Susana Estriga	JOMA		16-07-75	1	CN Vet	Pombal	08-03	26,00i-11
25,95	Jessica Viegas	Juv. Vidigalense		16-08-94	2s	CNCI-1	Pombal	23-02	26,05i-13
26,07	Susana Santos	SL Benfica		20-09-90	3s	C. Port	Pombal	16-02	25,44i-10
26,30	Debora Clemente	Sporting CP		09-11-94	1s	C. Port	Pombal	16-02	26,36i-10
26,35	Ilizandra Lopes	CP Alcanena		28-02-92	1s	C. Port	Pombal	16-02	27,11i-10
26,37	Catarina Silva	GCA Donas		03-04-90	3s	CNCI-1	Pombal	23-02	25,96i-13
26,40	Silvia Correia	GD Estreito		18-06-97	2	CNJ	Pombal	09-02	
26,41	Inês Aires	Maia AC		19-04-97	1s	CNJ	Pombal	09-02	26,61i-13
26,41	Salomé Afonso	Sporting CP		19-11-97	1s	CNJ	Pombal	09-02	26,71i-12
26,49	Vera Lima	GCA Donas		08-12-89	2s	C. Port	Pombal	16-02	26,21i-13
26,57	Daniela Cruz	SC Braga		11-06-93	4s	CNCI-1	Pombal	23-02	26,99i-13
26,58	Diana Almeida	JOMA		97	1s	CNJ	Pombal	09-02	
26,62	Neuza Reis	SL Benfica	CPV	19-01-95	3s	CNJ	Pombal	09-02	25,92i-13
26,65	Elisabete Silva	Gira Sol RC		10-12-98	3	CNCI-2	Pombal	23-02	
26,71	Ana Moreira	GR Qt. Lomba		27-06-98	1s	CNCI-2	Pombal	23-02	
26,73	Bruna Varela	SL Benfica		15-04-97	2s	CNJ	Pombal	09-02	
26,76	Sofia Gomes	AC Vermoil		30-09-97	1ex		Pombal	29-12	
26,83	Beatriz Garcia	Sporting CP		16-02-96	2s	CNJ	Pombal	09-02	
26,84	Nicole Santos	SCU Torreense		19-04-94	2ex		Pombal	29-12	
26,86	Carina Pereira	SL Benfica		98	3s	CNJ	Pombal	09-02	
26,92	Catarina Costa	ACR Sra. Desterro		25-05-96	5s	C. Port	Pombal	16-02	27,64i-13
27,06	Sara Martins	Juv. Vidigalense		13-11-91	1h	C. Norte	Braga	12-01	26,65i-13
27,06	Beatriz Dinis	CA Mar. Grande		19-10-96	1		Pombal	19-01	27,14i-13
27,07	Sara Neves	GRECAS		07-07-95	4s	CNCI-1	Pombal	23-02	
27,09	Diana Relvas	Juv. Vidigalense		12-05-89	4s	C. Port	Pombal	16-02	25,94i-13
27,10	Susana Fernandes	SC Braga		03-12-94	2s	C. Port	Pombal	16-02	29,19i-13
27,13	Sofia Rocha	Esc. Movimento		04-02-96	1s	CNJ	Pombal	09-02	27,77i-13
27,15	Patrícia Silva	ACDR Arneirense		07-04-94	3s	C. Port	Pombal	16-02	26,95i-13
27,29	Ana Rita Santos	C Spiridon Gaia		15-02-98	4s	CNJ	Pombal	09-02	
27,29	Inês Matos Luís	Esc. Movimento		14-11-96	4s	CNJ	Pombal	09-02	28,13i-13
27,37	Rose Trindade	SC Braga		10-01-95	2s	CNCI-Ap	Braga	25-01	27,49i-12
27,38	Mariana António	SC Abrantes		09-06-98	3		Pombal	12-01	27,29i-12
27,41	Soraya Bentugal	CAS Manique	GBS	23-12-95	3s	CNCI-2	Pombal	23-02	5,12i-13
27,44	Carolina Sarabando	GRECAS		03-07-97	1s	CNCI-Ap	Pombal	25-01	
27,45	Joana Lopes	JOMA		13-10-91	5s	C. Port	Pombal	16-02	26,51i-10
27,49	Sara Ribeiro	GA Fátima		21-03-98	1s		Pombal	12-01	
27,51	Jessica Serra	CD Póvoa		06-01-95	2	CNCI-Ap	Braga	25-01	28,04i-13
27,51	Daniela Urbano	ADRE Palhaça		21-08-95	5s	C. Port	Pombal	16-02	26,86i-13
27,54	Joana Vieira	SL Benfica		08-03-97	2s	CNJ	Pombal	09-02	
27,54	Flavia Lopes	SC Braga		15-07-98	5s	CNJ	Pombal	09-02	
27,83	Rafaela Hora	EC+S Lavra		11-09-98	5s	CNJ	Pombal	09-02	
27,84	Margarida Cavaca	Desp. C. Branco		04-07-96	1		Pombal	12-01	
27,93	Bruna Silva	Juv. Vidigalense		14-11-94	2s		Pombal	12-01	27,07i-11
27,97	Catarina Oliveira	CD Póvoa		02-04-98	4s	CNCI-2	Pombal	23-02	
27,98	Mariana Rodrigues	SC Abrantes		11-12-97	3s	CNJ	Pombal	09-02	27,16i-13
27,99	Joana Moreto	Gira Sol RC		17-03-98	1s		Pombal	19-01	

## 300 m – 46,00

43,56	Inês Aires	Maia AC		19-04-97	1		Braga	18-01	
44,31	Inês Dias	Maia AC		06-11-97	2		Braga	18-01	
44,91	Ana Rita Santos	C Spiridon Gaia		15-02-98	3		Braga	18-01	
45,07	Loanne Pinto	SC Braga		12-10-99	1s		Braga	18-01	
45,55	Rafaela Hora	EC+S Lavra		11-09-98	1s		Braga	18-01	

