

### 100j – 10,80

10,47	1,1	Carlos Pereira	JV	31-01-87	1	A. Neves	Viseu	01-05
10,49	1,1	Ricardo Almeida	CABB	81	2	A. Neves	Viseu	01-05
10,53	-1,0	Nuno Couto	FCP	19-10-81	1		Maia	02-01
10,68	-0,1	Ricardo Pereira	FCP	87	2		Maia	02-01
10,72	0,2	Bruno Pontes	CAP	86	3		Maia	02-01
10,73	-1,0	Simão Coroa	MAC	31-07-85	4		Maia	02-01
10,82	1,1	Bruno Gualberto	JV	BRA 01-08-88	3	A. Neves	Viseu	01-05

### 100 m – 10,80 – 11,30

10,04	1,6	Francis Obikwelu	SCP	22-11-78	4	Tsikliritiria	Atenas	14-06	9,86-04
10,05	0,5	Francis Obikwelu			1	GP	Doha	13-05	
10,05	1,1	Francis Obikwelu			2	Gaz	Paris	01-07	
10,07	0,4	Francis Obikwelu			4	WC	Helsinki	07-08	
10,09	-0,6	Francis Obikwelu			6	WAFinal	Monaco	10-09	
10,11	-0,4	Francis Obikwelu			3	Golden GP	Shangai	17-09	
10,12	0,5	Francis Obikwelu			5	GP	Rieti	28-08	
10,12	0,6	Francis Obikwelu			4	ISTAF	Berlim	04-09	
10,13	1,8	Francis Obikwelu			6	Athletissima	Lausanne	05-07	
10,13	0,5	Francis Obikwelu			4mf	WC	Helsinki	07-08	
10,14	1,1	Francis Obikwelu			1	T.Europa	Leiria	18-06	
10,15	0,0	Francis Obikwelu			4	Van Damme	Bruxelas	26-08	
10,17	0,6	Francis Obikwelu			1h	WC	Helsinki	06-08	
10,19	0,7	Francis Obikwelu			1qf	WC	Helsinki	06-08	
10,20	-0,9	Francis Obikwelu			2h	GP	Doha	13-05	
10,20	0,4	Francis Obikwelu			2h	Tsikliritiria	Atenas	14-06	
10,22	-1,8	Francis Obikwelu			2	Weltklasse	Zurique	19-08	
10,47	1,5	Ricardo Pacheco	SCP	31-10-83	1h	CP	Lisboa - U	23-07	10,45-02
10,59	1,0	Francis Obikwelu			1	CNCL-1	Leiria	04-06	
10,59	0,5	Ricardo Pacheco			1	Cid. Beja	Beja	08-06	
10,61	1,2	Francis Obikwelu			1h	CP	Lisboa - U	23-07	
10,65	-0,4	Ricardo Pacheco			1	S. Mateus	Viseu	13-08	
10,66	1,9	Ricardo Pacheco			7ex		Leiria	18-06	
10,68	2,0	Ricardo Pacheco			1		Lisboa - U	14-05	
10,69	0,2	Vítor Jorge	SCP	21-11-74	1h	CP	Lisboa - U	23-07	10,40-00
10,70	1,0	Arnaldo Abrantes	SLB	27-11-86	2	CNCL-1	Leiria	04-06	10,62-04
10,74	1,2	Paulo Sérgio Ferreira	FCP	20-02-81	2h	CP	Lisboa - U	23-07	10,91-00
10,77	1,6	Pedro Correia	CBF	03-04-84	1h	CN23	Abrantes	02-07	11,15-04
10,77	-2,8	Ricardo Pacheco			2 ex		Madrid	16-07	
10,79	-3,4	Paulo Sérgio Ferreira			1		Quarteira	25-06	
10,79	1,6	João Ferreira	SLB	20-10-86	2h	CN23	Abrantes	02-07	10,96-04
10,80	-0,4	Ricardo Pacheco			1h		Funchal	24-06	
10,80	0,2	André Destapado	SLB	15-05-86	2h	CP	Lisboa - U	23-07	11,24-02
10,80	1,5	Yazalde Nascimento	JOMA	STP 17-04-86	2h	CP	Lisboa - U	23-07	10,88-04
10,81	1,7	Carlos Calado	BA	05-10-75	1		Leiria	04-06	10,11-99
10,81	0,5	Miguel Rocha	SCP	15-10-75	2	Cid. Beja	Beja	08-06	10,83-03
10,82	0,2	Pedro Costa	CyAC	06-04-82	3h	CP	Lisboa - U	23-07	10,87-02
10,83	1,7	Fernando Arlete	NAC	ANG 05-06-79	1	CNCL-3	Guimarães	04-06	10,96-02
10,85	0,7	Nuno Cardoso	JDCS	13-02-82	1	CNCL-2	Guimarães	04-06	10,82-02
10,86	-0,4	Filipe Santos	CSM	25-06-84	2h		Funchal	24-06	10,79-04
10,88	1,8	Marco Paulo Bencatel	LGA-Fr	20-01-83	1		Bonneil-sur-Marne	29-05	11,02-04
10,88	1,6	Ricardo Martins	JOMA	12-05-85	3h	CN23	Abrantes	02-07	10,70-03
10,90	1,7	Marcos Coelho	CFB	10-06-88	2	CNCL-3	Guimarães	04-06	11,43-04
10,90	0,7	Raul Veloso	CyAC	01-12-81	2	CNCL-2	Guimarães	04-06	10,79-03
10,93	1,0	Luis Fernandes	JV	31-05-82	4	CNCL-1	Leiria	04-06	10,86-04
10,93	1,6	Rui Silva	SLB	16-07-87	4h	CN23	Abrantes	02-07	11,22-04
10,94	2,0	Ricardo Alves	SCP	10-01-81	3		Lisboa - U	14-05	10,32-00

10,97	0,0	Patrick Marques	GREC	09-02-84	1	C.Beiras	Viseu	16-07		
11,01	1,3	Lenine Cunha	FCP	04-12-82	1	C.Norte	Guimarães	16-07	11,29-04	
11,04	0,7	Leandro Lobato	CCDR	06-08-78	3	CNCL-2	Guimarães	04-06	10,87-00	
11,04	0,0	Deodato Freitas	JV	STP	01-07-77	2	C.Beiras	Viseu	16-07	10,75-04
11,05	1,2	Hugo Bettencourt	NSIT	18-03-86	5h	CP	Lisboa - U	23-07	11,17-02	
11,06	1,5	Bruno Gancho	GDE	14-01-79	4h	CP	Lisboa - U	23-07	10,81-98	
11,07	1,6	Dany Gonçalves	CSM	85	5h	CN23	Abrantes	02-07		
11,08	1,3	Luís Sá	FCP	17-03-81	1		Maia	18-05	11,02-02	
11,08	0,0	Luís Machado	JAM	07-07-86	3	C.Beiras	Viseu	16-07	11,16-03	
11,09	1,3	David Figueiredo	FCP	11-04-86	2		Maia	18-05	11,27-04	
11,09	-2,0	Flávio Cardoso	SCB	88	2	CNjv	Seixal	25-06		
11,11	1,5	Ricardo Monteiro	FCP	02-10-85	5h	CP	Lisboa - U	23-07	10,81-04	
11,12	-2,0	Gonçalo Correia	NSF	88	3	CNjv	Seixal	25-06		
11,12	1,5	Ivo Coelho	NSIT	20-08-80	7h	CP	Lisboa - U	23-07	11,35-04	
11,13	1,7	Pedro Fontes	ACRZA	88	1		Beja	28-05	11,57-04	
11,14	1,7	Nuno Couto	FCP	19-10-81	4		Leiria	04-06	10,84-02/03	
11,18	1,8	Vitor Rodrigues	SUOV	20-04-84	D	CBeiras	Luso	07-05	11,32-04	
11,18	2,0	Carlos Pinheiro	SLB	24-03-88	5		Lisboa - U	14-05	11,11-04	
11,18	-0,4	Miguel Silva	CyAC	87	2ex		Guimarães	04-06		
11,18	0,0	Nuno Reis	CCSJM	17-04-80	4	C.Beiras	Viseu	16-07	10,93-00/03	
11,19	0,5	Guilherme Amaral	CPM	88	2h	C.Beiras	Viseu	16-07		
11,22	1,9	António Costa	CCDR	23-12-80	1h		Maia	06-07		
11,24	-0,1	Bruno Sá	CCSJM	24-01-87	2h	C.Beiras	Viseu	16-07		
11,25	0,0	Tiago Marto	GAF	05-04-86	Dec	CN Esp	Logroño	16-07	11,15-04	
11,28	-1,3	Ricardo Almeida	CABB	81	1	A. Neves	Viseu	01-05	11,35-04	
<b>11,29</b>	<b>1,0</b>	<b>Rui Durão</b>	<b>CAS</b>	<b>09-03-80</b>	<b>7</b>	<b>CNCL-1</b>	<b>Leiria</b>	<b>04-06</b>	<b>10,75-03</b>	
11,29	-0,2	Tiago Passos	FCP	86	5		Maia	06-07		
11,30	0,1	Pedro Silva	CBF	04-03-85	2		Lagos	12-06		

#### Com vento anti regulamentar

10,19	4,1	Francis Obikwelu	SCP	22-11-78	1	TCCE	Lagos	28-05	9,86-04	
10,39	2,6	Francis Obikwelu			1	CP	Lisboa - U	23-07		
10,47	4,6	Filipe Santos	CSM	25-06-84	1	CN23	Abrantes	02-07	10,79-04	
10,49	2,9	Ricardo Pacheco	SCP	31-10-83	1	Maia Athl	Maia	02-07	10,45-02	
10,51	4,6	Yazalde Nascimento	JOMA	STP	17-04-86	2	CN23	Abrantes	02-07	10,88-04
10,51	4,6	Yazalde Nascimento			1	CNJ	Povoa de Varzim	09-07		
10,52	2,7	Arnaldo Abrantes	SLB	27-11-86	1		Seixal	21-05	10,62-04	
10,54	2,6	Ricardo Pacheco			2	CP	Lisboa - U	23-07		
10,54	4,3	Ricardo Pacheco			1		Setubal	30-07		
10,55	3,3	Ricardo Pacheco			1h	Maia Athl	Maia	02-07		
10,56	2,6	Arnaldo Abrantes			1	Ap.CNcl	Seixal	28-05		
10,58	6,4	André Destapado	SLB	15-05-86	1h	CNJ	Povoa de Varzim	09-07	11,24-02	
10,59	2,7	Ricardo Pacheco			2	AAL	Lisboa - U	10-06		
10,60	3,5	Filipe Santos			1h	CN23	Abrantes	02-07		
10,60	6,4	Yazalde Nascimento			2h	CNJ	Povoa de Varzim	09-07		
10,61	4,6	André Destapado			2	CNJ	Povoa de Varzim	09-07		
10,62	4,1	Ricardo Alves	SCP	10-01-81	1	CNM	Elvas	08-05	10,32-00	
10,62	3,6	Miguel Rocha	SCP	15-10-75	3		Lagos	28-05	10,83-03	
10,64	4,6	André Destapado			3	CN23	Abrantes	02-07		
10,64	4,6	David Figueiredo	FCP	11-04-86	3	CNJ	Povoa de Varzim	09-07	11,27-04	
10,66	5,6	Carlos Calado	BA	05-10-75	1	Ap.CNcl	Marinha Grande	28-05	10,11-99	
10,66	2,6	Paulo Sérgio Ferreira	FCP	20-02-81	3	CP	Lisboa - U	23-07	10,91-00	
10,67	4,1	Ricardo Pacheco			2	CNM	Elvas	08-05		
10,67	4,6	João Ferreira	SLB	20-10-86	4	CN23	Abrantes	02-07	10,96-04	
10,68	3,5	André Destapado			2h	CN23	Abrantes	02-07		
10,69	2,6	Vitor Jorge	SCP	21-11-74	4	CP	Lisboa - U	23-07	10,40-00	
10,71	2,9	Miguel Rocha			2	Maia Athl	Maia	02-07		
10,73	2,9	Pedro Costa	CyAC	06-04-82	3	Maia Athl	Maia	02-07	10,87-02	
10,73	4,6	David Figueiredo			5	CN23	Abrantes	02-07		
10,74	2,6	Filipe Santos			2	Ap.CNcl	Seixal	28-05		

10,74	5,6	Luis Fernandes		JV	31-05-82	2	Ap.CNcl	Marinha Grande	28-05	10,86-04
10,74	4,6	Pedro Correia		CBF	03-04-84	6	CN23	Abrantes	02-07	11,15-04
10,74	2,4		André Destapado			1		Guarda	08-07	
10,74	6,4		David Figueiredo			3h	CNJ	Povoa de Varzim	09-07	
10,74	3,2	Nuno Cardoso		JDCS	13-02-82	1		Seixal	16-07	10,82-02
10,75	4,6		Arnaldo Abrantes			4	CNJ	Povoa de Varzim	09-07	
10,75	2,6		André Destapado			5	CP	Lisboa - U	23-07	
10,76	3,5		Yazalde Nascimento			3h	CN23	Abrantes	02-07	
10,77	3,7		André Destapado			1ex		Seixal	28-05	
10,77	2,3		André Destapado			1		Lisboa - U	06-07	
10,78	4,1		Yazalde Nascimento			3	CNM	Elvas	08-05	
10,79	4,6	Ricardo Martins		JOMA	12-05-85	7	CN23	Abrantes	02-07	10,70-03
10,79	2,4		Nuno Cardoso			2		Guarda	08-07	
10,80	2,7		Filipe Santos			3	AAL	Lisboa - U	10-06	
10,80	2,2		Miguel Rocha			1h	Maia Athl	Maia	02-07	
10,80	2,6		Pedro Costa			6	CP	Lisboa - U	23-07	
10,84	4,6	Rui Silva		SLB	16-07-87	8	CN23	Abrantes	02-07	11,22-04
10,84	6,4	Flávio Cardoso		SCB	88	4h	CNJ	Povoa de Varzim	09-07	
10,85	2,9		Nuno Cardoso			4	Maia Athl	Maia	02-07	
10,85	4,9	Patrick Marques		GREC	09-02-84	1		Aveiro	30-07	
10,86	2,9	Bruno Gancho		GDE	14-01-79	5	Maia Athl	Maia	02-07	10,81-98
10,88	2,6	Fernando Arlete		NAC	ANG 05-06-79	6	AAL	Lisboa - U	10-06	10,96-02
10,88	5,9	Tiago Passos		FCP	86	1h		Povoa de Varzim	18-06	
10,88	3,3	Raul Veloso		CyAC	01-12-81	3h	Maia Athl	Maia	02-07	10,79-03
10,89	6,4	Miguel Silva		CyAC	87	5h	CNJ	Povoa de Varzim	09-07	
10,91	2,3	Marco Paulo Bencatel		LGA-Fr	20-01-83	1q		Bonneil-sur-Marne	29-05	11,02-04
10,91	2,2	Lenine Cunha		FCP	04-12-82	2h	Maia Athl	Maia	02-07	11,29-04
10,91	4,5	Luis Machado		JAM	07-07-86	4h	CNJ	Povoa de Varzim	09-07	11,16-03
10,91	4,9	Nuno Reis		CCSJM	17-04-80	3		Aveiro	30-07	10,93-00/03
10,94	5,1	Gonçalo Correia		NSF	88	4	Ap.CNcl	Seixal	28-05	
10,94	4,3	Ricardo Monteiro		FCP	02-10-85	3		Setubal	30-07	10,81-04
10,95	4,5	Hugo Bettencourt		NSIT	18-03-86	5h	CNJ	Povoa de Varzim	09-07	11,17-02
10,95	6,4	Guilherme Amaral		CPM	88	6h	CNJ	Povoa de Varzim	09-07	
10,95	2,6		Marcos Coelho	CFB	10-06-88	7	CP	Lisboa - U	23-07	11,43-04
10,99	5,1	Ricardo Almeida		CABB	81	6	Ap.CNcl	Seixal	28-05	11,35-04
11,00	2,1	João Nunes		SCP	06-03-83	5		Lisboa - U	06-07	11,21-03
11,02	2,9	Cláudio Gama		GDC	20-03-82	Dec		Abrantes	21-05	11,08-03
11,03	2,6	Deodato Freitas		JV	STP 01-07-77	11	AAL	Lisboa - U	10-06	10,75-04
11,07	2,9	Dany Gonçalves		CSM	85	1ex		Seixal	28-05	
11,07	2,7	Pedro Fontes		ACRZA	88	1		Beja	10-06	11,57-04
11,09	2,2		Luis Sá	FCP	17-03-81	1h		Maia	18-05	11,02-02
11,10	3,8	Bruno Sá		CCSJM	24-01-87	3	Cap.J.Duarte	Aveiro	13-07	
11,11	3,5	João Costa		SCP	17-01-83	2		Massamá	17-04	
<b>11,11</b>	<b>5,6</b>	<b>Rui Durão</b>		<b>CAS</b>	<b>09-03-80</b>	<b>3</b>	<b>Ap.CNcl</b>	<b>Marinha Grande</b>	<b>28-05</b>	<b>10,75-03</b>
11,13	2,2	Nuno Couto		FCP	19-10-81	3h		Maia	18-05	10,84-02/03
<b>11,14</b>	<b>2,6</b>	<b>Pedro Oliveira</b>		<b>CAS</b>	<b>22-07-80</b>	<b>1ex</b>		<b>Marinha Grande</b>	<b>28-05</b>	<b>11,00-03</b>
11,15	5,9	Bruno Geraudes		JOMA	88	1		Massamá	21-05	
11,15	5,9	Carlos Gonçalves		JUNI	87	2h		Povoa de Varzim	18-06	
11,18	2,9	Márcio Pires		TSU	30-04-86	Dec		Abrantes	21-05	
11,19	3,9	Bruno Pereira		JV	08-07-81	1	TL JV	Marinha Grande	05-03	11,29-04
11,20	2,7	Jorge Pinto		CCSJM	06-04-85	1	CNU	Guimarães	25-04	11,15-03
11,21	5,1	Flávio Sá		CUAB	80	9	Ap.CNcl	Seixal	28-05	
11,21	3,7	Eritson Couto		CABB	CVD 85	4ex		Seixal	28-05	
11,21	2,6	Bruno Santos		CSM	02-04-85	14	AAL	Lisboa - U	10-06	
11,21	3,3	António Costa		CCDR	23-12-80	6h	Maia Athl	Maia	02-07	
11,22	4,1	Helio Mendes		DOR	85	3		Seixal	16-07	
11,23	2,2		Leandro Lobato	CCDR	06-08-78	6h		Maia	18-05	10,87-00
11,23	3,1	António Morais		CCDR	80	1ex		Guimarães	04-06	
11,23	3,5	João Lacerda		SLB	72	4		Seixal	16-07	
11,24	2,9	Tiago Marto		GAF	05-04-86	Dec		Abrantes	21-05	11,15-04
11,24	3,5	George Silva		BA	05-01-76	1		Caldas da Rainha	01-07	11,27-03
11,26	2,7	Nelson Fernandes		AACC	86	3		Seixal	21-05	

