

"Ranking" de P Ar Livre (Juniões) 2010



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Devido à alteração dos regulamentos da F.P.A. estes rankings passam a reportar o ano civil e não a época desportiva.

Linda-a-Velha, 30 Outubro de 2010



Qualquer comentário ou correção a este ranking enviar a: casquinha.costa@fpatletismo.pt

Atualizado em 30.10.2010

FEMININOS

JUNIORES

100 Metros (até 13,24/12,37) CNJ 12,9/13,14								
12,05	(0,8)	Sara	Esteves	24-08-92	CAMz-VC	4	Leiria	17.07
12,10	(0,6)		Esteves			3	Lisboa (U)	26.06
12,11	(0,8)	Débora	Clemente	09-11-94	SLB	1	Guimarães	19.06
12,12	(2,0)	Joana	Vitorino	30-05-92	CASM	2 el1	Lisboa (U)	26.06
12,16	(0,0)		Esteves			2 el1	Leiria	17.07
12,17	(0,6)		Vitorino			4	Lisboa (U)	26.06
12,18	(0,8)	Diana	Cerqueira	09-04-93	CAMz-VC	2	Guimarães	19.06
12,18	(2,0)	Filipa	Martins	13-11-92	SLB	4 el1	Lisboa (U)	26.06
12,23	(1,5)		Vitorino			2-ex	Lisboa (U)	29.05
12,24	(0,6)		Martins			5	Lisboa (U)	26.06
12,26	(0,6)	Dorothe	Évora	28-05-91	SLB	4	Lisboa (U)	10.07
12,27	(1,1)		Esteves			3 el2	Lisboa (U)	26.06
12,27	(2,0)	Cátia	Jacinto	26-08-92	GCAD	1el2	Setúbal	30.06
12,30	(1,5)		Clemente			1	Lisboa (U)	15.05
12,32	(2,0)	Andreia	Crespo Oliveira	16-10-93	NDCG	1 el3	Luso	22.05
12,33	(1,5)		Martins			3-ex	Lisboa (U)	29.05
12,33	(0,8)		Clemente			8	Leiria	17.07
12,34	(0,2)		Esteves			3 s3	Viseu	22.06
12,35	(1,5)	Teresa	Carvalho	03-01-95	CASM	2	Lisboa (U)	15.05
12,35	(0,9)		Martins			1	Lisboa (AL)	19.06
12,36	(1,9)		Cerqueira			1 el1	Guimarães	10.07
12,37	(1,5)		Clemente			4-ex	Lisboa (U)	29.05
12,37	(0,6)		Martins			1 s1	Maia	19.05
12,37	(1,3)		Carvalho			1 el3	Lisboa (U)	15.05
12,38	(-0,6)		Cerqueira			1 s2A	Leiria	06.06
12,45	(0,6)	Ilizandra	Lopes	28-02-92	CFB	8	Lisboa (U)	26.06
(10)								
12,48	(0,8)	Flávia	Ribeiro	06-11-94	ESJD	3	Guimarães	19.06
12,54	(1,5)	Sténia	Betuncal	GBS 25-11-92	CASM	5-ex	Lisboa (U)	29.05
12,59	(0,8)	Joana	Costa	10-11-95	UAP	4	Guimarães	19.06
12,63	(2,0)	Verónica	Cardoso	20-08-91	JOMA	6 el1	Lisboa (U)	26.06
12,65	(0,8)	Daniela	França	02-08-95	FCP	5	Guimarães	19.06
12,71	(1,6)	Claudina	Borges	CPV 14-08-91	SLB	1 s2-ex	Lisboa (I)	03.06
12,71	(2,0)	Verónika	Zhukova	UKR 12-03-93	JV	3 el2	Setúbal	30.06
12,75	(1,1)	Joana	Lopes	13-10-91	CLAC	5 el2	Lisboa (U)	26.06
12,76	(1,5)	Cátia	Garcia dos Santos	13-05-94	SLB	3	Lisboa (U)	15.05
12,76	(2,0)	Ana Catarina	Almeida	21-01-94	CAMz-VC	4 el2	Setúbal	30.06
(20)								
12,77	(1,5)	Rafaela	Nogueira	16-04-94	SCP	1 el2	Lisboa (U)	15.05
12,78	(1,3)	Marta	Pen Freitas	31-07-93	EBMDS	1 el2	Abrantes	24.04
12,80	(1,5)	Cátia	Azevedo	09-03-94	SCP	5	Lisboa (U)	15.05
12,80	(1,2)	Tatiana	Rosário	05-04-94	GDRCC	3 el1	Guimarães	19.06
12,80	(0,8)	Inês	Bento	15-08-94	CPP	6	Guimarães	19.06
12,85	(0,0)	Cristiana	Cunha	17-07-91	GS-RC	1	Leiria	23.06
12,88	(1,5)	Lucinda	Gomes	16-04-95	SCP	2 el2	Lisboa (U)	15.05
12,88	(0,0)	Sarah	Dias	15-02-95	JV	2	Leiria	09.06
12,93	(0,6)	Christina	Martinez	26-05-92	ACM-AH	1	P.Delgada	10.07
12,94	(1,3)	Inês	Neves	04-12-94	CASM	2 el2	Abrantes	24.04
(30)								
12,94	(1,9)	Sara	Dias	06-11-92	ACV	4 el1	Luso	10.07
12,95	(0,1)	Vera	Castro	23-10-92	EBPGS	3	Braga	03.07
12,98	(0,0)	Sofia	Duarte	07-11-96	AATC	el2-ex	Leiria	09.06
12,99	(0,0)	Mariana	Cabral	12-07-93	CDFXXI	5	Luso	22.05
13,00	(0,1)	Ana João	Oliveira	30-03-94	SCB	4	Braga	03.07
13,01	(1,9)	Sthephany	Simões	08-10-94	GRECAS	4 s1	Luso	16.06
13,02	(0,0)	Catarina	Amorim	03-05-92	SLB	5 s2	Leiria	22.05
13,03	(2,0)	Marlene	Bastos	20-08-92	JAM	7 el1	Lisboa (U)	26.06

13,06	(0,8)	Daniela	Cruz		11-06-93	CSGai	1	P. Varzim	22.05
13,06	(1,6)	Magali	Gomes		01-01-91	SLB	3 s2-ex	Lisboa (I)	03.06
(40)									
13,09	(1,5)	Soraya	Betuncal	GBS	23-12-95	CASM	3 el2	Lisboa (U)	15.05
13,09	(1,2)	Rita	Santos		24-06-94	ACDCVC	2	Aveiro	16.05
13,09	(1,6)	Cíntia	Ferreira		28-05-92	SVB	3 el2	Luso	10.07
13,10	(-3,0)	Telma	Neto		12-10-92	ACRVC	2 s1-ex	Aveiro	14.03
13,10	(1,2)	Victoria	Sanha Te	GBS	31-01-94	CAMG-I	1 el2	M.Grande	09.05
13,10	(0,1)	Rita	Schaller		07-08-94	SCP	5 el2	Lisboa (U)	10.07
13,11	(1,4)	Olga	Santos		07-03-93	UDZA	1 el4	Abrantes	24.04
13,11	(0,0)	Andreia	Pinto		16-04-93	CAMG-I	3	Leiria	09.06
13,15	(1,2)	Carlota	Pestana		03-08-94	GDE	2 s1A	Leiria	06.06
13,16	(0,0)	Mónica	Rino		06-06-94	JV	2 el2	Leiria	09.06

(50)									
13,18	(1,9)	Vanessa	Alves		13-09-93	GRECAS	6 s1	Luso	16.06
13,19	(0,5)	Cyntia	da Silva		21-07-91	CAMG-I	3 s2	Alcanena	07.03
13,19	(-0,1)	Inês	Correia		07-10-94	NDCG	1	Guarda	29.05
13,20	(0,4)	Jessica	Ferrero	ANG	22-02-93	AAPL	4 s1	Lisboa (U)	29.05
13,21	(0,5)	Carla	Santos		12-03-91	JV	6 el3	Leiria	17.07
13,22	(-1,4)	Anais	Baptista		25-06-94	JV	2 el2	Leiria	15.05
13,22	(0,3)	Sofia	Santos		02-06-94	ADRAP	5 el1	P.Delgada	27.05

Com marcas manuais

11,9	(1,9)	Débora	Clemente		09-11-94	SLB	1 s1	P.S.Iria	10.06
12,1	(1,0)	Cristiana	Cunha		17-07-91	GS-RC	1-ex	Luso	02.05
12,4	(-1,3)	Ilizandra	Lopes		28-02-92	CFB	1 s1-ex	Lisboa (I)	10.04
12,5	(1,9)	Rafaela	Nogueira		16-04-94	SCP	2 s1	P.S.Iria	10.06
12,6	(1,0)	Silvia	Soares		23-03-92	GS-RC	2-ex	Luso	02.05
12,7	(0,0)	Rita	Santos		24-06-94	ACDCVC	1	Aveiro	26.03
12,8	(0,9)	Adriana	Carneirinho		14-03-93	SRDE	1-ex	Beja	12.06
12,9	(-0,3)	Daniela	Estalagem		04-08-94	CEN	1 el	C.Vide	10.04
12,9	(1,2)	Patrícia	Vaz		13-06-94	FCC	1-ex	Beja	29.05
13,0	(1,0)	Cláudia	Figo		93	IPH	1	Luso	02.05
13,0	(1,3)	Larissa	Souza	BRA	11-04-92	JDAL	1-ex	V.Novas	02.07

Sem controlo de anemómetro

12,4		Cátia	Jacinto		26-08-92	GCAD	1	C.Branco	12.06
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Com vento favorável > 2 m /s

11,90	(3,9)	Sara	Esteves		24-08-92	CAMz-VC	1	Setúbal	03.07
11,98	(4,4)	Diana	Cerqueira		09-04-93	CAMz-VC	1	P.Varzim	02.06
12,01	(3,9)	Joana	Vitorino		30-05-92	CASM	2	Setúbal	03.07
12,06	(3,9)	Débora	Clemente		09-11-94	SLB	3	Setúbal	03.07
12,13	(3,9)	Filipa	Martins		13-11-92	SLB	5	Setúbal	03.07
12,21	(3,6)	Cátia	Jacinto		26-08-92	GCAD	2	Cáceres	30.06
12,28	(4,3)	Andreia	Crespo Oliveira		16-10-93	NDCG	1	Seia	02.03
12,53	(2,1)	Verónica	Zhukova	UKR	12-03-93	JV	4	Luso	10.07
12,54	(3,6)	Rafaela	Nogueira		16-04-94	SCP	3el1	Setúbal	03.07
12,61	(4,0)	Tatiana	Rosário		05-04-94	GDRCC	1	Setúbal	16.05
12,66	(2,7)	Mariana	Cabral		12-07-93	CDFXXI	3 el3	Setúbal	03.07
12,68	(4,3)	Joana	Lopes		13-10-91	CLAC	1	Abrantes	10.07
12,71	(2,1)	Cátia	Azevedo		09-03-94	SCP	2 el1	Lisboa (U)	15.05
12,73	(2,7)	Christina	Martinez		26-05-92	ACM-AH	4 el4	Setúbal	03.07
12,75	(4,3)	Sara	Dias		06-11-92	ACV	2	Abrantes	29.05
12,76	(6,8)	Daniela	Estalagem		04-08-94	CEN	1	Elvas	26.06
12,77	(4,2)	Rita	Santos		24-06-94	ACDCVC	2	Aveiro	01.05
12,80	(5,2)	Jessica	Ferrero	ANG	22-02-93	AAPL	2	Seixal	10.07
12,83	(2,5)	Vera	Castro		23-10-92	EBPGS	3 el1	Braga	03.07
12,88	(5,2)	Ana Catarina	Almeida		21-01-94	CAMz-VC	2 el2	P.Varzim	02.06
12,88	(6,8)	Adriana	Carneirinho		14-03-93	SRDE	2	Elvas	26.06
12,90	(4,3)	Andreia	Pinto		16-04-93	CAMG-I	3	Abrantes	29.05
12,92	(4,3)	Olga	Santos		07-03-93	UDZA	4	Abrantes	29.05
12,93	(2,5)	Ana João	Oliveira		30-03-94	SCB	4 el1	Braga	03.07
12,99	(2,3)	Victoria	Sanha Te	GBS	31-01-94	CAMG-I	2	M.Grande	09.05
13,01	(2,2)	Nídia	Encarnação		13-05-91	GDE	1 s1-ex	Machico	08.05
13,01	(2,4)	Cíntia	Ferreira		28-05-92	SVB	1-ex	P.Varzim	29.05
13,04	(2,2)	Daniela	Cruz		11-06-93	CSGai	1	Maia	02.05
13,04	(4,0)	Jessica	Marques Viegas		16-08-94	ACDC	3	Setúbal	16.05
13,04	(4,7)	Rita	Lourenço		05-08-92	SCB	2 el1	P.Varzim	02.06

13,04	(2,7)	Carla	Santos	12-03-91	JV	5 el4	Setúbal	03.07
13,05	(9,3)	Telma	Neto	12-10-92	ACRVC	1-ex	Aveiro	19.06
13,05	(6,8)	Patrícia	Vaz	13-06-94	FCC	3	Elvas	26.06
13,07	(2,3)	Soraya	Betuncal	GBS 23-12-95	CASM	2 el1	Abrantes	24.04
13,09	(3,5)	Tânia	Rocha	02-03-95	CAAV	2	Vigo	10.07
13,14	(3,8)	Joana	Medinas	26-02-96	GDD	1	V.Novas	29.05
13,16	(4,3)	Diana	Nunes	01-01-92	ADRAB	6	Abrantes	29.05
13,19	(2,2)	Ana	Baptista	04-08-94	FCPAR	2	Maia	02.05
13,22	(2,3)	Sofia	Santos	02-06-94	ADRAP	1 s2	Machico	14.03
13,22	(2,2)	Rose	Trindade	95	SCB	1	Guimarães	22.05

200 Metros (até 27,54/25,64) CNJ 26,5/26,74

24,95	(0,2)	Diana	Cerqueira	09-04-93	CAMz-VC	1	Braga	07.07
24,97	(0,0)	Dorothe	Évora	28-05-91	SLB	4	Lisboa (U)	11.07
25,02	(1,3)		Évora			5	Lisboa (U)	27.06
25,08	(0,3)		Cerqueira			1	Guimarães	11.07
25,17	(-0,3)		Cerqueira			3 el1	Leiria	18.07
25,19	(0,0)	Filipa	Martins	13-11-92	SLB	5	Lisboa (U)	11.07
25,21	(1,3)		Martins			6	Lisboa (U)	27.06
25,23	(0,6)		Cerqueira			6	Leiria	18.07
25,23	(0,6)		Évora			7	Leiria	18.07
25,26	(1,5)	A Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	30.05
25,32	(1,1)		Martins			5 s1	Lisboa (U)	14.07
25,39	(0,6)	Débora	Clemente	09-11-94	SLB	1	Lisboa (U)	16.05
25,41	(0,5)		Martins			2 el1	Lisboa (U)	27.06
25,44	(0,0)		Évora			4 el2	Leiria	18.07
25,51	(0,5)		Cerqueira			1 el1	Guimarães	11.07
25,52	(1,5)		Martins			3 el1	Lisboa (U)	11.07
25,53	(1,1)	A	Martins			1	Guarda	09.07
25,60	(-0,5)		Crespo Oliveira			4 s3	Viseu	22.06
25,60	(1,1)		Évora			7 s1	Lisboa (U)	14.07
25,64	(1,3)	Sara	Esteves	24-08-92	CAMz-VC	8	Lisboa (U)	27.06
25,64	(-0,5)		Martins			5 s3	Viseu	22.06
25,65	(0,0)		Crespo Oliveira			Hep	Luso	10.04
25,67	(0,8)		Clemente			1 s1	Guimarães	20.06
25,84	(1,1)	A Cátia	Jacinto	26-08-92	GCAD	2	Guarda	09.07
25,95	(pc)	Sara	Dias	06-11-92	ACV	1 s1	Pombal	31.01
25,96	(0,6)	Adriana	Alves	ANG 13-09-95	JOMA	2	Lisboa (U)	16.05
26,09	(pc)	Miriam	Tavares	14-05-91	ACDRA	2 s1	Pombal	31.01
(10)								
26,20	(pc)	Joana	Vitorino	30-05-92	CASM	1 s1	Espinho	28.02
26,24	(-1,1)	Sarah	Dias	15-02-95	JV	1 s1	Leiria	10.06
26,28	(-1,0)	Cristiana	Cunha	17-07-91	GS-RC	1	Leiria	07.07
26,35	(0,0)	Ilizandra	Lopes	28-02-92	CFB	2	Lisboa (U)	13.06
26,48	(0,5)	Verónica	Cardoso	10-08-91	JOMA	6 el1	Lisboa (U)	27.06
26,49	(pc)	Catarina	Amorim	03-05-92	SLB	3 s2	Espinho	28.02
26,51	(pc)	Joana	Lopes	13-10-91	CLAC	3 s3	Espinho	07.02
26,52	(0,3)	Daniela	França	02-08-95	FCP	1 s2	Guimarães	20.06
26,55	(0,0)	Flávia	Ribeiro	06-11-94	ESJD	1	Luso	07.07
26,58	(0,3)	Sara	Martins	13-11-91	FCP	5	Guimarães	11.07
(20)								
26,60	(0,3)	Vera	Castro	23-10-92	EBPGS	6	Guimarães	11.07
26,62	(0,0)	Cátia	Rodrigues	05-10-92	ADREP	3	Luso	07.07
26,63	(0,6)	Joana	Costa	10-11-95	UAP	4	Lisboa (U)	16.05
26,65	(1,6)	Anais	Baptista	25-06-94	JV	Hep	M.Grande	27.03
26,66	(2,0)	Olga	Santos	07-03-93	UDZA	2	Abrantes	13.06
26,66	(0,3)	Sofia	Duarte	07-11-96	AATC	2 s2	Guimarães	20.06
26,70	(1,5)	A Inês	Correia	07-10-94	NDCG	2	Guarda	30.05
26,73	(0,7)	Inês	Bento	15-08-94	CPP	3 s1	Abrantes	10.06
26,77	(1,9)	Ana Catarina	Almeida	21-01-94	CAMz-VC	2 el1	Braga	09.06
26,85	(pc)	Carla	Santos	12-03-91	JV	2 s1	Pombal	13.12.2009
(30)								
26,85	(pc)	Tatiana	Rosário	05-04-94	GDRCC	1 s3	Pombal	24.01
26,85	(1,7)	Liliane	Amaro	23-10-92	JDN	Hep	Beja	27.03
26,92	(pc)	Maria Goreti	Silveira	25-10-91	JDAL	2 s1	Pombal	13.12.2009
26,92	(pc)	Cátia	Azevedo	09-03-94	SCP	3 s5	Pombal	24.01
26,98	(pc)	Larissa	Souza	BRA 11-04-92	JDAL	1 s2	Pombal	13.12.2009
26,99	(0,6)	Cátia	Garcia dos Santos	13-05-94	SLB	5	Lisboa (U)	16.05
27,00	(-0,5)	Mariana	Correia	07-10-94	NDCG	2 s2	Viseu	22.06
27,05	(0,3)	Ana	Silva	03-09-93	ARLVG	7	Guimarães	11.07
27,06	(0,0)	Ana Cláudia	Almeida	04-04-91	GRECAS	5	Lisboa (U)	13.06
27,11	(pc)	Marlene	Bastos	20-08-92	JAM	2 s1	Espinho	20.02
(40)								

27,19	(pc)	Nídia	Encarnação		13-05-91	GDE	4 s2	Pombal	14.02
27,11	(0,0)	Verónika	Zhukova	UKR	12-03-93	JV	3	Leiria	07.07
27,20	(pc)	Cyntia	Silva		21-07-91	CAMG-I	1 s1	Pombal	14.02
27,22	(0,3)	Bruna	Silva		14-11-94	JV	5 s2	Guimarães	20.06
27,28	(0,2)	Daniela	Pereira		30-03-94	JV	Hep	Luso	10.04
27,41	(-0,7)	Silvia	Soares		23-03-92	GS-RC	4 el1	Luso	11.07
27,46	(-1,8)	Mariana	Cabral		12-07-93	CDFXXI	1	Faro	12.06
27,48	(pc)	Telma	Neto		12-10-92	ACRVC	2 s1	Espinho	10.01
27,50	(0,1)	Christina	Martinez		26-05-92	ACM-AH	1	P.Delgada	11.07
27,52	(pc)	Daniela	Pereira		30-03-94	JV	3 s1	Pombal	07.03
(50)									
27,53	(pc)	Victoria	Sanha Te	GBS	31-01-94	CAMG-I	2 s1	Pombal	24.01
27,54	(0,0)	Andreia	Pinto		16-04-93	CAMG-I	7	Lisboa (U)	13.06

Ao ar Livre:

26,21	(1,1)	Joana	Vitorino		30-05-92	CASM	4 s2	Lisboa (U)	14.07
26,36	(0,7)	Sara	Dias		06-11-92	ACV	2 s1	Abrantes	10.06
26,39	(0,5)	Miriam	Tavares		14-05-91	ACDRA	5 el1	Lisboa (U)	27.06
26,73	(0,0)	Joana	Lopes		13-10-91	CLAC	1 s1	Leiria	16.05
26,82	(0,5)	Catarina	Amorim		03-05-92	SLB	5 el1-ex	Guimarães	11.07
26,92	(2,0)	Vera	Castro		23-10-92	EBPGS	2-ex	Braga	16.05
27,16	(-3,0)	Tatiana	Rosário		05-04-94	GDRCC	1 s1	Seixal	16.01
27,28	(2,0)	Marlene	Bastos		20-08-92	JAM	3	Abrantes	13.06
27,45	(0,0)	Carla	Santos		12-03-91	JV	4	Leiria	07.07