## 400 m– 58,00 - 63,00

54,50	Cátia Azevedo	Sporting CP		09-03-94	2		Sabadell - ESP	08-02	55,71i-13
54,52	Vera Barbosa	Sporting CP		13-01-89	3rC		Bordeus - FRA	26-01	53,76i-12
54,53	Cátia Azevedo				2		Athlone - IRL	26-02	
54,64	Cátia Azevedo				1	CNCI-1	Pombal	22-02	
54,75	Cátia Azevedo				1		Pombal	02-02	
54,87	Cátia Azevedo				1s	CNCI-Ap	Pombal	25-01	
54,97	Cátia Azevedo				1	CNU	Pombal	02-03	
55,21	Vera Barbosa				4		Sabadell - ESP	08-02	53,76i-12
55,23	Cátia Azevedo				1ex		Pombal	04-01	
55,31	Miriam Tavares	SL Benfica		14-05-91	2	CNCI-1	Pombal	22-02	55,88i-12
55,34	Vera Barbosa				2ex		Pombal	04-01	
55,34	Vera Barbosa				2		Pombal	02-02	
55,78	Filipa Martins	Sporting CP		13-11-92	2ex	CNU	Pombal	02-03	56,80i-13
55,96	Miriam Tavares				1	C. Port	Pombal	15-02	
56,13	Miriam Tavares				3ex	CNU	Pombal	02-03	
56,15	Miriam Tavares				3		Pombal	02-02	
56,21	Andreia Crespo	ACR Sra. Desterro		16-10-93	1s	CNCI-Ap	Pombal	26-01	56,82i-13
56,26	Dorothe Évora	SL Benfica		28-05-91	2s	CNCI-Ap	Pombal	26-01	55,69i-12
56,27	Dorothe Évora				2	C. Port	Pombal	15-02	
56,29	Márcia Cardoso	ADRE Palhaça		04-04-94	2	CNU	Pombal	02-03	57,43i-13
56,31	Andreia Crespo				3	C. Port	Pombal	15-02	
56,41	Andreia Crespo				3	CNCI-1	Pombal	22-02	
56,70	Filipa Martins				4	C. Port	Pombal	15-02	
56,77	Filipa Martins				4		Pombal	02-02	
56,93	Andreia Crespo				5		Pombal	02-02	
57,01	Andreia Crespo				3ex		Pombal	04-01	
57,10	Miriam Tavares				4ex		Pombal	04-01	
57,41	Filipa Martins				5ex		Pombal	04-01	
57,48	Márcia Cardoso				3s	CNCI-Ap	Pombal	26-01	
57,59	Márcia Cardoso				1	CNCI-2	Pombal	22-02	
57,83	Márcia Cardoso				1s	C. Port	Pombal	15-02	
58,22	Nádia Gaspar	SL Benfica		07-10-90	1ex		Pombal	18-01	56,29i-13
58,29	Salomé Afonso	Sporting CP		19-11-97	1	CNJ	Pombal	08-02	
58,46	Patrícia Lopes	Sporting CP		11-07-82	2s	C. Port	Pombal	15-02	53,87i-09
58,84	Susana Estriga	JOMA		16-07-75	1s		Pombal	02-02	58,18i-13
58,85	Sara Martins	Juv. Vidigalense		13-11-91	4s	CNCI-Ap	Pombal	26-01	58,50i-13
59,04	Beatriz Garcia	Sporting CP		16-02-96	2s		Pombal	02-02	
59,07	Vera Lima	GCA Donas		08-12-89	5s	CNCI-Ap	Pombal	26-01	59,23i-13
59,19	Neuza Reis	SL Benfica	CPV	19-01-95	2	CNJ	Pombal	08-02	56,80i-13
59,44	Graciela Martins	JOMA	GBS	05-04-87	4s	CNCI-1	Pombal	22-02	57,86i-12
59,56	Milca Francisco	SL Benfica	ANG	14-06-96	1s	CNJ	Pombal	08-02	63,60i-13
59,72	Silvia Correia	GD Estreito		18-06-97	2s	CNJ	Pombal	08-02	
60,07	Sofia Duarte	AEA Rui Silva		07-11-96	2ex		Pombal	28-12	60,60i-13
60,09	Cláudia Oliveira	ACR Sra. Desterro		24-04-95	1s	CNU	Pombal	02-03	61,62i-13
60,73	Elsa Maia	Ginásio Trofa		10-03-96	4s	CNJ	Pombal	08-02	59,22i-13
60,99	Camila Santos	SFRA Amadora		19-01-98	3s		Pombal	02-02	
61,11	Daniela Cruz	SC Braga		11-06-93	2s	C. Port	Pombal	15-02	
61,19	Isabel Sousa	Esc. Movimento		14-05-84	2	CNCI-2	Pombal	22-02	60,13i-02
61,30	Leslie Delgado	Grã Bretanha		25-06-89	5		Lee Valley - GBR	05-01	57,55i-12
61,38	Daniela Lopes	AA Coimbra		02-03-91	3s	C. Port	Pombal	15-02	62,20i-13
61,43	Bruna Varela	SL Benfica		15-04-97	5s	CNJ	Pombal	08-02	
61,44	Jessica Serra	CD Póvoa		06-01-95	3	CNCI-2	Pombal	22-02	60,41i-13

61,48	Joana Moreto	Gira Sol RC		17-03-98	4s	CNJ	Pombal	08-02	
62,07	Daniela Urbano	ADRE Palhaça		21-08-95	4s	C. Port	Pombal	15-02	59,69i-13
62,29	Nicole Santos	SCU Torreense		19-04-94	1		Pombal	09-03	
62,33	Juliana Dias	CAA Valdevez		04-05-97	1s	C. Norte	Braga	11-01	
62,60	Vera Castro	SC Braga		23-10-92	1s	CNU	Pombal	02-03	60,38i-11
62,80	Susana Fernandes	SC Braga		03-12-94	2ex		Braga	01-02	

### 800m - 2.15,0 - 2.25,0

2.06,67	Marta Pen Freitas	SL Benfica		31-07-93	1	CNCI-1	Pombal	23-02	2.09,56i-12
2.07,59	Marta Pen Freitas				1	CNCI-Ap	Pombal	26-01	
2.07,76	Marta Pen Freitas				1	C. Port	Pombal	16-02	
2.09,35	Neide Dias	JOMA		11-08-87	2	CNCI-1	Pombal	23-02	2.12,59i-10
2.12,15	Micaela Lopes	Juv. Vidigalense		08-05-92	3	CNCI-1	Pombal	23-02	2.13,48i-11
2.12,23	Patrícia Lopes	Sporting CP		11-07-82	4	CNCI-1	Pombal	23-02	2.18,20i-07
2.13,2	Micaela Lopes				1	CNU	Pombal	02-03	
2.14,23	Miriam Tavares	SL Benfica		14-05-91	2	C. Port	Pombal	16-02	
2.14,30	Micaela Lopes				2	CNCI-Ap	Pombal	26-01	
2.14,85	Patrícia Lopes				3	C. Port	Pombal	16-02	
2.15,76	Carla Mendes	SL Benfica		09-11-94	4	C. Port	Pombal	16-02	2.17,49i-13
2.16,39	Vanda Ribeiro	GRECAS		02-04-75	5	CNCI-1	Pombal	23-02	2.07,42i-99
2.18,09	Ana Beatriz Fernandes	ACDR Arneirense		01-12-95	1	CNJ	Pombal	09-02	2.16,59i-13
2.18,19	Filipa Eutiquio	Juv. Vidigalense		22-03-96	2	CNJ	Pombal	09-02	2.20,77-12
2.18,42	Elsa Maia	Ginásio Trofa		10-03-96	1	C. Norte	Braga	12-01	2.21,17i-13
2.19,03	Manuela Bernardo	GCA Donas		05-10-87	6	CNCI-1	Pombal	23-02	2.15,62i-13
2.20,15	Tânia Silva	Liberdade FC		24-05-88	2	C. Norte	Braga	12-01	2.15,07i-09
2.20,38	Juliana Dias	CDC Codessos		04-05-97	3	C. Norte	Braga	12-01	2.19,22i-12
2.20,46	Amélia Vitorino	Sporting CP		30-04-94	8	C. Port	Pombal	16-02	2.18,35i-13
2.20,5	Liliana Paredes	GD Diana		12-05-89	2	CNU	Pombal	02-03	
2.20,84	Sara Oliveira	EA Rosa Oliveira		24-10-97	4	C. Norte	Braga	12-01	2.24,79i-13
2.21,09	Beatriz Pinto	CAS Manique		12-09-95	9	C. Port	Pombal	16-02	2.24,72i-13
2.21,38	Isabel Sousa	Esc. Movimento		14-05-84	10	C. Port	Pombal	16-02	2.19,78i-04
2.22,17	Daniela Lopes	AA Coimbra		02-03-91	3	CNCI-Ap	Pombal	25-01	2.22,17i-10
2.22,34	Sofia Teixeira	UD Varzea		26-02-97	5	C. Norte	Braga	12-01	2.19,51i-12
2.22,52	Márcia Martins	JOMA	CPV	15-01-92	4	CNCI-Ap	Pombal	25-01	2.19,61i-13
2.22,82	Carla Reis	ADRE Palhaça		20-01-97	4	CNCI-Ap	Pombal	26-01	2.28,64i-13
2.22,89	Andreia Jesus	ACR Sra. Desterro		06-03-85	7	CNCI-1	Pombal	23-02	2.17,19i-13
2.23,02	Andreia Rodrigues	G. Trofa		14-06-96	6	C. Norte	Braga	12-01	2.22,90i-12
2.23,27	Esther Madueke	ACDR Arneirense	BEL	98	1s	A. Monteiro	Pombal	09-03	
2.23,43	Elsa Gomes	SC Braga		27-01-96	7	CNJ	Pombal	09-02	2.18,97i-13
2.23,54	Marta Pereira	GA Fátima		04-05-98	1		Pombal	12-01	
2.23,70	Ana Sofia Ribeiro	Maia AC		11-03-97	1	CNCI-2	Pombal	23-02	2.33,50i-13
2.24,06	Julia Russo	Gira Sol RC		14-07-96	3	CNCI-2	Pombal	23-02	2.42,85i-13
2.24,45	Daniela Fernandes	SCU Torreense		12-12-00	1	A. Monteiro	Pombal	09-03	
2.24,9	Joana Correia	GCA Donas		19-06-93	3	CNU	Pombal	02-03	2.22,21i-12