11,26	2,9	Mitendele Lucucamba	CFB	ANG	83	2ex		Seixal	28-05	
11,26	3,8	Vasco Sousa	JDCS		88	2h	CNjv	Seixal	25-06	
11,26	4,5	Vitor Rodrigues	CSM		88	8h	CNJ	Povoa de Varzim	09-07	
11,26	4,3	Marate Figueiredo	SLB		17-04-86	5		Setubal	30-07	
11,27	5,6	Marcos Caldeira	CJSM		27-02-88	Oct		Mafra	09-04	11,50-04
11,27	3,8	Paulo Dias	AAFFL		89	3h	CNjv	Seixal	25-06	
11,28	2,1	João Ferreira	ESJB		88	1	Desp. Esc.	Leiria	21-05	11,57-04
11,28	4,3	Edson Dongoxe	VFC	ANG	19-09-81	6		Setubal	30-07	22,49-04
11,29	3,1	João Dias	GREC		01-06-84	1h		Maia	18-05	
11,29	3,4	Edgar Gaspar	SCAb			1		Rio Maior	16-07	
11,30	2,1	João Osório	CDA		88	5	OJ	Lagos	15-05	11,57-04
11,30	3,5	Emanuel Semedo	CPC		87	2h		Seixal	16-07	

## 200 m– 22,30 – 23,00

20,48	0,0	Francis Obikwelu	SCP		22-11-78	1	T.Europa	Leiria	19-06	19,84-99
20,58	0,8	Francis Obikwelu				1	Athletissima	Lausanne	05-07	
20,85	1,9	Francis Obikwelu				1	TCCE	Lagos	29-05	
21,22	-0,4	Francis Obikwelu				1	CNCL-1	Leiria	05-06	
21,45	1,0	Ricardo Pacheco	SCP		31-10-83	1		Lisboa - U	13-07	21,26-02
21,47	1,1	Paulo Sérgio Ferreira	FCP		20-02-81	1	CP	Lisboa - U	24-07	21,49-04
21,48	-0,4	Arnaldo Abrantes	SLB		27-11-86	2	CNCL-1	Leiria	05-06	21,49-04
21,55	1,9	Ricardo Pacheco				1h	CP	Lisboa - U	24-07	
21,56	1,5	Paulo Sérgio Ferreira				1	Maia Athl	Maia	02-07	
21,57	1,7	Pedro Costa	CyAC		06-04-82	1		Guarda	08-07	22,42-02
21,63	1,9	Filipe Santos	CSM		25-06-84	2h	CP	Lisboa - U	24-07	21,66-04
21,66	i	Paulo Sérgio Ferreira				1	CNcl	Espinho	06-02	
21,70	i	Paulo Sérgio Ferreira				1	CP	Espinho	13-02	
21,71	1,1	Filipe Santos				2	CP	Lisboa - U	24-07	
21,74	-0,2	Arnaldo Abrantes				4h	EJ	Kaunas	22-07	
21,80	1,9	Yazalde Nascimento	JOMA	STP	17-04-86	3h	CP	Lisboa - U	24-07	22,07-04
21,81	1,1	Vitor Jorge	SCP		21-11-74	3	CP	Lisboa - U	24-07	20,78-00
21,84	1,7	João Ferreira	SLB		20-10-86	2		Guarda	08-07	22,41w-04
21,86	2,0	Filipe Santos				1		Funchal	25-06	
21,86	1,0	Paulo Sérgio Ferreira				1		Lisboa - I	29-06	
21,86	1,1	Ricardo Pacheco				4	CP	Lisboa - U	24-07	
21,90	-0,4	Paulo Sérgio Ferreira				3	CNCL-1	Leiria	05-06	
21,93	-0,6	Arnaldo Abrantes				7 sf	EJ	Kaunas	23-07	
21,96	0,5	Vitor Jorge				1	Sintra	Massamá	21-05	
21,98	0,3	Pedro Costa				3		Covilhã	16-07	
21,99	-0,1	Yazalde Nascimento				1	CNJ	Povoa de Varzim	10-07	
22,00	-0,4	Filipe Santos				4	CNCL-1	Leiria	05-06	
22,01	1,1	Pedro Costa				5	CP	Lisboa - U	24-07	
22,02	1,0	João Ferreira				2		Lisboa - I	29-06	
22,02	0,7	Paulo Sérgio Ferreira				1h	CP	Lisboa - U	24-07	
22,03	i	Arnaldo Abrantes				2	CNcl	Espinho	06-02	
22,05	-0,1	André Destapado	SLB		15-05-86	2	CNJ	Povoa de Varzim	10-07	
22,07	2,0	Ricardo Pacheco				2		Funchal	25-06	
22,08	1,5	Pedro Costa				2	Maia Athl	Maia	02-07	
22,09	-0,6	Pedro Costa				1		Maia	22-06	
22,14	-0,1	Carlos Pinheiro	SLB		24-03-88	3	CNJ	Povoa de Varzim	10-07	22,37-04
22,15	i	João Ferreira				1	CN23	Espinho	06-03	
22,17	1,5	Pedro Correia	CBF		03-04-84	3		Guarda	08-07	22,39-04
22,18	-0,9	André Destapado				1h	CNJ	Povoa de Varzim	10-07	
22,20	1,1	Nuno Couto	FCP		19-10-81	6	CP	Lisboa - U	24-07	21,78-03
22,21	i	Vitor Jorge				2	CP	Espinho	13-02	
22,21	1,0	Filipe Santos				1		Funchal	20-02	
22,22	-0,1	Flávio Cardoso	SCB		88	4	CNJ	Povoa de Varzim	10-07	
22,22	1,0	André Destapado				2		Lisboa - U	13-07	
22,23	1,9	Pedro Costa				1	Ap.CNcl	Braga	29-05	
22,23	0,7	Luis Fernandes	JV		31-05-82	2h	CP	Lisboa - U	24-07	21,90-04

22,24	1,9		Nuno Couto			2	Ap.CNCl	Braga	29-05	
22,25	1,7	Nuno Cardoso	JDCS	13-02-82	4			Guarda	08-07	22,09-02
22,25	-0,9		Flávio Cardoso		2h		CNJ	Povoa de Varzim	10-07	
22,25	-1,0		Pedro Costa		1			Braga	13-07	
22,26	1,8	Duarte Ponte	CUAB	11-11-73	1		CNCl-3	Guimarães	05-06	
22,26	1,7		Luís Fernandes		4			Guarda	08-07	
22,27	1,9	Bruno Sá	CCSJM	24-01-87	3		Ap.CNCl	Braga	29-05	
22,27	1,7		Nuno Couto		5			Guarda	08-07	
22,28	i		Pedro Costa		3		CNCl	Espinho	06-02	
22,29	0,7		Nuno Couto		3h		CP	Lisboa - U	24-07	
22,30	1,1		Luís Fernandes		7		CP	Lisboa - U	24-07	
22,33	-0,6	Raul Veloso	CyAC	01-12-81	2			Maia	22-06	22,27-03
22,36	-0,3	Bruno Santos	CSM	02-04-85	1			Funchal	19-06	22,97-04
22,37	1,0	João Costa	SCP	17-01-83	3			Lisboa - U	13-07	22,30-03
22,40	-0,1	Rui Silva	SLB	16-07-87	5		CNJ	Povoa de Varzim	10-07	22,96-04
22,41	0,7	Tiago Silva	CFB	80	4h		CP	Lisboa - U	24-07	
22,42	1,0	Ricardo Martins	JOMA	12-05-85	4			Lisboa - I	29-06	22,30-03
22,44	-0,1	Hugo Bettencourt	NSIT	18-03-86	6		CNJ	Povoa de Varzim	10-07	
22,48	0,0	Ricardo Alves	SCP	10-01-81	1			Braga	16-04	21,00-00
22,50	1,9	Bruno Gancho	GDE	14-11-79	6h		CP	Lisboa - U	24-07	22,02-98
22,53	1,9	Fernando Arlete	NAC	ANG 05-06-79	4		Ap.CNCl	Braga	29-05	22,49-01
22,55	-0,1	David Figueiredo	FCP	11-04-86	7		CNJ	Povoa de Varzim	10-07	23,71i-04
22,57	i	Nuno Pereira	GDCC	20-02-86	4		CNCl-Ap	Espinho	23-01	22,33-04
22,58	-0,1	Luís Machado	JAM	07-07-86	8		CNJ	Povoa de Varzim	10-07	
22,59	i	Deodato Freitas	JV	STP 01-07-77	1		CBeiras	Espinho	16-01	21,66-02
22,63	-0,6	Miguel Silva	CyAC	87	4			Maia	22-06	
22,66	1,4	Edson Dongoxe	VFC	ANG 19-09-81	1			Seixal	09-01	22,49-04
22,66	2,0	Dany Gonçalves	CSM	85	4			Funchal	25-06	
22,67	i	Marco Paulo Bencatel	LGA-Fr	20-01-83	2			Eaubonne	15-01	23,11i-04
22,67	i	Filipe Novo	CyAC	03-04-85	4		CN23	Espinho	06-03	22,56-04
22,67	-0,4	Patrick Marques	GREC	09-02-84	2		C.Beiras	Viseu	17-07	
22,70	i	Alexandre Flório	GREC	01-01-82	2		CBeiras	Espinho	16-01	22,33-02
22,72	1,0	Marcos Coelho	CFB	10-06-88	2			Seixal	17-07	
22,73	-2,3	Tiago Passos	FCP	86	5h		CNJ	Povoa de Varzim	10-07	
22,79	1,0	Rui Palma	SCP	04-01-78	7			Lisboa - I	29-06	22,11-99
22,80	0,8	Miguel Rocha	SCP	15-10-75	10		Sintra	Massamá	21-05	22,44-98
22,80	0,7	Ricardo Monteiro	FCP	02-10-85	5h		CP	Lisboa - U	24-07	22,23-04
22,84	0,2	Pedro Fontes	ACRZA	88	3		CNjv	Seixal	26-06	
22,87	i	João Merêncio	SCP	18-01-83	7		CN23	Espinho	06-03	22,45-03
<b>22,89</b>	<b>-0,4</b>	<b>Rui Duirão</b>	<b>CAS</b>	<b>09-03-80</b>	<b>7</b>		<b>CNCL-1</b>	<b>Leiria</b>	<b>05-06</b>	<b>21,79-02</b>
22,90	-0,8	Hermano Gouveia	CSM	21-03-81	2			Funchal	15-06	22,20-04
22,93	-0,7	Simão Coroa	MAC	31-07-85	10			Maia	22-06	
22,94	1,6	Ricardo Almeida	CABB	81	2			Seixal	09-01	
22,94	i	Rodolfo Varela	SLB	20-05-86	8		CN23	Espinho	06-03	22,92i-04
22,98	1,0	Marco Ordonho	BA	10-05-77	9			Lisboa - I	29-06	22,56-02
22,98	-0,4	Bruno Gualberto	JV	BRA 01-08-88	3		C.Beiras	Viseu	17-07	
22,99		Vítor Tavares	CBF	27-11-80	1			V. R. Sto. António	06-02	23,06-04
22,99	i	Bruno Pontes	CAP	07-07-86	ex			Espinho	26-02	
22,99	-0,7	Lenine Cunha	FCP	04-12-82	12			Maia	22-06	

#### Melhor marca ao ar livre de atletas com melhor marca indoor

22,60	0,8	Deodato Freitas	JV	STP 01-07-77	9		Sintra	Massamá	21-05	21,66-02
22,68		Filipe Novo	CyAC	03-04-85	2		C.Norte	Guimarães	17-07	22,56-04

#### Com vento anti regulamentar

21,52	5,4	Filipe Santos	CSM	25-06-84	1		CN23	Abrantes	03-07	21,66-04
21,60	4,7	Yazalde Nascimento	JOMA	STP 17-04-86	1		Ap.CNCl	Seixal	29-05	22,07-04
21,62	4,0		Filipe Santos		1h		CN23	Abrantes	03-07	
21,71	4,7		Filipe Santos		2		Ap.CNCl	Seixal	29-05	
21,72	5,4	Ricardo Pacheco	SCP	31-10-83	2		CN23	Abrantes	03-07	21,26-02

21,77	2,6	Arnaldo Abrantes	SLB	27-11-86	1		Seixal	22-05	21,49-04
21,82	2,6	Pedro Costa	CyAC	06-04-82	1h	CP	Lisboa - U	24-07	22,42-02
21,85	2,6	Vitor Jorge	SCP	21-11-74	2h	CP	Lisboa - U	24-07	20,78-00
21,89	4,0	Vitor Jorge			1		Lisboa - U	15-05	
21,95	3,8	Ricardo Pacheco			1h	CN23	Abrantes	03-07	
21,97	4,7	João Ferreira	SLB	20-10-86	3	Ap.CNCI	Seixal	29-05	22,41w-04
22,09	5,4	Yazalde Nascimento			3	CN23	Abrantes	03-07	
22,13	4,0	Jorge Paula	JOMA	08-10-84	2h	CN23	Abrantes	03-07	21,98-04
22,16	6,1	Duarte Ponte	CUAB	11-11-73	4	Ap.CNCI	Seixal	29-05	
22,22	3,8	Yazalde Nascimento			2h	CN23	Abrantes	03-07	
22,23	4,0	André Destapado	SLB	15-05-86	3h	CN23	Abrantes	03-07	
22,25	5,4	André Destapado			4	CN23	Abrantes	03-07	
22,26	1,8	Duarte Ponte	CUAB	11-11-73	1	CNCI-3	Guimarães	05-06	
22,29	2,7	Luis Fernandes	JV	31-05-82	ex		Seixal	09-01	21,90-04
22,34	4,7	Nuno Cardoso	JDCS	13-02-82	5	Ap.CNCI	Seixal	29-05	22,09-02
22,35	3,8	Bruno Santos	CSM	02-04-85	3h	CN23	Abrantes	03-07	22,97-04
22,36	2,6	Raul Veloso	CyAC	01-12-81	3h	CP	Lisboa - U	24-07	22,27-03
22,37	2,6	Hugo Bettencourt	NSIT	18-03-86	4h	CP	Lisboa - U	24-07	
22,40	4,0	Ricardo Martins	JOMA	12-05-85	4h	CN23	Abrantes	03-07	22,30-03
22,43	3,9	Bruno Sá	CCSJM	24-01-87	1		Aveiro	31-07	
22,45	3,0	Flávio Cardoso	SCB	88	1		Povoa de Varzim	19-06	
22,46	2,6	Pedro Correia	CBF	03-04-84	6h	CP	Lisboa - U	24-07	22,39-04
22,52	2,7	Ricardo Monteiro	FCP	02-10-85	ex		Seixal	09-01	22,23-04
22,53	6,1	Tiago Silva	CFB	80	6	Ap.CNCI	Seixal	29-05	
22,56	3,0	Tiago Passos	FCP	86	2		Povoa de Varzim	19-06	
22,56	3,0	David Figueiredo	FCP	11-04-86	3		Povoa de Varzim	19-06	23,71i-04
22,60	3,7	Deodato Freitas	JV	STP 01-07-77	1	Ap.CNCI	Marinha Grande	29-05	21,66-02
22,61	3,0	Miguel Silva	CyAC	87	4		Povoa de Varzim	19-06	
22,66	2,6	Bruno Gancho	GDE	14-11-79	2		Seixal	22-05	22,02-98
22,68	3,1	Marcos Coelho	CFB	10-06-88	6		Lisboa - U	13-07	
22,69	2,7	Carlos Pinheiro	SLB	24-03-88	1h		Lisboa - U	15-05	22,37-04
22,69	4,1	Pedro Fontes	ACRZA	88	1	C.Alent.	Beja	21-05	
22,69	6,1	Ricardo Almeida	CABB	81	8	Ap.CNCI	Seixal	29-05	
<b>22,77</b>	<b>3,7</b>	<b>Rui Durão</b>	<b>CAS</b>	<b>09-03-80</b>	<b>2</b>	<b>Ap.CNCI</b>	<b>Marinha Grande</b>	<b>29-05</b>	<b>21,79-02</b>
22,79	2,2	João Merêncio	SCP	18-01-83	8		Lisboa - U	13-07	22,45-03
22,80	3,7	Marco Ordonho	BA	10-05-77	3	Ap.CNCI	Marinha Grande	29-05	22,56-02
22,82	3,0	Luis Machado	JAM	07-07-86	1		Aveiro	19-06	
22,82	3,8	Filipe Novo	CyAC	03-04-85	5h	CN23	Abrantes	03-07	22,56-04
22,84	3,0	Milton Dias	JOMA	11-04-86	1		Seixal	19-06	22,58i-04
22,86	2,1	Vitor Moreno	SCP	15-05-74	1h		Lisboa - U	15-05	22,03-02
22,87	3,0	Marate Figueiredo	SLB	17-04-86	2		Seixal	19-06	