Com marcas manuais

25,0	(0,5)	Cátia	Azevedo		09-03-94	SCP	1 A	Lisboa (I)	09.06
25,4	(0,5)	Verónica	Cardoso		10-08-91	JOMA	2 A	Lisboa (I)	09.06
26,0	(0,6)	Rafaela	Vitorino		18-08-95	SLB	1 s2	Lisboa (AL)	07.03
26,3	(-1,5)	Marta	Pen Freitas		31-07-93	EBMDS	Hep	Lisboa (I)	10.04
26,7	(0,5)	Vânia	Fernandes	CPV	2810-92	GDSD	4 A	Lisboa (I)	09.06
27,0	(0,5)	Márcia	Martins	CPV	15-01-92	SFRAA	5 A	Lisboa (I)	09.06

Com vento favorável > 2 m /s

24,52	(3,6)	Dorothe	Évora		28-05-91	SLB	1	Setúbal	04.07
24,78	(3,6)	Diana	Cerqueira		09-04-93	CAMz-VC	2	Setúbal	04.07
24,86	(3,6)	Cátia	Jacinto		26-08-92	GCAD	3	Setúbal	04.07
25,44	(3,6)	Sara	Esteves		24-08-92	CAMz-VC	4	Setúbal	04.07
25,85	(3,6)	Joana	Vitorino		30-05-92	CASM	6	Setúbal	04.07
26,01	(3,6)	Cátia	Azevedo		09-03-94	SCP	7	Setúbal	04.07
26,08	(2,8)	Ilizandra	Lopes		28-02-92	CFB	3 el3	Setúbal	04.07
26,15	(3,0)	Verónica	Cardoso		10-08-91	JOMA	2 el1	Setúbal	04.07
26,17	(2,3)	Sara	Dias		06-11-92	ACV	5 el2	Setúbal	04.07
26,21	(3,7)	Miriam	Tavares		14-05-91	ACDRA	2	Luso	11.07
26,43	(2,5)	Catarina	Amorim		03-05-92	SLB	3-ex	Maia	16.06
26,43	(2,2)	Flávia	Ribeiro		06-11-94	ESJD	1 s1	Aveiro	14.07
26,45	(3,7)	Cátia	Rodrigues		05-10-92	ADREP	3	Luso	11.07
26,57	(3,7)	Bruna	Silva		14-11-94	JV	4	Luso	11.07
26,60	(3,0)	Olga	Santos		07-03-93	UDZA	Hep	Rio Maior	24.04
26,73	(3,0)	Tatiana	Rosário		05-04-94	GDRCC	1 s1	Seixal	19.12.2009
26,74	(2,6)	Vera	Castro		23-10-92	EBPGS	Hep	Luso	24.04
27,06	(2,6)	Ana Cláudia	Almeida		04-04-91	GRECAS	2	Aveiro	10.06
27,19	(3,6)	Marlene	Bastos		20-08-92	JAM	4 s2	P.Varzim	30.05
27,23	(3,6)	Cyntia	Silva		21-07-91	CAMG-I	5 s2	Abrantes	02.05
27,24	(2,6)	Jéssica	Serra		06-01-95	CDP	2	P.Varzim	23.05
27,33	(2,6)	Daniela	Cruz		11-06-93	CSGaia	3	P.Varzim	23.05
27,34	(2,8)	Carla	Santos		12-03-91	JV	4 el3	Setúbal	04.07
27,45	(5,0)	Telma	Neto		12-10-92	ACRVC	2-ex	Aveiro	20.06
27,47	(3,0)	Rita	Lourenço		05-08-92	SCB	5 el1	Setúbal	04.07
27,48	(3,0)	Ana Margarida	Oliveira		18-07-95	GAF	Hep	Rio Maior	24.04

400 Metros (até 63,54/58,54) CNJ 61,1/61,24

56,02		Dorothe	Évora		28-05-91	SLB	4	Lisboa (U)	26.06
56,79			Évora				4 s2	Leiria	17.07
56,81			Évora				2 s1	Lisboa (U)	29.05
57,24			Évora				1 s2	Setúbal	03.07
57,44			Évora				2 s1	Leiria	22.05

57,77		Marta	Pen Freitas	31-07-93	EBMDS	4 el3	Moscovo	21.05
58,13			Pen Freitas			2 s2	Setúbal	03.07
58,48	(pc)		Pen Freitas			1 s3	Pombal	23.01
58,52	(pc)		Évora			1 s4	Pombal	23.01
58,73		Cátia	Azevedo	09-03-94	SCP	3 s1	Lisboa (U)	10.07
58,98	(pc)	Miriam	Tavares	14-05-91	ACDRA	1 s2	Espinho	28.02
59,51		Filipa	Martins	13-11-92	SLB	2 s2	Lisboa (I)	16.01
59,56		Cátia	Jacinto	26-08-92	GCAD	ex	Guarda	29.05
59,64	(pc)	Cristiana	Cunha	17-07-91	GS-RC	2 s3	Pombal	23.01
59,71		Daniela	Pereira	30-03-94	JV	7	Lisboa (U)	12.06
60,13	(pc)	Catarina	Amorim	03-05-92	SLB	1 s2	Espinho	06.02
60,14		A Olga	Santos	07-03-93	UDZA	2	Guarda	09.07
(10)								
60,50	(pc)	Ana Cláudia	Almeida	04-04-91	GRECAS	1	Espinho	31.01
60,64	(pc)	Mariana	Brás	29-11-93	SCUT	4 s3	Pombal	23.01
60,71		Sara	Martins	13-11-91	FCP	1 s1	Setúbal	03.07
60,77	(pc)	Vera	Castro	23-10-92	EBPGS	2 s1	Espinho	06.02
61,14		Ana Patrícia	Caldas	31-10-94	SCB	1	P.Varzim	02.06
61,21		Vanda	Pinto	15-09-93	SCB	1	Braga	07.07
61,31		Bruna	Silva	14-11-94	JV	2	Leiria	23.06
61,35	(pc)	Sara	Dias	06-11-92	ACV	4 s3	Pombal	09.01
61,41		Olga	Serbyan	UKR 09-12-92	SCP	2 s1	Lisboa (I)	16.01
61,54	(pc)	Fani	Ferreira	16-07-92	ACV	2 s1	Pombal	31.01
(20)								
61,64		Diana	Freitas	01-11-91	SLB	5 s2	Lisboa (I)	16.01
61,67	(pc)	Carla	Santos	12-03-91	JV	4 s4	Pombal	23.01
61,74		Cátia	Rodrigues	05-10-92	ADREP	6	Lisboa (U)	12.06
61,82		Márcia	Martins	CPV 15-01-92	SFRAA	4 s1	Lisboa (U)	10.07
62,02		Cátia	Santos Leitão	09-10-92	CABB	1 s2	Lisboa (U)	29.05
62,24	(pc)	Daniela	Lopes	02-03-91	GS-RC	2 s1	Pombal	23.01
62,24		Carine	Moreira	16-03-94	JV	1 s1	Leiria	15.05
62,30		Sara	Oliveira	28-12-93	CAMG-I	7	Lisboa (U)	12.06
62,30		Jessica	Pires	10-12-93	ADREP	1 s1	Luso	16.06
62,31	(pc)	Ana Rita	Fernandes	20-04-93	ACDRA	3 s2	Pombal	31.01
(30)								
62,41		Sandra	Monteiro	05-09-92	CAA	2	Maia	19.05
62,43		Cyntia	Silva	21-07-91	CAMG-I	1 s2	Leiria	22.05
62,58		Carla	Oliveira	15-09-93	CNC	1	A.Valdevez	29.05
62,76		Ana Rita	Rodrigues	30-07-92	NAC	2 s1	Luso	16.06
62,78		Catarina	Rodrigues	21-07-94	SCB	3	P.Varzim	02.06
62,89		Solange	Fernandes	31-07-91	JOMA	3 s1	Lisboa (I)	16.01
63,01		Mariana	Correia	07-10-94	NDCG	1	Guarda	29.05
63,02		Maria Goreti	Silveira	25-10-91	JDAL	6 s1	Leiria	17.07
63,46		Carla	Soares	18-11-91	AJS	2-ex	Machico	17.04
63,48		Jessica	Matos	15-04-94	CRE	3 s1	Luso	16.06

Ao ar Livre:

58,99		Miriam	Tavares	14-05-91	ACDRA	4 s1	Leiria	22.05
60,69		Ana Cláudia	Almeida	04-04-91	GRECAS	5	Lisboa (U)	12.06
61,12		Vera	Castro	23-10-92	EBPGS	1	Maia	19.05
62,21		Mariana	Brás	29-11-93	SCUT	1 s2	Lisboa (U)	10.07
62,81		Carla	Santos	12-03-91	JV	3 s1	P.Varzim	24.04
62,82		Fani	Ferreira	16-07-92	ACV	3	Abrantes	29.05
63,51		Daniela	Lopes	02-03-91	GS-RC	5	Abrantes	29.05

Com marcas manuais

57,1	(pc)	Marta	Pen Freitas	31-07-93	EBMDS	1 s2	Pombal	20.02
58,7	(pc)	Miriam	Tavares	14-05-91	ACDRA	3 s2	Pombal	20.02
59,2		Liliana	Cabral	24-04-95	SLB	3	Maputo	05.08
61,0		Maria Goreti	Silveira	25-10-91	JDAL	1-ex	V.Novas	02.07
62,3		Sofia	Melo	20-01-92	COD	1	Lajedo	02.12.2009
62,4	(pc)	Joana	Lopes	13-10-91	CLAC	1 s2	Pombal	12.12.2009

800 Metros (até 2.25,0/2.16,0) CNJ 2.23,00

2.09,82		Marta	Pen Freitas	31-07-93	EBMDS	2	Lisboa (U)	14.07
2.10,27		Susana	Godinho	05-07-92	SLB	3	Lisboa (U)	13.06
2.10,33			Godinho			4	Cáceres	30.06
2.10,95			Godinho			1	Leiria	22.05
2.11,57			Pen Freitas			2	Tours	09.07

2.11,91			Pen Freitas			6 s2	Leiria	18.07
2.12,33			Pen Freitas			1 sA	Leiria	06.06
2.12,88		Mariana	Brás	29-11-93	SCUT	5	Lisboa (U)	14.07
2.13,9			Pen Freitas			1	Lisboa (I)	09.06
2.14,42	(pc)		Brás			7	Espinho	28.02
2.14,44			Brás			3	Lisboa (U)	11.07
2.14,75		Micaela	Lopes	08-05-92	NSL	1	Setúbal	14.07
2.14,95			Godinho			2	Lisboa (U)	27.06
2.15,04		Ana Queiroz	Alves	07-10-94	JV	2 sA	Leiria	06.06
2.15,19	(pc)		Pen Freitas			1	Pombal	24.01
2.15,25	(pc)	Diana	Soares	02-08-92	SLB	2	Pombal	24.01
2.15,28		Diana	Freitas	01-11-91	SLB	4	Leiria	22.05
2.15,3		Liliana	Cabral	24-04-95	SLB	1	Lisboa (AL)	29.05
2.15,30			Brás			1 s1	Leiria	18.07
2.15,44	(pc)		Godinho			3	Pombal	14.02
2.15,45		Jéssica	Serra	06-01-95	CDP	1 s2	Guimarães	20.06
2.15,45			Cabral			2 s2	Guimarães	20.06
2.15,47	(pc)		Brás			2	Pombal	20.02
2.15,47			Freitas			2	Maia	30.06
2.15,47			Alves			2 s1	Leiria	18.07
2.15,48		Ana Patrícia	Caldas	31-10-94	SCB	1	Maputo	06.08
(10)								
2.15,50			Alves			7	Lisboa (U)	14.07
2.15,68			Freitas			ex	Braga	09.06
2.15,7			Pen Freitas			Hep	Lisboa (I)	11.04
2.15,71		Solange	Fernandes	31-07-91	JOMA	2	Lisboa (U)	30.05
2.15,77			Brás			3 s2	Guimarães	20.06
2.15,84			Soares			6	Leiria	22.05
2.15,85			Cabral			1	Lisboa (U)	16.05
2.15,91	(pc)		Cabral			1	Pombal	20.02
2.19,10		Silvana	Dias	05-06-94	UDV	5 s2	Guimarães	20.06
2.19,46	(pc)	Ana Rita	Fernandes	20-04-93	ACDRA	9	Espinho	28.02
2.19,68		Sandra	Almeida	17-06-95	ACBU	1 s1	Guimarães	20.06
2.20,40		Elsa	Gomes	27-01-96	SCB	6 s2	Guimarães	20.06
2.20,75		Ana Filipa	Soares	17-11-94	CDMAR	2	Maia	19.05
2.21,19		Elsa	Maia	10-03-96	GT	7 s2	Guimarães	20.06
2.21,21		Jessica	Pires	10-12-93	ADREP	4	P.Varzim	30.05
2.21,44	(pc)	Joana	Domingos	15-11-93	ACDRA	3	Pombal	31.01
2.21,49		Ana Catarina	Fernandes	22-05-95	FCV	1	Guimarães	22.05
(20)								
2.21,94		Catarina	Rodrigues	21-07-94	SCB	2-ex	Guimarães	18.04
2.21,95		Sara	Sousa	16-05-95	ARLVG	1	Maia	23.01
2.22,17	(pc)	Daniela	Lopes	02-03-91	GS-RC	6	Pombal	20.02
2.22,45		Cátia	Santos Leitão	09-10-92	CABB	2	Setúbal	14.07
2.22,48		Sueli	Gomes	31-10-94	UDV	3-ex	P.Varzim	30.05
2.22,54		Jessica	Matos	15-04-94	CRE	5	Maia	30.06
2.23,40		Tânia	Antunes	17-04-94	CPC	6	Lisboa (U)	30.05
2.23,5		Olga	Serbyan	UKR 09-12-92	SCP	2-ex	Lisboa (I)	10.04
2.23,58		Joana	Correia	19-06-93	UDZA	1	Abrantes	30.05
2.23,63		Marta	Martins	15-01-92	FCP	6	Maia	30.06
(30)								
2.23,76		Carla	Oliveira	15-09-93	CNC	1	V.Castelo	23.05
2.24,00		Débora	Santos	30-12-92	ADERCUS	1	Aveiro	10.06
2.24,10		Anita	Fernandes	24-05-95	CAAV	1	A.Valdevez	23.05
2.24,1		Neuza Isabel	Reis	18-01-95	SLB	2	P.S.Iria	10.06
2.24,26	(pc)	Vanda	Pinto	15-09-93	SCB	7	Pombal	24.01
2.24,47		Carla	Covelo	26-10-94	CDFXXI	3 s1	Guimarães	20.06
2.24,5		Rita	Guerreiro	16-06-92	NDCO	1-ex	Beja	29.05
2.24,61		Catarina	Carvalho	01-03-92	UDZA	1	Abrantes	11.07
2.24,70	(pc)	Rita	Gomes	16-10-92	CASM	8	Pombal	24.01
2.24,74	(pc)	Sandra	Monteiro	05-09-92	CAA	2-ex	Braga	20.12.2009
(40)								
2.24,79		Joana Rafaela	Vaz	01-10-93	GDPN	5 sA	Leiria	06.06
2.25,00		Joana	Fernandes	11-09-92	SCB	3	Guimarães	18.04

1500 Metros (até 5.02,00/4.40,0) CNJ 4.55,00

4.29,80	(pc)	Susana	Godinho	05-07-92	SLB	5	Espinho	27.02
4.32,24			Godinho			4	Lisboa (U)	12.06
4.32,50			Godinho			5	Leiria	17.07
4.33,50			Godinho			1	Lisboa (U)	29.05
4.34,53	(pc)	Diana	Soares	02-08-92	SLB	4	Pombal	13.02
4.36,09			Godinho			1	Setúbal	03.07
4.36,98	(pc)		Godinho			4	Espinho	06.02

4.37,20		Ana Queiroz	Alves	07-10-94	JV	2	Setúbal	03.07
4.37,89	(pc)		Soares			1	Espinho	02.01
4.38,64	(pc)		Soares			1	Pombal	23.01
4.38,94			Alves			2	Luso	10.07
4.39,83	(pc)	Diana	Freitas	01-11-91	SLB	5	Espinho	06.02
4.41,52		Micaela	Lopes	08-05-92	NSL	1	Lisboa (U)	10.07
4.41,85	(pc)	Ana Patrícia	Caldas	31-10-94	SCB	1	Espinho	30.01
4.42,43		Silvana	Dias	05-06-94	UDV	4	Setúbal	03.07
4.43,4		Marta	Pen Freitas	31-07-93	EBMDS	1	Abrantes	10.06
4.45,7		Mariana	Brás	29-11-93	SCUT	3	Abrantes	10.06
4.46,28		Rita	Lopes	18-03-94	SCB	2	Tours	10.07
(10)								
4.47,2	(pc)	Catarina	Carvalho	01-03-92	UDZA	1	Pombal	12.12.2009
4.47,74		Marta	Martins	15-01-92	FCP	6	Setúbal	03.07
4.49,45		Elsa	Gomes	27-01-96	SCB	4	Guimarães	19.06
4.49,48		Débora	Santos	30-12-92	ADERCUS	1	Luso	08.05
4.49,56		Joana	Domingos	15-11-93	ACDRA	7	Setúbal	03.07
4.50,93		Eugénia	Peixoto	10-06-93	UDV	10	Maia	16.06
4.51,05		Sara	Sousa	16-05-95	ARLVG	5	Guimarães	19.06
4.51,86	(pc)	Bárbara	Ferreira	09-12-91	SCB	7	Pombal	23.01
4.52,09		Sueli	Gomes	31-10-94	UDV	11	Maia	16.06
4.52,23		Ana Catarina	Fernandes	22-05-95	FCV	8	Vigo	10.07
(20)								
4.52,27		Sandra	Almeida	17-06-95	ACBU	6	Guimarães	19.06
4.53,16		Carla	Oliveira	05-09-93	CNC	3	Vigo	02.06
4.53,30		Cátia	Santos Leitão	09-10-92	CABB	1	Seixal	12.12.2009
4.55,47		Estefânia	Gameiro	26-09-94	ADAM	6	Guimarães	10.07
4.56,28		Tânia	Antunes	17-04-94	CPC	1	Abrantes	12.06
4.56,32		Solange	Fernandes	31-07-91	JOMA	6	Lisboa (U)	12.06
4.56,91		Sónia	Ferreira	08-07-95	UDV	3	P. Varzim	22.05
4.57,56		Sandra	Oliveira	22-10-96	FCV	2	V.Castelo	12.06
4.57,93		Jessica	Matos	15-04-94	CRE	2	Aveiro	01.05
4.58,33		Nadine	Laranjeira	12-04-96	CDP	4	P. Varzim	22.05
(30)								
4.58,37		Elsa	Maia	10-03-96	GT	3	V.Castelo	12.06
4.59,43		Sara	Barreto	17-02-92	ADREP	6	Luso	10.07
4.59,52		Catarina	Rodrigues	21-07-94	SCB	2	Braga	28.04
4.59,75	(pc)	Ana Carolina	Matias	06-12-91	ACV	3	Pombal	13.02
4.59,87		Jessica	Pires	10-12-93	ADREP	7	Luso	10.07
5.01,32	(pc)	Susana	Rosa	27-07-91	ADERCUS	2	Espinho	09.01
5.01,33		Rita	Guerreiro	16-06-92	NDCO	1	Beja	30.01
5.01,68	(pc)	Sofia	Almeida	30-04-91	FCV	4 s2	Braga	16.01

Ao ar Livre:

4.40,06		Diana	Freitas	01-11-91	SLB	3	Setúbal	03.07
4.41,54		Diana	Soares	02-08-92	SLB	2	Lisboa (I)	16.01
4.53,56		Bárbara	Ferreira	09-12-91	SCB	4-ex	Guimarães	17.04
4.54,21		Ana Patrícia	Caldas	31-10-94	SCB	7	Guimarães	19.06
4.58,28		Catarina	Carvalho	01-03-92	UDZA	1	Abrantes	10.07

Atletas juniores até 31-12-2009

4.47,41	(pc)	Sónia Catarina	Lima	10-05-90	UDV	2-ex	Braga	20.12.2009
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3000 Metros (até 11.05,00/9.59,99) CNJ 10.50,00

9.52,60	(pc)	Diana	Soares	02-08-92	SLB	5	Pombal	14.02
10.02,24	(pc)	Susana	Godinho	05-07-92	SLB	2	Espinho	03.01
10.07,91	(pc)	Catarina	Carvalho	01-03-92	UDZA	5	Espinho	07.02
10.07,93	(pc)	Marta	Martins	15-01-92	FCP	6	Espinho	07.02
10.09,11	(pc)	Eugénia	Peixoto	10-06-93	UDV	4 s1	Braga	17.01
10.16,74		Marta	Pen Freitas	31-07-93	EBMDS	1	Tours	08.07
10.23,91		Mariana	Brás	29-11-93	SCUT	1 sA	Leiria	06.06
10.24,92	(pc)	Débora	Santos	30-12-92	ADERCUS	5	Pombal	24.01
10.25,40	(pc)	Sara	Barreto	17-02-92	ADREP	2	Pombal	14.02
10.27,15		Sueli	Gomes	31-10-94	UDV	1	Guimarães	20.06
(10)								
10.28,39		Bárbara	Ferreira	09-12-91	SCB	1	Braga	09.06
10.30,58		Ana Queiroz	Alves	07-10-94	JV	ex	Maia	02.05
10.31,78		Jessica	Matos	15-04-94	CRE	3 sA	Leiria	06.06
10.32,27		Rita	Lopes	18-03-94	SCB	2	Guimarães	20.06