### 1500 m - 4.35,0 - 4.50,0

4.18,49	Marta Pen Freitas	SL Benfica		31-07-93	1	CNCI-1	Pombal	22-02	4.27,59i-12
4.21,37	Carla Salomé Rocha	Sporting CP		25-04-90	2	CNCI-1	Pombal	22-02	4.23,18i-12
4.25,34	Marta Pen Freitas				1	C. Port	Pombal	15-02	
4.35,63	Micaela Lopes	Juv. Vidigalense		08-05-92	3	CNCI-1	Pombal	22-02	4.34,55i-12
4.35,66	Susana Godinho	SL Benfica		05-07-92	2	C. Port	Pombal	15-02	4.29,80i-10
4.36,29	Andreia Santos	JOMA		17-05-85	4	CNCI-1	Pombal	22-02	4.27,62i-11
4.37,12	Patrícia Pereira	ACR Sra. Desterro		14-12-81	5	CNCI-1	Pombal	22-02	4.29,94i-02
4.39,18	Neide Dias	JOMA		11-08-87	1	CNCI-Ap	Pombal	25-01	4.43,14i-10
4.40,86	Carla Mendes	SL Benfica		09-11-94	4	C. Port	Pombal	15-02	4.44,80i-13
4.41,03	Vanda Ribeiro	GRECAS		02-04-75	6	CNCI-1	Pombal	22-02	4.18,46i-99
4.41,65	Filipa Eutiquio	Juv. Vidigalense		22-03-96	2	CNCI-Ap	Pombal	26-01	
4.42,34	Sofia Teixeira	UD Varzea		26-02-97	1	CNJ	Pombal	08-02	4.47,40i-12
4.43,27	Tânia Silva	Liberdade FC		24-05-88	1		Braga	28-12	4.30,73i-09
4.44,40	Amélia Vitorino	Sporting CP		30-04-94	2	CNCI-Ap	Pombal	25-01	4.43,22i-13

4.45,20	Cátia Leitão	GD Estreito		09-10-92	3	CNCI-Ap	Pombal	25-01	4.43,69i-13
4.45,82	Maria Rosário Martins	Sporting CP	STP	14-06-95	3	CNJ	Pombal	08-02	
4.47,12	Helena Alves	UD Varzea		15-06-97	4	CNJ	Pombal	08-02	
4.48,53	Joana Ferreira	ADR Mata		04-06-97	1		Pombal	18-01	4.47,42i-13
4.48,60	Barbara Ferreira	SC Braga		09-12-91	7	CNCI-1	Pombal	22-02	4.32,55i-12
4.49,05	Jessica Matos	SL Benfica		15-04-94	6	C. Port	Pombal	15-02	4.40,16i-13
4.49,64	Sónia Ferreira	UD Varzea		08-07-95	3		Braga	28-12	4.44,33i-13

### 3000 m – 9.50,0 - 11.00,0

9.25,28	Sara Catarina Ribeiro	Sporting CP		31-05-90	1	CNCI-1	Pombal	23-02	9.16,87i-12
9.31,01	Sara Catarina Ribeiro				1	C. Port	Pombal	16-02	
9.33,44	Ana Mafalda Ferreira	GD Estreito		22-04-88	2	C. Port	Pombal	16-02	9.37,12i-12
9.43,88	Cláudia Pereira	JOMA		20-02-76	2	CNCI-1	Pombal	23-02	9.27,66i-99
9.44,81	Susana Godinho	SL Benfica		05-07-92	3	C. Port	Pombal	16-02	9.40,71i-11
9.46,04	Catarina Carvalho	GCA Donas		01-03-92	3	CNCI-1	Pombal	23-02	9.58,85i-11
9.47,98	Ana Mafalda Ferreira				1	CNCI-Ap	Pombal	25-01	
9.49,44	Sónia Fernandes	SL Benfica		03-05-83	4	C. Port	Pombal	16-02	9.28,13i-11
9.50,91	Marta Martins	ACR Sra. Desterro		15-01-92	5	CNCI-1	Pombal	23-02	9.46,11i-13
10.00,53	Andreia Santos	JOMA		17-05-85	2	CNCI-Ap	Pombal	25-01	9.42,15i-12
10.06,29	Susana Francisco	Sporting CP		10-05-91	3	CNCI-Ap	Pombal	25-01	9.56,14i-13
10.08,32	Raquel Trabuco	CE Natação		15-06-86	5	C. Port	Pombal	16-02	
10.10,68	Joana Ferreira	ADR Mata		04-06-97	1	CNJ	Pombal	09-02	10.30,13i-13
10.14,17	Filipa Almeida	Juv. Vidigalense		22-08-88	1		Pombal	12-01	
10.14,96	Jessica Matos	SL Benfica		15-04-94	6	C. Port	Pombal	16-02	10.05,13i-13
10.18,95	Maria Rosário Martins	Sporting CP	STP	14-06-95	2	CNJ	Pombal	09-02	10.29,44i-13
10.21,21	Sara Carvalho	ADERCUS		24-12-88	1	CNU	Pombal	02-03	9.56,59i-13
10.22,95	Sónia Ferreira	UD Varzea		08-07-95	3	CNJ	Pombal	09-02	10.06,93i-13
10.28,19	Vanda Ribeiro	GRECAS		02-04-75	4	CNCI-Ap	Pombal	25-01	9.59,05i-08
10.30,95	Jessica Lopes	Liberdade FC		10-11-95	4	CNJ	Pombal	09-02	10.31,49i-13
10.32,48	Silvia Oliveira	EA Rosa Oliveira		30-03-96	5	CNJ	Pombal	09-02	10.42,70i-13
10.34,73	Andreia Rodrigues	G. Trofa		14-06-96	6	CNJ	Pombal	09-02	10.13,50i-13
10.34,75	Liliana Alexandre	CO Oeiras		30-12-90	2	CNU	Pombal	02-03	10.21,49i-10
10.39,64	Ana Sofia Ribeiro	Maia AC		11-03-97	2	C. Norte	Braga	12-01	10.36,62i-13
10.39,79	Andreia Silva	Gira Sol RC		21-10-88	1	CNCI-2	Pombal	23-02	10.30,52i-13
10.41,80	Mara Martinho	CRD Arrudense		28-08-94	3ex	CNU	Pombal	02-03	
10.43,27	Melanie Santos	Juv. Vidigalense		12-07-95	7	CNJ	Pombal	09-02	10.49,23i-11
10.47,28	Susana Cunha	Linda Pastora SC		04-09-88	1ex	CN Vet	Pombal	08-03	
10.52,80	Joana Fernandes	SC Braga		11-09-92	7	CNCI-1	Pombal	23-02	10.20,54i-13
10.54,35	Milene Santos	CS Marítimo		29-08-92	3	CNU	Pombal	02-03	11.26,51i-13
10.55,56	Patricia Rosado	ACDR Arneirense		18-07-88	3		Pombal	12-01	10.52,78i-12
10.56,91	Inês Marques	GR Qt. Lomba		10-04-93	2	CNCI-2	Pombal	23-02	10.35,47i-13
10.57,87	Raquel Cabaço	GD Diana		07-04-87	6	CNCI-Ap	Pombal	26-01	
10.58,42	Inês Santos	AC Vermoil		08-07-96	4		Pombal	12-01	11.18,78i-13

### 60 m B – 9,00 - 10,50

8,13	Eva Vital	SL Benfica	RN23	08-07-92	1		Lisboa - CAR	21-01	8,20i-13
8,15	Eva Vital				1	CNCI-1	Pombal	23-02	
8,16	Eva Vital				1	C. Port	Pombal	16-02	
8,18	Eva Vital				1h	C. Port	Pombal	16-02	
8,19	Eva Vital				2h		Mondeville - FRA	01-02	
8,21	Eva Vital				1h		Lisboa - CAR	21-01	
8,23	Eva Vital				1s	CNCI-Ap	Pombal	26-01	
8,29	Eva Vital				1		Athlone - IRL	26-02	
8,30	Eva Vital				1ex		Pombal	26-01	
8,30	Eva Vital				5		Mondeville - FRA	01-02	
8,48	Vera Fernandes	SL Benfica		24-02-94	1h	C. Port	Pombal	16-02	8,72i-13
8,51	Vera Fernandes				2ex		Pombal	26-01	
8,54	Andreia Felisberto	Sporting CP		22-06-86	2	CNCI-1	Pombal	23-02	8,36i-12
8,55	Vera Fernandes				2	C. Port	Pombal	16-02	
8,56	Vera Fernandes				2h		Lisboa - CAR	21-01	
8,57	Andreia Felisberto				3	C. Port	Pombal	16-02	