### 300 m – 37,00

34,45	Sérgio Duro	GDE	19-02-80	1	A. Neves	Viseu	01-05	33,30-03
34,92	Vitor Moreno	SCP	15-05-74	2	A. Neves	Viseu	01-05	34,24-03
<b>35,05</b>	<b>António Rodrigues</b>	<b>CAS</b>	<b>25-09-88</b>	<b>1</b>		<b>Seia</b>	<b>29-06</b>	
35,35	Carlos Pinheiro	SLB	24-03-88	1		Lisboa - I	26-02	
35,40	João Costa	SCP	17-01-83	1		Massamá	17-04	35,55-04
35,55	Edson Dongoxe	VFC	ANG 19-09-81	3	A. Neves	Viseu	01-05	
35,60	Rodolfo Varela	SLB	20-05-86	4	A. Neves	Viseu	01-05	
35,62	João Merêncio	SCP	18-01-83	2		Massamá	17-04	35,15-03
35,74	João Ferreira	SLB	20-10-86	3		Massamá	17-04	
35,93	Tiago Abreu	VFC	03-07-85	5	A. Neves	Viseu	01-05	
36,03	Nuno Couto	FCP	19-10-81	1		Maia	02-01	35,12-03
36,12	Luis Fernandes	JV	31-05-82	4		Massamá	17-04	34,95-04
36,18	Vitor Tavares	CBF	27-11-80	1		V. R. Sto. António	11-12-04	35,84-04
36,18	Hugo Nunes	SCP	04-01-84	5		Massamá	17-04	
<b>36,25</b>	<b>Ricardo Garcia</b>	<b>CAS</b>	<b>21-01-89</b>	<b>2</b>		<b>Seia</b>	<b>29-06</b>	
36,33	Simão Coroa	MAC	31-07-85	2		Maia	02-01	
36,46	Guilherme Amaral	CPM	88	3		Seia	29-06	

36,49	Helder Pato	GSADF	12-01-80	6	A. Neves	Viseu	01-05	
36,50	Cesar Pedreira	CFB	87	1		Lisboa - I	26-02	
36,55	André Destapado	SLB	15-05-86	6		Massamá	17-04	
36,93	Henrique Filipe	JOMA	20-08-84	7		Massamá	17-04	
37,02	Tiago Costa	CCDR	08-08-86	2		Maia	02-01	35,60-04

### 400 m– 49,00 – 52,00

47,41	Paulo Sérgio Ferreira	FCP	20-02-81	1	Cid. Beja	Beja	08-06	47,15-01
47,77	Edivaldo Monteiro	SCP	28-04-76	1	CP	Lisboa - U	23-07	47,68-01
47,98	i	Paulo Sérgio Ferreira		1		Espinho	19-02	
48,04		Paulo Sérgio Ferreira		1ex		Lisboa - U	14-05	
48,10		Paulo Sérgio Ferreira		1	Ap.CNCl	Braga	28-05	
48,10	Sérgio Duro	GDE	19-02-80	1	CNCL-2	Guimarães	04-06	46,77-04
48,16	Luis Freitas	SCP	31-01-79	1		Guarda	08-07	47,46-00
48,17	Vitor Moreno	SCP	15-05-74	2	Cid. Beja	Beja	08-06	46,88-03
48,25	Vitor Jorge	SCP	21-11-74	3	Cid. Beja	Beja	08-06	46,61-00
48,26	Bruno Santos	CSM	02-04-85	3		Covilhã	16-07	49,21-04
48,27		Paulo Sérgio Ferreira		2	CP	Lisboa - U	23-07	
48,27	Duarte Ponte	CUAB	11-11-73	3	CP	Lisboa - U	23-07	47,87-00
48,30		Sérgio Duro		1ex		Seixal	08-01	
48,31		Paulo Sérgio Ferreira		1	Maia Athl	Maia	02-07	
48,35	i	Sérgio Duro		1	CP	Espinho	12-02	
48,35		Duarte Ponte		1		Lisboa - U	06-07	
48,35		Luis Freitas		4		Covilhã	16-07	
48,47		Bruno Santos		2		Guarda	08-07	
48,47	Jorge Paula	JOMA	08-10-84	4	CP	Lisboa - U	23-07	47,60-04
48,49		Duarte Ponte		1	CNCL-3	Guimarães	04-06	
48,49		Bruno Santos		1		Funchal	24-06	
48,51	i	Paulo Sérgio Ferreira		1	CNCl	Espinho	05-02	
48,53	i	Sérgio Duro		2		Espinho	19-02	
48,54		Vitor Jorge		7	TCCE	Lagos	28-05	
48,54		Paulo Sérgio Ferreira		7	T.Europa	Leiria	18-06	
48,57		Luis Freitas		1		Maia	11-06	
48,60		Luis Freitas		4	Cid. Beja	Beja	08-06	
48,64		Luis Freitas		5	CP	Lisboa - U	23-07	
48,65		Jorge Paula		1		Lisboa - U	09-01	
48,71		Paulo Sérgio Ferreira		1	Pied. Costa	Alcanena	27-02	
48,76	Simão Coroa	MAC	31-07-85	3		Guarda	08-07	49,46-04
48,78		Vitor Jorge		1		Lisboa - U	14-05	
48,80	João Merêncio	SCP	18-01-83	4		Guarda	08-07	48,50-04
48,84		Vitor Jorge		1		Lisboa - U	30-01	
48,86	i	Jorge Paula		2	CNCl	Espinho	05-02	
48,86		Jorge Paula		2		Lisboa - U	14-05	
48,89		Vitor Jorge		2		Lisboa - U	09-01	
48,89		Paulo Sérgio Ferreira		1	CNCL-1	Leiria	04-06	
48,90		Sérgio Duro		2	Pied. Costa	Alcanena	27-02	
48,93		Sérgio Duro		1	Ap.CNCl	Seixal	28-05	
48,94		Luis Freitas		2	Maia Athl	Maia	02-07	
48,95	i	Luis Freitas		2	CP	Espinho	12-02	
48,98	i	Jorge Paula		3	CP	Espinho	12-02	
48,99		João Merêncio		5	Cid. Beja	Beja	08-06	
49,00	i	Sérgio Duro		1ex		Espinho	22-01	
49,00	i	Vitor Jorge		3	CNCl	Espinho	05-02	
49,00		Bruno Santos		1	CN23	Abrantes	02-07	
49,07	Ricardo Lima	FCP	02-01-85	6	CP	Lisboa - U	23-07	48,99-04
49,10	Nuno Couto	FCP	19-10-81	2		Maia	11-06	49,27-04
49,22	Rodolfo Varela	SLB	20-05-86	8	CP	Lisboa - U	23-07	50,07-03
49,32	Telmo Correia	GDE	31-01-82	2		Lisboa - U	30-01	49,37-02
49,34	Ricardo Pacheco	SCP	31-10-83	1	S. Mateus	Viseu	13-08	48,47-03
49,35	João Ferreira	SLB	20-10-86	4		Lisboa - U	09-01	

49,37		João Costa	SCP		17-01-83	9	CP	Lisboa - U	23-07	49,52-04
<b>49,41</b>	<b>i</b>	<b>Vitor Ferreira</b>	<b>CAS</b>		<b>22-04-78</b>	<b>1</b>	<b>CBeiras</b>	<b>Espinho</b>	<b>15-01</b>	<b>48,02-01</b>
49,46		Edson Dongoxe	VFC	ANG	19-09-81	3		Lisboa - U	30-01	49,70-03
<b>49,54</b>		<b>António Rodrigues</b>	<b>CAS</b>		<b>25-09-88</b>	<b>1</b>	<b>Ap.CNCI</b>	<b>Marinha Grande</b>	<b>28-05</b>	<b>50,38-04</b>
49,60		Vitor Tavares	CBF		27-11-80	6	Cid. Beja	Beja	08-06	49,16-04
49,62		Pedro Costa	CyAC		06-04-82	2		Maia	06-07	51,52i-04
49,65		Marco Paulo Bencatel	LGA-Fr		20-01-83	2h		Creteil	18-06	50,66-04
49,69		Fernando Almeida	SCP		22-06-81	5		Lisboa - U	14-05	49,37-03
49,72		Dan Ricciuli	JOMA	GBS	17-08-82	5		Lisboa - U	06-07	48,18-03
49,76		Carlos Teixeira	SLB		02-03-86	3	CN23	Abrantes	02-07	50,84-03
49,76		Carlos Pinheiro	SLB		24-03-88	2 rB	FOJE	Lignano	07-07	50,15-04
49,80		Hermano Gouveia	CSM		21-03-81	6		Guarda	08-07	48,85-03
49,84		Hugo Nunes	SCP		04-01-84	1		Lisboa - U	07-05	49,98-03
49,94		Laurent da Costa	AUC - Fr		28-08-74	2		Saint Denis	17-06	49,98-04
50,08		David Inácio	CUAB		25-03-82	7		Lisboa - U	06-07	
50,09	<b>i</b>	Diogo Sousa	GDE		28-11-83	5ex		Espinho	22-01	49,41-03
50,10		Arnaldo Abrantes	SLB		27-11-86	1	CNU	Guimarães	25-04	
50,18		Helder Alheira	SCP		28-07-85	8		Lisboa - U	06-07	
50,21		Miguel Silva	CyAC		87	2	C.Norte	Guimarães	16-07	
50,24		Tiago Costa	CCDR		08-08-86	4		Maia	11-06	50,48-04
50,30	<b>i</b>	Luís Gaga	CUAB		05-12-79	9	CP	Espinho	12-02	50,50i-04
50,32		Bruno Sá	CCSJM		24-01-87	3	Ap.CNCI	Braga	28-05	
50,33	<b>i</b>	Marco Ordonho	BA		10-05-77	4		Espinho	19-02	49,52-03
50,33		Ivo Graça	CSM		22-03-84	8		Guarda	08-07	49,01-03
50,33		Milton Dias	JOMA		11-04-86	1	CNJ	Povoa de Varzim	09-07	48,69-03
50,51		Helder Pato	GSADF		12-01-80	1	C.Beiras	Viseu	16-07	
50,57	<b>i</b>	Rui Nobre	CDCP		20-05-77	2	CBeiras	Espinho	15-01	49,04-00
50,58		José Martins	GSADF		28-04-86	1		Coimbra	06-07	50,70-04
50,59	<b>i</b>	Filipe Novo	CyAC		03-04-85	4	CN23	Espinho	05-03	50,48-04
50,68		Henrique Filipe	JOMA		20-08-84	16	CP	Lisboa - U	23-07	49,87-04
50,77		Bruno Gualberto	JV	BRA	01-08-88	2	C.Beiras	Viseu	16-07	
50,84		Filipe Santos	CSM		25-06-84	1		Funchal	19-02	
<b>50,87</b>	<b>i</b>	<b>David Soares</b>	<b>CAS</b>		<b>13-05-82</b>	<b>ex</b>		<b>Espinho</b>	<b>08-01</b>	<b>50,51-03</b>
50,89	<b>i</b>	Florival Guela	COP		11-11-85	7	CN23	Espinho	05-03	49,15i-04
50,92	<b>i</b>	Luís Fonseca	FCP		14-11-80	2		Braga	19-12-04	49,39-02
50,98		Cesar Pedreira	CFB		87	4		Lisboa - U	07-05	
51,02		Fernando Almeida	GSADF		87	3	CBeiras	Viseu	16-07	
51,06		Ricardo Alves	SCP		10-01-81	1		Braga	17-04	49,58-04
<b>51,10</b>		<b>Ricardo Garcia</b>	<b>CAS</b>		<b>89</b>	<b>9</b>		<b>Guarda</b>	<b>08-07</b>	
51,11		Raul Veloso	CyAC		01-12-81	3	C.Norte	Guimarães	16-07	50,59-03
51,18		Deodato Freitas	JV	STP	01-07-77	9	Cid. Beja	Beja	08-06	49,81-02
51,22		João Pires	SCP		10-06-79	11		Lisboa - U	06-07	48,72-01
51,36		Pedro Sousa	GREC		09-05-84	4	C.Beiras	Viseu	16-07	50,96-04
51,38		Cláudio Gama	GDC		20-03-82	Dec		Abrantes	21-05	50,83-04
51,44		Daniel Florido	GREC		23-03-84	3	S. Mateus	Viseu	13-08	
51,51		Fábio Sousa	COD		17-04-79	18	CP	Lisboa - U	23-07	49,95-04
<b>51,63</b>		<b>André Jordão</b>	<b>NDCG</b>		<b>27-06-89</b>	<b>5</b>	<b>CBeiras</b>	<b>Viseu</b>	<b>16-07</b>	
51,64		Pedro Semedo	CFB		86	6		Lisboa - U	07-05	
51,65		Rui Pombeiro	JDN		84	Dec	CN	Lisboa - U	11-06	
51,66		André Ciriaco	SCP		17-10-85	10		Lisboa - U	14-05	50,42-04
51,66		Pedro Santos	CPA		01-01-88	4	Ap.CNCI	Marinha Grande	28-05	
51,68		Carlos Rodrigues	UAG-Fr		12-01-85	2		Villeneuve-sur-lot	22-05	50,75-03/04
<b>51,72</b>		<b>William Loque</b>	<b>CAS</b>	<b>GBS</b>	<b>08-03-77</b>	<b>12</b>		<b>Lisboa - U</b>	<b>06-07</b>	<b>50,79-03</b>
51,73		José Araújo	CCDR		13-01-83	4		Braga	08-05	
51,74		André Santos	DOR		87	15		Lisboa - U	06-07	
51,88		Vitor Rodrigues	SUOV		20-04-84	Dec	CBeiras	Luso	07-05	50,91-02
51,97		André Ribeiro	MAC		81	5		Maia	06-07	
51,99		Marco Carvalho	JAM		89	4	Ap.CNCI	Braga	28-05	



51,48	Filipe Novo	CyAC	03-04-85	3		Braga	08-05	50,48-04
49,14	Luís Freitas	SCP	31-01-79	3		Lisboa - U	09-01	47,46-00
50,71	Luís Gaga	CUAB	05-12-79	2		Rio Maior	05-02	50,50i-04
50,39	Marco Ordonho	BA	10-05-77	4	CNCL-2	Guimarães	04-06	49,52-03

### 500 m – 1.07,0

63,17	Paulo Sérgio Ferreira	FCP	20-02-81	1	CNM	Elvas	08-05	
63,68	Fernando Almeida	SCP	22-06-81	2	CNM	Elvas	08-05	
63,72	Vitor Jorge	SCP	21-11-74	3	CNM	Elvas	08-05	64,96-02
64,79	Ricardo Lima	FCP	02-01-85	1		Almada	15-01	64,60-04
64,85	João Merêncio	SCP	18-01-83	4	CNM	Elvas	08-05	66,19-04
65,24	Sérgio Duro	GDE	19-02-80	5	CNM	Elvas	08-05	64,79-03
65,32	Vitor Moreno	SCP	15-05-74	2		Almada	15-01	63,90-04
65,71	Manuel Damião	MCP	19-07-78	7	CNM	Elvas	08-05	
65,72	Edson Dongoxe	VFC	ANG 19-09-81	8	CNM	Elvas	08-05	
66,41	Tiago Abreu	VFC	03-07-85	9	CNM	Elvas	08-05	

### 800 m – 1.52,0 – 1.57,0

1.47,94	Rui Silva	SCP	03-08-77	1	CP	Lisboa - U	24-07	1.44,91-02	
1.48,23	Fernando Almeida	SCP	22-06-81	6	Kusoc	Varsóvia	12-06	1.46,54-02	
1.48,31		Rui Silva		1	AAL	Lisboa - U	10-06		
1.48,69		Fernando Almeida		2	CP	Lisboa - U	24-07		
1.48,73	Manuel Damião	MCP	19-07-78	2	AAL	Lisboa - U	10-06	1.47,64-04	
1.48,76		Fernando Almeida		3	AAL	Lisboa - U	10-06		
1.48,80		Fernando Almeida		9		Salamanca	06-07		
1.48,86		Fernando Almeida		3		Covilhã	16-07		
1.49,31	i	Fernando Almeida		1		Espinho	19-02		
1.49,37		Fernando Almeida		3		Gefate	14-07		
1.49,39	Tiago Rodrigues	FCP	19-06-85	4	AAL	Lisboa - U	10-06	1.55,36-04	
1.49,51	i	Diogo Sousa	GDE	28-11-83	ex	Espinho	26-02	1.47,46-04	
1.49,63	i	Hélio Gomes	SCP	27-12-84	2	Espinho	19-02	1.49,82i-03	
1.49,66		Tiago Rodrigues		4		Covilhã	16-07		
1.49,72	i	Diogo Sousa		3		Espinho	19-02		
1.49,79	Carlos Teixeira	SLB	02-03-86	6	AAL	Lisboa - U	10-06	1.52,08-04	
1.49,82		Fernando Almeida		4		Tenerife	30-07		
1.49,93	Luís Fonseca	FCP	14-11-80	7	AAL	Lisboa - U	10-06	1.48,52i-03	
1.50,00	Helder Alheira	SCP	28-07-85	5		Covilhã	16-07	1.51,43-04	
1.50,02		Fernando Almeida		3	TCCE	Lagos	29-05		
1.50,06		Tiago Rodrigues		1		Maia	18-05		
1.50,18		Fernando Almeida		6		Soria	27-07		
1.50,19	i	João Pires	SCP	10-06-79	6rB	Cagigal	Madrid	24-02	1.45,59-00
1.50,20	i	Hélio Gomes		ex		Espinho	26-02		
1.50,22		Rui Silva		2	R. Higuera	Andujar	07-09		
1.50,23	i	Fernando Almeida		1	CP	Espinho	13-02		
1.50,29	i	Fernando Almeida		3rA		Genova	09-02		
1.50,31	Renato Silva	JOMA	22-08-81	3	CP	Lisboa - U	24-07	1.48,74-03	
1.50,33		Tiago Rodrigues		4	CP	Lisboa - U	24-07		
1.50,34		Renato Silva		6		Covilhã	16-07		
1.50,36		Fernando Almeida		6	T. Europa	Leiria	19-06		
1.50,37		Tiago Rodrigues		1	Maia Athl	Maia	02-07		
1.50,4		Tiago Rodrigues		1		Bilbao	18-06		
1.50,49		Fernando Almeida		1		Lisboa - U	15-01	1.46,54-02	
1.50,59		Renato Silva		2	Maia Athl	Maia	02-07		
1.50,63	i	Hélio Gomes		2	CP	Espinho	13-02		
1.50,64	Ricardo Barbosa	FCP	31-03-86	3	Maia Athl	Maia	02-07	1.53,71-04	
1.50,69		Hélio Gomes		2		Lisboa - U	15-01		
1.50,72	i	Hélio Gomes		5rA		Bratislava	30-01		
1.50,75	i	Renato Silva		3	CP	Espinho	13-02		