10.34,50		Cátia	Santos Leitão	09-10-92	CABB	2	Abrantes	13.06
10.36,22	(pc)	Diana	Almeida	18-09-94	CBPAR	7	Pombal	24.01
10.38,48		Micaela	Lopes	08-05-92	NSL	3	Setúbal	04.07
10.39,7		Susana	Francisco	10-05-91	NSL	1	Lisboa (I)	09.06
10.39,84	(pc)	Susana	Rosa	27-07-91	ADERCUS	3	Espinho	03.01
10.45,65	(pc)	Catarina	Pereira	25-08-94	UDV	10	Pombal	24.01
(20)								
10.46,57		Inês	Nobre	30-04-92	JV	7	Lisboa (U)	13.06
10.49,72		Carla	Santos	22-06-91	ADREP	4	Luso	16.06
10.51,57		Lúcia	Ribeiro	03-01-91	CAOV	5	Maia	19.05
10.51,70	(pc)	Sofia	Almeida	30-04-91	FCV	8 s1	Braga	17.01
10.51,88		Sandra	Costa Monteiro	05-09-92	CAA	3	Braga	09.06
10.52,55		Joana	Fernandes	11-09-92	SCB	4	Braga	09.06
10.52,58	(pc)	Fiona	Fernandes	05-10-93	CAC-VC	2 s2	Braga	17.01
10.54,38		Carla	Oliveira	05-09-93	CNC	4 sA	Leiria	06.06
10.59,32		Tânia	Antunes	17-04-94	CPC	1	Sobreda	09.05
11.00,5		Isa	Tavares	24-02-91	AAPGL	3	Lisboa (I)	09.06
(30)								
11.01,76	(pc)	Ana Carolina	Matias	06-12-91	ACV	4	Pombal	14.02
11.04,13		Rita	Guerreiro	16-06-92	NDCO	1	Beja	27.02
11.04,50		Inês	Marques	10-04-93	GRQL	2	Seixal	11.07

Ao ar Livre:

10.02,73		Susana	Godinho	05-07-92	SLB	1	Lisboa (U)	17.01
10.18,49		Catarina	Carvalho	01-03-92	UDZA	1	Abrantes	13.06
10.23,43		Diana	Soares	02-08-92	SLB	3	Lisboa (U)	30.05
10.25,08		Marta	Martins	15-01-92	FCP	1	Setúbal	04.07
10.25,72		Eugénia	Peixoto	10-06-93	UDV	2 sA	Leiria	06.06
10.35,78		Sara	Barreto	17-02-92	ADREP	3	Luso	16.06
10.40,03		Débora	Santos	30-12-92	ADERCUS	3	Luso	23.05
10.41,69		Diana	Almeida	18-09-94	CBPAR	4	Setúbal	04.07

5000 Metros

17.45,78		Susana	Godinho	05-07-92	SLB	3-ex	Guimarães	11.07
17.47,52		Débora	Santos	30-12-92	ADERCUS	1	Luso	30.06
18.00,12		Marta	Martins	15-01-92	FCP	4	Guimarães	11.07
18.05,51		Catarina	Carvalho	01-03-92	UDZA	1	Rio Maior	24.04
18.42,07		Carla	Santos	22-06-91	ADREP	2	Lisboa (U)	12.06
19.02,23		Bárbara	Ferreira	09-12-91	SCB	5	Guimarães	11.07
19.13,36		Lúcia	Ribeiro	03-01-91	CAOV	6	Guimarães	11.07
19.14,36		Inês	Nobre	30-04-92	JV	2	Rio Maior	24.04
20.03,26		Ana Carolina	Matias	06-12-91	ACV	3	Rio Maior	24.04
20.25,04		Joana	Brito	22-11-92	JV	4	Abrantes	29.05
(10)								
21.28,25		Nilza	Sousa	11-03-92	CDP	8	Guimarães	11.07
21.36,56		Jennifer	Oliveira	29-05-91	GRQL	9	Lisboa (U)	29.05
21.39,57		Cátia	Ferreira	13-04-92	SSSJM	2-ex	Aveiro	15.05
21.53,76		Sarah	Aleixo	09-04-91	UDZA	5	Rio Maior	24.04
22.36,05		Renata	Mota	16-04-91	CAR-S	6	Rio Maior	24.04

10000 Metros

36.47,56		Susana	Godinho	05-07-92	SLB	3	Guimarães	10.07
43.09,67		Ana Carolina	Matias	06-12-91	ACV	3	Luso	10.04
47.27,94		Joana	Mendes	05-11-92	ADCCJ	5	Luso	10.04
50.18,52		Ana Rosa	Santos	09-01-91	JAM	8	Luso	10.04

3000 met-obstáculos CNJ 14.00,00

10.52,75		Catarina	Carvalho	01-03-92	UDZA	4	Leiria	17.07
10.55,71			Carvalho			3	Lisboa (U)	26.06
11.05,49			Carvalho			1	Setúbal	03.07
11.09,34			Carvalho			1	Abrantes	29.05
11.12,32			Carvalho			1	Leiria	15.05
11.14,64			Carvalho			1	Abrantes	12.06
11.15,81		Bárbara	Ferreira	09-12-91	SCB	2	Setúbal	03.07
11.29,79		Inês	Nobre	30-04-92	JV	3	Setúbal	03.07
11.35,46		Lúcia	Ribeiro	03-01-91	CAOV	4	Setúbal	03.07
11.46,75		Joana	Fernandes	11-09-92	SCB	5	Setúbal	03.07
12.06,4		Rita	Guerreiro	16-06-92	NDCO	1	Odemira	02.04
12.07,58		Ana Carolina	Matias	06-12-91	ACV	7	Lisboa (U)	26.06
12.08,92		Sofia	Almeida	30-04-91	FCV	6	Setúbal	03.07

12.17,92		Helena	Alves	04-11-92	FCV	7	Setúbal	03.07
12.46,24		Sónia	Marques	12-02-92	GRQL	2	Lisboa (U)	12.06
(10)								
12.51,68		Nilza	Sousa	11-03-92	CDP	2	Guimarães	10.07
12.57,4		Ana	Guerreiro	92	NDCO	2	Odemira	02.04
13.16,49		Catarina	Marques	06-06-91	SUOV	1	Luso	08.05
13.19,00		Renata	Mota	16-04-91	CAR-S	12	Setúbal	03.07
13.26,00		Ana Rosa	Santos	09-01-91	JAM	6	Luso	10.07
13.39,35		Vitória	Oliveira	30-08-92	ARLVG	5	P.Varzim	02.06
13.53,90		Rubina	Soares	02-06-92	AJS	1	Ribeira Brava	09.07
13.58,12		Cátia	Ferreira	13-04-92	SSSJM	2	Luso	08.05
14.48,31		Sandra	Lopes	13-07-91	UDZA	3	Leiria	15.05
15.04,86		Andreia	Teixeira	13-02-92	ADCCJ	3	Luso	08.05
(20)								
15.13,78		Dália	Marques	04-03-92	ACV	2	Leiria	15.05
16.03,82		Catarina	Nunes	01-01-92	ADRAB	5	Abrantes	29.05

100 Metros Barreiras(0,84) (até 17,84/14,84) CNJ 17,0/17,24

13,62	(1,0)	Eva	Vital	08-07-92	SLB	2	Salamanca	22.05	RN
13,66	(1,3)		Vital			4 el1	Moncton	20.07	
13,77	(0,0)		Vital			1	Alcala de Henares	10.07	
13,81	(-0,6)		Vital			4 mf1	S.Fernando	05.06	
13,83	(0,5)		Vital			1	Lisboa (U)	12.06	
14,01	(-0,2)		Vital			1 el2	Salamanca	22.05	
14,05	(0,6)		Vital			6 sB	Budapeste	20.06	
14,09	(0,3)		Vital			1 el2	Lisboa (U)	26.06	
14,15	(1,7)		Vital			1	Lisboa (U)	14.07	
14,17	(1,2)		Vital			1 s2	Lisboa (U)	29.05	
14,25	(2,0)	Sténia	Betuncal	GBS 25-11-92	CASM	1el1	Setúbal	03.07	
14,35	(-1,5)		Betuncal			2 el1	Lisboa (U)	26.06	
14,40	(0,9)		Betuncal			1	Leiria	17.07	
14,59	(1,7)		Betuncal			3	Lisboa (U)	14.07	
14,61	(2,0)	Cristiana	Cunha	17-07-91	GS-RC	2 el1	Setúbal	03.07	
14,67	(0,3)		Cunha			3 el2	Lisboa (U)	26.06	
14,67	(0,0)		Betuncal			1 el1	Leiria	17.07	
14,73	(1,6)		Betuncal			2 s1	Alcanena	07.03	
14,79	(1,7)		Cunha			4	Lisboa (U)	14.07	
14,84	(0,8)		Cunha			1	Luso	11.07	
15,02	(1,7)	Magali	Gomes	01-01-91	SLB	5	Lisboa (U)	14.07	
15,18	(2,0)	Fani	Ferreira	16-07-92	ACV	4 el1	Setúbal	03.07	
15,29	(0,0)	Anais	Baptista	25-06-94	JV	1	Leiria	16.05	
15,64	(-2,5)	Shaina Anthony	Mags	NGR 11-04-92	SCP	2	Lisboa (AL)	08.06	
15,65	(0,9)	Andreia	Crespo Oliveira	16-10-93	NDCG	5	Leiria	17.07	
15,82	(2,0)	Valdénia	Carvalho	06-07-93	GRQL	3	Lisboa (U)	12.06	
15,85	(-0,1)	Isabel	Vieira	25-02-93	FCP	1	Braga	09.06	
(10)									
15,88	(0,1)	Anabela	Neto	25-03-91	SCP	Hep	Luso	24.04	
16,04	(0,0)	Daniela	Pereira	30-03-94	JV	3	Leiria	16.05	
16,08	(0,5)	Vera	Castro	23-10-92	EBPGS	1	Guimarães	11.07	
16,10	(0,4)	Sthephany	Simões	08-10-94	GRECAS	1	P.Varzim	29.05	
16,33	(0,0)	Ana	Vasconcelos	18-07-92	ACDRA	4	Leiria	16.05	
16,55	(1,2)	Sandra	Moreira	CPV 19-02-93	SCP	5	Lisboa (U)	10.07	
16,74	(0,8)	Soraia	Ferreira	27-09-92	JV	5	Luso	11.07	
16,91	(0,8)	Verónika	Zhukova	UKR 12-03-93	JV	6	Luso	11.07	
17,11	(1,5)	Ana Rita	Pedreiras	27-01-93	GS-RC	1 s2	Alcanena	07.03	
17,23	(-2,2)	Ana	Lima	10-04-94	GDC	1	Seixal	22.05	
(20)									
17,28	(-1,7)	Inês	Dias	20-05-94	CARDES	1	Viseu	09.05	
17,29	(1,4)	Joana	Lopes	13-10-91	CLAC	Hep	Rio Maior	24.04	
17,31	(0,2)	Teresa	Paulo	ANG 21-07-92	SCB	1-ex	Guimarães	22.05	
17,40	(0,0)	Tânia	Tristão	03-01-92	CPP	1	Leiria	16.05	
17,45	(-1,1)	Elisabete	Silva	25-04-92	COD	Hep	Lisboa (U)	22.05	
17,46	(-2,5)	Claudina	Borges	CPV 14-08-91	SLB	4	Lisboa (AL)	08.06	
17,50	(-2,5)	Jussara	Spencer Silva	14-01-93	EBMDS	5	Lisboa (AL)	08.06	
17,50	(1,1)	Débora	Tavares	11-05-93	GCDS	2	Luso	30.06	
17,55	(0,0)	Jessica	Coutinho	25-07-94	CNRM	1 el1	Leiria	16.05	
17,70	(1,6)	Sara	Silva	03-01-94	Lavra	4	Maia	16.06	
(30)									
17,70	(0,5)	Ana	Baptista	04-08-94	FCPAR	2	Maia	30.06	
17,72	(2,0)	Sara	Espinha	26-08-93	CAMG-I	6	Lisboa (U)	12.06	
17,76	(-0,1)	Silvia	Florido	19-06-93	MAC	3	Braga	09.06	
17,83	(0,0)	Joana	Sá	19-02-93	JDAL	2 el2	Leiria	16.05	

Sem controlo de anemómetro

14,18		Eva	Vital	08-07-92	SLB	7 mf1	Moncton	21.07
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Com vento favorável > 2 m /s

14,14	(2,8)	Sténia	Betuncal	GBS 25-11-92	CASM	2	Setúbal	03.07
14,50	(2,8)	Cristiana	Cunha	17-07-91	GS-RC	3	Setúbal	03.07
14,96	(3,5)	Magali	Gomes	01-01-91	SLB	1	Lisboa(AL)	20.06
15,04	(2,8)	Andreia	Crespo Oliveira	16-10-93	NDCG	5	Setúbal	03.07
15,27	(2,5)	Anais	Baptista	25-06-94	JV	3el2	Setúbal	03.07
15,94	(2,5)	Sandra	Moreira	CPV 19-02-93	SCP	4el2	Setúbal	03.07
15,98	(2,4)	Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	24.04
16,40	(3,0)	Sara	Esteves	24-08-92	CAMz-VC	1	Abrantes	12.06
16,50	(2,3)	Elisabete	Silva	25-04-92	COD	Hep	P.Delgada	15.05
17,01	(3,0)	Tânia	Tristão	03-01-92	CPP	1	Abrantes	11.07
16,9	(4,0)	Joana	Sá	19-02-93	JDAL	1-ex	V.Novas	02.07
17,14	(3,0)	Jessica	Coutinho	25-07-94	CNRM	2	Abrantes	11.07
17,25	(2,3)	Sofia	Melo	20-01-92	COD	Hep	P.Delgada	15.05

400 Metros Barreiras (até 73,04/65,54) CNJ 69,8/69,94

62,08		Cristiana	Cunha	17-07-91	GS-RC	1 s2	Luso	10.07
62,32			Cunha			2 s2	Lisboa (U)	27.06
62,53			Cunha			1 s2	Setúbal	04.07
62,62			Cunha			5 s2	Leiria	18.07
62,68			Cunha			1	Lisboa (U)	13.06
63,20			Cunha			1	Abrantes	30.05
64,06	A	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	29.05
64,18		Anais	Baptista	25-06-94	JV	6	Lisboa (U)	13.06
64,19			Cunha			1A	Luso	23.05
64,49		Fani	Ferreira	16-07-92	ACV	1 s1	Leiria	18.07
64,90			Baptista			2 s2	Setúbal	04.07
65,26			Baptista			2	Abrantes	30.05
65,45			Ferreira			1	Leiria	10.07
65,54			Baptista			3 s2	Luso	10.07
65,67		Vera	Castro	23-10-92	EBPGS	3	Setúbal	04.07
66,49		Miriam	Tavares	14-05-91	ACDRA	2	Leiria	07.07
67,27		Cátia	Rodrigues	05-10-92	ADREP	2 s1	Luso	10.07
67,43		Bruna	Silva	14-11-94	JV	3 s1	Luso	10.07
67,49		Sara	Martins	13-11-91	FCP	2	Maia	30.06
68,26		Carine	Moreira	16-03-94	JV	4	Leiria	07.07
(10)								
69,12		Ana Rita	Rodrigues	30-07-92	NAC	1 s1	Luso	08.05
69,12		Jessica	Marques Viegas	16-08-94	ACDC	1	Seixal	23.05
69,75		Sara	Oliveira	28-12-93	CAMG-I	2-ex	Abrantes	02.05
70,35		Silvia	Florido	19-06-93	MAC	2	Guimarães	10.07
70,58		Sofia	Ávila	15-04-93	CBSC	3 s2	P.Delgada	28.05
71,32		Cyntia	Silva	21-07-91	CAMG-I	3-ex	Abrantes	02.05
71,76		Jessica	Coutinho	25-07-94	CNRM	6	Abrantes	30.05
71,89		Joana	Soares	08-09-93	AJS	3	Ribeira Brava	10.07
71,90		Sandra	Monteiro	05-09-92	CAA	3	Guimarães	10.07
71,96		Diana	Moniz	15-10-93	GRQL	1	Seixal	11.07
(20)								
72,67		Joana	Correia	19-06-93	UDZA	1	Abrantes	10.07
72,76		Vanda	Pinto	15-09-93	SCB	3	P.Varzim	02.06

Com marcas manuais

72,5		Teresa	Mestre	18-07-92	SRDE	1	Beja	26.06
72,8		Mária	Mestrinho	27-09-92	ASJC	ex	Beja	26.06

Altura (até 1,50/1,62) CNJ 1,53

1,72		Ana	Monjane	01-01-93	SCB	1	Guimarães	19.06
1,70		Ana Margarida	Oliveira	18-07-95	GAF	1	Abrantes	17.04
1,70			Monjane			1	Leiria	06.06
1,70			Monjane			1	Setúbal	03.07
1,69			Oliveira			Hep	Rio Maior	20.03
1,69			Monjane			2	Leiria	17.07
1,68	(pc)		Oliveira			ta	Alpiarça	06.02

1,68	(pc)		Monjane			4	Pombal	14.02
1,68			Oliveira			Hep	Faro	01.05
1,68			Monjane			3	Lisboa (U)	13.06
1,68			Oliveira			2	Guimarães	19.06
1,67	(pc)	Anabela	Neto	25-03-91	SCP	1	Pombal	24.01
1,67			Monjane			2	P.Varzim	30.05
1,67			Neto			1-ex	Aveiro	10.06
1,67		Ana Rita	Pereira	14-05-91	SCB	2	Setúbal	03.07
1,66	(pc)		Neto			p	Espinho	27.12.2009
1,66	(pc)		Oliveira			1-ex	Alpiarça	23.01
1,66			Oliveira			Hep	Rio Maior	24.04
1,66			Neto			ex	Luso	09.05
1,66			Monjane			2	Tours	07.07
1,65	(pc)		Pereira			1	Braga	12.12.2009
1,65	(pc)		Monjane			t	Alpiarça	06.02
1,65	(pc)		Oliveira			1	Alpiarça	27.03
1,65			Monjane			Hep	Guimarães	17.04
1,65			Monjane			1	Braga	28.04
1,65			Monjane			1	Braga	16.05
1,65		Magali	Gomes	01-01-91	SLB	1	Lisboa (AL)	08.06
1,65			Neto			4	Lisboa (U)	13.06
1,65			Neto			3	Leiria	17.07
1,65			Gomes			5	Leiria	17.07
1,64	(pc)		Monjane			t	Braga	16.01
1,64	(pc)		Gomes			2	Pombal	24.01
1,64	(pc)		Pereira			2	Pombal	24.01
1,64	(pc)		Monjane			3	Espinho	27.02
1,64			Neto			Hep	Luso	24.04
1,64			Monjane			1	Maia	30.06
1,64			Neto			3	Setúbal	03.07
1,63			Pereira			1-ex	Braga	22.05
1,63			Oliveira			1 A	Leiria	05.06
1,63			Neto			1	Lisboa (U)	26.06
1,62	(pc)		Oliveira			ta	Pombal	27.12.2009
1,62		Ana	Vasconcelos	18-07-92	ACDRA	1	Leiria	16.05
1,59		Rafaela	Vitorino	18-08-95	SLB	Hep	Faro	01.05
1,58		Cárin	Duarte	09-08-93	CDFXXI	3	Guimarães	19.06
1,58		Ana	Silva	31-05-96	UDCA	4	Guimarães	19.06
1,57	(pc)	Camila	Lucena	07-08-94	CSM	2	Espinho	30.01
(10)								
1,57	(pc)	Joana	Vitorino	30-05-92	CASM	3	Pombal	31.01
1,57		Sara	Mendes	16-04-95	NDJL	Hep-ex	Seixal	17.04
1,56	INF	Yara	Dorsch	14-02-97	CDFXXI	1-ex	Quarteira	16.05
1,56		Carolina	Pandeirada	21-10-93	GRECAS	1	Palhaça	24.07
1,55		Patrícia	Carreira	26-05-93	GAF	1	Abrantes	18.04
1,55		Beatriz	Nunes	19-05-94	NAA	3	Luso	22.05
1,55		Vanessa	Alves	13-09-93	GRECAS	3	Luso	22.05
1,55		Nicole	Marques	01-01-96	SCP	1	Lisboa (AL)	22.05
1,54	(pc)	Rute	Lopes	17-02-92	GS-RC	1	Pombal	14.02
1,54		Filipa	Pinto da Silva	28-11-94	FCCL	Hep	Luso	10.04
(20)								
1,54		Inês	Marques	19-08-96	CDCP	2 A	Leiria	05.06
1,53	(pc)	Inês	Dias	20-05-94	CARDES	1	Pombal	07.03
1,53		Érica	Gomes	GBS 09-05-94	AAC	1	Leiria	09.06
1,53		Jennifer	Gomes	21-03-95	ESJD	1	Aveiro	17.07
1,52		Valdénia	Carvalho	06-07-93	GRQL	1	Seixal	22.05
1,51	(pc)	Ana Rita	Pedreiras	27-01-93	GS-RC	t	Pombal	27.12.2009
1,51	(pc)	Larissa	Souza	BRA 11-04-92	JDAL	4	Pombal	31.01
1,51		Anais	Baptista	25-06-94	JV	Hep	Lisboa (U)	22.05
1,50		Cátia	Azevedo	09-03-94	SCP	t	Lisboa (U)	09.01
1,50		Isabel	Vieira	25-02-93	FCP	Hep	Maia	27.03
(30)								
1,50		Teresa	Carvalho	03-01-95	CASM	Hep	Lisboa (I)	10.04
1,50		Ana Rita	Alves	23-07-95	EBMDS	3	Abrantes	24.04
1,50		Lúcia	Serrão	08-01-91	AJS	1	Machico	23.06
1,50	INF	Catarina	Fonseca Fernandes	16-02-98	SCP	1	Amadora (M.Galega)	10.07