8,58		Vera Fernandes				2		Lisboa - CAR	21-01	
8,59		Andreia Felisberto				1h		Lisboa - CAR	05-02	
8,66		Andreia Felisberto				1ex		Pombal	25-01	
8,67	Lecabela Quaresma	JOMA	STP	26-12-89	3	CNCI-1		Pombal	23-02	8,81i-10
8,68		Lecabela Quaresma				1		Lisboa - CAR	05-02	
8,73		Andreia Felisberto				2h	C. Port	Pombal	16-02	
8,75		Lecabela Quaresma				1ex	Taça FPA	Braga	04-01	
8,75		Lecabela Quaresma				3		Lisboa - CAR	21-01	
8,75	Olimpia Barbosa	Sporting CP	STP	28-02-95	2ex			Pombal	25-01	8,91i-13
8,76		Olimpia Barbosa				4		Lisboa - CAR	21-01	
8,76		Andreia Felisberto				1ex	CNU	Pombal	02-03	
8,77		Lecabela Quaresma				Pen	C. Port	Pombal	16-02	
8,78		Lecabela Quaresma				3h		Lisboa - CAR	21-01	
8,80		Lecabela Quaresma				2h		Lisboa - CAR	05-02	
8,82		Andreia Felisberto				1s	CNCI-Ap	Pombal	25-01	
8,82	Jessica Barreira	Sporting CP		29-01-97	1ex			Pombal	08-03	
8,86	Larissa Vieira	Juv. Vidigalense		14-11-95	4	C. Port		Pombal	16-02	8,76i-13
8,88		Olimpia Barbosa				5	C. Port	Pombal	16-02	
8,88		Olimpia Barbosa				2h	C. Port	Pombal	16-02	
8,89		Olimpia Barbosa				1	CNJ	Pombal	09-02	
8,90		Lecabela Quaresma				Pen	Taça FPA	Braga	05-01	
8,94		Larissa Vieira				3h	C. Port	Pombal	16-02	
8,95		Larissa Vieira				4	CNCI-1	Pombal	23-02	
8,96		Olimpia Barbosa				4h		Lisboa - CAR	21-01	
8,96	Susana Estriga	JOMA		16-07-75	1	CN Vet		Pombal	08-03	8,95i-08
9,00		Olimpia Barbosa				1h	CNJ	Pombal	09-02	
9,00	Cristiana Cunha	GDA Donas		17-07-91	5	CNCI-1		Pombal	23-02	8,81i-11
9,01	Ludmila Nascimento	Sporting CP		01-11-96	6	C. Port		Pombal	16-02	8,99i-13
9,02	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89	Pen			Pombal	28-12	9,37i-09/10
9,05	Mariana António	SC Abrantes		09-06-98	2ex			Pombal	08-03	
9,14	Rafaela Vitorino	SL Benfica		18-08-95	Pen	CNJ		Pombal	09-02	8,91i-12
9,23	Valdénia Carvalho	GR Qt. Lomba		06-07-93	3s	CNCI-Ap		Pombal	25-01	9,49i-12
9,23	Lucinda Gomes	Sporting CP		16-04-95	3	CNJ		Pombal	09-02	9,51i-11
9,28	Ana Margarida Oliveira	GA Fátima		18-07-95	Pen	Taça FPA		Braga	05-01	9,43i-12
9,33	Anabela Neto	Sporting CP		25-03-91	Pen	C. Norte		Braga	02-02	9,04i-12
9,36	Raquel Lourenço	CP Corroios		11-10-96	3h			Lisboa - CAR	21-01	9,37i-13
9,40	Stenia Betuncal	CAS Manique		25-11-92	2	CNCI-2		Pombal	23-02	8,76i-10
9,48	Evelise Veiga	Juv. Vidigalense		03-03-96	1h			Pombal	12-01	9,41i-13
9,53	Milca Francisco	SL Benfica	ANG	14-06-96	2h	CNJ		Pombal	09-02	
9,54	Teresa Mestre	GD Diana		18-07-92	2	CNU		Pombal	02-03	9,44i-12
9,55	Mariana Conde	ACR Valdágua		01-04-97	1ex			Braga	25-01	
9,56	Daniela Ferreira	Juv. Vidigalense		22-06-89	Pen	C. Port		Pombal	16-02	9,74i-08
9,59	Elsa Cruz	CCD Ribeirão		10-01-97	Pen	CNJ		Pombal	09-02	
9,63	Cláudia Oliveira	ACR Sra. Desterro		24-04-95	5	CNJ		Pombal	09-02	9,59i-13
9,68	Stephanie Simões	GRECAS		08-10-94	4s	CNCI-Ap		Pombal	25-01	9,12i-12
9,71	Inês Dias	Maia AC		06-11-97	7	CNJ		Pombal	09-02	9,74i-13
9,74	Susana Guerra	AEA Rui Silva		28-06-96	8	CNJ		Pombal	09-02	9,73i-13
9,77	Diana Morgado	AC Vermoil		16-11-89	6h	C. Port		Pombal	16-02	9,55i-13
9,80	Catarina Queirós	EC+S Lavra		23-01-98	2	C. Norte		Braga	12-01	
9,91	Bruna Varela	SL Benfica		15-04-97	3h	CNJ		Pombal	09-02	9,85i-13
9,93	Scarlett Saleiro	CA Mazarefes		27-05-98	3h	CNJ		Pombal	09-02	
9,95	Vera Castro	SC Braga		23-10-92	2h	CNU		Pombal	02-03	9,67i-10
9,96	Beatriz Ferreira	ARCB Valongo		18-10-96	2			Pombal	12-01	10,00i-13
9,96	Joana Moreto	Gira Sol RC		17-03-98	4	CNCI-2		Pombal	23-02	
9,98	Inês Gloria	CD Faro XXI		06-04-96	1h			V. R. Sto. António	18-01	10,35i-12
10,00	Ariana Barros	SL Benfica		95	6ex	Taça FPA		Braga	04-01	
10,02	Sofia Melo	CDE Arrifes		20-01-92	Pen	Taça FPA		Braga	05-01	9,74i-09
10,02	Jennifer Gomes	ACR Sra. Desterro		21-03-95	Pen	C. Norte		Braga	02-02	
10,05	Sónia Machado	Juv. Vidigalense		13-06-98	Pen	CNJ		Pombal	09-02	
10,07	Catarina Silva	EC+S Lavra		30-11-98	4	C. Norte		Braga	12-01	
10,11	Fabiana Ferreira	GRECAS		29-03-95	Pen	CNJ		Pombal	09-02	
10,13	Ana Rita Pedreiras	Gira Sol RC		27-01-93	1ex			Pombal	12-01	9,45i-13
10,14	Inês Matos Luís	Esc. Movimento		14-11-96	5	CNCI-2		Pombal	23-02	10,44i-13



10,15	Catarina Marques	CD Quarteira		11-09-96	2h		V. R. Sto. António	18-01	
10,18	Carolina Sarabando	GRECAS		03-07-97	8	CNCI-1	Pombal	23-02	
10,20	Fátima Silva	CD Póvoa		01-05-98	3h	CNJ	Pombal	09-02	
10,21	Rafaela Moutinho	AC F. Ribeiro		02-01-97	2ex		Braga	25-01	
10,22	Cátia Coelho	ACR Valdágua		13-12-93	4s	CNCI-Ap	Braga	25-01	
10,23	Raquel Valente	EC+S Lavra		21-10-96	Pen	C. Norte	Braga	02-02	
10,25	Sandra Ferreira	CA Mazarefes		30-12-95	6h	CNJ	Pombal	09-02	10,40i-13
10,31	Andreia Nicolau	CA Seia		01-02-91	Pen	C. Port	Pombal	16-02	10,25i-13
10,32	Margarida Cavaca	Desp. C. Branco		04-07-96	Pen	CNJ	Pombal	09-02	11,51i-13
10,38	Carolina Glória	CD Faro XXI		10-07-98	1		V. R. Sto. António	18-01	
10,39	Maria Matos	CED EB Arrifes		21-05-98	6h	CNJ	Pombal	09-02	
10,39	Mariana Bento	CA Mar. Grande		09-08-98	7	CNCI-2	Pombal	23-02	
10,44	Inês Arada	Gira Sol RC		24-03-98	3s	CNCI-Ap	Pombal	26-01	
10,45	Ana Abreu	Maia AC		24-01-97	5h	CNJ	Pombal	09-02	
10,48	Bruna Silva	Juv. Vidigalense		14-11-94	Pen	C. Port	Pombal	16-02	10,71i-13