1.50,82	i	Hélio Gomes		6r1		Genova	09-02		
1.50,90	i	Fernando Almeida		6rA		Bratislava	30-01		
1.50,94	i	Renato Silva		4		Espinho	19-02		
1.50,97		Ricardo Barbosa		2		Maia	18-05		
1.51,07		Helder Alheira		5	CP	Lisboa - U	24-07		
1.51,17		João Pires		1		Lisboa - U	13-07		
1.51,21		Helder Alheira		2		Lisboa - U	13-07		
1.51,34	i	Diogo Sousa		1	CN23	Espinho	06-03		
1.51,40		Luís Fonseca		3		Maia	18-05		
1.51,6		Luís Fonseca		5		Bilbao	18-06		
1.51,64	i	Diogo Sousa		4	CP	Espinho	13-02		
1.51,65	i	Hélio Gomes		2	CN23	Espinho	06-03		
1.51,70	i	Renato Silva		1ex		Braga	16-01		
1.51,76		Tiago Rodrigues		1	Sintra	Massamá	21-05		
1.51,77	i	Fernando Almeida		5h	CE	Madrid	04-03		
1.51,83		Helder Alheira		8	AAL	Lisboa - U	10-06		
1.51,96		Hélio Gomes		4	Maia Athl	Maia	02-07		
1.51,97	João Lopes		CNRM	02-01-86	6	CP	Lisboa - U	24-07	1.53,37-04
1.52,00		Renato Silva			9	AAL	Lisboa - U	10-06	
1.52,01	Luís Pinto		CSM	09-11-75	3		Lisboa - U	13-07	1.48,34-01
1.52,25	Bruno Moreira		ARLVG	08-03-87	7	CP	Lisboa - U	24-07	1.53,88-04
1.52,68	Cristiano Mauricio		SCP	80	1		Lisboa - I	29-06	
1.53,42	Bruno Albuquerque		CPM	89	3h	FOJE	Lignano	04-07	1.57,96-04
<b>1.53,47</b>	<b>i David Soares</b>		<b>CAS</b>	<b>13-05-82</b>	<b>6</b>		<b>Espinho</b>	<b>19-02</b>	<b>1.52,36i-03</b>
1.53,88	Luís Miguel Pinto		MCP	05-01-83	5		Lisboa - U	13-07	1.56,50-04
1.53,99	Helio Fumo		JOMA	MOZ 11-02-83	6		Lisboa - U	13-07	1.55,14-04
1.54,37	Celso Pinto		JOMA	84	7		Lisboa - U	13-07	
1.54,4	Carlos Rodrigues		UAG-Fr	12-01-85	3		Merignac	12-06	1.52,71-04
1.54,71	Angelo Araujo		JV	10-04-85	4		Lisboa - I	29-06	1.55,58-04
1.54,91	José Martins		GSADF	28-04-86	9	CP	Lisboa - U	24-07	1.55,78-04
1.54,99	i Hugo Simões		AAC	20-11-75	4	CNcl-Ap	Espinho	23-01	1.56,59-03
1.55,16	Hugo Nunes		SCP	04-01-84	10	CP	Lisboa - U	24-07	
1.55,19	i Tulio António		JDCS	ANG 24-01-83	11	CP	Espinho	13-02	1.53,80-04
1.55,51	Rui Paulo Silva		CSM	21-11-84	7		Guarda	08-07	1.54,88-04
1.55,68	Nelson Bicho		GDC	07-03-86	1		Seixal	17-07	1.54,34-04
1.55,69	Daniel Bicho		GDC	07-03-86	2		Seixal	17-07	1.54,25-04
1.55,79	David Coelho		CBF	09-05-81	12	CP	Lisboa - U	24-07	
1.55,95	Luís Silva		GDL	04-10-75	2	C.Beiras	Viseu	17-07	3.52,27-02
1.56,01	Luís Rações		JV	28-01-76	2		Caldas da Rainha	08-07	1.53,8-02
1.56,11	Iussufo Camara		DOR	GBS 16-03-88	6		Lisboa - I	29-06	
1.56,11	Aurélio Verissimo		GAF	09-02-81	2		Rio Maior	17-07	1.54,50-04
1.56,17	Luís Freitas		SCP	31-01-79	8		Lisboa - I	29-06	
1.56,17	Filipe Canário		CBF	77	13	CP	Lisboa - U	24-07	
1.56,18	Nelson Oliveira		AAC	26-08-81	2		Coimbra	10-06	1.53,96-04
1.56,2	Sérgio Filho		AAPL	87	3		Massamá	30-05	
1.56,51	Ricardo Paixão		CAAN	01-04-86	9		Lisboa - U	13-07	1.56,40-04
1.56,6	Leandro Fernandes		SCP	05-01-84	4		Massamá	30-04	1.54,18-03
1.56,82	Vítor Tavares		CBF	27-11-80	2		Quarteira	22-06	
1.57,00	João Campeão		GDPN	01-04-77	3		Quarteira	22-06	1.53,6-02

#### Melhor marca ao ar livre de atletas com melhor marca indoor

<b>1.54,69</b>	<b>David Soares</b>		<b>CAS</b>	<b>13-05-82</b>	<b>5</b>		<b>Guarda</b>	<b>08-07</b>	<b>1.52,36i-03</b>
1.57,09	Hugo Simões		AAC	20-11-75	1	CNCL-3	Guimarães	05-06	1.56,59-03
1.55,3	Luís Pinto		CSM	09-11-75	1		Massamá	30-04	1.48,34-01
1.54,06	Renato Silva		JOMA	22-08-81	1	Ap.CNCI	Seixal	29-05	1.48,74-03
1.55,58	Tulio António		JDCS	ANG 24-01-83	2	Ap.CNCI	Seixal	29-05	1.53,80-04

**1000 m – 2.39,0**

2.24,30	Fernando Almeida	SCP	22-06-81	1	Pied. Costa	Alcanena	27-02	
2.24,36	Tiago Rodrigues	FCP	19-06-85	1		Maia	07-05	
2.25,17	Alberto Bispo	SLB	14-01-75	2	Pied. Costa	Alcanena	27-02	2.21,13-02
2.25,31	Luís Fonseca	FCP	14-11-80	2		Maia	07-05	2.27,91-03
2.27,57	Bruno Moreira	ARLVG	08-03-87	3		Maia	07-05	2.32,68-04
2.29,78	Paulo Moreira	GT	24-01-85	4		Maia	07-05	
2.31,96	Carlos da Silva	EALAB-Fr	26-01-86	6		Caluire et Cuir	29-04	2.32,0-04
2.32,22	Carlos Rodrigues	UAG-Fr	12-01-85	1		Talence	28-03	2.30,31-03
2.32,69	Bruno Silva	SMC	21-04-83	5		Maia	07-05	
2.33,51	Jorge Miranda	SLB	88	1		Massamá	17-04	2.33,58-04
2.33,9	David Coelho	CBF	09-05-81	1		Lagos	30-04	
2.33,96	Aurélio Verissimo	GAF	09-02-81	3	Pied. Costa	Alcanena	27-02	
2.34,3	Jorge Varela	CBF	28-08-80	2		Lagos	30-04	
2.35,40	Daniel Bicho	GDC	07-03-86	4	Pied. Costa	Alcanena	27-02	
2.35,87	Bruno Albuquerque	CPM	89	1		Castelo Branco	07-05	2.36,59-04
2.36,1	Dário Marreiros	OCL	88	3		Lagos	30-04	
2.36,37	Luís Salgueiro	SLB	03-04-87	2		Massamá	17-04	3,30-04
2.36,75	Ricardo Martinho	OCL	86	3		Massamá	17-04	
2.36,79	Nelson Correia	GDMata	88	2		Castelo Branco	07-05	
2.36,99	Vitor Amorim	SPNV-Fr	87	3		Paris	17-07	
2.37,02	João Paulo	SLB	88	4		Massamá	17-04	
2.37,49	Daniel Sousa	Ind-P	87	6		Maia	07-05	
2.37,66	Marco Carvalho	JAM	89	3		Castelo Branco	07-05	
2.37,84	Miguel Moreira	AGJC	86	7		Maia	07-05	
2.38,09	Domingos Lopes	GAF	72	5	Pied. Costa	Alcanena	27-02	
2.38,14	Pedro Almeida	SLB	87	5		Massamá	17-04	
2.38,35	i Miguel Gonçalves	ARDGC	89	1		Braga	04-12-04	
2.38,35	i Pedro Sousa	LFC	89	2		Braga	04-12-04	
2.38,45	Marcelino Santos	CRDCS	88	8		Maia	07-05	
2.38,8	Jorge Eduardo	OCL	88	4		Lagos	30-04	

### 1500 m – 3.50,0 – 4.00,0

3.32,91	Rui Silva	SCP	03-08-77	5	GGala	Roma	08-07	3.30,07-01
3.33,87	Rui Silva			3	Tsiklittiria	Atenas	14-06	
3.34,50	Rui Silva			2	Athletissima	Lausanne	05-07	
3.35,02	Rui Silva			11	Van Damme	Bruxelas	26-08	
3.35,15	Rui Silva			1		Huelva	07-06	
3.35,86	Rui Silva			3		Madrid	16-07	
3.35,89	Rui Silva			1		Zaragoza	23-06	
3.36,60	Manuel Damião	MCP	19-07-78	12	GP IAAF	Sevilha	04-06	3.34,37-04
3.37,68	Rui Silva			9	Weltklasse	Zurique	19-08	
3.38,02	Rui Silva			3	WC	Helsinqia	10-08	
3.39,82	Manuel Damião			10	GGala	Roma	08-07	
3.40,64	Manuel Damião			8		Zaragoza	23-06	
3.40,72	Rui Silva			4mf	WC	Helsinqia	08-08	
3.41,83	Rui Silva			4h	WC	Helsinqia	06-08	
3.41,99	Rui Silva			15	GP	Rieti	28-08	
3.43,31	i João Pires	SCP	10-06-79	1		Espinho	19-02	3.41,17i-04
3.43,6	António Travassos	SCP	24-09-71	1		Lisboa - I	22-06	3.37,2-97
3.44,02	i João Pires			8		Karlshure	13-02	
3.44,6	Cristiano Mauricio		80	2		Lisboa - I	22-06	
3.44,88	Rui Silva			1	CNCL-1	Leiria	04-06	
3.45,06	Manuel Damião			1	T.Europa	Leiria	18-06	
3.45,46	Tiago Rodrigues	FCP	19-06-85	1		Maia	22-06	3.52,81-03
3.45,96	Alberto Bispo	SLB	14-01-75	2		Covilhã	16-07	3.39,68-02
3.46,05	Ricardo Ribas	SMC	08-10-77	1		Lisboa - U	06-07	3.43,97-02
3.46,28	i António Travassos			1	CP	Espinho	12-02	
3.46,66	Luís Fonseca	FCP	14-11-80	2		Maia	22-06	3.49,99i-02
3.46,74	i Alberto Bispo			2		Espinho	19-02	
<b>3.46,81</b>	<b>Alexandre Silva</b>	<b>CAS</b>	<b>05-04-84</b>	<b>3</b>		<b>Maia</b>	<b>22-06</b>	<b>3.51,25-04</b>

3.46,92		Luís Miguel Pinto	MCP		05-01-83	2		Lisboa - U	06-07	3.47,47-04
3.47,03		Ricardo Barbosa	FCP		31-03-86	4		Maia	22-06	3.53,94-04
3.47,21		José Rocha	CyAC		06-07-76	5		Maia	22-06	3.43,0-97
3.47,52		Luís Pinto	CSM		09-11-75	3		Lisboa - U	06-07	3.45,54-02
3.47,91	i		Alberto Bispo			2	CP	Espinho	12-02	
3.47,95			Luís Fonseca			2	CNCL-1	Leiria	04-06	
3.48,2			Luís Miguel Pinto			3		Lisboa - I	22-06	
3.48,38		Eduardo Mbengani	CSM	CGO	08-01-85	4		Lisboa - U	06-07	3.53,05-04
3.48,54	i		João Lopes		02-01-86	3	CP	Espinho	12-02	3.51,79-04
3.48,92	i		Hélio Gomes		27-12-84	1	CN23	Espinho	05-03	3.49,34-04
3.49,0			Ricardo Ribas			1		Lisboa - U	14-05	
3.49,00			Luís Miguel Pinto			3		Covilhã	16-07	
3.49,02		Carlos Silva	SCP		03-09-83	5		Lisboa - U	06-07	3.45,71-04
3.49,11			João Pires			1		Lisboa - U	30-01	
3.49,2			Cristiano Maurício			ex		Lisboa - U	14-05	
3.49,50		Mário Teixeira	SCP		20-09-74	5		Covilhã	16-07	3.49,58-02
3.49,7			Carlos Silva			4		Lisboa - I	22-06	
3.49,70	i		Tiago Rodrigues			4	CP	Espinho	12-02	
3.49,80			Hélio Gomes			6		Maia	22-06	
3.50,0			Eduardo Mbengani			5		Lisboa - I	22-06	
3.50,15		Fernando Almeida	SCP		22-06-81	1		Lisboa - U	09-01	3.47,72-01
3.50,22		Tulio António	JDCS	ANG	24-01-83	6		Lisboa - U	06-07	3.50,55-04
3.50,57		Nelson Oliveira	AAC		26-08-81	1	Cid. Beja	Beja	08-06	3.52,58-04
3.50,97		Dario Garcias	JDN		19-09-77	7		Lisboa - U	06-07	3.47,59-02
3.51,51		Euclides Varela	SLB	CVD	04-06-82	8		Lisboa - U	06-07	
3.51,85	i		Diogo Sousa		28-11-83	2	CN23	Espinho	05-03	3.50,4-02
3.52,13			Sérgio Dias		22-10-84	9		Lisboa - U	06-07	3.55,07-03
3.52,79		Bruno Moreira	ARLVG		08-03-87	7		Maia	22-06	3.56,39-03
3.52,9		Bruno Fraga	GDRR		14-05-77	7		Lisboa - I	22-06	3.52,32-03
3.53,36		Fernando Tavares	GDRR		24-12-84	10		Lisboa - U	06-07	3.55,00-04
3.53,43	i		Nuno Valente		17-10-83	7	CP	Espinho	12-02	3.50,22i-04
3.53,46			Emanuel Costa		25-01-86	9		Covilhã	16-07	
3.53,58		Renato Silva	JOMA		22-08-81	3		Lisboa - U	09-01	3.53,04-04
3.53,74		Alberto Paulo	CSM		03-10-85	10		Covilhã	16-07	
3.54,41		Helder Santos	CCDR		11-06-83	3	Ap.CNCl	Braga	28-05	
3.54,64		David Coelho	CBF		09-05-81	4	Cid. Beja	Beja	08-06	3.58,15-04
3.54,7		Rui Paulo Silva	CSM		21-11-84	2		Funchal	21-05	3.53,61-04
3.55,0		Pedro Maravilhas Marques	CMC		04-12-76	13		Lisboa - I	22-06	3.51,71-04
3.55,17	i		Nelson Silva		25-10-82	1	CNcl-Ap	Espinho	22-01	3.52,65-04
3.55,72			Sérgio Silva		03-04-83	12		Lisboa - U	06-07	
3.55,75		José Carvalho	NARV		13-02-77	8		Maia	22-06	
3.55,75		Ricardo Paixão	SCP		01-04-86	11		Covilhã	16-07	3.58,87-04
3.55,89		Rui Teixeira	ADAm		08-05-82	9		Maia	22-06	3.57,30-04
3.56,03		Angelo Araujo	JV		10-04-85	3	Ap.CNCl	Marinha Grande	28-05	
3.56,11	i		Jorge Varela		28-08-80	3	CNcl-Ap	Espinho	22-01	3.50,61-02
3.56,24		Pedro Cruz	GREC		15-08-82	4	Ap.CNCl	Braga	28-05	3.55,26-04
3.56,26		José Moreira	ACRVC		05-05-80	1	Cap.J.Duarte	Luso	01-06	
3.56,34		Paulo Moreira	GT		24-01-85	10		Maia	22-06	3.56,49-04
3.56,6		Luís Rações	JV		28-01-76	1	C.Beiras	Viseu	16-07	
3.56,8		Luís Silva	GDL		04-10-75	2	C.Beiras	Viseu	16-07	3.52,27-02
3.56,92	i		Marco Costa		23-10-81	4	CNcl-Ap	Espinho	22-01	3.51,36-02
3.57,1		Nuno Guerra	NAC		21-01-76	3	C.Beiras	Viseu	16-07	3.44,90-00
3.57,13		Bruno Albuquerque	CPM		89	4	FOJE	Lignano	05-07	4.04,84-04
3.57,67		Helder Alheira	SCP		28-07-85	5		Lisboa - U	09-01	3.52,22-04
3.57,71	i		Helio Fumo	MOZ	11-02-83	5	CN23	Espinho	05-03	3.52,45-04
3.58,05		Vitor Reis	JDF		87	8	Cid. Beja	Beja	08-06	4.08,9-04
3.58,32		Carlos Piedade	ACRVC		78	11		Maia	22-06	
3.58,33		António Silva	CPM		87	3	Cap.J.Duarte	Luso	01-06	4.10,83-04
3.58,34		José Luz	CABB		02-09-70	2	CNCL-3	Guimarães	04-06	
3.58,35		Manuel Ferreira	JUF		08-11-67	4	Cap.J.Duarte	Luso	01-06	
3.59,0		Marco Gaspar	GREC		26-05-83	5	C.Beiras	Viseu	16-07	3.55,50-04
3.59,07		Celso Pinto	JOMA		84	13		Lisboa - U	06-07	