Ao ar Livre:

1,54		Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	24.04
1,51		Camila	Lucena	07-08-94	CSM	Hep	Machico	24.04

Vara (até 2,00/3,00) CNJ 2,50

3,80		Marta	Onofre	28-01-91	Ind-Lx	1-ex	Lisboa (I)	10.04
3,50			Onofre			1	Lisboa (U)	24.03
3,42			Onofre			6	Leiria	18.07
3,41		Isabel	Vieira	25-02-93	FCP	1	Guimarães	20.06
3,35			Onofre			2	Lisboa (U)	21.04
3,32			Vieira			1	P.Varzim	29.05
3,30			Vieira			1	Maia	19.05
3,30			Vieira			1	Maia	30.06
3,30			Vieira			7	Leiria	18.07
3,28			Vieira			1	Setúbal	04.07
3,20			Onofre			2	Lisboa (AL)	19.06
3,20			Onofre			2	Setúbal	04.07
3,18		Sara	Sousa	14-08-93	CSM	9	Leiria	18.07
3,12	(pc)		Vieira			5	Espinho	28.02
3,10		Camila	Lucena	07-08-94	CSM	3	Setúbal	04.07
3,10			Sousa			4	Setúbal	04.07
3,02			Lucena			10	Leiria	18.07
3,00			Sousa			2	Guimarães	20.06
3,00			Sousa			1	Machico	30.06
2,90		Mónica	Rino	06-06-94	JV	5	Setúbal	04.07
2,90		Ana	Vasconcelos	18-07-92	ACDRA	6	Setúbal	04.07
2,80	(pc)	Carolina	Pandeirada	21-10-93	GRECAS	2	Pombal	23.01
2,75	(pc)	Ana Filipa	Silva	09-03-93	CAMG-I	3	Pombal	31.01
2,75		Sara	Mendes	16-04-95	NDJL	ex	Lisboa (U)	11.07
2,70		Ana Patrícia	Silva	28-11-93	CAMG-I	7	Guimarães	20.06
(10)								
2,60		Sarina	Santos	24-09-91	CAR-S	6	Lisboa (U)	27.06
2,55		Andreia	Gracio	17-09-96	ADRAB	1	Rio Maior	09.05
2,55		Cátia	Torres	22-11-96	GDIS	1-ex	Setúbal	15.05
2,51		Lídia Nicole	Alberto	ANG 15-02-93	JV	10	Setúbal	04.07
2,50	(pc)	Ana Margarida	Pereira	09-04-92	CAR-S	1	Pombal	16.01
2,50		Alina	Zhepkov	UKR 23-06-93	ACM-AH	1	A.Heroísmo	21.03
2,50		Sara	Espinha	26-08-93	CAMG-I	9	Luso	10.07
2,50		Mónica	Saraiva	08-11-94	CPC	1	Seixal	11.07
2,42	(pc)	Brenda	Vicente	12-06-94	AAPL	8	Pombal	23.01
2,40		Tariana	Batista	23-01-95	NDJL	2	Lisboa (U)	16.05
(20)								
2,40		Verónica	Jerónimo	14-01-91	SLB	8	Lisboa (U)	12.06
2,38		Lúisa	Canário	93	CBF	13	Guimarães	20.06
2,32		Cristiana	Cardoso	13-07-91	JAM	1	Abrantes	12.06
2,30	(pc)	Ana Isabel	Casimiro	94	A20Km	2	Pombal	12.12.2009
2,20	(pc)	Catarina	Nunes	01-01-92	ADRAB	3	Pombal	12.12.2009
2,20	(pc)	Nelma	Matos	10-12-94	CDFXXI	3	Pombal	30.01
2,20		Daniela	Pinote	93	CPA-S	4	Leiria	15.05
2,20		Rute	Catarino	19-02-95	OCL	1	Faro	15.05
2,15		Jessica	Rodrigues	07-07-93	AJS	4	Ribeira Brava	16.01
2,15		Débora	Macedo	92	AJS	2	Ribeira Brava	10.07
(30)								
2,00	(pc)	Mariana	Simões	23-06-94	JV	6	Pombal	05.12.2009
2,00	(pc)	Cláudia	Oliveira	24-04-95	GRECAS	7	Espinho	02.01
2,00		Daniela Alexandra	Lisa	08-01-93	OCL	2	V.R.S.António	16.01
2,00		Isabela	Pereira	31-07-95	CDP	1	P.Varzim	23.05
2,00		Catarina	Oliveira Monteiro	29-06-96	A20Km	2	Rio Maior	27.06

Ao ar Livre:

2,80		Carolina	Pandeirada	21-10-93	GRECAS	1	Aveiro	03.06
2,70		Ana Filipa	Silva	09-03-93	CAMG-I	6	Guimarães	20.06
2,50		Sara	Mendes	16-04-95	NDJL	ex	Seixal	13.02
2,44		Ana Margarida	Pereira	09-04-92	CAR-S	8	Lisboa (U)	27.06
2,40		Brenda	Vicente	12-06-94	AAPL	1	Seixal	19.12.2009
2,26		Ana Isabel	Casimiro	94	A20Km	15	Guimarães	20.06
2,20		Catarina	Nunes	01-01-92	ADRAB	3	Leiria	15.05
2,10		Nelma	Matos	10-12-94	CDFXXI	3	Faro	15.05

Comprimento (até 5,00/5,60) CNJ 5,20

6,04	(0,3)	Shaina Anthony	Mags	NIG 11-04-92	SCP	1-ex	Lisboa (I)	03.06
6,04	(1,0)		Mags			1	Lisboa (U)	11.07
6,00	(0,0)		Mags		SCP	1	Leiria	22.05
5,95	(pc)		Mags			2	Espinho	27.02
5,94	(pc)		Mags			1	Espinho	06.02

5,94	(-0,6)		Mags			3	Leiria	18.07
5,91	(1,9)	Eva	Vital	08-07-92	SLB	3	Lisboa (U)	13.06
5,89	(1,1)		Mags			1	Lisboa (AL)	05.12.2009
5,87	(1,1)		Mags			1	Lisboa (AL)	24.04
5,81	(2,0)		Mags			2	Setúbal	04.07
5,78	(0,8)		Vital			-	Setúbal	04.07
5,75	(0,6)	Teresa	Carvalho	03-01-95	CASM	1	Lisboa (U)	16.05
5,71	(0,8)	Ana Margarida	Oliveira	18-07-95	GAF	1	Abrantes	18.04
5,65	(1,0)	Sténia	Betuncal	GBS 25-11-92	CASM	1	Lisboa (I)	16.01
5,63	(1,4)		Mags			-	Setúbal	14.07
5,61	(0,7)		Mags			1	Lisboa (I)	09.06
5,61	(1,0)		Oliveira			1	Guimarães	20.06
5,55	(pc)	Sara	Esteves	24-08-92	CAMz-VC	1	Pombal	23.01
5,50	(1,9)	Claudina	Borges	CPV 14-08-91	SLB	4	Lisboa (U)	27.06
5,49	(1,3)	Mónica	Rino	06-06-94	JV	2	Luso	11.07
5,45	(pc)	Marta	Onofre	28-01-91	Ind-Lx	2	Pombal	21.02
5,44	(1,1)	Isabel	Vieira	25-02-93	FCP	1 A	Leiria	05.06
(10)								
5,41	(1,4)	Lucinda	Gomes	16-04-95	SCP	2	Lisboa (U)	16.05
5,40	(-1,2)	INF Elizandra	Alberto	ANG 15-12-97	AATC	p	Faro	02.05
5,39	(2,0)	Jussara	Spencer Silva	14-01-93	EBMDS	1	Luso	22.05
5,37	(pc)	Anais	Baptista	25-06-94	JV	3	Pombal	23.01
5,35	(0,8)	Sarah	Dias	15-02-95	JV	1	M. Grande	09.05
5,33	(1,1)	Inês	Dias	20-05-94	CARDES	1	Viseu	01.05
5,32	(pc)	Anabela	Neto	25-03-91	SCP	1	Espinho	02.01
5,32	(0,5)	Sofia	Santos	02-06-94	ADRAP	1	Machico	14.03
5,32	(1,9)	Valdénia	Carvalho	06-07-93	GRQL	3	Guimarães	20.06
5,29	(0,1)	Camila	Lucena	07-08-94	CSM	1	Ribeira Brava	16.01
(20)								
5,29	(1,5)	Ludmila	Nascimento	01-11-96	SCP	3	Lisboa (U)	16.05
5,24	(pc)	Ana	Vasconcelos	18-07-92	ACDRA	p	Espinho	28.02
5,23	(0,6)	Vera	Castro	23-10-92	EBPGS	2	Braga	01.05
5,23	(0,3)	Jessica	Ferrero	ANG 22-02-93	AAPL	1	Lisboa (U)	13.06
5,21	(0,0)	Nídia	Encarnação	13-05-91	GDE	3	Luso	23.05
5,16	(pc)	Filipa	Pinto da Silva	28-11-94	FCCL	1	Espinho	16.01
5,16	(-1,4)	Carolina	Pandeirada	21-10-93	GRECAS	3 A	Leiria	05.06
5,14	(-0,4)	Andreia	Crespo Oliveira	16-10-93	NDCG	Hep	Seia	28.03
5,11	(pc)	Vanessa	Henriques	21-01-92	GAF	7	Pombal	23.01
5,11	(1,8)	Ana João	Oliveira	30-03-94	SCB	2	Braga	03.07
(30)								
5,11	(1,4)	Joana	Lopes	13-10-91	CLAC	1	Abrantes	11.07
5,10	(0,0)	Joana	Vitorino	30-05-92	CASM	5	Lisboa (I)	03.06
5,08	(1,6)	Diana	Cerqueira	09-04-93	CAMz-VC	-	V.Castelo	15.05
5,07	(-1,0)	Ana Patrícia	Silva	28-11-93	CAMG-I	7	Alcanena	07.03
5,06	(-0,3)	Lídia Nicole	Alberto	ANG 15-02-93	JV	5	Leiria	22.05
5,06	(0,9)	Daniela	Pereira	30-03-94	JV	7	Luso	11.07
5,05	(-0,4)	Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Abrantes	17.04
5,05	(-1,7)	Jessica	Marques Viegas	16-08-94	ACDC	2	Seixal	22.05
5,04	(pc)	Cátia	Lourenço	30-08-92	CBF	1	V.R.S.António	16.01
5,03	(-1,5)	Magali	Gomes	01-01-91	SLB	6	Lisboa (I)	03.06
(40)								
5,03	(1,4)	Patrícia	Vaz	13-06-94	FCC	1	Beja	13.06
5,01	(pc)	Ana Patrícia	Silva	28-11-93	CAMG-I	4	Pombal	16.01
5,01	(0,0)	Alexandra	Meira	16-04-94	CAMz-VC	1	Braga	09.06
5,00	(pc)	Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01

Ao ar Livre:

5,22	(-2,2)	Anais	Baptista	25-06-94	JV	1	M.Grande	08.05
5,18	(1,1)	Anabela	Neto	25-03-91	SCP	Hep	Luso	25.04
5,15	(3,6)	Sara	Esteves	24-08-92	CAMz-VC	3	P.Varzim	30.05
5,09	(1,4)	Vanessa	Henriques	21-01-92	GAF	1	Abrantes	13.03
5,09	(0,8)	Anais	Baptista	25-06-94	JV	Hep	M.Grande	28.03
5,07	(1,7)	Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	25.04

Sem controlo de anemómetro

5,76		Ana Margarida	Oliveira	18-07-95	GAF	1	Maputo	05.08
5,05		Vanessa	Alves	13-09-93	ESJD	1	Aveiro	10.05

Com vento favorável > a 2 m/s

5,61	(3,3)	Sara	Esteves		24-08-92	CAMz-VC	1	V.Castelo	24.07
5,58	(2,5)	Claudina	Borges	CPV	14-08-91	SLB	3	Lisboa (AL)	20.06
5,51	(5,2)	Lucinda	Gomes		16-04-95	SCP	2	Lisboa (AL)	02.05
5,47	(4,2)	Carolina	Pandeirada		21-10-93	GRECAS	1	Aveiro	15.05
5,43	(3,5)	Sarah	Dias		15-02-95	JV	1	M.Grande	02.05
5,35	(2,2)	Jessica	Marques Viegas		16-08-94	ACDC	1	Setúbal	15.05
5,26	(3,3)	Anabela	Neto		25-03-91	SCP	6	Setúbal	04.07
5,25	(4,4)	Alexandra	Meira		16-04-94	CAMz-VC	1	V.Castelo	15.05
5,24	(2,9)	Diana	Cerqueira		09-04-93	CAMz-VC	2	V.Castelo	15.05
5,21	(3,5)	Vanessa	Alves		13-09-93	ESJD	1	Aveiro	02.05
5,21	(2,9)	Valdénia	Carvalho		06-07-93	GRQL	2	Setúbal	15.05
5,20	(3,9)	Filipa	Pinto da Silva		28-11-94	FCCL	2	Aveiro	15.05
5,16	(4,5)	Evelise	Veiga	CPV	03-03-96	CSPP	2	M.Grande	02.05
5,14	(3,6)	Sandra	Moreira	CPV	19-02-93	SCP	1	Lisboa (AL)	22.05
5,13	(4,3)	Vanessa	Alves		13-09-93	ESJD	3	Aveiro	15.05
5,11	(3,5)	Débora	Tavares		11-05-93	GCDS	4	Aveiro	15.05
5,08	(5,0)	Ana Rita	Queirós		28-08-95	Lavra	1	V.Castelo	12.06
5,07	(5,5)	Inês	Bola		13-05-94	GRECAS	5	Aveiro	15.05
5,02	(5,8)	Rita	Santos		26-04-94	ACDCVC	3	Aveiro	02.05

Atletas juniores até 31-12-2009

5,26	(-0,2)	Rute	Limpo		23-12-90	JDN	1	Odemira	28.11.2009
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Triplo (até 10,20/11,80) CNJ 10,80

12,34	(1,7)	Anabela	Neto		25-03-91	SCP	1	Setúbal	03.07
12,22	(pc)	Shaina Anthony	Mags	NGR	11-04-92	SCP	1	Pombal	24.01
12,14	(1,6)		Neto				ex	Luso	08.05
12,11	(0,8)		Mags				4-ex	Lisboa (U)	15.05
12,07	(pc)		Mags				3	Espinho	28.02
12,02	(pc)		Neto				1	Espinho	03.01
11,99	(pc)		Mags				3	Pombal	14.02
11,94	(1,6)		Neto				-	Lisboa (U)	26.06
11,91	(pc)		Mags				2	Espinho	07.02
11,88	(pc)		Mags				1	Pombal	31.01
11,83	(1,6)	Claudina	Borges	CPV	14-08-91	SLB	6	Lisboa (U)	26.06
11,83	(1,6)		Borges				5	Lisboa (U)	10.07
11,82	(0,6)		Neto				ex	Aveiro	03.06
11,80	(1,4)		Borges				2	Lisboa (AL)	08.06
11,80	(-0,1)		Mags				10	Leiria	17.07
11,78	(0,6)	Filipa	Pinto da Silva		28-11-94	FCCL	1	Guimarães	19.06
11,66	(0,4)	Anais	Baptista		25-06-94	JV	1	Leiria	06.06
11,63	(0,6)	Mónica	Rino		06-06-94	JV	2	Guimarães	19.06
11,61	(0,3)	Ana	Monjane		01-01-93	SCB	1	Braga	16.05
11,56	(0,1)	Valdénia	Carvalho		06-07-93	GRQL	3	Guimarães	19.06
11,45	(pc)	Ana Margarida	Oliveira		18-07-95	GAF	1	Alpiarça	13.02
11,43	(0,5)	Ana	Vasconcelos		18-07-92	ACDRA	-	Luso	10.07
(10)									
11,42	(pc)	Stenia	Bentugal	GBS	25-11-92	CASM	2	Pombal	31.01
11,39	(pc)	Sara	Esteves		24-08-92	CAMz-VC	1	Braga	17.01
11,36	(1,2)	Ludmila	Nascimento		01-11-96	SCP	4	Guimarães	19.06
11,35	(-0,5)	Eliana	Rocha		19-02-93	SFRAA	1	Lisboa (I)	20.03
11,35	(1,8)	Joana	Lopes		13-10-91	CLAC	5	Abrantes	10.06
11,34	(0,0)	Isabel	Vieira		25-02-93	FCP	4	Tours	08.07
11,26	(1,6)	Lucinda	Gomes		16-04-95	SCP	5	Guimarães	19.06
11,19	(0,0)	Sofia	Santos		02-06-94	ADRAP	2	Ribeira Brava	09.07
11,14	(pc)	Ana Patrícia	Silva		28-11-93	CAMG-I	3	Pombal	17.01
11,09	(0,5)	Joana	Costa		10-11-95	UAP	2	Lisboa (U)	15.05
(20)									
11,07	(0,6)	A Andreia	Crespo Oliveira		16-10-93	NDCG	1	Guarda	29.05
11,02	(0,6)	Sandra	Moreira	CPV	19-02-93	SCP	8	Guimarães	19.06
11,01	(0,1)	Christina	Martinez		26-05-92	ACM-AH	1	P.Delgada	10.07
11,00	(0,0)	Carolina	Pandeirada		21-10-93	GRECAS	1	Luso	30.06
10,99	(1,8)	Cristiana	Silveira		18-05-95	CAT	1	P.Delgada	22.05
10,93	(pc)	Vanessa	Henriques		21-01-92	GAF	1	Alpiarça	20.02
10,92	(pc)	Ilizandra	Lopes		28-02-92	CFB	3	Pombal	14.02
10,90	(2,0)	Daniela	Pereira		30-03-94	JV	4	Luso	10.07
10,88	(1,1)	Ana Filipa	Silva		09-03-93	CAMG-I	3	M. Grande	09.05
10,85	(-0,7)	Lúcia	Serrão		08-01-91	AJS	2	Machico	16.06
(30)									
10,82	(1,1)	Andreia	Pinto		16-04-93	CAMG-I	5	Luso	10.07
10,78	(0,0)	Rita	Mota		30-08-94	ARLVG	12	Guimarães	19.06

10,69	(1,0)	Inês	Bola		13-05-94	GRECAS	1	Luso	08.05
10,68	(-1,3)	Adriana	Alves	ANG	13-09-95	JOMA	2	P.S.Iria	10.06
10,62	(pc)	Teresa	Paulo	ANG	21-07-92	SCB	3	Espinho	30.01
10,61	(0,0)	Vera	Castro		23-10-92	EBPGS	2	Braga	08.05
10,52	(-0,9)	Susana	Guerra		28-06-96	AATC	1	Rio Maior	26.06
10,49	(-1,3)	Soraia	Ferreira		27-09-92	JV	3	Leiria	15.05
10,49	(-2,3)	INF Beatriz	Andrade		28-02-97	UAP	1	P.S.Iria	10.06
10,43	(1,9)	INF Jessica Patrícia	Barreira		29-01-97	SCP	2	P.S.Iria	10.06

(40)

10,42	(2,0)	Daniela	Nogueira Vieira		07-01-95	GAF	1	Rio Maior	08.05
10,40	(0,0)	Thais	Mendes		26-12-94	COD	2	A.Heroísmo	12.06
10,40	(1,1)	Inês	Dias		20-05-94	CARDES	1	Viseu	27.06
10,36	(1,9)	Cátia	Azevedo		09-03-94	SCP	3	Lisboa (I)	20.03
10,36	(-0,5)	Diana	Oliveira		19-11-93	Ind-L	4	Leiria	07.07
10,35	(pc)	Alexandra	Meira		16-04-94	CAMz-VC	15	Alpiarça	10.01
10,35	(1,8)	Cristiana	Martins		14-12-93	GDPN	8	Leiria	06.06
10,31	(-0,2)	Liliane	Amaro		23-10-92	JDN	2	Odemira	28.11.2009
10,27	(1,2)	Jessica	Ferrero	ANG	22-02-93	AAPL	-	Setúbal	16.05
10,26	(pc)	Andreia	Reis		24-04-92	CLAC	2	Pombal	13.12.2009

(50)

10,26	(0,1)	Aleksandra	Vilovskaya	RUS	18-12-94	SLB	6	Lisboa (AL)	08.06
10,25	(1,8)	Ana Rita	Queirós		28-08-95	Lavra	2	P.Varzim	22.05
10,24	(1,5)	Inês	Jesus dos Santos		03-06-93	GS-RC	5	Lisboa (U)	12.06
10,23	(pc)	Marlene	Bastos		20-08-92	JAM	3	Espinho	31.01
10,23	(-0,6)	Sara	Mendes		16-04-95	NDJL	5	Lisboa (AL)	29.05
10,23	(0,9)	Joana	Belo		15-05-93	Ind-Lx	9	Lisboa (U)	10.07