## Altura/High Jump – 1,65 - 1,50

1,74	Liliana Viana	SL Benfica		24-08-85	1	C. Port	Pombal	15-02	1,76i-10
1,74	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89	2	C. Port	Pombal	15-02	1,71i-09/11
1,74	Liliana Viana				1	CNCI-1	Pombal	22-02	
1,73	Cláudia Rodrigues				1	Taça FPA	Alpiarça	05-01	
1,73	Anabela Neto	Sporting CP		25-03-91	2	Taça FPA	Alpiarça	05-01	1,76i-11
1,72	Ana Margarida Oliveira	GA Fátima		18-07-95	Pen	Taça FPA	Braga	05-01	1,73i-13
1,72	Anabela Neto				1s	CNCI-Ap	Pombal	25-01	
1,72	Liliana Viana				1	CNCI-Ap	Pombal	26-01	
1,71	Anabela Neto				Pen	C. Norte	Braga	02-02	
1,71	Anabela Neto				3	C. Port	Pombal	15-02	
1,71	Ana Monjane	Sporting CP		13-05-93	4	C. Port	Pombal	15-02	1,74i-13
1,71	Anabela Neto				2	CNCI-1	Pombal	22-02	
1,70	Ana Margarida Oliveira				Pen		Pombal	28-12	
1,69	Cláudia Rodrigues				1ex	C. Norte	Braga	12-01	
1,69	Anabela Neto				2ex	C. Norte	Braga	12-01	
1,69	Cláudia Rodrigues				Pen	C. Port	Pombal	16-02	
1,69	Ana Monjane				1	CNU	Pombal	02-03	
1,69	Cláudia Rodrigues				2	CNU	Pombal	02-03	
1,68	Cláudia Rodrigues				Pen	C. Norte	Braga	02-02	
1,68	Jennifer Gomes	ACR Sra. Desterro		21-03-95	5	C. Port	Pombal	15-02	1,60i-13
1,68	Ana Margarida Oliveira				6	C. Port	Pombal	15-02	
1,68	Jennifer Gomes				3	CNCI-1	Pombal	22-02	
1,68	Lecabela Quaresma	JOMA	STP	26-12-89	4	CNCI-1	Pombal	22-02	1,62i-09
1,67	Jennifer Gomes				1	CNJ	Pombal	08-02	
1,67	Ana Margarida Oliveira				Pen	CNJ	Pombal	09-02	
1,66	Anabela Neto				1		Braga	28-12	
1,66	Cláudia Rodrigues				Pen		Pombal	28-12	
1,64	Catarina Queirós	EC+S Lavra		23-01-98	1s	CNCI-Ap	Braga	25-01	1,60i-13
1,64	Beatriz Domingues	CA Mar. Grande		27-07-98	1	CNCI-Ap	Pombal	26-01	1,60i-13
1,64	Rafaela Vitorino	SL Benfica		18-08-95	Pen	CNJ	Pombal	09-02	1,69i-13
1,61	Jessica Barreira	Sporting CP		29-01-97	3	CNJ	Pombal	08-02	1,60i-13
1,60	Daniela Ferreira	Juv. Vidigalense		22-06-89	Pen	C. Port	Pombal	16-02	1,59i-13
1,58	Margarida Cavaca	Desp. C. Branco		04-07-96	Pen	CNJ	Pombal	09-02	1,52i-13
1,57	Ana Sofia Silva	Maia AC		31-05-96	2	C. Norte	Braga	12-01	1,63i-12
1,56	Suzana Cruz	CA Mar. Grande		12-11-98	TT		Pombal	04-01	1,50i-13
1,56	Joana Vitorino	CAS Manique		30-05-92	4	Taça FPA	Alpiarça	05-01	1,57i-10
1,56	Nádia Sena	SL Benfica		06-09-95	4	CNJ	Pombal	08-02	1,61i-13
1,56	Catarina Fernandes	Sporting CP		16-02-98	5	CNJ	Pombal	08-02	1,60i-12
1,56	Carolina Pandeirada	GRECAS		21-10-93	8	C. Port	Pombal	15-02	1,65i-13
1,55	Rita Ferraz	Esc. Movimento		20-12-94	4	CNU	Pombal	02-03	1,56i-13
1,55	Andreia Nicolau	CA Seia		01-02-91	5	CNU	Pombal	02-03	1,55i-13
1,52	Khristina Resler	SL Benfica		30-06-96	9	C. Port	Pombal	15-02	1,52i-12/13
1,52	Camila Soares	Juv. Vidigalense		11-02-97	2		Pombal	09-03	1,53i-12
1,52	Barbara Andrade	Juv. Vidigalense		04-01-98	3		Pombal	09-03	1,50i-13
1,52	Sónia Machado	Juv. Vidigalense		13-06-98	4		Pombal	09-03	

1,51	Cláudia Oliveira	ACR Sra. Desterro		24-04-95	Pen	C. Port	Pombal	16-02	1,56i-11
1,50	Ana Sofia	NA Cucujães		96	1		Braga	29-12	
1,50	Sara Mota	Juv. Vidigalense		30-07-97	3		Pombal	11-01	
1,50	Andreia Gomes	AA Coimbra		27-06-98	1		Pombal	19-01	
1,50	Andreia Grácio	CP Alcanena		17-09-96	2		Pombal	19-01	1,45i-13
1,50	Mariana Bento	CA Mar. Grande		09-08-98	4		Pombal	19-01	1,50i-13
1,50	Elsa Cruz	CCD Ribeirão		10-01-97	TT		Braga	19-01	1,53i-13
1,50	Karoline Souza	Esc. Movimento		24-10-95	Pen	C. Norte	Braga	02-02	1,44i-13
1,50	Elsa Gomes	SC Braga		27-01-96	7	CNCI-1	Pombal	22-02	1,47i-13
1,50	Filipa Silva	JA Mozelense		28-11-94	6	CNU	Pombal	02-03	1,53i-10

### Vara/Pole Vault – 3,80 - 2,50

4,44	Eleonor Tavares	Sporting CP	RNi	24-09-85	1	C. Port	Pombal	16-02	4,42i-12
4,43	Eleonor Tavares		RNi		3		Aulnay-sous-Bois	21-12	
4,36	Eleonor Tavares				6		Rouen	25-01	
4,36	Eleonor Tavares				3	CN Fra	Bordeus - FRA	22-02	
4,34	Eleonor Tavares				5		Aubiere	11-01	
4,32	Eleonor Tavares				5		Nice	08-02	
4,31	Eleonor Tavares				3		Villerbanne	14-12	
4,23	Marta Onofre	Sporting CP		28-01-91	1	CNCI-1	Pombal	23-02	4,20i-13
4,21	Eleonor Tavares				7	Val D'Oise	Eaubonne	11-02	
4,21	Eleonor Tavares				1	Ile France	Eaubonne	02-03	
4,15	Cátia Pereira	JOMA	Cátia	05-07-89	1		Lisboa - CAR	21-01	3,90i-13
4,11	Marta Onofre				7		Villerbanne - FRA	14-12	
4,10	Marta Onofre				1		Pombal	28-12	
4,10	Cátia Pereira				2		Pombal	28-12	
4,10	Eleonor Tavares				8		Orleans	18-01	
4,10	Marta Onofre				1ex	CNU	Pombal	02-03	
4,05	Cátia Pereira				1	Taça FPA	Alpiarça	05-01	
4,05	Cátia Pereira				1	CNCI-Ap	Pombal	25-01	
4,00	Cátia Pereira				2ex	CNU	Pombal	02-03	
3,95	Marta Onofre				2	CNCI-Ap	Pombal	25-01	
3,86	Sandra Helena Tavares	França		29-05-82	1		Aulnay-sous-Bois	29-01	4,31i-08
3,85	Cátia Pereira				1		Lisboa - CAR	05-02	
3,83	Sandra Helena Tavares				1s		Aulnay-sous-Bois	20-12	
3,75	Marta Onofre				2	Taça FPA	Alpiarça	05-01	
3,75	Marta Onofre				2		Lisboa - CAR	21-01	
3,75	Marta Onofre				2	C. Port	Pombal	16-02	
3,56	Elisabete Tavares-Ansel	França		07-03-80	6		Aulnay-sous-Bois	29-01	4,40i-08
3,35	Vera Lavrador	Juv. Vidigalense		03-10-88	1	CNCI-Ap	Pombal	26-01	3,75i-11
3,35	Lidia Nicole Alberto	Juv Vidigalense	ANG	15-02-93	2	CNCI-1	Pombal	23-02	3,05i-13
3,35	Ana Vasconcelos	ACR Sra. Desterro		18-07-92	3	CNCI-1	Pombal	23-02	3,50i-13
3,35	Filipa Choon	SL Benfica		22-11-95	4	CNCI-1	Pombal	23-02	3,30i-13
3,11	Andreia Grácio	CP Alcanena		17-09-96	1		Pombal	18-01	3,00i-13
3,10	Ana Patrícia Silva	CA Mar. Grande		28-11-93	2		Pombal	12-01	2,90i-13
3,05	Tânia António	GRECAS		29-12-87	5	CNCI-1	Pombal	23-02	3,40i-08
2,80	Sara Mota	Juv. Vidigalense		30-07-97	6		Pombal	28-12	2,70i-13
2,80	Liliana Manhente	Esc Movimento		30-03-85	2	CNCI-2	Pombal	23-02	2,80i-08
2,75	Mónica Mota	AC Vermoil		04-06-97	1		Pombal	18-01	2,66i-13
2,70	Diana Spencer	NDJ Laranjeiro		29-06-98	2ex		Alpiarça	21-12	
2,70	Maiara Silva	Bairro Anjos	BRA	23-06-98	6	CNJ	Pombal	09-02	
2,65	Leonor Tavares	A20km Almeirim		26-08-97	3		Alpiarça	21-12	2,30i-13
2,60	Barbara Andrade	Juv. Vidigalense		04-01-98	6		Pombal	12-01	
2,60	Carolina Pandeirada	GRECAS		21-10-93	2	CNU	Pombal	02-03	2,94i-11
2,50	Carolina Sarabando	GRECAS		03-07-97	2		Pombal	01-02	2,40i-13
2,50	Beatriz Moniz	Juv. Vidigalense		27-06-97	9	CNJ	Pombal	09-02	2,40i-13