3.59,2	Nelson Rebelo	JOMA	ANG	86	16		Lisboa - I	22-06	
3.59,34	Carlos Teixeira	SLB		02-03-86	4	Ap.CNCL	Seixal	28-05	3.57,53-04
3.59,43	Miguel Quaresma	SCP		10-06-83	14		Lisboa - U	06-07	
<b>3.59,47</b>	<b>Marco Pinto</b>	<b>CAS</b>		<b>11-10-86</b>	<b>2 ex</b>		<b>Coimbra</b>	<b>09-06</b>	
3.59,5	Ricardo Abreu	JDCS		12-08-79	17		Lisboa - I	22-06	8.15,12-04
3.59,54	Ruben Brás	DOR		86	1		Lisboa - U	07-05	
3.59,68	André Moreira	GT		85	3	C.Norte	Guimarães	16-07	
3.59,8	Daniel Bicho	GDC		07-03-86	18		Lisboa - I	22-06	
3.59,9	Pedro Cirne	ACB		88	7	CBeiras	Viseu	16-07	
3.59,94	Sérgio Dias	CCDR		20-03-85	12		Maia	22-06	

#### Melhor marca ao ar livre de atletas com melhor marca indoor

4.00,06	Helio Fumo	JOMA	MOZ	11-02-83	12	CP	Lisboa - U	23-07	3.52,45-04
3.51,09	João Lopes	CNRM		02-01-86	7		Covilhã	16-07	3.51,79-04
4.00,0	Marco Costa	JDCS		23-10-81	19		Lisboa - I	22-06	3.51,36-02

#### Milha – 5.00,0

3.52,13	Rui Silva	SCP		03-08-77	10	Bislett	Oslo	29-07	3.49,50-02
4.23,8	David Coelho	CBF		09-05-81	1		Huelva	03-09	
4.29,3	Manuel Ferraz	CBF		09-12-75	3		Huelva	03-09	3.58,0-04
4.30,27	André Silva	LFC		17-07-86	1		Braga	04-12-04	
4.30,7	Filipe Canário	CBF		77	4		Huelva	03-09	
4.30,76	Oscar Mendes	LFC		27-05-81	2		Braga	04-12-04	4.31,18i-00
4.34,06	José Rodrigues	CyAC		16-11-86	3		Braga	04-12-04	
4.35,29	Filipe Marques	JOBRA		08-08-80	1		Espinho	18-02	
4.37,51	Bruno Vasconcelos	CyAC		25-05-74	4		Braga	04-12-04	
4.38,2	Natalino Castanheira	CAO-F		79	9		Huelva	03-09	
4.40,0	Paulo Soares	CBF		04-01-75	10		Huelva	03-09	
4.48,1	Fernando Pires	CBF		58	1		Huelva	03-09	

#### 2000 m - 6.00,0

5.46,9	Vitor Cordeiro	ACP		07-03-64	1		Portalegre	11-12	
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#### 3000 m – 8.15,0 – 8.35,0

7.57,67	Ricardo Ribas	SMC		08-10-77	9	FBKG	Hengelo	29-05	7.55,91-02
7.59,11	Rui Silva	SCP		03-08-77	1	CNCL-1	Leiria	05-06	7.39,44i-00
7.59,64	António Travassos	SCP		24-09-71	12		Huelva	07-06	7.50,80-97
8.02,37	Rui Pedro Silva	SMC		06-05-81	10		Sotteville	08-07	8.04,53-04
8.02,51	Hermano Ferreira	MCP		16-11-82	1	Sintra	Massamá	21-05	8.17,7-02
8.03,16		Ricardo Ribas			2	Sintra	Massamá	21-05	
8.03,67		Rui Pedro Silva			3	Sintra	Massamá	21-05	
8.04,60	Fernando Silva	MCP		01-03-80	16		Huelva	07-06	
8.06,35	José Rocha	CyAC		06-07-76	5	Sintra	Massamá	21-05	8.10,90i-97
8.06,51		José Rocha			1		Vigo	16-06	
8.06,67		Rui Silva			17	GP	Doha	13-05	
8.06,68		Fernando Silva			2		Vigo	16-06	
8.07,49	José Maduro	MCP		12-09-72	6	Sintra	Massamá	21-05	8.00,51i-04
8.09,84	Cristiano Mauricio	SCP		80	7		Massamá	21-05	
8.10,10	Pedro Ribeiro	SMC		25-03-81	12	Kusoc	Varsóvia	12-06	7.58,27i-04
8.10,26		Rui Silva			1	T.Europa	Leiria	19-06	
8.10,67		Rui Silva			1	TCCE	Lagos	29-05	
8.12,64	i	José Rocha			1	CP	Espinho	13-02	
8.13,07	i	António Travassos			2	CP	Espinho	13-02	
8.13,25		Pedro Ribeiro			8	Sintra	Massamá	21-05	

8.13,50	i	António Travassos				1	CNCl	Espinho	06-02	
8.14,83		José Rocha				1	Ap.CNCl	Braga	29-05	
8.14,95		Youssef Kalai	NAC	MAR	01-03-81	1	CNCL-3	Guimarães	05-06	8.27,51-04
8.15,04		Youssef Kalai			01-03-81	2	Ap.CNCl	Braga	29-05	
8.16,32		Carlos M. Silva	SCP		03-09-83	9	Sintra	Massamá	21-05	8.10,36-04
8.17,38		Ricardo Abreu	JDCS		12-08-79	2	CNCL-2	Guimarães	05-06	8.15,12-04
<b>8.18,14</b>	<b>i</b>	<b>Alexandre Silva</b>	<b>CAS</b>		<b>05-04-84</b>	<b>3</b>	<b>CP</b>	<b>Espinho</b>	<b>13-02</b>	<b>8.24,08i-04</b>
8.18,24	i	Eduardo Mbengani	CSM	CGO	08-01-85	1	CN23	Espinho	06-03	8.23,27-04
8.21,78	i	Alberto Paulo	CSM		03-10-85	5	CP	Espinho	13-02	
8.22,79	i	Nuno Valente	FCP		17-10-83	4	CNCl	Espinho	06-02	8.14,24i-04
8.23,60	i	Euclides Varela	SLB	CVD	04-06-82	5	CNCl	Espinho	06-02	8.19,17i-04
8.26,16	i	Pedro Cruz	GREC		15-08-82	2	CBeiras	Espinho	16-01	8.29,56i-04
8.26,65	i	Fernando Pinho	ACRVC		12-01-73	3	CBeiras	Espinho	16-01	8.32,05i-04
8.26,92		Alberto Bispo	SLB		14-01-75	1	Ap.CNCl	Seixal	29-05	
8.27,51		Luís Miguel Pinto	MCP		05-01-83	11	Sintra	Massamá	21-05	8.22,5-04
8.27,61	i	Bruno Silva	SMC		21-04-83	3	CN23	Espinho	06-03	8.15,08-03
8.28,41	i	Manuel Ferreira	JUF		08-11-67	4	CBeiras	Espinho	16-01	8.24,17i-99
9.28,53		Paulo Guerra	MCP		21-08-70	1		Albufeira	12-09	7.49,94-96
8.29,06		José Moreira	ACRVC		05-05-80	1		Aveiro	26-03	8.24,55-04
8.29,12		Pedro Cirne	ACB		88	4	FOJE	Lignano	08-07	
8.29,13		Manuel Damião	MCP		19-07-78	4		Albufeira	12-09	7.55,93-03
8.30,51		Emanuel Costa	GC		25-01-86	12	Sintra	Massamá	21-05	
8.30,98		Jorge Varela	CBF		28-08-80	3	Ap.CNCl	Seixal	29-05	8.24,00-04
8.31,2		Mário Teixeira	SCP		20-09-74	3		Lisboa - U	15-01	8.03,12-99
8.31,52	i	José Carvalho	NARV		13-02-77	1	C.Norte	Braga	16-01	8.33,34i-04
<b>8.31,69</b>		<b>Marco Pinto</b>	<b>CAS</b>		<b>11-10-86</b>	<b>1</b>	<b>Ap.CNCl</b>	<b>Marinha Grande</b>	<b>29-05</b>	
8.31,86		Carlos da Silva	EALAB-Fr		26-01-86	5		Reims	22-05	8.32,0-04
8.32,05	i	Manuel Ferraz	CBF		09-12-75	5	CNCl-Ap	Espinho	22-01	8.38,69i-04
8.32,68		Ruben Brás	DOR		86	13	Sintra	Massamá	21-05	
8.32,88	i	Paulo Galego	JOMA		25-10-68	6	CNCl-Ap	Espinho	22-01	8.33,47-03
8.32,9		Luís Pinto	CSM		09-11-75	4		Lisboa - U	15-01	
8.33,32		Nelson Oliveira	AAC		26-08-81	2	Ap.CNCl	Marinha Grande	29-05	
8.33,43	i	João Pedro	GREC		28-06-74	7	CNCl-Ap	Espinho	22-01	8.13,04i-98
8.34,69	i	Luís Rações	JV		28-01-76	6	CNCl	Espinho	06-02	
8.34,69		Sérgio Dias	MCP		22-10-84	14	Sintra	Massamá	21-05	

#### Melhor marca ao ar livre de atletas com melhor marca indoor

8.28,03		Alberto Paulo	CSM		03-10-85	1		Funchal	09-01	
8.36,2		Euclides Varela	SLB	CVD	04-06-82	5		Lisboa - U	15-01	8.19,17i-04
8.25,85		Eduardo Mbengani	CSM	CGO	08-01-85	2	CNCL-1	Leiria	05-06	8.23,27-04
8.27,57		Pedro Cruz	GREC		15-08-82	1	Cap.J.Duarte	Luso	29-06	8.29,56i-04

#### 5000 m – 14.20,0 – 15.10,0

13.46,86		Ricardo Ribas	SMC		08-10-77	2	AAL	Lisboa - U	10-06	13.47,26-01
13.47,92		Ricardo Ribas				5		Aarhus	24-07	
13.49,04		Rui Pedro Silva	SMC		06-05-81	1	Maia Athl	Maia	02-07	13.44,23-04
13.49,48		Youssef Kalai	NAC	MAR	01-03-81	2	Maia Athl	Maia	02-07	14.12,94-04
13.49,71		Rui Pedro Silva				3	AAL	Lisboa - U	10-06	
13.50,54		Rui Pedro Silva				8	Lombardia	Milão	01-06	
13.51,35		Rui Pedro Silva				1		Maia	18-05	
13.56,93		Fernando Silva	MCP		01-03-80	21	GP IAAF	Sevilha	04-06	13.57,42-04
14.08,62		Youssef Kalai				2		Maia	18-05	
14.14,92		José Maduro	MCP		12-09-72	6	AAL	Lisboa - U	10-06	13.58,59-03
14.15,07		Pedro Ribeiro	SMC		25-03-81	3		Maia	18-05	
14.16,19		José Rocha	CyAC		06-07-76	3	Maia Athl	Maia	02-07	14.10,29-04
14.16,54		Carlos M. Silva	SCP		03-09-83	1		Lisboa - U	13-07	
14.18,30		Nuno Costa	ADAm		04-11-86	4	Maia Athl	Maia	02-07	14.40,16-04
14.18,26		Sérgio Silva	CBSM		03-04-83	2		Lisboa - U	13-07	14.46,14-04

14.19,65	Ricardo Abreu	JDCS		12-08-79	7	AAL	Lisboa - U	10-06	14.23,18-04
14.19,92		Carlos M. Silva			5	Maia Athl	Maia	02-07	
14.21,21	Bruno Silva	SMC		01-10-81	4		Maia	18-05	14.00,99-04
14.22,68	António Travassos	SCP		24-09-71	5	TCCE	Lagos	28-05	13.47,55-04
14.24,77	Rui Teixeira	ADA		08-05-82	6	Maia Athl	Maia	02-07	14.32,98-04
14.29,52	Nelson Cruz	CSA	CVD	31-12-77	11	AAL	Lisboa - U	10-06	14.16,01-04
14.30,86	Licínio Pimentel	SMC		12-04-77	1		Braga	29-06	14.13,42-04
14.31,34	Luís Miguel Pinto	MCP		05-01-83	12	AAL	Lisboa - U	10-06	14.46,12-04
14.31,83	Paulo Gomes	GDRC		15-05-73	1		Seia	29-06	13.53,83-01
14.32,02	António Silva	CPM		87	2		Seia	29-06	
14.33,20	Emanuel Costa	ARDGC		25-01-86	13	AAL	Lisboa - U	10-06	14.54,61-04
<b>14.33,49</b>	<b>Alexandre Silva</b>	<b>CAS</b>		<b>05-04-84</b>	<b>2</b>	<b>St.Joana</b>	<b>Aveiro</b>	<b>12-05</b>	
14.34,16	Euclides Varela	SLB	CVD	04-06-82	3		Lisboa - U	14-05	14.26,37-04
14.34,39	Manuel Ferreira	JUF		08-11-67	1	Cap.J.Duarte	Aveiro	13-07	
<b>14.35,52</b>	<b>Marco Pinto</b>	<b>CAS</b>		<b>11-10-86</b>	<b>3</b>	<b>St.Joana</b>	<b>Aveiro</b>	<b>12-05</b>	
14.37,09	José Carvalho	NARV		13-02-77	5		Maia	18-05	
14.37,97	Pedro Cruz	GREC		15-08-82	4	St.Joana	Aveiro	12-05	
14.38,71	Eduardo Mbengani	CSM	CGO	08-01-85	3	Ap.CNCI	Seixal	28-05	14.31,45-04
14.39,16	Carlos da Silva	EALAB-Fr		26-01-86	6		Villefranche-sur-saône	25-06	14.46,40-04
14.39,38	Bruno Henriques	JOBRA		86	6		Maia	18-05	
14.39,66	Nelson Gomes	NAVR		20-03-81	7		Maia	18-05	
14.41,32	José Moreira	ACRVC		05-05-80	3	CP	Lisboa - U	23-07	14.19,66-04
14.42,34	António Silva	LFC		70	8		Maia	18-05	
14.42,58	Carlos Costa	ARDGC		02-03-86	9		Maia	18-05	
14.45,51	João Pedro	GREC		28-06-74	3	Ap.CNCI	Braga	28-05	14.05,15-98
14.46,27	Jorge Varela	CBF		28-08-80	1	CNCL-2	Guimarães	04-06	14.10,37-02
14.46,73	Sérgio Dias	MCP		22-10-84	3		Lisboa - U	13-07	14.59,24-03
14.47,08	Daniel Pinheiro	CRDCS		83	11		Maia	18-05	
14.49,54	Vitor Santos	GDL		11-10-77	4	Ap.CNCI	Braga	28-05	14.35,58-01
14.57,24	André Ribeiro	UDV		87	3		Braga	29-06	
14.57,58	Miguel Quaresma	SCP		10-06-83	4		Lisboa - U	13-07	
14.57,77	Aires Sousa	ARDGC		70	1	C.Norte	Guimarães	16-07	14.17,98
14.59,02	Carlos Oliveira	CCDR		22-07-69	5	Ap.CNCI	Braga	28-05	14.53,88-04
14.59,74	Filipe Ferreira	CAFZ		81	12		Maia	18-05	
15.00,56	José Azevedo	LPSC		81	5		Lisboa - U	13-07	
15.00,82	Fernando Pinho	ACRVC		12-01-73	2	C. Beiras	Viseu	16-07	14.38,06-03
15.01,24	Tiago Alves	JOMA		83	6		Lisboa - U	13-07	
15.01,50	Luís Almeida	JDCS		14-08-72	7		Lisboa - U	13-07	
15.01,52	Alberto Almeida	CPVV		66	2	CSIT	Curitiba	09-09	
15.02,01	Elias Couto	Fra		10-07-71	6		Versailles	07-05	14.14,95-93
15.02,72	Manuel Sousa	BFC		01-04-72	4	C.Norte	Guimarães	16-07	13.51,5-96
15.03,95	Nuno Valente	FCP		17-10-83	6	Ap.CNCI	Braga	28-05	
15.04,27	Vitor Cordeiro	ACP		07-03-64	1	C.Alent.	Beja	21-05	14.49,84-03
15.04,50	Manuel Ferraz	CBF		09-12-75	4	Ap.CNCI	Seixal	28-05	14.34,93-04
15.04,78	Nelson Silva	JOMA		25-10-82	4	CNCL-1	Leiria	04-06	14.45,7-04
15.05,96	Paulo Galego	JOMA		25-10-68	5	Ap.CNCI	Seixal	28-05	14.38,05-03
15.06,13	Américo Simão	BA		30-01-75	1	Ap.CNCI	Marinha Grande	28-05	14.27,59-99
15.07,42	Domingos Lopes	GAF		72	14		Maia	18-05	