Ao ar Livre:

11,54	(0,7)	Anais	Baptista		25-06-94	JV	1	M. Grande	09.05
10,95	(0,1)	Ana Patrícia	Silva		28-11-93	CAMG-I	1	Leiria	09.06
10,84	(2,0)	Ilizandra	Lopes		28-02-92	CFB	3	Lisboa (U)	12.06
10,83	(-0,3)	Vanessa	Henriques		21-01-92	GAF	2	Leiria	15.05
10,60	(-2,7)	Sara	Esteves		24-08-92	CAMz-VC	4	P.Varzim	29.05
10,55	(0,9)	Teresa	Paulo	ANG	21-07-92	SCB	1-ex	Braga	15.05
10,33	(0,4)	Alexandra	Meira		16-04-94	CAMz-VC	1	V.Castelo	16.05

Sem controlo de anemómetro

10,62		Cristiana	Silveira		18-05-95	CAT	1	A.Heoísmo	21.03
10,54		Alexandra	Meira		16-04-94	CAMz-VC	1	A.Valdevez	29.05

Com vento favorável > 2 m / s

12,16	(2,8)	Shaina Anthony	Mags	NGR	11-04-92	SCP	2	Setúbal	03.07
12,07	(2,8)	Claudina	Borges	CPV	14-08-91	SLB	3	Setúbal	03.07
11,86	(4,4)	Stenia	Bentugal	GBS	25-11-92	CASM	2	Lisboa (AL)	19.06
11,71	(3,2)	Mónica	Rino		06-06-94	JV	1	Abrantes	29.05
11,47	(2,8)	Ana	Vasconcelos		18-07-92	ACDRA	1	Luso	10.07
11,37	(3,4)	Joana	Lopes		13-10-91	CLAC	5	Setúbal	03.07
11,27	(3,4)	Sofia	Santos		02-06-94	ADRAP	1	P.Delgada	29.05
11,20	(2,2)	Teresa	Paulo	ANG	21-07-92	SCB	1	P.Varzim	02.06
10,99	(2,5)	Ana Patrícia	Silva		28-11-93	CAMG-I	10	Setúbal	03.07
10,95	(2,2)	Ilizandra	Lopes		28-02-92	CFB	4	Lisboa (AL)	19.06
10,75	(5,5)	Carolina	Pandeirada		21-10-93	GRECAS	2	Aveiro	01.05
10,73	(4,1)	Dorothe	Évora		28-05-91	SLB	3	Lisboa (AL)	19.12.2009
10,58	(3,3)	Jessica	Ferrero	ANG	22-02-93	AAPL	1	Seixal	10.07
10,55	(2,2)	Alexandra	Meira		16-04-94	CAMz-VC	2	P.Varzim	02.06
10,52	(5,6)	Inês	Bola		13-05-94	GRECAS	3	Aveiro	01.05
10,43	(4,6)	Cátia	Azevedo		09-03-94	SCP	5	Lisboa (AL)	17.04
10,20	(2,3)	Sofia	Pereira		17-07-93	ACV	10	Luso	10.07

Atletas juniores até 31-12-2009

12,11	(0,0)	Carla	Gama		24-11-90	SLB	ex	Seixal	19.12.2009
10,92	(0,2)	Rute	Limpo		23-12-90	JDN	1	Odemira	28.11.2009

Peso (4) (até 9,20/12,00) CNJ 10,00

13,90	(pc)	Irina	Rodrigues		05-02-91	SCP	1	Pombal	23.01
13,81		Irina	Rodrigues				1	Setúbal	04.07

13,55			Irina	Rodrigues			2	Lisboa (U)	10.07
13,33	(pc)	Soraia		Ruas	07-01-92	ADREP	4	Pombal	20.02
13,29				Ruas			1	Lovelhe	27.03
13,28			Irina	Rodrigues			1	Lisboa (U)	27.06
13,25	(pc)		Irina	Rodrigues			1	Espinho	06.02
13,04				Ruas			1	Luso	23.05
13,02				Ruas			1	Luso	11.07
12,99	(pc)			Ruas			1	Espinho	16.01
12,93				Ruas			1	Lisboa (U)	13.06
12,88				Ruas			3	P.Varzim	29.05
12,86				Ruas			1	Luso	30.06
12,78		Diana		Hernandez	01-01-93	GRECAS	1	Aveiro	03.06
12,76	(pc)			Ruas			1	Pombal	13.02
12,74				Ruas			2	Lisboa (U)	27.06
12,70				Ruas			1	Aveiro	20.12.2009
12,66				Ruas			2	Setúbal	04.07
12,53				Ruas			5	Leiria	18.07
12,53	(pc)			Ruas			1	Espinho	31.01
12,52				Ruas			1	Lovelhe	15.07
12,49	(pc)	Diana		Hernandez	01-01-93	GRECAS	2	Pombal	23.01
12,49				Ruas			1	Palhaça	24.07
12,48	(pc)			Ruas			1	Espinho	09.01
12,47				Ruas			1	Luso	09.05
12,42				Hernandez			2	Luso	09.05
12,41	(pc)			Hernandez			6	Espinho	27.02
12,41				Hernandez			2	Lisboa (U)	13.06
12,38				Hernandez			4	P.Varzim	29.05
12,38				Hernandez			2	Luso	11.07
12,38				Hernandez			2	Luso	30.06
12,35	(pc)			Hernandez			6	Pombal	13.02
12,30	(pc)			Ruas			3	Pombal	23.01
12,28				Hernandez			1	Luso	16.06
12,27				Ruas			1-ex	Maia	28.11.2009
12,20			Irina	Rodrigues			7	Q. Anjo	14.03
12,00				Hernandez			3	Setúbal	04.07
11,88		Vera		Pereira	25-09-92	SLB	3	Lisboa (U)	29.05
11,76	(pc)	Ana Rita		Henriques	25-11-92	JV	3	Espinho	06.02
11,23		Delfina		Gomes	19-08-94	MKED	4	Leiria	25.07
11,06		Mariana		Cavaleiro Estevão	09-03-94	AATC	1	Leiria	16.05
10,98	(pc)	Carolina		Rodrigues	07-02-91	SLB	5	Espinho	06.02
10,77		Alda		Fernandes	28-05-93	SCB	2	Braga	08.05
10,67	(pc)	Ana Teresa		Coelho	04-02-93	ACRVD	7	Pombal	23.01
(10)									
10,60		Ana Patrícia		Garrido	03-12-91	ACBU	4	Luso	11.07
10,41		Camila		Sousa	10-03-94	GS-RC	1	Luso	09.05
10,40	(pc)	Verónica		Andrade	CPV 18-03-93	SLB	9	Pombal	23.01
10,27		Ana Lúcia		Viveiros	20-04-92	ADRAP	2	Ribeira Brava	09.07
10,08	(pc)	Helena Raquel		Fernandes	15-03-93	CSPP	2	Pombal	12.12.2009
10,04	(pc)	Cláudia		Santos	07-02-92	SCB	4	Braga	16.01
10,00		Joana		Esgueirão	01-01-92	GRECAS	4	Luso	30.06
9,98		Anabela		Neto	25-03-91	SCP	Hep	Luso	24.04
9,97		Margarida		Ferreira	01-01-94	SCB	1	Guimarães	10.07
9,89	(pc)	Marta		Onofre	28-01-91	Ind-Lx	4	Pombal	21.02
(20)									
9,89		Vera		Castro	23-10-92	EBPGS	1	Guimarães	21.03
9,80		Fátima		Ribeiro	28-05-91	CSM	1-ex	Machico	24.04
9,71		Verónica		Jerónimo	14-01-91	SLB	5	Lisboa (I)	16.01
9,68	(pc)	Débora		Tavares	11-05-93	GCDS	2	Espinho	02.01
9,68		Nicole		Magalhães	22-06-94	LIFC	2	Seixal	22.05
9,55		Mónica S.		Silva	91	AJS	2	Funchal (RG3)	01.07
9,51		Carla Muriel		Góis	09-02-91	GDE	1-ex	Machico	14.03
9,47		Cátia		Costa	29-04-91	JOMA	4	Lisboa (AL)	05.12.2009
9,47		Andreia		Gomes	22-06-94	GCDS	6	Luso	09.05
9,45		Paula		Pontes	29-04-92	CDP	3	Guimarães	10.07
(30)									
9,43		Cristiana		Faria	28-01-94	JV	7	Luso	23.05
9,42		Joana		Rebelo	02-02-93	ACM-AH	1	A.Heroísmo	13.03
9,39		Sara		Andrade	12-04-93	UAP	2	Lisboa (I)	09.06
9,23		Ana Patrícia		Cardoso	11-05-93	SCB	4	Braga	08.05
9,20		Nicole		Magalhães	22-06-94	LIFC	1	Seixal	16.01

Ao ar Livre:

10,80		Carolina		Rodrigues	07-02-91	SLB	2	Lisboa (I)	16.01
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11,17	Ana Rita	Henriques		25-11-92	JV	2	Abrantes	29.05
9,98	Helena Raquel	Fernandes		15-03-93	CSPP	4	Luso	23.05
9,85	Verónica	Andrade	CPV	18-03-93	SLB	4	Lisboa (I)	16.01
9,85	Ana Teresa	Coelho		04-02-93	ACRVD	4	Luso	09.05

Disco (1) (até 26,00/50,00) CNJ 31,00

58,21	Irina	Rodrigues		05-02-91	SCP	2	Q. Anjo	13.03	RN
56,65	Irina	Rodrigues				1	Lisboa (U)	26.06	
56,01	Irina	Rodrigues				1	Leiria	22.05	
55,89	Irina	Rodrigues				1	Q. Anjo	14.03	
55,79	Irina	Rodrigues				1	Lisboa (U)	14.07	
55,29	Irina	Rodrigues				2	Arles	21.03	
54,35	Irina	Rodrigues				6	Budapeste	19.06	
53,74	Irina	Rodrigues				4	V.R.S.António	29.05	
53,58	Irina	Rodrigues				6	S.Fernando	06.06	
52,75	Irina	Rodrigues				5	Moncton	22.07	
52,49	Irina	Rodrigues				1	Leiria	06.03	
52,06	Irina	Rodrigues				1	Lisboa (U)	12.06	
51,83	Irina	Rodrigues				1 q2	Moncton	20.07	
51,41	Irina	Rodrigues				2	Lisboa (U)	11.07	
50,49	Irina	Rodrigues				1	Setúbal	03.07	
44,44	Diana	Hernandez		01-01-93	GRECAS	1	Aveiro	14.07	
41,40	Soraia	Ruas		07-01-92	ADREP	2	Aveiro	14.07	
38,34	Alda	Fernandes		28-05-93	SCB	1	Tours	09.07	
37,34	Juliana	Pereira		03-01-95	JV	2	Leiria	31.01	
36,46	Helena Raquel	Fernandes		15-03-93	CSPP	3	Luso	10.07	
35,55	Carolina	Rodrigues		07-02-91	SLB	5	Leiria	24.07	
35,05	Margarida	Ferreira		01-01-94	SCB	4	Leiria	25.07	
34,85	Ana Patrícia	Cardoso		11-05-93	SCB	2	Lovelhe	22.07	
33,87	Jorgina	da Costa	GBS	20-10-93	CABB	4	Guimarães	19.06	
(10)									
33,79	Ana Rita	Henriques		25-11-92	JV	2-ex	Aveiro	20.02	
33,72	Carla Muriel	Góis		09-02-91	GDE	1	Funchal (RG3)	15.06	
33,46	Ana Lídia	Viveiros		20-04-92	ADRAP	1	Funchal (RG3)	06.07	
33,00	Joana	Rosa		07-07-94	QFC	1	Q. Anjo	10.06	
32,88	Margarida	Borges		08-07-92	ACM-AH	1-ex	A.Heroísmo	21.03	
32,52	Sara	Mendes		16-04-95	NDJL	4	Leiria	25.07	
32,48	Vera	Pereira		25-09-92	SLB	7	Lisboa (U)	11.07	
31,24	Cláudia	Santos		07-02-92	SCB	2	Guimarães	21.03	
30,83	Fabiana	Domingos		05-04-93	JV	5	Leiria	25.07	
30,33	Ana Teresa	Coelho		04-02-93	ESJD	2	Aveiro	02.05	
(20)									
28,59	Filipa	Brito		95	SCB	3	Braga	08.05	
28,48	Mariana	F. Rodrigues		07-09-94	AJS	1-ex	Ribeira Brava	14.07	
28,44	Patrícia	Penteado		14-09-92	SCA	1	Leiria	15.05	
28,37	Joana	Esgueirão		01-01-92	GRECAS	2	Aveiro	20.02	
28,14	Ana Rita	Felício		92	AATC	1	Abrantes	10.07	
27,84	Sara	Andrade		12-04-93	UAP	2	Lisboa (AL)	17.04	
27,80	Jessica	Gordo		29-04-94	CSPP	3	Leiria	23.06	
27,63	Flávia	Costa		15-06-94	ADREP	1	Palhaça	24.07	
27,43	Mónica S.	Silva		91	AJS	2-ex	Ribeira Brava	14.07	
27,19	Fátima	Ribeiro		28-05-91	CSM	3-ex	Funchal (RG3)	15.05	
(30)									
26,95	Ana Teresa	Coelho		04-02-93	ACRVD	4	Aveiro	20.02	
26,59	Ana Filipa	Mendes		02-06-94	EBMDS	2	Lisboa (AL)	19.05	
26,52	Carolina	Morais		20-06-94	ACM-AH	1	A.Heroísmo	13.03	
26,49	Inês	Miranda		19-01-95	QFC	2	Q. Anjo	10.06	
26,45	Sandra	Monteiro		05-09-92	CAA	5	Porto (I)	10.04	
26,41	Isabela	Pereira		31-07-95	CDP	1	P. Varzim	23.05	
26,31	Camila	Sousa		10-03-94	GS-RC	7	Luso	10.07	
26,10	Ana Patrícia	Garrido		03-12-91	ACBU	5	Luso	08.05	
26,01	Filipa	Vasconcelos		21-10-91	CSM	3	Ribeira Brava	02.01	

Martelo (4) (até 28,00/50,00) CNJ 39,00

51,64	Ana Rita	Henriques		25-11-92	JV	1	Leiria	31.01
50,85		Henriques				5	Q. Anjo	14.03
47,86	Andreia	Venade		16-03-92	ADCL	1	Lovelhe	01.07
47,83	Filipa	Vasconcelos		21-10-91	CSM	1	Luso	23.05
47,57	Patrícia	Penteado		14-09-92	SCA	1	Abrantes	02.05
46,20	Joana	Esgueirão		01-01-92	GRECAS	2	Lovelhe	27.03
45,50	Joana	Rebelo		02-02-93	ACM-AH	1-ex	A.Heroísmo	22.06
45,16	Jorgina	da Costa	GBS	20-10-93	CABB	4	Lisboa (U)	29.05

44,02	Alda	Fernandes	28-05-93	SCB	8	Lisboa (U)	12.06
43,74	Gabriela	Venade	04-07-91	FCP	3	Lovelhe	20.02
43,34	Fabiana	Domingos	05-04-93	JV	6	Leiria	25.07
(10)							
41,87	Daniela	Teixeira	14-07-91	GDE	2	Funchal (RG3)	16.01
40,73	Catarina	Granja	23-05-92	ADCL	3	Lovelhe	15.07
39,79	Nicole	Magalhães	22-06-94	LIFC	8	Leiria	25.07
39,60	Ana Patrícia	Cardoso	11-05-93	SCB	10	Leiria	24.07
38,64	Viviana	P. Gonçalves	25-06-91	AJS	1-ex	Funchal (RG3)	01.05
38,43	Cláudia	Eduardo	15-10-93	GRQL	2	Seixal	23.05
37,26	Joana	Braga	16-10-92	AAPL	1	Sobreda	07.07
36,87	Diana	Hernandez	01-01-93	GRECAS	2	Luso	09.05
36,63	Vanessa	Pedrosa	05-04-92	CSGaia	1-ex	Porto (I)	15.05
36,13	Carolina	Morais	20-06-94	ACM-AH	4	P.Delgada	10.07
(20)							
35,63	Margarida	Ferreira	01-01-94	SCB	11	Leiria	25.07
35,29	Ana Marta	Paço	14-06-93	ADCL	6	P.Varzim	02.06
33,44	Delfina	Gomes	19-08-94	MKED	4	Seixal	23.05
32,46	Beatriz	Bárbara	11-11-94	JV	2	Leiria	15.05
32,22	Margarida	Borges	08-07-92	ACM-AH	1-ex	A.Heroísmo	20.03
31,81	Ana Patrícia	Garrido	03-12-91	ACBU	4	Luso	10.07
31,62	Carolina	Rodrigues	07-02-91	SLB	1	Lisboa (AL)	17.04
31,28	Andreia	Gomes	22-06-94	GCDS	3	Aveiro	10.06
30,35	Tatiana	Canelas	23-04-92	CRDS	1	Quarteira	23.05
29,78	Joana	Eduardo	27-02-92	GRQL	ex	Sobreda	07.07
(30)							
28,12	Ana Teresa	Coelho	04-02-93	ACRVD	3	Luso	09.05
28,03	Catarina	Matos	94	CDEGZ	4	Funchal (RG3)	01.07

Dardo (0,6) (até 27,00/40,00) CNJ 29,50

47,72	Elisabete	Silva	25-04-92	COD	1	Lisboa (U)	27.06
44,08		Silva			3	Leiria	18.07
42,77		Silva			1	Leiria	06.03
41,68	Verónica	Jerónimo	14-01-91	SLB	1	Lisboa (I)	09.06
41,62		Silva			Hep	Lisboa (U)	23.05
41,05		Silva			1	Setúbal	04.07
40,86		Silva			1	P.Delgada	11.07
40,15	Sara	Custódio	22-11-91	JOMA	2	Lisboa (U)	11.07
39,18	Cátia	Costa	29-04-91	JOMA	3	Lisboa (U)	27.06
36,74	Flávia	Costa	15-06-94	ADREP	1	Leiria	25.07
35,28	Marta	Mendes	03-06-95	JV	2	Leiria	25.07
34,57	Marlene	Araújo	19-02-93	CFB	3	Setúbal	04.07
33,78	Milene	Tavares	24-01-92	CFB	4	Setúbal	04.07
31,47	Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Leiria	16.05
31,31	Daniela	Bruno	09-07-92	JV	6	Leiria	25.07
(10)							
30,89	Fabiana	Ferreira	29-03-95	DG	5	Guimarães	20.06
30,35	Isabel	Vieira	25-02-93	FCP	Hep	Guimarães	18.04
30,33	Dulce	Soares	28-01-93	AJS	1-ex	Machico	11.04
30,10	Juliana	Pereira	03-01-95	JV	2	Leiria	10.06
30,07	Cristiana	Cunha	17-07-91	GS-RC	1	Luso	09.05
30,00	Nadezhda	Belinska	BUL 95	COD	1	A.Heroísmo	13.06
29,59	Anais	Baptista	25-06-94	JV	Hep	Lisboa (U)	23.05
29,31	Elsa	Patriarca	29-05-95	JDN	6	Guimarães	20.06
29,11	Inês	Silva Reis	28-09-92	CSGaia	1-ex	Guimarães	17.04
28,70	Fátima	Pacheco	15-09-93	CDRSJ	2-ex	Machico	11.04
(20)							
28,23	Vera	Castro	23-10-92	EBPGS	Hep	Lisboa (U)	23.05
28,15	Claudina	Borges	CPV 14-08-91	SLB	ex	Lisboa (I)	09.05
28,13	Jorgina	da Costa	GBS 20-10-93	CABB	2	Abrantes	13.06
28,10	Daniela	Bruno	09-07-92	JV	2	Leiria	16.06
28,08	Jessica	Semedo	10-04-93	MKED	Hep	Seixal	18.04
27,86	Rita	Afonseca	06-01-93	CDRSJ	2	Machico	30.06
27,64	Magali	Gomes	01-01-91	SLB	ex	Lisboa (I)	09.05
27,49	Ana Filipa	Mendes	02-06-94	EBMDS	5	Tours	08.07
27,43	Margarida	Ferreira	01-01-94	SCB	1	Guimarães	22.05
27,26	Rute	Lopes	17-02-92	GS-RC	5	Luso	11.07