### Comprimento/Long Jump – 5,70 - 5,10

6,40	Shaina Anthony Mags	Sporting CP	RN23	11-04-92	1	CNCI-1	Pombal	22-02	6,19i-12
6,26	Shaina Anthony Mags				1	C. Port	Pombal	15-02	
6,20	Teresa Carvalho	SL Benfica	RNJI	03-01-95	2	CNCI-1	Pombal	22-02	5,89i-13

6,17		Teresa Carvalho		RNj		1	CNCI-Ap	Pombal	26-01	
6,15		Teresa Carvalho				2	C. Port	Pombal	15-02	
6,06		Teresa Carvalho				1	CNJ	Pombal	08-02	
6,00		Shaina Anthony Mags				1		Lisboa - CAR	05-02	
5,93		Shaina Anthony Mags				1	Taça FPA	Alpiarça	05-01	
5,89	Jessica Barreira	Sporting CP		29-01-97		2	CNJ	Pombal	08-02	5,32i-12
5,88	Jessica Barreira					2		Lisboa - CAR	05-02	
5,85	Lucinda Gomes	Sporting CP		16-04-95		3	CNJ	Pombal	08-02	5,60i-12
5,84	Ana Margarida Oliveira	GA Fátima		18-07-95	Pen		Taça FPA	Braga	05-01	5,81i-13
5,83	Lucinda Gomes					3		Lisboa - CAR	05-02	
5,83	Evelise Veiga	Juv. Vidigalense		03-03-96		4	CNJ	Pombal	08-02	5,98i-13
5,81	Lecabela Quaresma	JOMA	STP	26-12-89	Pen		C. Port	Pombal	16-02	5,57i-10
5,80	Lucinda Gomes					1	CNU	Pombal	02-03	
5,77	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89	Pen		C. Norte	Braga	02-02	5,74i-12
5,76	Shaina Anthony Mags					2	CNCI-Ap	Pombal	25-01	
5,73	Cláudia Rodrigues					2	Taça FPA	Alpiarça	05-01	
5,73	Ana Margarida Oliveira					1		Alpiarça	01-02	
5,71	Evelise Veiga					1		Pombal	11-01	
5,63	Vanessa Rocha	JOMA		02-01-90		4	CNCI-1	Pombal	22-02	5,73i-12
5,52	Daniela Ferreira	Juv. Vidigalense		22-06-89	Pen		C. Port	Pombal	16-02	5,06i-07
5,51	Anabela Neto	Sporting CP		25-03-91	Pen		C. Norte	Braga	02-02	5,54i-11
5,46	Khristina Resler	SL Benfica		30-06-96		5	CNJ	Pombal	08-02	5,13i-13
5,46	Vera Lima	GCA Donas		08-12-89		5	CNCI-1	Pombal	22-02	5,50i-13
5,42	Ludmila Nascimento	Sporting CP		01-11-96		6	CNJ	Pombal	08-02	5,81i-13
5,39	Lidia Nicole Alberto	Juv Vidigalense	ANG	15-02-93	4ex		C. Port	Pombal	15-02	4,83i-13
5,35	Lisandra Lopes	ACR Sra. Desterro		07-04-88		4	Taça FPA	Alpiarça	05-01	5,84i-13
5,27	Elizandra Alberto	SL Benfica	ANG	15-12-97		7	CNJ	Pombal	08-02	5,44i-12
5,26	Sónia Marques	SC Braga		06-07-86		7	CNCI-1	Pombal	22-02	5,68i-13
5,21	Tânia Carvalho	SL Benfica		18-10-97		5		Lisboa - CAR	05-02	
5,19	Scarlett Saleiro	CA Mazarefes		27-05-98		2	CNCI-Ap	Braga	25-01	5,32i-13
5,18	Sónia Machado	Juv. Vidigalense		13-06-98		1		Pombal	18-01	5,03i-13
5,16	Rafaela Vitorino	SL Benfica		18-08-95	Pen		CNJ	Pombal	09-02	5,65i-13
5,15	Sandra Moreira	SL Benfica		19-02-93		7	C. Port	Pombal	15-02	5,36i-12
5,14	Suzana Cruz	CA Mar. Grande		12-11-98		5	CNCI-Ap	Pombal	26-01	4,39i-13
5,14	Yolanda Xavier	Juv. Vidigalense	UKR	21-01-94		8	C. Port	Pombal	15-02	5,29i-13
5,13	Flavia Lopes	SC Braga		15-07-98		8	CNJ	Pombal	08-02	5,11i-13

### Triplo/Triple Jump – 12,00 - 10,20

14,36	Patrícia Mamona	Sporting CP	RNi	21-11-88		1	CNCI-1	Pombal	23-02	13,99i-13
14,26	Patrícia Mamona					4	WIC	Sopot - POL	08-03	
13,94	Patrícia Mamona					1	C. Port	Pombal	16-02	
13,92	Patrícia Mamona					2	Val D'Oise	Eaubonne - FRA	11-02	
13,83	Patrícia Mamona					7q	WIC	Sopot - POL	07-03	
13,80	Patrícia Mamona					1		Lisboa - CAR	21-01	
13,76	Patrícia Mamona					1		Pombal	02-02	
13,76	Susana Costa	SL Benfica		22-09-84		2	CNCI-1	Pombal	23-02	13,94i-13
13,69	Susana Costa					2	C. Port	Pombal	16-02	
13,64	Patrícia Mamona					1s	CNCI-Ap	Pombal	25-01	
13,53	Susana Costa					2		Pombal	02-02	
13,29	Susana Costa					1	CNCI-Ap	Pombal	26-01	
13,22	Susana Costa					1	Taça FPA	Alpiarça	05-01	
12,78	Shaina Anthony Mags	Sporting CP		11-04-92		3	C. Port	Pombal	16-02	13,10i-12
12,58	Shaina Anthony Mags					2		Lisboa - CAR	21-01	
12,52	Lucinda Gomes	Sporting CP		16-04-95		1	CNJ	Pombal	09-02	12,24i-12
12,38	Shaina Anthony Mags					3		Pombal	02-02	
12,35	Vanessa Rocha	JOMA		02-01-90		4	C. Port	Pombal	16-02	12,73i-12
12,31	Anabela Neto	Sporting CP		25-03-91		5	C. Port	Pombal	16-02	12,72i-12
12,30	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89		2	CNCI-Ap	Pombal	26-01	12,21i-12
12,29	Lucinda Gomes					6	C. Port	Pombal	16-02	
12,28	Anabela Neto					2	Taça FPA	Alpiarça	05-01	
12,25	Lucinda Gomes					3		Lisboa - CAR	21-01	
12,24	Yolanda Xavier	Juv. Vidigalense	UKR	21-01-94		7	C. Port	Pombal	16-02	11,73i-13