### 10.000 m – 29.00,0 – 33.00,0

28.54,10	Ricardo Ribas	SMC		08-10-77	8	ECp	Barakaldo	02-04	
28.54,44	José Ramos	GDRC		28-07-68	9	ECp	Barakaldo	02-04	27.55,66-99
29.16,32	Manuel Magalhães	NAJ		15-09-75	13	ECp	Barakaldo	02-04	28.25,05-04
29.28,98	Youssef Kalai	NAC	MAR	01-03-81	2	CN	Maia	22-06	
29.29,19	Pedro Sampaio	ARDGC		08-05-74	3	CN	Maia	22-06	
29.38,44	Nuno Costa	ADAm		04-11-86	4	CN	Maia	22-06	30.12,44-04
30.00,76	Nelson Cruz	CSA	CVD	31-12-77	5	CN	Maia	22-06	30.04,89-04
30.19,92	Sérgio Silva	CBSM		83	6	CN	Maia	22-06	
30.20,82	Fernando Pinho	ACRVC		12-01-73	7	CN	Maia	22-06	30.08,56-04
30.30,37	José Moreira	ARCVC		05-05-80	1	CBeiras	Luso	08-05	30.01,31-04

30.55,99	Bruno Silva	SMC	21-04-83	8	CN	Maia	22-06	29.40,74-03
30.56,20	António Sousa	B92	26-02-70	1		Abrantes	21-05	
31.03,38	Vitor Cordeiro	ACP	07-03-64	3		San Sebastian	31-08	31.40,21-03
31.27,22	Telmo Silva	GDRC	78	2		Abrantes	21-05	
31.33,63	José Santos	CMC	29-10-70	3		Abrantes	21-05	30.59,34-04
31.51,73	Daniel Pinheiro	CRDCS	83	1		Maia	07-05	
31.54,18	António Silva	LFC	70	2		Maia	07-05	
31.54,36	André Ferreira	ACRVC	05-10-72	3	CBeiras	Luso	08-05	30.53,6-03
31.57,56	José Ferreira	CCSJM	06-03-67	4	CBeiras	Luso	08-05	30.38,8-03
32.17,86	Filipe Ferreira	CAFZ	81	4		Abrantes	21-05	
32.19,80	Jerónimo Oliveira	GT	23-10-86	3		Maia	07-05	
32.24,28	António Mariz	APPACDM	72	3	INAS-FID	Camberra	30-09	
32.29,45	Filipe Rosa	CAFZ	84	5		Abrantes	21-05	
32.29,7	Paulo Soares	CBF	04-01-75	1		Quarteira	20-05	31.43,48-04
32.29,87	José Heitor	B92	66	6		Abrantes	21-05	
32.30,0	Jorge Varela	CBF	28-08-80	2		Quarteira	20-05	
32.33,45	Alcino Almeida	INAT	67	3	CSIT	Curitiba	08-09	31.37,80-02
33.41,57	Joaquim Pinto	INAT		4	CSIT	Curitiba	08-09	
32.44,75	António Magalhães	Coelima	68	4		Maia	07-05	
32.47,38	Ricardo Magalhães	NAJ	85	5		Maia	07-05	

### 3000 m Obst. – 9.05,0 – 10.00,0

8.32,81	Mário Teixeira	SCP	20-09-74	1		Gava	12-06	8.25,64-04
8.35,66		Mário Teixeira		4	T.Europa	Leiria	19-06	
8.36,47		Mário Teixeira		7	Lombardia	Milão	01-06	
8.38,56	Pedro Ribeiro	SMC	25-03-81	6		Sotteville	08-07	8.36,98-04
8.39,08		Mário Teixeira		3	TCCE	Lagos	29-05	
8.42,19		Mário Teixeira		1	CP	Lisboa - U	24-07	
8.42,62		Pedro Ribeiro		1		Maia	22-06	
8.43,09		Pedro Ribeiro		5		Alcalá de Henares	18-06	
8.43,95	Manuel Silva	ARDGC	08-10-78	16	DNG	Estocolmo	26-07	8.19,82-04
8.44,41		Mário Teixeira		7	GP	Osaka	07-05	
8.46,06		Pedro Ribeiro		2	CP	Lisboa - U	24-07	
8.46,43		Mário Teixeira		1	CNCL-1	Leiria	05-06	
8.48,26		Manuel Silva		2	Maia Athl	Maia	02-07	
8.49,84		Pedro Ribeiro		3	Maia Athl	Maia	02-07	
8.51,56	Alberto Paulo	CSM	03-10-85	2	CNCL-1	Leiria	05-06	9.07,63-04
8.51,87		Manuel Silva		12		Zaragoza	23-06	
8.52,12		Mário Teixeira		1		Lisboa - U	15-05	
8.57,07		Alberto Paulo		8		Alcalá de Henares	18-06	
9.00,82		Alberto Paulo		4	CP	Lisboa - U	24-07	
9.00,87		Manuel Silva		17	GP IAAF	Sevilha	04-06	
9.09,83	Nelson Silva	JOMA	25-10-82	3	CNCL-1	Leiria	05-06	8.56,44-04
9.11,59	Marco Gaspar	GREC	26-05-83	2	CN23	Abrantes	03-07	9.00,88-04
<b>9.16,11</b>	<b>Alexandre Silva</b>	<b>CAS</b>	<b>05-04-84</b>	<b>4</b>	<b>CNCL-1</b>	<b>Leiria</b>	<b>05-06</b>	
9.16,88	Eduardo Mbengani	CSM	CGO 08-01-85	3	CN23	Abrantes	03-07	9.11,75-04
9.17,10	Sérgio Silva	CCSJM	15-04-78	6	Maia Athl	Maia	02-07	9.02,84-99
9.17,74	Artur Rodrigues	GDL	23-06-75	7	Maia Athl	Maia	02-07	9.28,77-04
9.18,82	Miguel Quaresma	SCP	10-06-83	1		Lisboa - I	29-06	9.18,43-04
9.19,61	Luis Rações	JV	28-01-76	5	CNCL-1	Leiria	05-06	9.12,98-04
9.22,87	David Coelho	CBF	09-05-81	1	CNCL-2	Guimarães	05-06	9.30,06-04
9.29,11	Nelson Rebelo	JOMA	ANG 86	2		Lisboa - I	29-06	
9.30,39	José Rodrigues	CyAC	16-11-86	1	CNJ	Póvoa de Varzim	10-07	9.51,31-04
9.31,6	Alberto Almeida	CPVV	66	1		Lisboa - I	24-07	8.57,82-96
9.32,20	Carlos Costa	ARDGC	02-03-86	1	C.Norte	Guimarães	17-07	9.37,91-04
9.32,8	Daniel Martins	INAT		2		Lisboa - I	24-07	
9.33,85	Jeronimo Oliveira	GT	23-10-86	8	Maia Athl	Maia	02-07	9.32,54-04
9.35,33	Paulo Galego	JOMA	25-10-68	3		Lisboa - I	29-06	9.33,68-04
9.35,50	Marco Costa	JDCS	23-10-81	2	CNCL-2	Guimarães	05-06	
9.39,97	Cricio Rodrigues	GDE	28-05-80	4	CNCL-2	Guimarães	05-06	9.48,15-99



9.41,22	Manuel Sousa	BFC	01-04-72	2	C.Norte	Guimarães	17-07	8.38,49-96
9.41,34	Filipe Rosa	CAFZ	84	1		Rio Maior	17-07	
9.44,94	Luís Catarino	GSADF	18-09-82	5	CNCL-2	Guimarães	05-06	9.27,81-04
9.46,2	Américo Caldeira	INAT		3		Lisboa - I	24-07	
<b>9.46,46</b>	<b>Luís Abrantes</b>	<b>ACRSD</b>	<b>27-04-86</b>	<b>5</b>	<b>C.Beiras</b>	<b>Viseu</b>	<b>17-07</b>	
9.46,92	Pedro Lima	JOMA		2		Seixal	19-06	
9.47,40	Sérgio Dias	CCDR	20-03-85	6	CNCL-2	Guimarães	05-06	
9.48,17	Tiago Alves	JOMA	83	4		Lisboa - I	29-06	
9.49,31	Reginaldo Cruz	CABB	02-02-77	2	CNCL-3	Guimarães	05-06	9.42,28-02
9.49,54	Vítor Amorim	SPNV-Fr	87	10		Rennes	03-07	
9.49,65	Américo Simão	BA	30-01-75	7	CNCL-2	Guimarães	05-06	9.04,57-99
9.49,7	Luís Francisco	INAT		2		Lisboa - I	19-06	
9.50,07	Pedro Fernandes	GSADF	83	6	C. Beiras	Viseu	17-07	
9.51,13	Luís Almeida	JDCS	14-08-72	4	Ap.CNCL	Seixal	29-05	9.44,60-04
9.52,54	Ricardo Mendes	FCP	19-08-85	4	C.Norte	Guimarães	17-07	9.37,52-03
9.53,07	Helder Correia	LFC	79	7		Maia	22-06	
9.53,36	Vítor Carmo	CAFZ	06-06-86	4	CNJ	Póvoa de Varzim	10-07	9.51,21-04
9.53,83	Ricardo Paixão	CAAN	01-04-86	5		Lisboa - I	29-06	9.58,67-04
9.54,61	Diogo Silva	CSM	87	6		Lisboa - I	29-06	
9.55,44	André Ribeiro	UDV	87	5	C.Norte	Guimarães	17-07	
9.57,4	Hugo Mendes	INAT		4		Lisboa - I	24-07	
9.58,26	Ricardo Silva	CFUL	17-12-83	7	C. Beiras	Viseu	17-07	32.14,77-03
<b>9.59,16</b>	<b>André Branquinho</b>	<b>ACRSD</b>	<b>31-07-83</b>	<b>8</b>		<b>Maia</b>	<b>22-06</b>	
9.59,58	Hamid Hakim	CUAB	*	82		Lisboa - I	29-06	

### 110 m B – 15,00 – 17,00

13,95	1,4	Luís Sá	FCP	17-03-81	7	T.Europa	Leiria	19-06	13,62-04	
13,95	0,2	Luís Sá			1h	CP	Lisboa - U	23-07		
14,04	1,8	Luís Sá			1	Cid. Beja	Beja	08-06		
14,07	1,8	Luís Sá			1	AAL	Lisboa - U	10-06		
14,12	0,2	Luís Sá			1		Braga	13-07		
14,15	1,8	Rui Palma	SCP	04-01-78	2	Cid. Beja	Beja	08-06	13,78-02	
14,17	-0,3	Rui Palma			2		Covilhã	16-07		
14,20	1,8	Mykola Skorokhod	SCP	UKR	04-03-76	2	AAL	Lisboa - U	10-06	14,34-00
14,21	1,2	Luís Sá			7	GP IAAF	Sevilha	04-06		
14,23	1,6	Luís Sá			1	Ap.CNCL	Braga	29-05		
14,25	-2,1	Mykola Skorokhod			1		Lisboa - U	14-05		
14,26	1,9	Rui Palma			1		Lisboa - U	13-07		
14,29	-0,6	Luís Sá			7h	Univers	Izmir	15-08		
14,33	1,8	Rui Palma			3	AAL	Lisboa - U	10-06	13,78-02	
14,36	-2,8	Luís Sá			1	Por/Esp	Beja	08-06		
14,36	0,8	Luís Sá			3		Salamanca	06-07		
14,43	0,2	Luís Fernandes	JV	31-05-82	2h	CP	Lisboa - U	23-07	14,54-04	
14,46	-0,1	João Ferreira	SLB	20-10-86	4h	EJ	Kaunas	22-07	14,81-04	
14,48	0,3	Mykola Skorokhod			1	Pied. Costa	Alcanena	27-02		
14,49	-2,8	Rui Palma			2	Por/Esp	Beja	08-06		
14,53	1,8	Luís Fernandes			4	Cid. Beja	Beja	08-06		
14,55	1,8	João Ferreira			5	Cid. Beja	Beja	08-06		
14,56	1,6	João Ferreira			1	CNJ	Povo de Varzim	10-07		
14,57	-2,4	João Ferreira			5	EJ	Kaunas	23-07		
14,59	-2,1	Rui Palma			2		Lisboa - U	14-05		
14,61	1,8	Luís Fernandes			4	AAL	Lisboa - U	11-06		
14,63	-0,3	Mykola Skorokhod			3		Covilhã	16-07		
14,65	-0,3	Luís Fernandes			4		Covilhã	16-07		
14,66	-2,7	Mykola Skorokhod			8	Cid. Beja	Beja	08-06		
14,68	1,8	João Nunes	SCP	06-03-83	5	AAL	Lisboa - U	10-06	14,47-04	
14,68	0,8	João Nunes			3	Caja Duero	Salamanca	13-06		
14,68	0,8	Mykola Skorokhod			4	Caja Duero	Salamanca	13-06		
14,71	1,8	João Ferreira			6	AAL	Lisboa - U	10-06		
14,77	-2,8	Luís Fernandes			5	Por/Esp	Beja	08-06		

14,83	1,9	Diogo Fernando		CFB	21-12-72	2		Lisboa - U	13-07	14,44-99	
14,86	-0,3		Diogo Fernando			5		Covilhã	16-07		
14,89	0,3		Luís Fernandes			2	Pied. Costa	Alcanena	27-02		
14,93	0,2	Ricardo Nobre		MAC	02-11-83	3h	CP	Lisboa - U	23-07	15,08-04	
14,95	0,3	Rodrigo Dionísio		SLB	22-06-85	3	Pied. Costa	Alcanena	27-02	14,68-04	
14,95	-2,1		Diogo Fernando			3		Lisboa - U	14-05		
14,98	1,8		Diogo Fernando			7	AAL	Lisboa - U	10-06		
15,02	1,9	Pedro Almeida		JOMA	28-08-86	8	AAL	Lisboa - U	10-06	15,20-04	
15,07	-2,1	José Carvalho		AFCA	13-03-81	4		Lisboa - U	14-05	14,58-00	
15,15	1,9	Pedro Correia		CBF	03-04-84	9	AAL	Lisboa - U	10-06	14,84-01	
<b>15,16</b>	<b>-0,9</b>	<b>Bruno Costa</b>		<b>CAS</b>	<b>RR</b>	<b>17-03-80</b>	<b>2</b>	<b>Maia</b>	<b>22-06</b>	<b>15,25-04</b>	
15,17	0,5	Paulo Ferreira		CyAC	25-08-76	1	CNCL-2	Guimarães	05-06	14,58-04	
15,29	0,5	Pedro Silva		CBF	04-03-85	2	CNCL-2	Guimarães	05-06	15,46-04	
15,35	0,2	Michel Ferreira		AtSal-Fr	28-03-75	1		Aix-les-Bains	07-05	15,25-04	
15,49	1,2	Paulo Gonçalves		SCB	05-03-84	1		Braga	29-06	15,79-04	
15,53	0,1	Vitor Rodrigues		SUOV	20-04-84	Dec	CBeiras	Luso	08-05	15,72-02	
15,57	1,6	Tiago Ferreira		FCP	22-07-87	3	CNJ	Povoa de Varzim	10-07		
15,59	0,0	Tiago Marto		GAF	05-04-86	Dec	CN Esp	Logroño	17-07	15,19-04	
15,65	0,1	Luís Ferreira		CFUL	23-04-85	Dec	CBeiras	Luso	08-05	16,61-03	
15,66	1,6	Carlos Santos		CPA	10-05-86	4	CNJ	Povoa de Varzim	10-07	15,97-04	
15,69	0,5	Paulo Gonzaga		JDN	BRA	08-02-72	3	CNCL-2	Guimarães	05-06	
15,77	0,5	Carlos Custodio		JDCS	14-12-73	4	CNCL-2	Guimarães	05-06	15,70-01	
15,78	1,0	Frederic Bernardo		APF95-Fr	29-12-82	3		Ermont	29-05	15,41-03	
15,78	0,5	Helder Pato		GSADF	12-01-80	5	CNCL-2	Guimarães	05-06	15,54-00	
15,84	0,4	Daniel Gaspar		BA	07-11-87	2		Caldas da Rainha	26-06	16,25-04	
15,88	1,1	Tiago Lança		IFCT	02-06-84	1		Seixal	17-07	16,10-03	
15,89		Pedro Feliciano		INAT	09-09-73	6	CSIT	Curitiba	09-09	15,02-97	
15,94	1,6	Jorge Santos		NAC	25-03-85	3	Ap.CNCL	Braga	29-05	15,56-04	
16,03	1,8	Daniel Inácio		CUAB	05-03-80	2	CNCL-3	Guimarães	05-06	16,05-04	
16,04	-3,1	Arlindo Pinheiro		CSM	STP	27-03-72	1		Funchal	25-06	15,06-02
16,09	1,0	Filipe Reis		CPA	29-08-86	3h	CNJ	Póvoa de Varzim	10-07	16,66-04	
16,13	0,2	João Raposo		AGCD	14-02-85	6h	CP	Lisboa - U	23-07	16,70-04	
16,17	1,0	Marcos Chuva		CJSM	08-08-89	2		Seixal	19-06		
16,18	-0,6	João Pinto		ECSL	14-05-82	5	Pied. Costa	Alcanena	27-02	15,72-03	
16,20	1,1	Jorge Marcos		VFC	15-01-84	2		Seixal	17-07	15,10-03	
16,21	1,0	Márcio Pires		TSU	30-04-86	4h	CNJ	Povoa de Varzim	10-07	16,55-04	
16,35	1,0	João Marreiros		AACC	01-10-87	1		Seixal	19-06		
16,47	1,6	José Sereno		GREC	21-04-83	4	Ap.CNCL	Braga	29-05	15,85-04	
16,54	-3,1	Felipe Mendonça		CSM	20-03-85	2		Funchal	25-06	16,46-04	
16,69	1,6	Ricardo Nunes		ATIBA	12-05-89	7	CNJ	Povoa de Varzim	10-07		
16,70	0,5	Gonçalo Chagas		JV	26-04-81	3	C.Beiras	Viseu	17-07	15,76-01	
16,76	1,8	Sérgio Vicente		CIAIA	20-05-78	4	CNCL-3	Guimarães	05-06	16,62-03	
16,84	0,5	Emiliano Ventura		GDE	05-03-79	6	CNCL-2	Guimarães	05-06		