Heptatlo (até 2200) CNJ 3000

3972	Anabela	Neto	25-03-91	SCP	2	Luso	25.04
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3971	Vera	Castro	15,88(0,1)-1,64-9,98-28,49(2,6)-5,18(1,1)-23,35-2.58,48	23-10-92	EBPGS	1	Lisboa (U)	23.05
3832	Elisabete	Silva	16,26(-1,1)-1,36-9,33-27,39(-2,7)-4,96(2,0)-28,233-2.32,61	25-04-92	COD	1	P.Delgada	16.05
3691	Ana	Vasconcelos	16,50(2,3)-1,30-9,15-27,68(1,5)-4,63(1,0)-39,33-2.44,34	18-07-92	ACDRA	5	Rio Maior	25.04
3394	Fani	Ferreira	15,98(2,4)-1,54-6,90-28,54(1,4)-5,07(1,7)-25,79-2.54,81	16-07-92	ACV	8	Rio Maior	25.04
3268	Joana	Lopes	15,66(1,4)-1,39-6,95-27,78(1,5)-4,31(2,0)-12,83-2.36,15	13-10-91	CLAC	9	Rio Maior	25.04
3076	Liliane	Amaro	17,29(1,4)-1,30-8,04-27,29(1,4)-4,81(2,3)-17,13-2.50,23	23-10-92	JDN	1	Beja	28.03
2899	Mária	Mestrinho	19,8(1,1)-1,45-6,86-26,85(1,7)-4,76(0,2)-17,37-2.56,09	27-09-92	ASJC	10	Rio Maior	25.04
2602	Teresa	Mestre	19,31(-1,6)-1,42-8,19-29,98(1,5)-4,29(1,5)-19,30-2.50,74	18-07-92	SRDE	2	Beja	28.03
2486	Marlene	Bastos	18,9(1,1)-1,25-7,85-29,37(1,7)-4,23(-1,0)-13,40-2.56,61	20-08-92	JAM	7	Luso	25.04
(10)			x-1,31-7,35-27,46(0,1)-4,66(1,2)-22,47-3.15,78					
2435	Ana	Costa	20,18(0,1)-1,31-6,34-29,19(0,1)-4,54(1,0)-17,49-3.18,03	08-11-91	GRECAS	8	Luso	25.04
2239	Nádia	Santos	21,95(0,1)-1,22-7,18-30,93(0,1)-4,00(1,3)-21,09-3.00,08	20-03-91	JAM	9	Luso	25.04
2229	Maria	Mendes	19,99(-5,2)-1,18-6,00-30,40(0,5)-4,07(-2,6)-24,10-3.17,70	03-05-91	ADCPF	1	Lagos/Albufeira	18.04
2354	Ana Raquel	Sebastião	21,01(-1,6)-1,27-8,19-30,78(1,4)-4,10(3,5)-19,74-3.02,95	09-05-91	CLAC	14	Rio Maior	25.04

Com vento favorável > 4 m/s e média > 2 m/s

2783	Soraia	Ferreira	18,99(2,4)-1,30-8,48-29,46(1,5)-4,46(9,0)-19,38-3.02,95	27-09-92	JV	11	Rio Maior	25.04
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5 Km-Marcha (até 32.00)

26.00	Daniela	Cardoso	15-12-91	ACV	1	Alvaiázere	30.10
26.50		Cardoso			tp	Montemor-o-Velho	09.01
27.04		Cardoso			1	S.A.Cavaleiros	23.10
27.17	Nádia	Cancela	24-04-93	CBPAR	1	Olhão	21.02
27.20		Cardoso			1	Alvaiázere	07.11.2009
27.25	Sandra	Costa Monteiro	05-09-92	CAA	1	F.Zêzere	28.03
27.30		Cancela			1	Montemor-o-Velho	09.01
27.34	Joana	Monteiro	15-11-93	ACV	2	Olhão	21.02
27.35	Anna	Hurlebaus	UKR 18-06-94	CNRM	3	Olhão	21.02
28.13	Ana Bárbara	Canadas	19-11-93	CNRM	3	Montemor-o-Velho	09.01
28.14	Rita	Rosa	15-03-92	JOMA	2	Alvaiázere	07.11.2009
29.00	Sofia	Almeida Silva	30-06-93	CAA	5	Olhão	21.02
29.48	Amélia	Vitorino	30-04-94	ACRM	6	Olhão	21.02
29.54	Andreia	Coelho	25-10-91	GDL	2	Alvaiázere	30.10
(10)							
29.56	Mónica	Cardoso	28-09-94	ACRM	7	Olhão	21.02
29.58	Ana Marta	Mendes	25-08-92	UDZA	3	Alvaiázere	30.10
30.25	Natacha	Casa Nova	29-09-93	ADCPF	1	Pechão	13.02
30.46	Luciana	de Jesus	11-04-93	CAMG-I	5	Montemor-o-Velho	09.01
30.54	Marisa	de Jesus	11-04-93	CAMG-I	6	Montemor-o-Velho	09.01
31.15	Adriana Filipa	Vieira	01-08-94	Ind-Alg	2	Pechão	13.02
31.24	Ana Elisabete	Ferreira	04-10-94	ASCV	9	Olhão	21.02
31.50	Ana	Morgado Amaro	06-02-93	CPC	12	R.Maior	10.04
31.52	Diana	Relvas	28-08-94	JAM	3	V.N.Gaia	24.01

10 Km-Marcha (até 1:12.00,0)

53.42	Daniela	Cardoso	15-12-91	ACV	1	Montemor-o-Velho	09.01
55.26	Sandra	Costa Monteiro	05-09-92	CAA	2	Olhão	21.02
59.54	Rita	Rosa	15-03-92	JOMA	2	Montemor-o-Velho	09.01
1:02.38	Andreia	Coelho	25-10-91	GDL	3	Olhão	21.02
1:05.10	Ana Marta	Mendes	25-08-92	UDZA	5	Olhão	21.02

5.000 Metros-Marcha (até 32.00,00) CNJ 29.00,00

26.38,30	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Guimarães	19.06
26.52,85	Mara Filipa	Ribeiro	11-05-95	CNRM	2	Guimarães	19.06

26.55,69	Filipa	Ferreira	94	Ind-Alg	3	Guimarães	19.06
26.59,38	Nádia	Cancela	24-04-93	CBPAR	1	Rio Maior	01.05
27.33,20	Marisa	Paulino	13-12-96	CAMG-I	1	Leiria	10.06
27.58,23	Rubina	Soares	02-06-92	AJS	1-ex	Machico	15.05
28.13,65	Joana	Monteiro	15-11-93	ACV	5	Guimarães	19.06
28.25,46	Ana Bárbara	Canadas	19-11-93	CNRM	5	Rio Maior	01.05
28.44,60	Agata	Mendes	25-07-95	GACV	6	Rio Maior	01.05
28.45,96	Luciana	de Jesus	11-04-93	CAMG-I	7	Guimarães	19.06
(10)							
28.55,13	Mariana	Mota	27-05-95	ADRAB	2-ex	Leiria	10.06
29.00,82	Ana	Morgado Amaro	06-02-93	CPC	9	Guimarães	19.06
29.48,52	Natacha	Casa Nova	29-09-93	ADCPF	2	Quarteira	13.03
29.41,13	M.ª Carolina	Ramos	04-07-95	GDSD	1	Lisboa (U)	15.05
29.49,54	Sofia	Almeida Silva	30-06-93	CAA	11	Guimarães	19.06
29.56,63	Joana	Marques	20-02-94	JV	5	Leiria	10.06
30.06,36	Catarina	Marques	11-09-96	CDQ	9	Rio Maior	01.05
30.15,69	Marisa	de Jesus	11-04-93	CAMG-I	13	Guimarães	19.06
30.21,5	Mónica	Cardoso	28-09-94	ACRM	1	Lisboa (AL)	14.11.2009
30.29,00	Amélia	Vitorino	30-04-94	ACRM	1	Lisboa (AL)	19.12.2009
(20)							
30.34,87	Adriana	Vieira	17-07-95	GDPL	11	Rio Maior	01.05
30.42,38	Mariana	Patrão	03-09-92	CAMZ-VC	1	V.Castelo	24.04
30.49,65	Sabrina	Oliveira	29-05-91	GRQL	2	Seixal	10.07
31.13,38	Natacha	Domingos	30-11-93	CDQ	3	Quarteira	14.11.2009
31.17,13	Raquel	Lourenço	11-10-96	CPC	2	Sobreda	08.05
31.50,92	Sara	Leal	27-01-96	NAC	1	Aveiro	01.05
31.53,48	Bruna	Moreira	23-01-95	GDPL	13	Rio Maior	01.05
31.54,30	Mariana	F. Rodrigues	07-09-94	AJS	1	Machico	14.03

10.000 Metros-Marcha (até 1:13.00,00) CNJ 1:06.00,00

51.48,79	Daniela	Cardoso	15-12-91	ACV	1	Leiria	15.05
52.38,40		Cardoso			1	Setúbal	03.07
53.02,14		Cardoso			1	Rio Maior	01.05
53.06,59		Cardoso			1	Lisboa (U)	26.06
53.12,47		Cardoso			1	Leiria	16.06
54.45,70	Sandra	Costa Monteiro	05-09-92	CAA	3	Guimarães	11.07
57.29,10	Joana	Monteiro	15-11-93	ACV	3	Luso	10.07
57.51,68	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Leiria	15.05
58.47,87	Nádia	Cancela	24-04-93	CBPAR	4	Setúbal	03.07
59.33,02	Rubina	Soares	02-06-92	AJS	4	Lisboa (U)	26.06
1:01.04,21	Luciana	de Jesus	11-04-93	CAMG-I	3	Leiria	15.05
1:01.36,37	Ana Bárbara	Canadas	19-11-93	CNRM	2	Leiria	15.05
1:02.20,80	Rita	Rosa	15-03-92	JOMA	2	Rio Maior	01.05
1:02.28,36	Joana	Marques	20-02-94	JV	7	Setúbal	03.07
(10)							
1:03.34,71	Marisa	de Jesus	11-04-93	CAMG-I	4	Leiria	15.05
1:03.40,02	Sofia	Almeida Silva	30-06-93	CAA	8	Setúbal	03.07
1:07.31,80	Mariana	Patrão	03-09-92	CAMZ-VC	4	Guimarães	11.07

4x100 metros (até 54,24)

47,73		SLB			1	Setúbal	03.07
		Derothé Évora(91); Filipa Martins(92);Débora Clemente(94); Eva Vital(92)					
49,28		SCP			2	Setúbal	03.07
		Shaina Mags*(92); Cátia Azevedo(94); Rafaela Nogueira(94);Irina Rodrigues(91)					
49,55		DE-Sel. Centro			1 s2	Luso	22.05
		Mónica Rino(94); Sarah Dias(95); Inês Correia; Andreia Crespo(93)					
49,58		CAMZ-VC			1	Guimarães	10.07
		Sara Esteves(92); Alexandra Meira(94); Diana Cerqueira(93); Ana Almeida(94)					
49,4		Sel.nos Jogos CPLP					
		Débora Clemente(94); Teresa Carvalho(95); Ana M. Oliveira(95); Anais Baptista(94)					
49,67		CASM			3	Setúbal	03.07
		Inês Neves(94); Sténia Bentugal*(92) ; Diana Vale(93); Joana Vitorino(92)					
49,80		JV			1 s2	Guimarães	19.06
		Verónika Zhukova*(93); Anais Baptista(94); Mónica Rino(94);Sarah Dias(95)					
50,00		Sel. Leiria de Juv.			1 s2A	Leiria	06.06
		Victória Té*(94); Anais Baptista(94); Daniela Pereira(94); Veronika Zhukova*(93)					
50,12		Sel.na FISEC			2	Tours	10.07
		Larissa Vieira*(95); Isabel Vieira(93); Andreia Crespo(93); Ana Monjane(93)					
50,47		NDCG			2 s2	Guimarães	19.06
		Mariana Reis(95); Mariana Correia(94); Inês Correia(94); Andreia Crespo(93)					
(10)							
50,48		Sel. Setúbal de Juv.			1 s1A	Leiria	06.06
		Jéssica Viegas(94); Tatiana Rosário(94); Valdénia Carvalho(93); Jessica Ferrero*(93)					

50,71		CAMG-I	2	Abrantes	29.05
		Vitória Tê(94); Cyntia Silva(91); Andreia Pinto(93); Ana F. Silva(93)			
50,81		Sel. Lisboa de Juv.	1	Lisboa (I)	03.06
		Marta Pen(93); Jussara Silva(93); Eliana Rocha(93); Débora Clemente(94)			
50,82		Sel. Aveiro de Juv.	2 s2A	Leiria	06.06
		Sthephany Simões(94); Vanessa Alves(94); Carolina Pandeirada(93); Flávia Ribeiro(94)			
50,84		GS-RC	3	Leiria	17.07
		Sílvia Soares(92); Rute Lopes(92); Daniela Lopes(91); Cristiana Cunha(91)			
50,86		Sel. Guarda de Juv.	2 s1A	Leiria	06.06
		Katy Monteiro(93); Liliana Santos(94); Inês Correia(94); Andreia Crespo(93)			
51,00		GRECAS	4 s2	Guimarães	19.06
		Sthephany Simões(94); Vanessa Alves(93); Carolina Pandeirada(93); Cláudia Oliveira(95)			
51,07		Sel. Santarém de Juv.	3 s2A	Leiria	06.06
		Jéssica Coutinho(94); Mariana Estevão(94); Olga Santos(93); Inês Bento(94)			
51,38		DE-Sel. Guarda	1	M.Grande	17.04
		Andreia Crespo(93); Inês Correia(93); Liliana Santos(94); Mariana Correia(94)			
51,85		Eq. Mista-Porto	1	Maia	16.05
		Ana Baptista(94); Rita Mota(94); Isabel Vieira(93); Daniela Cruz(93)			
(20)					
51,85		DE-ESJD	1 s1	Luso	22.05
		Cátia Coelho(93); Vanessa Alves(93); Jennifer Gomes(95); Flávia Ribeiro(94)			
51,96		DE-Sel. Norte	2s2	Luso	22.05
		Beatriz Marques(94); Isabel Vieira(93); Marlene Cheves(94); Daniela França(95)			
52,04		Sel. Porto de Juv.	5 s2A	Leiria	06.06
		Ana Baptista(94); Isabel Vieira(93); Ana Soares(94); Beatriz Marques(94)			
52,19		Sel. Madeira de Juv.	3 s1A	Leiria	06.06
		Elisa Freitas(94); Sofia Santos(94); Camila Lucena(94); Carlota Pestana(94)			
52,33		EBMDS	2 s1	Luso	22.05
		Vera Fernandes(94); Ana Filipa Mendes(94); Ana Rira Alves(95); Jussara Silva(93)			
52,35		DE-CASM	3 s1	Luso	22.05
		Mariana Prazeres; Inês Neves; Diana Vale; Soraya Betuncal*			
52,44		Sel. Viana Castelo de Juv.	4 s1A	Leiria	06.06
		Marisa Vieira(94); Tânia Leite(94); Ana Almeida(94); Diana Cerqueira(93)			
52,67		DE-Sel. Lisboa e Vale do Tejo	3 s2	Luso	22.05
		Larissa Vieira*(95); Patrícia Carreira(93); Olga Santos(93); Joana Costa(95)			
52,72		Sel. Algarve de Juv.	6 s2A	Leiria	06.06
		Mariana Cabral(93); Cristiana Martins(93); Nadine Alexandre(94); Beatriz Bengalinha(93)			
53,31		DE-EDH	4 s1	Luso	22.05
		Daniela Santos; Anabela Barbosa; Vanda Pinto; Ana João Oliveira			
(30)					
53,31		Sel. Braga de Juv.	5 s1A	Leiria	06.06
		Marlene Chaves(94); Ana J. Oliveira(94); Susana Fernandes(94); Vanda Pinto(93)			
53,54		DE-EBNJ	5 s1	Luso	22.05
		Mariana Cabral; Cárin Duarte; Inês Glória; Nelma Matos			
53,61		Sel. Viseu de Juv.	1 B	Leiria	06.06
		Ana Nobre(93); Cátia Carvalho(94); Marina Gomes(93); Inês Dias(94)			
53,62		ACV	6	Setúbal	03.07
		Sofia Pereira(93); Fani Ferreira(92); Sara Dias(92); Nídia Reis(94)			
53,65		Sel. Coimbra de Juv.	2 B	Leiria	06.06
		Patrícia Fonseca(94); Érica Gomes*(94); Cláudia Figo(93); Joana Marques(93)			
53,78		Sel. Vila Real de Juv.	3 B	Leiria	06.06
		Bárbara Reis(94); Ana Catarina(95); Rute Tão(94); Susana Rodrigues(93)			
53,96		Sel Açores de Juv.	4 s2	P.Delgada	27.05
		Thais Mendes(94); Ana Rita Cabral(94); Sofia àvila(93); Cristiana Silveira(95)			

*-atletas estrangeiros

4x400 metros (até 4.40,00)

4.00,11		SLB	1	Leiria	18.07
		Catarina Amorim(92); Diana Freitas(91); Magali Gomes(91); Susana Godinho(92)			
4.11,83		GS-RC	2	Setúbal	04.07
		Sílvia Soares(94); Rute Lopes(92); Daniela Lopes(91); Cristiana Cunha(91)			
4.12,06		JV	2	Luso	11.07
		Mariana Simões(94); Carla Santos(91); Joana Brito(92); Bruna Silva(94)			
4.14,97		UDZA	3	Setúbal	04.07
		Joana Correia(93); Sarah Aleixo(91); Catarina Carvalho(92); Olga Santos(93)			
4.20,65		CAMG-I	3	Abrantes	30.05
		Sara Oliveira(93); Ana Filipa Silva(93); Ana Patrícia Silva(93); Cyntia Silva(91)			
4.21,63	(pc)	ACV	2 s1	Pombal	31.01
		Fani Ferreira(92); Sara Dias(92); Magda Gomes(94); Liliana Cardoso(92)			
4.26,31		ADREP	5	P.Varzim	30.05
		Cátia Rodrigues(92); Carla Santos(91); Diana Veigas(93); Ana Pinto(91)			
4.34,09		ARLVG	1	Guimarães	11.07

4.35,73	Ana Silva(93); Sara Marinho(93); Vitória Olveira(93); Alexandra Silva(93) CAMz-VC 6	P.Varzim	30.05
	Cristina Rodrigues(91); Alexandra Meira(94); Mariana Patrão(92); Andreia Liquito(92)		

Ao ar Livre:

4.34,40	ACV 5	Setúbal	04.07
	Magda Gomes(94); Sara Dias(92); Fani Ferreira(92); Carolina Matias(91)		

*-atletas estrangeiros

Outras provas não incluídas no programa dos Campeonatos

60 Metros (até 8,54/7,79)								
7,57	(pc)	Eva	Vital	08-07-92	SLB	3	Pombal	13.02
7,61	(pc)		Vital			1	Espinho	06.02
7,61	(pc)		Vital			1	Pombal	23.01
7,64	(pc)		Vital			1 mf2	Pombal	23.01
7,57	(pc)		Vital			3	Pombal	13.02
7,61	(pc)		Vital			1	Pombal	23.01
7,61	(pc)		Vital			1	Espinho	06.02
7,64	(pc)		Vital			1 mf2	Pombal	23.01
7,65	(pc)		Vital			2	Pombal	20.02
7,66	(pc)		Vital			1 el1-ex	Pombal	16.01
7,66	(pc)		Vital			1 el2	Pombal	20.02
7,67	(pc)		Vital			1 el3	Espinho	27.02
7,68	(pc)		Vital			1 mf2	Espinho	06.02
7,69	(pc)		Vital			1 el3	Espinho	06.02
7,73	(pc)		Vital			1 el5	Pombal	23.01
7,73	(pc)		Vital			3	Espinho	28.02
7,77	(pc)	Sara	Esteves	24-08-92	CAMz-VC	2	Pombal	23.01
7,77	(pc)		Esteves			4	Espinho	06.02
7,78	(pc)		Esteves			1 mf1	Espinho	06.02
7,78	(pc)	Joana	Vitorino	30-05-92	CASM	2 el1	Espinho	27.02
7,79	(pc)		Vitorino			3	Pombal	23.01
7,79	(pc)		Vitorino			2 el3	Espinho	06.02
7,83	(pc)	Débora	Clemente	09-11-94	SLB	3	Pombal	20.02
7,90	(pc)	Diana	Cerqueira	09-04-93	CAMz-VC	3 mf1	Pombal	23.01
7,93	(pc)	Andreia	Crespo Oliveira	16-10-93	NDCG	5 el2	Espinho	27.02
7,98	(pc)	Filipa	Martins	13-11-92	SLB	4 mf1	Espinho	06.02
8,01	(pc)	Ilizandra	Lopes	28-02-92	CFB	5 el1	Espinho	27.02
8,02	(pc)	Cristiana	Cunha	17-07-91	GS-RC	5 el3	Espinho	27.02
(10)								
8,02	(pc)	Joana	Lopes	13-10-91	CLAC	6 el3	Espinho	27.02
8,04	(pc)	Cátia	Jacinto	26-08-92	GCAD	1 s3	Pombal	09.01
8,04	(pc)	Christina	Martinez	26-05-92	ACM-AH	3 el2	Espinho	06.02
8,07	(pc)	Sara	Dias	06-11-92	ACV	2	Pombal	13.02
8,10	(pc)	Sarah	Dias	15-02-95	JV	1 el1	Pombal	05.12.2009
8,12	(pc)	Rafaela	Vitorino	18-08-95	SLB	1 s2-ex	Alpiarça	06.03
8,13	(pc)	Dorothe	Évora	28-05-91	SLB	6 mf2	Espinho	06.02
8,13	(pc)	Joana	Costa	10-11-95	UAP	1	Alpiarça	06.03
8,16	(pc)	Larissa	Souza	BRA 11-04-92	JDAL	2A	Pombal	12.12.2009
8,16	(pc)	Miriam	Tavares	14-05-91	ACDRA	1 s1	Pombal	31.01
(20)								
8,17	(pc)	Teresa	Carvalho	03-01-95	CASM	1 s1-ex	Alpiarça	06.03
8,19	(1,5)	Daniela	França	02-08-95	FCP	1 s1	Maia	23.01
8,19	(pc)	Verónika	Zhukova	UKR 12-03-93	JV	3-ex	Pombal	31.01
8,19	(pc)	Larissa	Vieira	BRA 14-11-95	SCA	1	Alpiarça	13.02
8,20	(pc)	Verónica	Cardoso	20-08-91	JOMA	1 s2-ex	Pombal	09.01
8,20	(pc)	Tatiana	Rosário	05-04-94	GDRCC	3 el3	Pombal	23.01
8,21	(pc)	Andreia	Pinto	16-04-93	CAMG-I	2 s1	Pombal	31.01
8,21	(pc)	Rita	Schaller	07-08-94	SCP	ex-el2	Alpiarça	13.02
8,21	(pc)	Inês	Bento	15-08-94	CPP	2	Alpiarça	06.03
8,21	(-0,8)	INF Elizandra	Alberto	ANG 15-12-97	AATC	p	Faro	01.05
(30)								
8,22	(pc)	Cátia	Azevedo	09-03-94	SCP	6 mf1	Pombal	23.01
8,23	(pc)	Rafaela	Nogueira	16-04-94	SCP	6 mf2	Pombal	23.01
8,24	(pc)	Susana	Azevedo	04-11-91	ARCBV	6 el2	Espinho	06.02
8,25	(pc)	Sofia	Duarte	07-11-96	AATC	1	Alpiarça	05.12.2009
8,25	(pc)	Cíntia	Ferreira	28-05-92	SVB	6 el1	Espinho	06.02
8,25	(pc)	Vera	Castro	23-10-92	EBPGS	1 s1	Braga	13.02
8,27	(pc)	Maria Goreti	Silveira	25-10-91	JDAL	1 el1	Alpiarça	05.12.2009
8,28	(pc)	Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01
8,29	(pc)	Cátia	Garcia dos Santos	13-05-94	SLB	2 s1-ex	Alpiarça	06.03
8,30	(pc)	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	1 el4	Pombal	05.12.2009
(40)								
8,31	(pc)	Diana	Nunes	01-01-92	ADRAB	3 el5	Pombal	23.01
8,31	(pc)	Nídia	Encarnação	13-05-91	GDE	3	Espinho	30.01
8,31	(pc)	Ana João	Oliveira	30-03-94	SCB	3 s1	Braga	13.02
8,32	(pc)	Beatriz	Bengalinha	27-04-93	SLB-F	1	V.R.S.António	16.01
8,33	(pc)	Bruna	Monteiro	10-02-92	GCB	2 el4	Espinho	16.01
8,33	(pc)	Elsa	França	28-08-93	ARLVG	3 el2	Pombal	23.01
8,33	(1,2)	INF Cláudia	Freire	98	ACV	1	Leiria	30.05
8,35	(pc)	Marlene	Bastos	20-08-92	JAM	7 el3	Espinho	06.02
8,35	(pc)	Tânia	Rocha	02-03-95	CAAV	1 s1	Braga	13.02