12,24		Vanessa Rocha			3	CNCI-1	Pombal	23-02	
12,20		Yolanda Xavier			4	CNCI-1	Pombal	23-02	
12,01	Jessica Barreira	Sporting CP		29-01-97	2	CNJ	Pombal	09-02	12,60i-13
11,68	Ana Monjane	Sporting CP		13-05-93	8	C. Port	Pombal	16-02	11,52i-11
11,68	Valdénia Carvalho	GR Qt. Lomba		06-07-93	1	CNCI-2	Pombal	23-02	11,41i-13
11,63	Jennifer Gomes	ACR Sra. Desterro		21-03-95	5	CNCI-1	Pombal	23-02	11,19i-13
11,62	Sónia Marques	SC Braga		06-07-86	6	CNCI-1	Pombal	23-02	12,20i-12
11,53	Carolina Pandeirada	GRECAS		21-10-93	2s	CNCI-Ap	Pombal	25-01	11,68i-13
11,31	Stenia Betuncal	CAS Manique		25-11-92	2	CNCI-2	Pombal	23-02	11,74i-11
11,23	Elizandra Alberto	SL Benfica	ANG	15-12-97	4	CNJ	Pombal	09-02	11,15i-13
11,22	Ana Patrícia Silva	CA Mar. Grande		28-11-93	3	CNCI-2	Pombal	23-02	11,74i-12
11,04	Sandra Moreira	SL Benfica		19-02-93	11	C. Port	Pombal	16-02	11,77i-12
10,96	Suzana Cruz	CA Mar. Grande		12-11-98	5	CNJ	Pombal	09-02	
10,81	Tânia Carvalho	SL Benfica		18-10-97	6	CNJ	Pombal	09-02	
10,79	Beatriz Domingues	CA Mar. Grande		27-07-98	7	CNJ	Pombal	09-02	
10,77	Sónia Machado	Juv. Vidigalense		13-06-98	2		Pombal	12-01	
10,71	Susana Guerra	AEA Rui Silva		28-06-96	1		Alpiarça	21-12	10,79i-13
10,63	Ilizandra Lopes	CP Alcanena		28-02-92	1		Pombal	12-01	10,92i-10
10,60	Helena Gomes	JOMA		11-07-92	3s	CNCI-Ap	Pombal	25-01	10,87i-12
10,54	Nicole Agostinho	GCA Donas	ANG	11-07-98	6	CNCI-Ap	Pombal	26-01	
10,49	Filipa Silva	JA Mozelense		28-11-94	2s	CNCI-Ap	Braga	25-01	11,38i-12
10,41	Teresa Paulo	ACR Valdágua	ANG	21-07-92	3s	CNCI-Ap	Braga	25-01	10,62i-10
10,39	Beatriz Ferreira	GR Qt. Lomba		29-11-96	5s	CNCI-Ap	Pombal	25-01	
10,36	Maria Inês Pagaimo	Juv. Vidigalense		09-01-97	2		Pombal	19-01	
10,35	Juliana Brites	Juv. Vidigalense		22-04-00	1		Pombal	01-02	
10,31	Silvia Florido	Esc. Movimento		19-06-93	4	CNCI-Ap	Braga	25-01	
10,27	Palmira Martins	SC Braga		03-05-98	1	C. Norte	Braga	12-01	
10,25	Nádia Almeida	C Spiridon Gaia		11-06-98	2	C. Norte	Braga	12-01	
10,25	Barbara Andrade	Juv. Vidigalense		04-01-98	3		Pombal	19-01	
10,21	Ana Sofia Silva	Maia AC		31-05-96	5	CNCI-2	Pombal	23-02	

### Peso/Shot Put – 13,50 – 10,00

14,81	Irina Rodrigues	Sporting CP		05-02-91	1s	CNCI-Ap	Pombal	25-01	15,03i-12
14,81	Irina Rodrigues				1	C. Port	Pombal	15-02	
14,76	Irina Rodrigues				1	CNCI-1	Pombal	22-02	
13,84	Silvia Cruz	Sporting CP		29-12-80	2	C. Port	Pombal	15-02	14,84i-08
13,63	Vanda Rodrigues	SL Benfica		17-10-84	3	C. Port	Pombal	15-02	15,15i-09
13,54	Vanda Rodrigues				1	CNCI-Ap	Pombal	26-01	
13,40	Vanda Rodrigues				2	CNCI-1	Pombal	22-02	
12,40	Juliana Pereira	Juv. Vidigalense		03-01-95	2		Pombal	02-02	12,60i-12
12,35	Lecabela Quaresma	JOMA	STP	26-12-89	Pen	C. Port	Pombal	16-02	11,99i-08
12,33	Cristiana Campos	Gira Sol RC		16-01-95	1	CNJ	Pombal	08-02	12,44i-13
12,30	Jessica Include	Sporting CP	GBS	25-03-96	2	CNJ	Pombal	08-02	10,85i-13
12,27	Nicole Magalhães	GR Qt. Lomba		22-06-94	5	C. Port	Pombal	15-02	11,30i-12
12,21	Diana Hernandez	ACR Sra. Desterro		28-04-93	2	CNCI-Ap	Pombal	26-01	12,49i-10
12,00	Cristiana Oliveira	JOMA		30-06-84	4	CNCI-1	Pombal	22-02	14,16i-07
11,64	Fernanda Angélica Martins	GDA Donas		02-04-75	6	CNCI-1	Pombal	22-02	12,89i-10
11,56	Teresa Silva	SC Braga		20-08-97	1s	CNCI-Ap	Braga	25-01	10,45i-13
11,44	Purificação Fernandes	CA Mazarefes		17-07-83	2s	CNCI-Ap	Braga	25-01	13,12i-02
11,37	Daniela Carvalho	Esc. Movimento		06-01-74	1	CN Vet	Pombal	08-03	
11,36	Inês Fernandes	ADC Lovelhe		28-06-88	1	C. Norte	Braga	11-01	12,19i-09
11,26	Fátima Ribeiro	GD Estreito		28-05-91	3s	CNCI-Ap	Pombal	25-01	
11,15	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89	Pen	C. Norte	Braga	02-02	11,24i-08
11,10	Rafaela Vitorino	SL Benfica		18-08-95	Pen	CNJ	Pombal	09-02	10,50i-12
11,10	Elisa Pacheco	CED EB Arifes		06-05-96	9	C. Port	Pombal	15-02	9,29i-13
11,05	Ana Patrícia Garrido	ACR Váldagua		03-12-91	3s	CNCI-Ap	Braga	25-01	11,14i-13
10,84	Ana Teresa Coelho	ACR Valdágua		04-02-93	3	CNU	Pombal	02-03	10,67i-10
10,81	Mariana Cerejo	Juv. Vidigalense		17-08-97	6	CNJ	Pombal	08-02	
10,76	Soraia Ruas	ADRE Palhaça		07-01-92	4	CNCI-2	Pombal	22-02	13,33i-10
10,71	Rosário Silva	ACR Valdágua		03-06-96	10	C. Port	Pombal	15-02	
10,60	Margarida Ferreira	ACR Sra. Desterro		27-10-94	1ex	ANDDI	Braga	08-02	11,17i-13
10,40	Elsa Cruz	CCD Ribeirão		10-01-97	Pen	CNJ	Pombal	09-02	9,81i-13

10,37	Francislaine Serra	AA Coimbra	BRA	10-01-94	4	CNU	Pombal	02-03	
10,26	Anabela Neto	Sporting CP		25-03-91	Pen	C. Norte	Braga	02-02	10,06i-13
10,18	Ana Margarida Oliveira	GA Fátima		18-07-95	Pen	CNJ	Pombal	09-02	10,20i-13
10,08	Carolina Henriques	JOMA		17-01-94	12	C. Port	Pombal	15-02	
10,01	Marta Monteiro	CA Avintes		02-01-90	4	C. Norte	Braga	11-01	10,34i-11
10,00	Rita Sebastião	GA Fátima		19-11-96	8	CNJ	Pombal	08-02	9,07i-13
10,00	Teresa Ribeiro	AC F. Ribeiro		23-08-88	5	CNU	Pombal	02-03	10,40i-12