#### Com vento anti regulamentar

13,80	2,9	Luís Sá		FCP	17-03-81	1	Maia Athl	Maia	02-07	13,62-04	
13,88	3,2		Luís Sá			1h	Maia Athl	Maia	02-07		
13,91	3,2	Rui Palma		SCP	04-01-78	1h	CP	Lisboa - U	23-07	13,78-02	
13,99	2,4		Luís Sá			1	CP	Lisboa - U	23-07		
14,01	2,1		Rui Palma			1		Lisboa - U	06-07		
14,07	2,6	Mykola Skorokhod		SCP	UKR	04-03-76	1	Sintra	Massamá	21-05	14,34-00
14,14	2,3		Mykola Skorokhod			6	TCCE	Lagos	29-05		
14,15	2,4		Rui Palma			2	CP	Lisboa - U	23-07		
14,19	2,9		Rui Palma			2	Maia Athl	Maia	02-07		
14,21	2,9		Rui Palma			1		Lisboa - U	06-07		
14,22	2,9		Luís Sá			1	CNCL-1	Leiria	05-06		
14,23	2,9		Mykola Skorokhod			3	Maia Athl	Maia	02-07		
14,23	3,2		Rui Palma			2h	Maia Athl	Maia	02-07		
14,26	3,2	João Ferreira		SLB	20-10-86	1	CN23	Abrantes	03-07	14,81-04	
14,29	3,9		Rui Palma			1		Lagos	29-05		
14,32	2,1		Mykola Skorokhod			2		Lisboa - U	06-07		

14,34	3,2	João Nunes		SCP	06-03-83	2	CN23	Abrantes	03-07	14,47-04	
14,38	2,1		João Ferreira			3		Lisboa - U	06-07		
14,40	3,2		João Nunes			2h	CP	Lisboa - U	23-07		
14,43	2,9		Mykola Skorokhod			2	CNCL-1	Leiria	05-06		
14,44	2,4		Luís Fernandes	JV	31-05-82	3	CP	Lisboa - U	23-07	14,54-04	
14,45	3,7		João Nunes			1h	CN23	Abrantes	03-07		
14,45	2,1		João Nunes			4		Lisboa - U	06-07		
14,52	2,9		João Ferreira			2		Lisboa - U	06-07		
14,55	2,9		João Ferreira			3	CNCL-1	Leiria	05-06		
14,56	2,6		João Ferreira			3	Sintra	Massamá	21-05		
14,59	2,9		Luís Fernandes			4	CNCL-1	Leiria	05-06		
14,61	3,2	Diogo Fernando		CFB	21-12-72	3h	CP	Lisboa - U	23-07	14,44-99	
14,64	3,9	Rodrigo Dionisio		SLB	22-06-85	1	Ap.CNCI	Seixal	29-05	14,68-04	
14,64	2,4		João Nunes			4	CP	Lisboa - U	23-07		
14,67	3,2		Rodrigo Dionisio			4h	CP	Lisboa - U	23-07		
14,68	2,4		Diogo Fernando			5	CP	Lisboa - U	23-07		
14,70	2,1		Diogo Fernando			5		Lisboa - U	06-07		
14,73	2,9		Diogo Fernando			4	Maia Athl	Maia	02-07		
14,75	2,9		Luís Fernandes			1	Ap.CNCI	Marinha Grande	29-05		
14,76	2,6		Luís Fernandes			4	Sintra	Massamá	21-05		
14,81	3,2	Pedro Almeida		JOMA	28-08-86	3	CN23	Abrantes	03-07	15,20-04	
14,83	3,2		Rodrigo Dionisio			4	CN23	Abrantes	03-07		
14,84	2,6		Diogo Fernando			5	Sintra	Massamá	21-05		
14,84	3,4	Ricardo Lima		FCP	02-01-85	1h	CN23	Abrantes	03-07	14,64-04	
14,88	2,9		Diogo Fernando			3		Lisboa - U	06-07		
14,93	3,2		Diogo Fernando			3h	Maia Athl	Maia	02-07		
14,93	2,4		Ricardo Nobre	MAC	02-11-83	6	CP	Lisboa - U	23-07	15,08-04	
14,94	3,4		Rodrigo Dionisio			2h	CN23	Abrantes	03-07		
15,00	3,4		Pedro Almeida			3h	CN23	Abrantes	03-07		
<b>15,08</b>	<b>2,8</b>	<b>Bruno Costa</b>		<b>CAS</b>	<b>17-03-80</b>	<b>6</b>	<b>Sintra</b>	<b>Massamá</b>	<b>21-05</b>	<b>15,25-04</b>	
15,23	3,2	Pedro Silva		CBF	04-03-85	6	CN23	Abrantes	03-07	15,46-04	
15,25	3,2		Pedro Correia	CBF	03-04-84	7	CN23	Abrantes	03-07	14,84-01	
15,43	3,2	Paulo Gonçalves		SCB	05-03-84	8	CN23	Abrantes	03-07	15,79-04	
15,49	2,1		Michel Ferreira	AtSal-Fr	28-03-75	1		Pontcharra	21-05	15,25-04	
15,49	6,2	Pedro Santos		CPA	01-01-88	1		Caldas da Rainha	01-07		
15,50	3,2		Paulo Ferreira	CyAC	25-08-76	4h	Maia Athl	Maia	02-07	14,58-04	
15,52	2,9	Helder Pato		GSADF	12-01-80	3	Ap.CNCI	Marinha Grande	29-05	15,54-00	
15,56	3,2	Tiago Ferreira		FCP	22-07-87	1		Povoa de Varzim	19-06		
15,58	3,9	Amancio Santos		GDE	31-01-77	3	Ap.CNCI	Seixal	29-05	14,46-00	
15,61	3,4	Carlos Santos		CPA	10-05-86	5h	CN23	Abrantes	03-07	15,97-04	
15,69	3,9	Arlindo Pinheiro		CSM	STP	27-03-72	4	Ap.CNCI	Seixal	29-05	15,06-02
15,80	2,9	Daniel Gaspar		BA	07-11-87	4	Ap.CNCI	Marinha Grande	29-05	16,25-04	
15,85	3,9		Paulo Gonzaga	JDN	BRA	08-02-72	5	Ap.CNCI	Seixal	29-05	
15,92	3,7	Márcio Pires		TSU	30-04-86	5	CN23	Abrantes	03-07	16,55-04	
15,92	3,4		Tiago Lança	IFCT	02-06-84	6h	CN23	Abrantes	03-07	16,10-03	
16,00	2,1	Daniel Inácio		CUAB	05-03-80	6		Lisboa - U	06-07	16,05-04	
16,02	3,7	Filipe Reis		CPA	29-08-86	6h	CN23	Abrantes	03-07	16,66-04	
16,13	6,2		João Raposo	AGCD	14-02-85	2		Caldas da Rainha	01-07	16,70-04	
16,24	2,9		Vítor Rodrigues	SUOV	20-04-84	5	Ap.CNCI	Marinha Grande	29-05	15,72-02	
16,25	4,8		Frederic Bernardo	APF95-Fr	29-12-82	3		Conflans st. Honorine	08-05	15,41-03	
16,28	3,9		Carlos Custodio	JDCS	14-12-73	7	Ap.CNCI	Seixal	29-05	15,70-01	
16,28	6,2	Filipe Carvalho		JV	28-05-77	3		Caldas da Rainha	01-07		
16,29	3,4	João Marreiros		AACC	01-10-87	7h	CN23	Abrantes	03-07		
16,31	3,7	Felipe Mendonça		CSM	20-03-85	7h	CN23	Abrantes	03-07	16,46-04	
16,34	3,0		Jorge Santos	NAC	25-03-85	1		Aveiro	31-07	15,56-04	
16,36	3,4	Claudio Gama		GDC	20-03-82	Dec		Abrantes	22-05	16,34-04	
16,43	6,2	Gonçalo Chagas		JV	26-04-81	4		Caldas da Rainha	01-07	15,76-01	
16,71	2,8	Sérgio Vicente		CIAIA	20-05-78	8	Ap.CNCI	Seixal	29-05	16,62-03	
16,81	2,2		Ricardo Nunes	AMA	12-05-89	3h	CNJ	Povoa de Varzim	10-07		

## 400 m B/H – 52,00 – 60,00

49,26	Edivaldo Monteiro	SCP	28-04-76	1		Anney	03-07	49,10-04
50,19	Edivaldo Monteiro			2		Covilhã	16-07	
50,25	Edivaldo Monteiro			1		Lisboa - I	29-06	
50,45	Edivaldo Monteiro			1	Por/Esp	Beja	08-06	
50,63	Edivaldo Monteiro			2	T.Europa	Leiria	18-06	
50,65	Edivaldo Monteiro			1	CP	Lisboa - U	24-07	
50,97	Edivaldo Monteiro			1	CNM	Elvas	08-05	
51,00	Edivaldo Monteiro			1		Lisboa - U	15-05	
51,04	Edivaldo Monteiro			1	Sintra	Massamá	21-05	
51,30	Ricardo Lima	FCP	02-01-85	2	CP	Lisboa - U	24-07	51,59-03
51,75	Edivaldo Monteiro			7	Conseil	Fort-de-France	30-04	
51,79	Edivaldo Monteiro			2		Sotteville	08-07	
51,81	Edivaldo Monteiro			4	TCCE	Lagos	28-05	
51,82	Ricardo Lima			3		Covilhã	16-07	
52,01	Jorge Paula	JOMA	08-10-84	2		Lisboa - I	29-06	52,17-04
52,06	Sérgio Duro	GDE	19-02-80	4	Por/Esp	Beja	08-06	50,04-03
52,10	Milton Dias	JOMA	11-04-86	4		Covilhã	16-07	52,31-03
52,58	Telmo Correia	GDE	31-01-82	5		Lisboa - I	29-06	51,66A-03
53,12	João Santos	BA	11-03-83	1	C.Beiras	Viseu	16-07	53,73-01
53,24	Rodolfo Varela	SLB	20-05-86	1	Cid. Beja	Beja	08-06	55,21-04
53,77	Paulo Gonzaga	JDN	BRA 08-02-72	2	CNCL-2	Guimarães	04-06	51,35-00
53,77	Helder Pato	GSADF	12-01-80	2	C.Beiras	Viseu	16-07	53,74-02
<b>53,99</b>	<b>William Loque</b>	<b>CAS</b>	<b>GBS 08-03-77</b>	<b>4</b>	<b>CP</b>	<b>Lisboa - U</b>	<b>24-07</b>	<b>52,13-01</b>
54,30	Tiago Lima	BA	28-07-82	4	AAL	Lisboa - U	10-06	53,68-04
54,88	Filipe Novo	CyAC	03-04-85	7	CP	Lisboa - U	24-07	54,33-04
55,52	João Merêncio	SCP	18-01-83	4		Lisboa - U	15-05	
55,64	Carlos Custodio	CFB	14-12-73	9	CP	Lisboa - U	24-07	54,46-01
55,68	Pedro Sousa	GREC	09-05-84	10	CP	Lisboa - U	24-07	55,63-04
55,86	David Oliveira	JV	04-05-82	5	CNCL-1	Leiria	04-06	51,66A-03
56,23	Vítor Tavares	CBF	27-11-80	6	CNCL-2	Guimarães	04-06	54,86-04
56,59	Pedro Semedo	CFB	* 86	1	CNCL-3	Guimarães	04-06	
56,69	Daniel Inácio	CUAB	05-03-80	2	CNCL-3	Guimarães	04-06	58,39-04
57,39	Arlindo Pinheiro	CSM	STP 27-03-72	5	Sintra	Massamá	21-05	53,69-01
57,53	Daniel Gaspar	BA	07-11-87	1	S. Mateus	Viseu	13-08	58,37-04
57,71	Rogério Ferreira	COD	88	3	CNJ	Povoa de Varzim	09-07	
57,72	Angelo Araujo	JV	10-04-85	3	CNCL-3	Guimarães	04-06	58,06-03
57,78	Hugo Simões	AAC	20-11-75	4	CNCL-3	Guimarães	04-06	
57,98	Tiago Costa	CCDR	08-08-86	4	Ap.CNCL	Marinha Grande	28-05	
58,00	Alexandre Sousa	JV	87	7	Cid. Beja	Beja	08-06	
58,31	Jorge Marques	CPA-S	16-07-86	5	CNCL-3	Guimarães	04-06	58,48-04
58,34	Tiago Lança	IFCT	02-06-84	2		Seixal	16-07	59,80-03
58,47	Pedro Santos	CPA	01-01-88	5	CNJ	Povoa de Varzim	09-07	
58,49	Samuel Martinho	GSADF	87	5	C.Beiras	Viseu	16-07	
58,56	Rafael Lopes	SLB	21-02-88	3		Seixal	16-07	58,27-04
<b>58,80</b>	<b>André Jordão</b>	<b>NDCG</b>	<b>27-06-89</b>	<b>1</b>		<b>Seia</b>	<b>16-04</b>	
59,03	Tiago Ferreira	FCP	22-07-87	1		Maia	12-06	58,11-04
59,32	Simão Coroa	MAC	31-07-85	3		Maia	06-07	
59,48	André Silva	CFUL	20-01-85	4	Cap.J.Duarte	Luso	29-06	
59,62	Dário Santos	INAT		6	CSIT	Curitiba	08-09	
59,77	Emiliano Ventura	GDE	05-03-79	2	S. Mateus	Viseu	13-08	53,72-98
60,02	Gastão Pronto	JDN	84	2	C.Alent.	Beja	21-05	

## Altura / High Jump – 2.00 –1,83

2,18	Rafael Gonçalves	FCP	12-05-77	3	T.Europa	Leiria	18-06	2,20i-02
2,16	i Rafael Gonçalves			ex		Espinho	25-02	
2,13	Rafael Gonçalves			1	CNCL-1	Leiria	04-06	
2,12	i Rafael Gonçalves			1	T. Saltos	Alpiarça	30-01	
2,12	i Rafael Gonçalves			1	CP	Espinho	12-02	

2,12		Rafael Gonçalves			3	AAL	Lisboa - U	10-06	
2,11		Rafael Gonçalves			2		Covilhã	16-07	
2,10	i	Jonas Mattes	SCP	21-12-76	1		Alpiarça	16-01	2,15i-00
2,10	i	Rafael Gonçalves			1	CNcl	Espinho	05-02	
2,10	i	Rafael Gonçalves			1		Espinho	18-02	
2,10	i	Carlos Pereira	JV	31-01-87	1	CN23	Espinho	05-03	2,07-04
2,10		Jonas Mattes			6	TCCE	Lagos	28-05	
2,10		Jonas Mattes			2	CNCL-1	Leiria	04-06	
2,10		Roman Guliy	BA	UKR 07-04-79	3	Cid. Beja	Beja	08-06	2,21-99
2,10		Roman Guliy			1	Maia Athl	Maia	02-07	
2,09	i	Paulo Gonçalves	SCB	05-03-85	2	CP	Espinho	12-02	2,05i-03
2,09	i	Jonas Mattes			3	CP	Espinho	12-02	
2,08		Roman Guliy			1	CNCL-2	Guimarães	04-06	
2,08		Roman Guliy			4	AAL	Lisboa - U	10-06	
2,08		Roman Guliy			3		Covilhã	16-07	
2,08		Rafael Gonçalves			1	CP	Lisboa - U	23-07	
2,07	i	Jonas Mattes			2	CNcl	Espinho	05-02	
2,07	i	Carlos Pereira			3	CNcl	Espinho	05-02	
2,07	i	Nelson Évora	SLB	20-04-84	4	CNcl	Espinho	05-02	1,96i-00
2,07		Rafael Gonçalves			1	Ap.CNCl	Braga	28-05	
2,07		Carlos Pereira			3	CNCL-1	Leiria	04-06	
2,06		Rafael Gonçalves			7		Zaragoza	23-06	
2,05	i	Rafael Gonçalves			1ex		Espinho	08-01	
2,05	i	Rafael Gonçalves			1ex		Espinho	15-01	
2,05		Mykola Skorokhod	SCP	UKR 04-03-76	1	Pied. Costa	Alcanena	27-02	2,15-97
2,05		Roman Guliy			1ex		Lisboa - U	15-05	
2,05		Mykola Skorokhod			1	Sintra	Massamá	21-05	
2,05		Roman Guliy			2	Sintra	Massamá	21-05	
2,05		Jonas Mattes			3	Sintra	Massamá	21-05	
2,05		Paulo Gonçalves			1	CN23	Abrantes	02-07	
2,05		Rafael Gonçalves			2	Maia Athl	Maia	02-07	
2,05		Jonas Mattes			3	Maia Athl	Maia	02-07	
2,05		Jonas Mattes			1		Lisboa - U	06-07	
2,05		Roman Guliy			2	CP	Lisboa - U	23-07	
2,04		Carlos Pires	GREC	21-12-82	2	Ap.CNCl	Braga	28-05	2,07-03
2,04		Jonas Mattes			5	AAL	Lisboa - U	10-06	
2,03	i	Carlos Pereira			4	CP	Espinho	12-02	
2,02		Roman Guliy			2	Pied. Costa	Alcanena	27-02	
2,01	i	Roman Guliy			ex		Alpiarça	16-01	
2,01		Roman Guliy			1	Ap.CNCl	Marinha Grande	28-05	
2,01		Nelson Évora			2	CN23	Abrantes	02-07	
2,00	i	Roman Guliy			1	CNcl-Ap	Espinho	23-01	
2,00	i	Rodrigo Dionisio	SLB	22-06-85	2	T. Saltos	Alpiarça	30-01	2,07-04
2,00		Mykola Skorokhod			1		Lisboa - U	15-05	
2,00		Jonas Mattes			2		Lisboa - U	15-05	
2,00		Rodrigo Dionisio			6		Lisboa - U	10-06	
2,00		Rafael Gonçalves			1	Cap.J.Duarte	Luso	29-06	
2,00		Jonas Mattes			4		Covilhã	16-07	
1,99	i	Patrick Marques	GREC	09-02-84	6	CP	Espinho	12-02	1,97i-03
1,98		Bruno Miguel	ACRBV	19-05-75	1		Castelo Branco	20-03	2,10-02
1,97	i	Vitor Rodrigues	SUOV	20-04-84	3	CN23	Espinho	05-03	1,90-00/04
1,97		João Almeida	JV	14-07-88	1		Caldas da Rainha	11-06	1,90-04
1,96		Nelson Semedo	JOMA	13-06-87	1		Seixal	18-06	1,90i-04
1,96	i	Marcos Caldeira	CJSM	27-02-88	TTecn	TTJov	Braga	29-01	1,95-04
1,95	i	Marcio Lima	FCMD	22-03-79	8	CP	Espinho	12-02	2,08-00
1,95	i	Diogo Espinha	CAMG	08-10-87	10	CP	Espinho	12-02	1,99-04
1,95		Sérgio Costa	CCDR	14-10-82	1	C.Norte	Guimarães	16-07	2,03i-04
1,95		Marcos Chuva	CJSM	08-08-89	1	FISEC	Madrid	25-07	1,77i-04
1,94		Hugo Valente	CCSJM	13-12-82	1	CNCL-3	Guimarães	04-06	1,90-04
1,93	i	Carlos Santos	CPA	10-05-86	PT		Alpiarça	15-01	1,91i-04
1,93	i	Tiago Marto	GAF	05-04-86	Hep	CP	Espinho	12-02	1,96i-02
1,93		Carlos Cabral	OCL	20-06-82	1		Lagos	10-06	1,98-03