8,36	(pc)		Vanessa	Henriques	21-01-92	GAF	2 el3	Alpiarça	13.02
(50)									
8,36	(0,5)	INF	Sara	Ferrão	97	ACM-C	1	Coimbra (ECC)	23.05
8,37	(1,1)		Ana	Baptista	04-08-94	FCPAR	1 s1	Maia	23.01
8,37	(0,6)	INF	Joana	Vieira	08-03-97	CDUL	1 s1	Sobreda	21.03
8,37	(-0,8)	INF	Yara	Dorsch	14-02-97	CDFXXI	p	Faro	01.05
8,38	(pc)		Flávia	Ribeiro	06-11-94	ESJD	2 el3	Espinho	16.01
8,38	(pc)		Ana Margarida	Oliveira	18-07-95	GAF	1 el3	Alpiarça	13.02
8,39	(pc)		Ana Catarina	Almeida	21-01-94	CAMz-VC	3 el1	Braga	16.01
8,39	(pc)		Mariana	Cavaleiro Estevão	09-03-94	AATC	4	Alpiarça	13.02
8,40	(-0,4)		Telma	Neto	12-10-92	ACRVC	1	Aveiro	20.12.2009
8,40	(1,2)	INF	Catarina	Andrade	13-04-97	Ind-B	1	Braga	01.05
(60)									
8,41	(0,4)		Joana	Villar	03-05-94	GDRCC	3 s1	Seixal	12.12.2009
8,41	(pc)		Cátia	Lourenço	30-08-92	CBF	2	V.R.S.António	16.01
8,41	(pc)		Alexandra	Meira	16-04-94	CAMz-VC	4 s1	Braga	13.02
8,41	(pc)		Sofia	Santos	02-06-94	ADRAP	4	Alpiarça	06.03
8,42	(pc)		Ana	Silva	03-09-93	ARLVG	1B	Braga	16.01
8,43	(pc)		Teresa	Costa	96	EAMS	1 s1	Braga	23.01
8,44	(pc)		Elsa	Francisco	27-04-93	UDZA	5 s1	Pombal	31.01
8,45	(pc)		Sílvia	Soares	23-03-92	GS-RC	1 el3	Pombal	12.12.2009
8,46	(-1,3)		Claudina	Borges	14-08-91	SLB	5 el2	Lisboa (I)	16.01
8,46	(pc)		Susana	Nosdiba	92	CDFXXI	1 s1	Pombal	30.01
(70)									
8,46	(pc)		Cátia	Rodrigues	05-10-92	ADREP	6	Pombal	13.02
8,47	(pc)		Jennifer	Gomes	21-03-95	ESJD	ta	Espinho	23.01
8,47	(pc)		Elisabete	Silva	25-04-92	COD	7 el1	Espinho	06.02
8,47	(pc)		Cíntia	Costa	96	EAMS	2 s1	Braga	13.02
8,48	(pc)		Joana	Villar	03-05-94	GDRCC	5 el5	Pombal	23.01
8,48	(pc)		Flávia	Taveira	96	SCB	ta	Alpiarça	06.02
8,48	(pc)		Simone	Silva	18-01-93	GAF	2	Alpiarça	20.02
8,49	(-0,4)		Sthephany	Simões	08-10-94	GRECAS	2	Aveiro	20.12.2009
8,49	(pc)		Soraia	Carnide	14-09-95	JV	ta	Pombal	27.12.2009
8,49	(-1,0)	INF	Liliana	Neto	29-01-97	JOMA	1 s1	Lisboa(I)	27.03
(80)									
8,50	(pc)		Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	16.01
8,50	(pc)		Maria Manuel	Silva	11-05-95	ACM-C	3 s2-ex	Alpiarça	06.03
8,50	(-0,8)	INF	Jessica Patrícia	Barreira	29-01-97	SCP	p	Faro	01.05
8,51	(pc)		Cyntia	Silva	21-07-91	CAMG-I	3 s5	Pombal	09.01
8,51	(pc)		Ana	Monjane	01-01-93	SCB	3 el2	Braga	16.01
8,51	(pc)		Susana	Rodrigues	02-02-93	NACH	2B	Braga	16.01
8,51	(0,5)	INF	Joana	Pedreiras	97	GS-RC	2	Coimbra (ECC)	23.05
8,52	(pc)		Alexandra	Carvalho	24-07-95	ACM-C	1 el4	Pombal	05.12.2009
8,52	(pc)		Ana Raquel	Sebastião	09-05-91	CLAC	1B	Pombal	12.12.2009
8,52	(pc)		Jessica	Ferrero	22-02-93	AAPL	6 s2	Pombal	30.01
(90)									
8,53	(pc)		Sara	Martins	13-11-91	FCP	3B	Braga	16.01
8,53	(pc)		Ana	Costa	08-11-91	GRECAS	6	Pombal	16.01
8,53	(pc)		Jessica	Coutinho	25-09-94	CNRM	2 s1-ex	Alpiarça	20.02
8,53	(pc)		Olga	Santos	07-03-93	UDZA	1 s2	Alpiarça	20.02
8,54	(pc)		Ana Rita	Pedreiras	27-01-93	GS-RC	6 s4	Pombal	09.01

Ao ar Livre:

7,84	(-0,6)		Joana	Vitorino	30-05-92	CASM	2A	Lisboa (I)	16.01
7,99	(0,4)		Débora	Clemente	09-11-94	SLB	1 s1-ex	Seixal	12.12.2009
8,03	(1,5)		Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	19.12.2009
8,16	(-2,7)		Dorothé	Évora	28-05-91	SLB	3 el3	Lisboa (I)	16.01
8,17	(-2,3)		Ilizandra	Lopes	28-02-92	CFB	4B	Lisboa (I)	16.01
8,22	(0,4)		Tatiana	Rosário	05-04-94	GDRCC	2 s1	Seixal	12.12.2009
8,25	(-2,3)		Rafaela	Nogueira	16-04-94	SCP	5B	Lisboa (I)	16.01
8,34	(-1,2)		Rita	Schaller	07-08-94	SCP	3 el1	Lisboa (I)	16.01
8,35	(-2,1)		Sarah	Dias	15-02-95	JV	1 s2	Aveiro	20.12.2009
8,37	(-1,3)		Cátia	Garcia dos Santos	13-05-94	SLB	4 el2	Lisboa (I)	16.01
8,40	(-1,6)		Vera	Castro	23-10-92	EBPGS	2 s1	Maia	28.11.2009
8,45	(-2,2)		Nídia	Encarnação	13-05-91	GDE	1	Ribeira Brava	16.01
8,48	(-1,6)		Elsa	França	28-08-93	ARLVG	3 s1	Maia	28.11.2009
8,51	(0,6)		Beatriz	Bengalinha	27-04-93	SLB-F	1-ex	Faro	02.01
8,54	(-1,6)		Sara	Martins	13-11-91	FCP	4 s1	Maia	28.11.2009
8,54	(-0,2)		Jessica	Ferrero	22-02-93	AAPL	2	Seixal	09.01

Com marcas manuais

7,7	(0,3)	INF	Liliana	Neto	29-01-97	JOMA	1 s3	P.S.Iria	10.06
7,9	(pc)		Joana	Costa	10-11-95	UAP	1 s1	Pombal	28.02
7,9	(1,7)	INF	Márcia	Oliveira	04-06-98	SLB	1 el1	Lisboa (AL)	29.05
7,9	(1,8)	INF	Jessica	Conceição	23-06-97	JOMA	1 s4	P.S.Iria	10.06
8,0	(-0,8)		Rita	Schaller	07-08-94	SCP	1 s2	Lisboa (AL)	28.11.2009
8,0	(pc)		Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	09.01
8,0	(1,8)	INF	Leonor	Falcão	17-07-97	SCP	2 s4	P.S.Iria	10.06
8,1	(-0,7)		Cátia	Azevedo	09-03-94	SCP	1 s3	Lisboa (AL)	28.11.2009
8,1	(-0,7)		Cátia	Garcia dos Santos	13-05-94	SLB	2 s3	Lisboa (AL)	28.11.2009
8,2	(0,5)		Lucinda	Gomes	16-04-95	SCP	1 s1	Lisboa (AL)	07.03
8,2	(0,3)	INF	Bruna	Varela	15-04-97	NAA	1 s2	P.S.Iria	10.06
8,3	(-0,2)		Sofia	Melo	20-01-92	COD	1	Lajedo	02.12.2009
8,3	(-0,2)		Elisabete	Silva	25-04-92	COD	2	Lajedo	02.12.2009
8,3	(pc)		Rita	Santos	24-06-94	ACDCVC	1	Espinho	13.01
8,3	(0,3)	INF	Rita	Parreira	11-05-98	EBMDS	2 s2	P.S.Iria	10.06
8,3	(1,8)	INF	Beatriz	Andrade	28-02-97	UAP	3 s4	P.S.Iria	10.06
8,3	(0,3)	INF	Salomé	Afonso	19-11-97	SCP	4 s3	P.S.Iria	10.06
8,3	(1,3)	INF	Isabel	Bráz	01-03-97	BAC	1 s1	C.Verde	23.10
8,3	(0,4)	INF	Cláudia	Tecedeiro	08-06-97	GDD	1 s2	C.Verde	23.10
8,3	(0,2)		Beatriz	Dinis	19-10-96	JV	1 s2	C.Verde	23.10

Com vento favorável > 2 m/s

7,86	(4,4)		Débora	Clemente	09-11-94	SLB	1 s1	Lisboa (AL)	19.12.2009
8,02	(4,2)		Rafaela	Vitorino	18-08-95	SLB	1 s1	Lisboa (AL)	19.12.2009
7,8	(2,8)	INF	Liliana	Neto	29-01-97	JOMA	1	Lisboa (AL)	29.05
8,24	(4,4)		Cátia	Azevedo	09-03-94	SCP	2 s1	Lisboa (AL)	19.12.2009
8,28	(4,2)		Adriana	Alves	ANG 13-09-95	JOMA	2 s1	Lisboa (AL)	19.12.2009
8,31	(3,3)		Jessica	Ferrero	ANG 22-02-93	AAPL	3	Sobreda	28.02
8,1	(2,8)	INF	Leonor	Falcão	17-07-97	SCP	1 el2	Lisboa (AL)	29.05
8,1	(3,4)	INF	Catarina	Fonseca Fernandes	16-02-98	SCP	1 el5	Lisboa (AL)	29.05
8,45	(4,1)	INF	Mariana	Gil	22-05-97	CLAC	1 s2	Aveiro	17.07
8,47	(3,5)	INF	Joana	Pedreiras	97	GS-RC	1 s1	Aveiro	17.07
8,52	(2,3)		Ana Luísa	Santos	22-10-92	ACRZA	2	Beja	31.10.2009
8,52A	(2,9)		Andreia	Salois	95	CDCP	1 s2	Guarda	25.09
8,3	(3,4)	INF	Joana	Mateus	28-06-97	JOMA	2 el5	Lisboa (AL)	29.05

Atletas juniores até 31-12-2009

8,13	(pc)		Catarina	Silva	03-04-90	JAM	3 s2	Braga	12.12.2009
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150 Metros (até 21,00)

19,25	(0,7)		Daniela	França	02-08-95	FCP	1 s1	Maia	30.06
19,35	(1,7)		Filipa	Martins	13-11-92	SLB	1	Lisboa (AL)	19.12.2009
19,54	(1,7)		Joana	Vitorino	30-05-92	CASM	2	Lisboa (AL)	19.12.2009
19,61	(-1,9)	INF	Elizandra	Alberto	ANG 15-12-97	AATC	1-ex	Abrantes	22.05
19,64	(1,7)		Dorothé	Évora	28-05-91	SLB	3	Lisboa (AL)	19.12.2009
20,20	(0,7)		Jéssica	Serra	06-01-95	CDP	2 s1	Maia	30.06
20,22	(pc)		Cláudia	Oliveira	24-04-95	GRECAS	1 s1-ex	Espinho	17.01
20,28	(1,7)		Catarina	Amorim	03-05-92	SLB	4	Lisboa (AL)	19.12.2009
20,33	(-2,4)		Vera	Castro	23-10-92	EBPGS	1 s2	Maia	28.11.2009
20,43	(1,3)	INF	Cláudia	Freire	98	ACV	1 s3	Leiria	29.05
(10)									
20,48	(-0,1)	INF	Jessica Patrícia	Barreira	29-01-97	SCP	1 s1	Amadora (M.Galega)	10.07
20,53	(-0,8)	INF	Sara	Ferrão	97	ACM-C	1 s2	Coimbra (ECC)	22.05
20,67	(1,0)	INF	Liliana	Neto	29-01-97	JOMA	1 s6	Lisboa(I)	20.03
20,76	(0,7)	INF	Ana	Alves	11-03-97	MAC	3 s1	Maia	30.06
20,77	(0,7)		Sofia	Rocha	04-02-96	FCPAR	4 s1	Maia	30.06
20,84	(-2,2)		Ana Rita	Queirós	28-08-95	Lavra	2 s1	Maia	28.11.2009
20,85	(-1,3)	INF	Catarina	Andrade	13-04-97	Ind-B	1	Braga	06.06
20,92	(-0,1)	INF	Jessica	Conceição	23-06-97	JOMA	2 s1	Amadora (M.Galega)	10.07
20,98	(0,2)		Soraia	Vasconcelos	06-09-95	Ind-P	1 s4	Maia	30.06
20,99	(-2,4)		Ana	Baptista	04-08-94	FCPAR	2 s2	Maia	28.11.2009
(20)									
21,00	(0,7)	INF	Cláudia	Campos	26-02-97	FCP	5 s1	Maia	30.06

Com marcas manuais

19,6	(-1,2)		Sara	Martins	13-11-91	FCP	2 s1	Maia	28.11.2009
19,9	(-1,2)		Cátia	Rodrigues	05-10-92	ADREP	3 s1	Maia	28.11.2009

19,9	(-1,5)	Cátia	Azevedo	09-03-94	SCP	1 s3	Lisboa (AL)	05.12.2009
20,1	(-4,9)	Rafaela	Vitorino	18-08-95	SLB	1 s2	Lisboa (AL)	05.12.2009
20,1	(-1,5)	Débora	Clemente	09-11-94	SLB	2s3	Lisboa (AL)	05.12.2009
20,4	(-0,2)	INF Isabel	Bráz	01-03-97	BAC	1-ex	Beja	03.07

Sem controlo de anemómetro

20,2		Daniela	Estalagem	04-08-94	CEN	1	Elvas	28.11.2009
20,5		Raquel	Cabanas	25-01-93	CEN	2	Elvas	28.11.2009

Com vento favorável > 2 m /s

20,0	(3,0)	Márcia	Oliveira	04-06-98	SLB	1s3	Lisboa (AL)	30.05
20,1	(3,2)	Jennifer	Gonçalves	USA 21-04-99	SFRAA	1s2	Lisboa (AL)	30.05
20,1	(3,0)	Camila	Santos	19-01-98	SFRAA	2s3	Lisboa (AL)	30.05
20,75	(2,7)	Beatriz	Bengalinha	27-04-93	SLB-F	1	Beja	30.01
20,6	(3,2)	M. ^a João	Santos	25-02-97	UAP	2s2	Lisboa (AL)	30.05
20,6	(2,9)	Sara	Eusébio	22-04-97	SFRAA	1s4	Lisboa (AL)	30.05
20,89	(2,9)	Salomé	Afonso	19-11-97	SCP	1 s5	Lisboa(I)	20.03

300 Metros (até 45,00)

41,09		Marta	Pen Freitas	31-07-93	EBMDS	1 s2A	Leiria	05.06
41,21		Andreia	Crespo Oliveira	16-10-93	NDCG	2 s2A	Leiria	05.06
41,48		Liliana	Cabral	24-04-95	SLB	1 s1	Guimarães	19.06
41,69		Cátia	Azevedo	09-03-94	SCP	1	Lisboa (AL)	22.05
41,94		Olga	Santos	07-03-93	UDZA	1 s2	Abrantes	17.04
42,04		Neuza Isabel	Reis	18-01-95	SLB	2 s1	Guimarães	19.06
42,31		Daniela	Pereira	30-03-94	JV	3 s2A	Leiria	05.06
42,47		Jessica	Marques Viegas	16-08-94	ACDC	1 s2	Guimarães	19.06
42,81		Elsa	Maia	10-03-96	GT	6 s1	Guimarães	19.06
42,84		Inês	Correia	07-10-94	NDCG	7 s1	Guimarães	19.06
(10)								
42,89		Vera	Castro	23-10-92	EBPGS	1	Maia	20.02
43,18		Mariana	Cabral	12-07-93	CDFXXI	1 s1A	Leiria	05.06
43,41		Bruna	Silva	14-11-94	JV	1 s1	Leiria	09.06
43,50		Mariana	Brás	29-11-93	SCUT	8 s1	Guimarães	19.06
43,57		Sara	Oliveira	28-12-93	CAMG-I	2 s1	Leiria	09.06
43,60		Vanda	Pinto	15-09-93	SCB	2 s1A	Leiria	05.06
43,60		Joana	de Jesus Costa	13-09-95	CNRM	4 s2	Guimarães	19.06
43,64		Mariana	Correia	07-10-94	NDCG	1 s3	Guimarães	19.06
43,86		Inês	Bento	15-08-94	CPP	2 s2	Abrantes	17.04
43,89		Andreia	Santos	14-09-95	ADREP	2 s3	Guimarães	19.06
(20)								
43,90		Diana	Freitas	01-11-91	SLB	1-ex	Maia	12.12.2009
44,00		Rita	Schaller	07-08-94	SCP	1 s4	Lisboa (I)	20.03
44,04		Jessica	Coutinho	25-09-94	CNRM	s1-ex	Leiria	09.06
44,13		Joana Rafaela	Vaz	01-10-93	GDPN	1 s4	Guimarães	19.06
44,32		Carine	Moreira	16-03-94	JV	2 s1	M. Grande	08.05
44,40		Diana	Moniz	15-10-93	GRQL	3 s3	Guimarães	19.06
44,42		Sara	Martins	13-11-91	FCP	3-ex	Maia	01.05
44,47		Ana	Silva	03-09-93	ARLVG	4 s3	Guimarães	19.06
44,48		Ana Filipa	Soares	17-11-94	CDMAR	2 s1	P.Varzim	22.05
44,52		Sofia	Ávila	15-04-93	CBSC	2 s4	Guimarães	19.06
(30)								
44,58		Ana Catarina	Almeida	21-01-94	CAMz-VC	1	V.Castelo	22.05
44,77		Carla	Soares	18-11-91	AJS	2-ex	Machico	08.05
44,86	(pc)	Sara	Esteves	24-08-92	CAMz-VC	1 s1	Braga	12.12.2009
44,88		Jessica	Pires	10-12-93	ADREP	1 s1	Aveiro	01.05
44,92		Verónica	Cardoso	10-08-91	JOMA	2-ex	Sobreda	08.05
44,93		Cátia	Garcia dos Santos	13-05-94	SLB	1 s2-ex	Lisboa (I)	23.01
44,93		Kátia	Amaral	ANG 13-01-94	CNRM	4 s2	Abrantes	17.04
44,94		Cláudia	Oliveira	24-04-95	GRECAS	s2-ex	Leiria	09.06