## Pentatlo - 2500

3.909	Lecabela Quaresma	JOMA	STP	26-12-89	1ex	C. Port	Pombal	16-02	3352i-08
3.849	Cláudia Rodrigues	ACR Sra. Desterro		11-11-89	1ex	C. Norte	Braga	02-02	3617i-12
3.733	Cláudia Rodrigues				1	C. Port	Pombal	16-02	
3.658	Lecabela Quaresma				1	Taça FPA	Braga	05-01	
3.654	Cláudia Rodrigues				1ex		Pombal	28-12	
3.647	Ana Margarida Oliveira	GA Fátima		18-07-95	2	Taça FPA	Braga	05-01	3631i-13
3.564	Rafaela Vitorino	SL Benfica		18-08-95	1	CNJ	Pombal	09-02	3815i-13
3.496	Rafaela Vitorino				3	Taça FPA	Braga	05-01	
3.482	Anabela Neto	Sporting CP		25-03-91	2ex	C. Norte	Braga	02-02	3539i-11
3.095	Ana Margarida Oliveira				2	CNJ	Pombal	09-02	
3.075	Cláudia Oliveira	ACR Sra. Desterro		24-04-95	2	C. Port	Pombal	16-02	3087i-13
3.064	Evelise Veiga	Juv. Vidigalense		03-03-96	1		Pombal	28-12	
3.055	Daniela Ferreira	Juv. Vidigalense		22-06-89	3	C. Port	Pombal	16-02	2785i-13
2.910	Margarida Cavaca	Desp. C. Branco		04-07-96	3	CNJ	Pombal	09-02	
2.846	Sónia Machado	Juv. Vidigalense		13-06-98	4	CNJ	Pombal	09-02	
2.814	Fabiana Ferreira	GRECAS		29-03-95	5	CNJ	Pombal	09-02	
2.794	Daniela Ferreira				4	Taça FPA	Braga	05-01	
2.750	Andreia Nicolau	CA Seia		01-02-91	5	Taça FPA	Braga	05-01	2902i-13
2.735	Elsa Cruz	CCD Ribeirão		10-01-97	6	CNJ	Pombal	09-02	
2.726	Sofia Melo	CDE Arrifes		20-01-92	6	Taça FPA	Braga	05-01	2786i-13
2.623	Margarida Cavaca				3ex		Pombal	28-12	

## 3.000 m M/W - 16.00,0

12.29,72	Ana Cabecinha	CO Pechão		29-04-84	1	C. Port	Pombal	15-02	12.21,56i-13
12.37,01	Vera Santos	Sporting CP		03-12-81	2	C. Port	Pombal	15-02	12.30,15i-09
13.24,09	Daniela Cardoso	Leiria Marcha		15-12-91	1	CNU	Pombal	02-03	13.37,18i-13
13.42,68	Filipa Ferreira	CO Pechão		05-11-94	2	CNU	Pombal	02-03	14.03,27i-13
13.47,16	Nádia Cancela	SL Benfica		24-04-93	3	CNU	Pombal	02-03	14.10,83i-13
13.51,45	Sandra Silva	GRECAS		21-09-75	2	CNCI-Ap	Pombal	25-01	13.51,77i-12
13.55,98	Vitória Oliveira	Juv. Vidigalense		30-08-92	2	CNCI-1	Pombal	22-02	14.50,57i-13
13.58,62	Mariana Mota	SL Benfica		27-05-95	1	CNJ	Pombal	08-02	14.38,64i-13
14.04,99	Edna Barros	CO Pechão		18-12-96	2	CNJ	Pombal	08-02	14.13,29i-13
14.09,88	Alexandra Lamas	CA Galinheiras		19-06-72	7	C. Port	Pombal	15-02	
14.12,12	Liliana Martins	GCA Donas		20-07-90	2	CNCI-Ap	Pombal	26-01	14.09,46i-13
14.20,87	Mara Ribeiro	CN Rio Maior		11-05-95	1		Pombal	18-01	14.11,48i-13
14.55,99	Laura Leal	CO Pechão		22-05-96	3	CNJ	Pombal	08-02	15.34,05i-13
15.14,18	Rita Ribeiro	CN Rio Maior		31-05-96	2		Pombal	18-01	15.43,99i-13
15.16,65	Sandra Vieira Leitão	ADRE Palhaça		01-11-75	3	CNCI-Ap	Pombal	26-01	13.38,54i-04
15.22,30	Ana Raquel Marques	ACR Sra. Desterro		21-09-83	6	CNCI-1	Pombal	22-02	14.51,81i-06
15.32,82	Liandra Gonçalves	CO Pechão		10-06-96	12	C. Port	Pombal	15-02	16.08,66i-13
15.33,52	Salomé Santos	CN Rio Maior		16-10-97	5	CNJ	Pombal	08-02	15.24,84i-13
15.33,91	Elisabete Pinho	C Spiridon Gaia		10-09-95	6	CNJ	Braga	08-02	15.28,76i-13
15.36,32	Marisa Soares Pereira	Juv. Vidigalense		16-09-80	4	CNCI-Ap	Pombal	26-01	14.37,39i-08
15.36,56	Ana Leonor	AEAF Mariano		25-01-98	7	CNJ	Pombal	08-02	
15.59,09	Mafalda Marques	CP Corroios		27-11-97	8	CNJ	Pombal	08-02	

## 4 x 400 m – 4.05,0 - 4.31,0

3.45,72	Sporting CP	C. Tavares, F. Martins, S. Afonso, C. Azevedo		1	CNCI-1	Pombal	23-02	3.44,34i-12
3.46,75	Sport Lisboa e Benfica	N. Reis, N. Gaspar, D. Évora, M. Tavares	*	2	CNCI-1	Pombal	23-02	3.46,25i-13
3.51,68	Sport Lisboa e Benfica	N. Gaspar, N. Reis, M. Tavares, R. Mentai	*	1s	CNCI-Ap	Pombal	26-01	3.46,25i-13
3.57,29	Sporting CP	P. Lopes, B. Garcia, S. Afonso, F. Martins		1s	CNCI-Ap	Pombal	25-01	3.44,34i-12
3.58,10	JO Monte Abraão	G. Martins, N. Dias, M. Martins, S. Estriga	*	1s	CNCI-1	Pombal	23-02	3.49,22i-10
3.59,63	ACR Sra. Desterro	C. Oliveira, A. Jesus, C. Rodrigues, A. Crespo		3s	CNCI-1	Pombal	23-02	4.11,43i-13
4.00,73	Juventude Vidigalense	J. Viegas, M. Lopes, F. Eutiquio, S. Martins		4s	CNCI-1	Pombal	23-02	4.00,55i-05
4.05,47	GCA Donas	C. Cunha, M. Vieira, M. Bernardo, V. Lima		2s	CNCI-1	Pombal	23-02	4.03,64i-12
4.10,22	SC Braga	V. Castro, E. Gomes, S. Fernandes, D. Cruz		3s	CNCI-1	Pombal	23-02	3.42,60i-09
4.16,62	Maia AC	AP Ricardo, A. Abreu, D. Oliveira, I. Aires		1	CNCI-2	Pombal	23-02	
4.18,54	CA Salesianos Manique	J. Vitorino, S. Bentucal, R. Gomes, B. Pinto		1s	CNCI-2	Pombal	23-02	4.16,53i-11
4.19,96	GR Quinta da Lomba	J. Neves, A. Correia, V. Carvalho, B. Reis	*	2s	CNCI-2	Pombal	23-02	4.10,92i-06
4.21,30	Escola do Movimento	S. Florido, I. Sousa, A. Fernandes, M. Sousa		3s	CNCI-2	Pombal	23-02	4.25,60i-13
4.24,85	GRECAS	R. Simões, S. Neves, C. Pandeirada, F. Ferreira		4s	CNCI-1	Pombal	23-02	4.05,96i-05
4.26,56	Gira Sol RC	M. Morgado, I. Pereira, A. Silva, J. Russo		2s	CNCI-2	Pombal	23-02	4.01,62i-10
4.28,09	ADRE Palhaça	S. Ruas, M. Cardoso, E. Silva, D. Urbano		1s	CNCI-Ap	Pombal	26-01	3.59,36i-12
4.28,73	CD Póvoa	M. Monteiro, J. Ferreira, N. Laranjeira, J. Serra		3s	CNCI-2	Pombal	23-02	
4.30,75	C Spiridon Gaia	A. Cunha, J. Fortuna, S. Vasconcelos, A. Costa		1s	CNCI-Ap	Braga	25-01	4.40,47i-13