Com marcas manuais

41,7		Cristiana	Cunha	17-07-91	GS-RC	1-ex	Luso	01.05
43,4		Ana Cláudia	Almeida	04-04-91	GRECAS	2-ex	Luso	01.05
43,7	(pc)	Ana Queiroz	Alves	07-10-94	JV	1 s1	Pombal	05.12.2009
44,1		Daniela	Lopes	02-03-91	GS-RC	3-ex	Luso	01.05
44,6		Márcia	Martins	CPV 15-01-92	SFRAA	1 s2	Lisboa (AL)	02.05

500 Metros							
1.20,58	Diana	Soares	02-08-92	SLB	1-ex	Maia	12.12.2009
1.25,94	Daniela	Gonçalves	09-06-93	CAA	2-ex	Maia	12.12.2009
1.33,71	Joana	Silva	10-03-94	FCPAR	3-ex	Maia	12.12.2009
1.35,79	Jéssica	Teixeira	11-06-94	CBF	3	Lagos	20.12.2009
1.36,56	Natacha	Casanova	29-09-93	ADCPF	4	Lagos	20.12.2009
1.39,34	Abigail	Silva	03-03-93	CBF	5	Lagos	20.12.2009

600 metros (1.52,00)							
1.36,20	Liliana	Cabral	24-04-95	SLB	1-ex	Lisboa (I)	23.01
1.43,35	Sandra	Monteiro	05-09-92	CAA	1	Maia	28.11.2009
1.44,04	Sara	Sousa	16-05-95	ARLVG	1	Maia	28.11.2009
1.44,55	Elsa	Maia	10-03-96	GT	2	Maia	28.11.2009
1.44,73	INF Cláudia	Campos	26-02-97	FCP	1-ex	P.Varzim	29.05
1.45,56	INF Juliana	Dias	04-05-97	CAAV	1	V.Castelo	24.06
1.46,6	INF Salomé	Afonso	19-11-97	SCP	1	Lisboa (AL)	24.04
1.46,66	INF Soraia	Vigário	05-03-98	UDV	2-ex	P.Varzim	29.05
1.47,21	Daniela	Gonçalves	09-06-93	CAA	2	Maia	28.11.2009
1.47,21	Daniela	Gonçalves	09-06-93	CAA	2	Maia	28.11.2009
(10)							
1.47,72	INF Tatiana	Henriques	30-07-97	CRE	1	Aveiro	19.06
1.47,77	INF Joana	Ferreira	04-06-97	JV	1	Leiria	30.05
1.47,8	INF Lília	Martins	31-03-97	NSL	1s2	Lisboa (AL)	29.05
1.48,12	INF Beatriz	Moura	08-02-97	FCPAR	3-ex	P.Varzim	29.05
1.48,31	Neuza	Oliveira	08-08-95	SLB	2-ex	Lisboa (I)	23.01
1.49,13	Andreia	Rodrigues	14-06-96	GT	3	Maia	28.11.2009
1.49,18	Carolina	Resende	23-01-95	JDN	1 s1-ex	Seixal	20.12.2009
1.49,25	Miriam	Cardoso	12-06-96	SCRD	2	Amadora (M.Galega)	10.07
1.49,3	M.ª Carolina	Ramos	04-07-95	GDS	1	Lisboa (AL)	28.11.2009
1.49,31	INF Catarina	Araújo	24-01-97	MFC	1	Braga	09.05
(20)							
1.49,34	Jéssica	Gomes	30-04-94	NSF	1-ex	Faro	03.01
1.49,49	Carla	Covelo	26-10-94	CDFXXI	2-ex	Faro	03.01
1.49,50	Neuza Isabel	Reis	18-01-95	SLB	3-ex	Lisboa (I)	23.01
1.50,0	Solange	Nogueira	GBS 06-06-93	CRDA	1	Lisboa (AL)	28.11.2009
1.50,12	M.ª Rosário	Martins	STP 14-06-95	CPC	2 s1	Seixal	20.12.2009
1.50,15	Mariana	Antunes	17-04-95	SCUT	3	Amadora (M.Galega)	10.07
1.50,20	Ana	Polquinhas	08-05-96	AACC	1 s2	Seixal	20.12.2009
1.50,34	INF Ana	Capeta	97	NARM	1-ex	Beja	09.05
1.50,45	INF Daniela	Afonso	98	OCL	1	Quarteira	13.05
1.50,68	INF Anais	Pereira	97	ACDI	2	Aveiro	19.06
(30)							
1.50,81	Eva Joana	Alves	05-06-92	ADCPF	3-ex	Faro	03.01
1.50,81	Rita	Vicente	19-06-95	SCUT	4	Amadora (M.Galega)	10.07
1.50,9	Rita	Schaller	07-08-94	SCP	2	Lisboa (AL)	28.11.2009
1.50,92	INF Sara	Eusébio	22-04-97	SFRAA	1	Amadora (M.Galega)	10.07
1.51,15	INF Rafaela	Almeida	09-01-97	ACBU	1	Viseu	22.06
1.51,18	INF Mariana	Gonçalves	26-11-98	UAG	2	Viseu	22.06
1.51,8	Ana	Barroco	27-05-94	CFOE	1	Elvas	28.11.2009
1.51,85	Sofia	Eusébio	25-01-95	GRQL	3 s1	Seixal	20.12.2009
1.51,89	(pc) INF Joana	Ferreira	04-06-97	JV	1 s1	Pombal	13.12.2009
1.51,91	Helena	Pereira	26-03-94	ARLVG	3	Maia	28.11.2009
(40)							
1.52,0	Amélia	Vitorino	30-04-94	ACRM	2	Lisboa (AL)	28.11.2009

1000 Metros (até 3.07,00/3.00,0)							
2.48,76	Susana	Godinho	05-07-92	SLB	1-ex	Maia	16.05
2.54,61	Ana Queiroz	Alves	07-10-94	JV	9 el2	Moscovo	21.05
2.54,92	Liliana	Cabral	24-04-95	SLB	1	Lisboa (U)	22.05
2.55,63		Cabral			1	Massamá	12.05
2.55,79		Alves			1	M.Grande	21.03
2.55,93	Diana	Soares	02-08-92	SLB	5-ex	Maia	16.05
2.57,69		Godinho			1	Braga	08.05
2.57,87	Mariana	Brás	29-11-93	SCUT	1	Massamá	12.05
2.58,18		Cabral			1 sA	Leiria	06.06
2.59,18		Alves			1	Viseu	24.04
2.59,96	Diana	Freitas	01-11-91	SLB	2	Braga	08.05
3.00,40	Sandra	Almeida	17-06-95	ACBU	2	Lisboa (U)	22.05
3.02,00	Joana	Domingos	15-11-93	ACDRA	2	Viseu	24.04
3.02,33	Jéssica	Serra	06-01-95	CDP	2 sA	Leiria	06.06
3.03,99	Ana Patrícia	Caldas	31-10-94	SCB	2 s2	Lisboa (U)	22.05
(10)							

3.04,52		Ana Catarina	Fernandes	22-05-95	FCV	1	Braga	08.05
3.05,51	(pc)	Sara	Sousa	16-05-95	ARLVG	1 s1	Braga	19.12.2009
3.06,23		Solange	Fernandes	31-07-91	JOMA	2	Alcanena	07.03
3.06,25		Jessica	Pires	10-12-93	ADREP	3 s2	Lisboa (U)	22.05
3.06,45		Sueli	Gomes	31-10-94	UDV	4	Braga	08.05
3.06,51		Marta	Martins	15-01-92	FCP	7	Maia	16.05

Milha

5.25,94		Ana Queiroz	Alves	07-10-94	JV	1	Aveiro	31.07
5.31,89		Ana	Pinto	91	ADREP	2	Aveiro	31.07
5.38,5		Sandra	Monteiro	05-09-92	CAA	1-ex	Maia	12.12.2009
5.41,78		Ouisal	Khanfoudi	MAR 28-12-95	COP	1	Faro	27.06
5.45,26		Rafaela	Vera	06-05-96	NSF	2	Faro	27.06
5.48,93		Carla	Santos	22-06-91	ADREP	3	Aveiro	31.07

2000 Metros

7.05,61		Sónia	Pinto	24-05-92	AMFC	1	Maia	28.11.2009
7.26,36		Eva Joana	Alves	05-06-92	ADCPF	1	Lagos	20.12.2009
7.29,75		Carla	Covelo	26-10-94	CDFXXI	2	Lagos	20.12.2009
7.30,63		Nilza	Sousa	11-03-92	CDP	2	Maia	28.11.2009
7.41,20		Rita	Costa	07-12-94	CDMAR	3	Maia	28.11.2009
7.48,56		Diana	Veigas	28-09-93	ADREP	4	Maia	28.11.2009

2000 met-obstáculos (até 8.30,0)

7.38,71		Diana	Almeida	18-09-94	CBPAR	1	Maia	01.05
7.43,07		Joana	Domingos	15-11-93	ACDRA	1	M.Grande	08.05
7.44,19		Carla	Covelo	26-10-94	CDFXXI	1	Faro	24.04
7.45,85		Sofia	Marmelo	09-07-93	CAFZ	1	Rio Maior	08.05
7.47,06		Joana	Correia	19-06-93	UDZA	2	Rio Maior	08.05
7.52,90		Catarina	Rodrigues	21-07-94	SCB	1	Braga	15.05
8.09,57		Joana	Soares	08-09-93	AJS	1	Machico	01.05
8.09,90		Diana	Aguiar	02-09-94	ACDCVC	1	Aveiro	01.05
8.16,55		Vanessa	Peres	12-08-93	CNC	2	Vigo	28.03
8.23,86		Diana	Veigas	28-09-93	ADREP	2	Aveiro	01.05
(10)								
8.27,63		Cátia	Lopes	93	SSSJM	3	Aveiro	01.05

60 Metros Barreiras (0,84) (até 10,74/9,04)

8,37	(pc)	Eva	Vital	08-07-92	SLB	1	Pombal	14.02
8,44	(pc)		Vital			1	Espinho	28.02
8,48	(pc)		Vital			1 s1	Pombal	09.01
8,50	(pc)		Vital			1	Espinho	07.02
8,54	(pc)		Vital			1 el1	Espinho	28.02
8,55	(pc)		Vital			1 s2	Pombal	30.01
8,61	(pc)		Vital			1 s-ex	Pombal	30.01
8,76	(pc)	Stenia	Bentugal	GBS 25-11-92	CASM	1	Pombal	20.02
8,86	(pc)		Vital			1 el2	Espinho	07.02
8,93	(pc)		Bentugal			2-ex	Pombal	20.02
8,95	(pc)		Bentugal			2 el2	Espinho	28.02
8,97	(pc)		Bentugal			2	Espinho	28.02
9,07	(pc)	Cristiana	Cunha	17-07-91	GS-RC	5	Espinho	28.02
9,11	(pc)	Shaina Anthony	Mags	NGR 11-04-92	SCP	1 s2	Pombal	09.01
9,30	(pc)	Fani	Ferreira	16-07-92	ACV	2	Pombal	24.01
9,33	(pc)	Anais	Baptista	25-06-94	JV	4	Pombal	14.02
9,41	(pc)	Sara	Esteves	24-08-92	CAMz-VC	1	Espinho	31.01
9,55	(pc)	Ana	Vasconcelos	18-07-92	ACDRA	1 s1	Pombal	31.01
9,57	(pc)	Andreia	Crespo Oliveira	16-10-93	NDCG	5 el2	Espinho	28.02
9,63	(pc)	Ana Rita	Pedreiras	27-01-93	GS-RC	3 el1	Espinho	28.02
(10)								
9,64	(pc)	Sthephany	Simões	08-10-94	GRECAS	2 el1	Pombal	24.01
9,67	(pc)	Vera	Castro	23-10-92	EBPGS	p	Espinho	27.02
9,78	(pc)	Joana	Lopes	13-10-91	CLAC	1	Alpiarça	20.02
9,80	(pc)	Sandra	Moreira	CPV 19-02-93	SCP	7	Pombal	24.01
9,80	(pc)	Valdénia	Carvalho	06-07-93	GRQL	3	Pombal	14.02
9,82	(pc)	Magali	Gomes	01-01-91	SLB	6 s2	Pombal	09.01
9,87	(pc)	Anabela	Neto	25-03-91	SCP	p	Espinho	27.12.2009
10,05	(-1,2)	Eliana	Rocha	19-02-93	SFRAA	7	Lisboa (U)	17.01
10,14	(pc)	Thais	Mendes	26-12-94	COD	4 el1	Pombal	24.01
10,19	(-1,6)	Jussara	Spencer Silva	14-01-93	EBMDS	4 el2	Lisboa (U)	17.01
(20)								

10,19	(pc)	Ana Rita	Rodrigues		30-07-92	NAC	1	Espinho	17.01
10,24	(pc)	Joana	Sá		19-02-93	JDAL	5 el1	Pombal	24.01
10,26	(pc)	Elisabete	Silva		25-04-92	COD	4 el2	Pombal	24.01
10,28	(pc)	Ana	Monjane		01-01-93	SCB	3	Espinho	30.01
10,33	(pc)	Verónika	Zhukova	UKR	12-03-93	JV	4A	Pombal	17.01
10,36	(pc)	Rute	Lopes		17-02-92	GS-RC	p	Pombal	26.12.2009
10,40	(pc)	Soraia	Ferreira		27-09-92	JV	5 el3	Pombal	24.01
10,40	(pc)	Jessica	Coutinho		25-07-94	CNRM	3	Alpiarça	20.02
10,43	(pc)	Débora	Tavares		11-05-93	GCDS	3	Espinho	17.01
10,46	(pc)	Telma	Neto		12-10-92	ACRVC	3	Espinho	03.01
(30)									
10,47	(pc)	Sofia	Melo		20-01-92	COD	5 el1	Espinho	07.02
10,50	(pc)	Joana	Villar		03-05-94	GDRCC	5 el2	Pombal	24.01
10,56	(-2,7)	Jessica	Marques Viegas		16-08-94	ACDC	2	Seixal	16.01
10,57	(pc)	Marlene	Bastos		20-08-92	JAM	4	Espinho	17.01
10,65	(pc)	Vanessa	Henriques		21-01-92	GAF	4	Alpiarça	20.02
10,65	(pc)	Joana	Lopes		13-10-91	CLAC	1B	Pombal	17.01
10,67	(pc)	Teresa	Paulo	ANG	21-07-92	SCB	2	Braga	23.01
10,67	(-1,6)	Sara	Marques		28-06-94	SLB	5 el2	Lisboa (U)	17.01
10,68	(pc)	Mariana	Pinto		21-05-94	ESCMOV	3	Braga	17.01
10,68	(pc)	Ania	Marouço		07-05-93	CAMG-I	3A	Pombal	13.12.2009
(40)									
10,69	(pc)	Ana Filipa	Silva		09-03-93	CAMG-I	6	Pombal	14.02
10,73	(pc)	Anna	Hurlebaus	UKR	18-06-94	CNRM	2A	Pombal	17.01

Ao ar Livre:

9,12	(-1,2)	Sténia	Betuncal	GBS	25-11-92	CASM	3	Lisboa (U)	17.01
9,92	(-1,2)	Sandra	Moreira	CPV	19-02-93	SCP	6	Lisboa (U)	17.01
10,02	(-4,5)	Valdénia	Carvalho		06-07-93	GRQL	1 s1	Sobreda	27.02

Com marcas manuais

9,8	(0,3)	Sofia	Melo		20-01-92	COD	1	Ribeira Grande	16.01
10,2	(-0,1)	Elisabete	Silva		25-04-92	COD	p	Ribeira Grande	12.12.2009

Com vento favorável > 2 m /s

9,47	(3,5)	Shaina Anthony	Mags	NGR	11-04-92	SCP	1	Lisboa (AL)	19.12.2009
10,67	(3,5)	Sandra	Moreira	CPV	19-02-93	SCP	2	Lisboa (AL)	19.12.2009

Atletas juniores até 31-12-2009

9,47	(0,5)	Carla	Gama		24-11-90	SLB	1-ex	Seixal	19.12.2009
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200 Metros Barreiras

Com vento favorável > 2 m /s

31,84	(3,6)	Sara	Martins		13-11-91	FCP	1-ex	Maia	02.05
34,49	(3,6)	Sandra	Monteiro		05-09-92	CAA	2-ex	Maia	02.05

Pentatlo

2531		Sofia	Melo		20-01-92	COD	1	Ribeira Grande	12.12.2009
					9,9(-0,1)-1,45-9,18-4,56(0,2)-3.00,6				
2388		Elisabete	Silva		25-04-92	COD	2	Ribeira Grande	12.12.2009
					10,2(-0,1)-1,30-9,08-4,50(0,1)-2.51,3				
2372		Lúcia	Serrão		08-01-91	AJS	1	Ribeira Brava	19.12.2009
					11,55(0,0)-1,47-7,42-4,72(0,0)-2.47,8				
2081		Cátia	Lourenço		30-08-92	CBF	1	Faro	02.01
					11,88(0,7)-1,41-7,06-4,60(1,3)-3.00,10				

3.000 Metros-Marcha (até 18.00,00)

14.40,02	(pc)	Daniela	Cardoso		15-12-91	ACV	6	Espinho	27.02
15.27,30	(pc)	Sabrina	Oliveira		29-05-91	GRQL	3	Espinho	06.02

15.28,67	(pc)	Nádia	Cancela	24-04-93	CBPAR	3	Braga	16.01
15.38,86	(pc)	Joana	Monteiro	15-11-93	ACV	5	Pombal	13.02
15.39,50	(pc)	Sandra	Costa Monteiro	05-09-92	CAA	3	Pombal	23.01
15.58,49	(pc)	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Pombal	16.01
15.58,97		Rubina	Soares	02-06-92	AJS	2	Lisboa (U)	12.06
16.09,4	(pc)	Rita	Rosa	15-03-92	JOMA	ex	Pombal	12.12.2009
16.12,5	(pc)	Ana Bárbara	Canadas	19-11-93	CNRM	2	Pombal	16.01
16.31,4		M.ª Carolina	Ramos	04-07-95	GDSD	1	Lisboa (AL)	14.11.2009
(10)								
16.34,04		Jennifer	Oliveira	29-05-91	GRQL	1	Sobreda	07.07
16.37,36		Luciana	de Jesus	11-04-93	CAMG-I	5	Lisboa (U)	12.06
16.39,6	(pc)	Ana Marta	Mendes	29-08-92	UDZA	2	Pombal	12.12.2009
16.48,84	(pc)	Andreia	Coelho	25-10-91	GDL	3	Espinho	16.01
16.51,9	(pc)	Ágata	Mendes	25-07-95	GACV	2	Pombal	05.12.2009
16.53,91		Mónica	Cardoso	28-09-94	ACRM	3	Lisboa (I)	16.01
16.59,89	(pc)	Sofia	Almeida Silva	30-06-93	CAA	4	Braga	16.01
17.04,51	(pc)	Marisa	de Jesus	11-04-93	CAMG-I	5	Pombal	16.01
17.07,76	(pc)	Mariana	Mota	27-05-95	ADRAB	1	Espinho	02.01
17.19,65		Ana	Morgado Amaro	06-02-93	CPC	ex	Sobreda	07.07
(20)								
17.21,64		Filipa	Ferreira	94	Ind-Alg	1	Quarteira	10.07
17.26,58		Natacha	Casa Nova	29-09-93	ADCPF	3	Abrantes	12.06
17.27,15		Mariana	Patrão	03-09-92	CAMz-VC	4	Abrantes	12.06
17.32,60	(pc)	Andreia	Coelho	25-10-91	GDL	1	Espinho	09.01
17.37,93	(pc)	Vanessa	Silva Ribeiro	17-04-92	CAOV	6	Braga	16.01
17.40,84		Catarina	Marques	11-09-96	CDQ	1	Faro	30.06
17.41,0	(pc)	Antónia	Ladeira Estevão	14-07-95	ASCV	1	Pombal	05.12.2009
17.50,9	(pc)	Adriana	Vieira	17-07-95	GDPL	4	Pombal	05.12.2009
17.58,92		INF Tatiana	Rodrigues	06-10-97	CAMG-I	1	Leiria	29.05

Ao ar Livre:

15.30,75		Daniela	Cardoso	15-12-91	ACV	2	Abrantes	29.05
16.14,03		Sabrina	Oliveira	29-05-91	GRQL	4	Lisboa (U)	12.06
17.11,0		Rubina	Soares	02-06-92	AJS	1	Ribeira Brava	02.01
17.36,21		Ana Marta	Mendes	29-08-92	UDZA	5	Abrantes	12.06

Estafeta Sueca

2.46,38				ADCPF		1	Quarteira	13.05
		Eva Alves(92); Natacha Casanova(93); Cátea Mendes(92); Fátima Mendes(91)						
3.00,16				CDCNAVE		2	Quarteira	13.05
		Susana Francisco(92); Brigitte Major(94); Jasmine Wong(94); Ana Neves(94)						