1,92		Renato Jesus	CSM	06-04-81	1		Funchal	24-06	2,00-04	
1,91		Marco Ferreira	ADREP	11-05-88	Oct		Luso	07-05		
1,90	i	Nuno Alcobia	SCB	13-07-86	1		Braga	19-12-04	1,85-03/04	
1,90		Yazalde Nascimento	JOMA	STP	17-04-86	3	Lisboa - U	09-01	1,98-04	
1,90	i	Laercio Évora	GDC		13-03-78	PT	Alpiarça	15-01	2,04-98	
1,90	i	Luís Silva	GREC		26-05-80	Hep	CP	Espinho	12-02	1,93i-03
1,90		Hedson Trindade	IPH	STP	89	1	Coimbra	10-06	1,74-04	
1,89	i	João Português	JDN		03-05-87	5	CNcl-Ap	Espinho	22-01	1,85-04
1,89	i	Paulo Coelho	JDCS		26-11-74	5	CNcl-Ap	Espinho	22-01	1,91-03
1,89		Nuno Martins Alves	ASF-Fr		20-11-88	1	Amilly	28-05	1,70-04	
1,88		Frederico Spinola	GDE		03-03-78	1	Funchal	08-01	2,07i-00	
<b>1,88</b>	<b>i</b>	<b>Rui Pereira</b>	<b>CAS</b>	<b>17-11-85</b>	<b>5</b>	<b>CN23</b>	<b>Espinho</b>	<b>05-03</b>	<b>1,93i-04</b>	
1,88		Ricardo Nunes	ATIBA		12-05-89	3	Lisboa - I	22-06	1,80-04	
1,86	i	Pedro Santos	CPA		01-01-88	1	Alpiarça	16-01	1,82i-04	
1,86		Nuno Moita	FMH			1	Guimarães	25-04		
1,86		David Caldeira	SCP		89	1	Massamá	21-05	1,83-04	
1,86		Marco Cota	CIAIA		17-04-78	2	Angra do Heroísmo	16-07	1,85-00	
1,86		Luís Ferreira	CFUL		23-04-85	2	Aveiro	30-07	1,92-04	
1,85	i	Ernesto Pereira	CyAC		18-08-83	Hep	Espinho	08-01	1,87i-03/04	
1,85		Pedro Loureiro	GREC		89	1	Aveiro	22-05		
1,85		Carlos Sá	IFCT		29-06-81	1	Seixal	16-07	1,94-01/03/04	
1,84	i	Márcio Pires	TSU		30-04-86	Hep	CP	Espinho	12-02	2,04-98
1,84	i	David Ganço	SLB		22-04-83	7	CN23	Espinho	05-03	1,90-04
1,84		Mário Oliveira	GAF		88	1	Rio Maior	05-06		
1,84		Marco Abreu	GDE		27-10-77	2	Funchal	24-06	1,95-00	
1,84		Gonçalo Pacheco	CSM		17-02-78	3	Funchal	24-06	1,84-04	
1,83		Fábio Serrano	CCFB		88	2	Beja	21-05		
1,83		Nelson Duarte	CRUR		88	1	Seixal	18-06		
1,83		João Ferreira	BA		87	4	CBeiras	Viseu	16-07	
1,83		João Alexandre	JV		90	1	S. Mateus	Viseu	13-08	
1,83		Pedro Fonseca	SCP		08-04-80	3	S. Mateus	Viseu	13-08	1,85-03/04

#### Melhor marca ao ar livre de atletas com melhor marca indoor

1,90		Carlos Santos	CPA		10-05-86	2	CNCL-3	Guimarães	04-06	
1,88		Diogo Espinha	CAMG		08-10-87	1		Caldas da Rainha	25-06	1,99-04
1,87		João Português	JDN		03-05-87	1		Beja	08-01	1,85-04
1,95		Jonas Mattes	SCP		21-12-76	1		Lisboa - R	25-04	2,15i-00
1,95		Marcio Lima	FCMD		22-03-79	1		Angra do Heroísmo	16-07	2,08-00
1,90		Marcos Caldeira	CJSM		27-02-88	Oct	Atl. Comp.	Mafra	10-04	1,95-04
1,84		Patrick Marques	GREC		09-02-84	5	CN23	Abrantes	02-07	1,97i-03
1,85		Paulo Coelho	JDCS		26-11-74	3	Ap.CNCL	Seixal	28-05	1,91-03
<b>1,85</b>		<b>Rui Pereira</b>	<b>CAS</b>	<b>17-11-85</b>	<b>1</b>		<b>Maia</b>	<b>18-05</b>	<b>1,93i-04</b>	
1,88		Tiago Marto	GAF		05-04-86	Dec	ECCE2005	Maribor	02-07	1,96i-02
1,95		Vítor Rodrigues	SUOV		20-04-84	1		Coimbra	05-02	1,90-00/04

#### Vara / Pole Vault – 4,70 – 3,30

5,31		João André	SCP		28-05-76	1		Lisboa - U	14-05	5,60-00
5,25	i	João André				1	CP	Espinho	13-02	
5,25		João André				1	CNCL-1	Leiria	05-06	
5,20	i	João André				1	CNcl	Espinho	06-02	
5,15	i	João André				1	T. Saltos	Alpiarça	30-01	
5,15		João André				1		Lisboa - U	13-07	
5,15		João André				1	CP	Lisboa - U	24-07	
5,11	i	João André				4	C.Esp.	Madrid	20-02	
5,10		João André				8	TCCE	Lagos	28-05	
5,10		João André				1	Cid. Beja	Beja	08-06	
5,10		João André				1		Guarda	08-07	
5,10		Hugo Serra	JOMA		12-06-77	2		Guarda	08-07	5,13-01

5,05		Hugo Serra			2		Lisboa - U	13-07	
5,05		Hugo Serra			2	CP	Lisboa - U	24-07	
5,00	i	João André			1		Alpiarça	16-01	
5,00		João André			1	CNM	Elvas	08-05	
5,00		João André			4	T.Europa	Leiria	19-06	
4,95		Hugo Serra			1		Lisboa - I	29-06	
4,90		Hugo Serra			2	Cid. Beja	Beja	08-06	
4,90		Filipe Gonçalves	SCP	31-05-85	1	CN23	Abrantes	03-07	4,55-04
4,87		Helder Fernandes	CSM	RR	02-03-77	1	Funchal	25-06	5,00-01
4,86		Filipe Gonçalves			1		Maia	22-06	
4,85	i	Helder Fernandes			2	CP	Espinho	13-02	
4,85	i	Filipe Gonçalves			2		Lisboa - U	14-05	
4,85		Helder Fernandes			1		Funchal	19-06	
4,85		Filipe Gonçalves			3	CP	Lisboa - U	24-07	
4,80	i	Helder Fernandes			1		Espinho	18-02	
4,80	i	Ernesto Pereira	CyAC	18-08-83	2		Espinho	18-02	4,80i-04
4,80		Hugo Serra			1	Ap.CNCl	Seixal	29-05	
4,80		Helder Fernandes			2	CNCL-1	Leiria	05-06	
4,80		Hugo Serra			3	CNCL-1	Leiria	05-06	
4,80		Helder Fernandes			1		Funchal	08-07	
4,80		Filipe Gonçalves			3		Guarda	08-07	
4,75	i	Filipe Gonçalves			2	T. Saltos	Alpiarça	30-01	
4,75	i	Ernesto Pereira			3	T. Saltos	Alpiarça	30-01	
4,75	i	Ernesto Pereira			3	CP	Espinho	13-02	
4,75		Hugo Serra			3		Lisboa - U	14-05	
4,72	i	Helder Fernandes			1	CNcl-Ap	Espinho	22-01	
4,72	i	Pedro Pimenta	FCP	31-05-75	2	CNcl	Espinho	06-02	5,36-98
4,70		Helder Fernandes			1		Funchal	09-01	
4,70	i	Filipe Gonçalves			2		Alpiarça	16-01	
4,70	i	Ernesto Pereira			1	CN23	Espinho	06-03	
4,70		Ernesto Pereira			4		Guarda	08-07	
4,70		Helder Fernandes			1		Funchal	13-07	
4,68		Jaime Areias	CFB	16-11-84	2	CN23	Abrantes	03-07	4,67-01
4,60		Gonçalo Pacheco	CSM	17-02-78	2		Funchal	13-07	4,30-00/03
4,52	i	Mário Aníbal	SLB	25-03-72	4	CNcl	Espinho	06-02	5,06i-98
<b>4,50</b>		<b>Rui Pereira</b>	<b>CAS</b>	<b>17-11-85</b>	<b>5</b>	<b>CNCL-1</b>	<b>Leiria</b>	<b>05-06</b>	<b>4,30-03</b>
4,50		Angelo Dias	CABB	12-08-78	2		Lisboa - I	29-06	4,36-99
4,50		Claudio Gama	GDC	20-03-82	6	CP	Lisboa - U	24-07	4,40-04
4,40		Edi Maia	GDIS	10-11-87	5		Guarda	08-07	4,15-04
4,34		Diogo Branco	CSM	10-03-85	4	CN23	Abrantes	03-07	4,34-04
4,30	i	Luís Silva	GREC	26-05-80	Hep	CP	Espinho	13-02	4,62i-03
4,30		Filipe Lara Ramos	GDE	10-09-78	3	Ap.CNCl	Seixal	29-05	5,00-98
4,30		Carlos Dinis	JV	18-04-77	1		Caldas da Rainha	08-07	4,30-04
4,05		Rafael Lopes	SLB	21-02-88	6		Lisboa - U	13-07	3,50-04
4,00	i	Hugo Valente	CCSJM	13-12-82	3		Espinho	18-02	4,00-02
4,00		George Silva	BA	05-01-76	2	CNCL-2	Guimarães	05-06	4,30-99
4,00		Tiago Marto	GAF	05-04-86	Dec	CN Esp	Logroño	17-07	3,70-04
<b>3,95</b>	<b>i</b>	<b>Pedro Pinto</b>	<b>CAS</b>	<b>25-07-84</b>	<b>2</b>	<b>CBearas</b>	<b>Espinho</b>	<b>16-01</b>	<b>4,04i-03</b>
3,90	i	Gonçalo Santos	SLB	07-05-86	6		Alpiarça	16-01	4,05-04
3,90		André Carvalho	CDUP	05-09-88	1		Maia	07-05	3,80-04
3,90		Gonçalo Lopes	SLB	88	1	CNjv	Seixal	25-06	
3,90		Márcio Pires	TSU	30-04-86	Dec	CN Esp	Logroño	17-07	3,60-04
3,90		Herlander Marcos	GREC	27-08-76	2		Aveiro	31-07	4,40-00
3,80		Vasco Guedes	CNRM	01-11-77	1		Lisboa - I	18-06	4,00-03
3,80		Ivo Morais	JV	13-08-86	2		Caldas da Rainha	08-07	3,70-03
3,75	i	Hugo Azevedo	CCDR	17-04-82	7	CNcl-Ap	Espinho	23-01	3,50i-04
3,75	i	Pedro Oliveira	CDUP	15-09-87	7	CNcl-Ap	Espinho	23-01	3,80-04
3,75		Paulo Mestre	JDN	02-09-82	4	CNCL-2	Guimarães	05-06	3,75-03
3,75		Tiago Lança	IFCT	02-06-84	Dec	CN	Lisboa - U	12-06	3,60i-04
3,70		Carlos Sá	IFCT	29-06-81	3		Seixal	08-01	4,10-01/03
3,70		Cristovão Afonso	ARCBV	RR	08-02-88	1	Termas Monfortinho	04-06	3,42-04
3,61		Pedro Santos	CPA	01-01-88	3	OJ	Lagos	15-05	3,50-04

3,60	i	Armindo Pestana	CFB	12-09-71	7		Alpiarça	16-01	4,50-01
3,60		Paulo Santos	CSM	16-02-87	4		Funchal	25-06	3,75-04
3,60		Nuno Martins Alves	ASF-Fr	20-11-88	Dec		St. Cyr-sur-loire	02-07	
3,60		Jorge Favas	INAT	04-04-57	ex		Caldas da Rainha	08-07	4,10-83
3,55		Rui Pombeiro	JDN	84	Dec	CN	Lisboa - U	12-06	
3,50		Tiago Lopes	GDC	02-02-84	4		Seixal	08-01	3,80-04
3,50	i	Ricardo Ferreira	AAC	19-03-82	13	CNcl-Ap	Espinho	23-01	3,50i-00
3,50	i	Luís Ferreira	CFUL	23-04-85	Hep	CP	Espinho	13-02	3,50-04
3,50		Ricardo Ventura	JOMA	08-01-81	6		Lisboa - U	14-05	4,91-00
3,50		Tiago Mateus	JDCS	11-03-84	Dec		Abrantes	21-05	3,71-03
3,45		Carlos Santos	CPA	10-05-86	Dec	CN	Lisboa - U	12-06	3,10-04
3,42		João Abrantes	NDJL	90	5	CNjv	Seixal	25-06	
3,41		Ruben Monteiro	CAMG	03-08-89	4	OJ	Lagos	15-05	3,10-04
3,40	i	Claudio Machado	SCA	87	1		Alpiarça	08-01	
3,40		André Barreira	CAMG	87	3		Caldas da Rainha	08-07	
3,30		Luís Cunha	CAT	07-07-88	6	J. Ilhas	Creta	27-05	3,40-04
3,30		André Carapinha	GREC	19-08-89	6	CNjv	Seixal	25-06	3,10-04

#### Melhor marca ao ar livre de atletas com melhor marca indoor

3,50		Armindo Pestana	CFB	12-09-71	5		Lisboa - U	14-05	4,50-01
3,75		Hugo Azevedo	CCDR	17-04-82	3	CNCL-2	Guimarães	05-06	3,50i-04
4,30		Luís Silva	GREC	26-05-80	1		Aveiro	31-07	4,70-00
4,30		Mário Aníbal	SLB	25-03-72	4	Ap.CNcl	Seixal	29-05	5,06i-98
4,60		Pedro Pimenta	FCP	31-05-75	4	CNCL-1	Leiria	05-06	5,36-98
3,50		Ricardo Ferreira	AAC	19-03-82	4	Ap.CNCl	Marinha Grande	29-05	3,50i-00

### Comprimento / Long Jump – 7,20 – 6,50

8,07	1,3	Gaspar Araújo	SCP	17-12-81	7		Madrid	16-07	8,10-04	
8,00	i	Gaspar Araújo			2	Cagigal	Madrid	24-02		
7,95	1,1	Gaspar Araújo			2		Sotteville	08-07		
7,88	i	Gaspar Araújo			6q	CE	Madrid	05-03		
7,87	i	Gaspar Araújo			5	CE	Madrid	06-03		
7,85	i	Gaspar Araújo			3		Atenas	20-02		
7,84	0,0	Gaspar Araújo			2		Rivas	14-06		
7,77	1,7	Gaspar Araújo			1	Sintra	Massamá	21-05		
7,75	-0,5	Gaspar Araújo			1	CP	Lisboa - U	23-07		
7,73	1,0	Gaspar Araújo			2		Zaragoza	23-06		
7,69	i	Gaspar Araújo			1	CNcl	Espinho	05-02		
7,69	i	Gaspar Araújo			1	CP	Espinho	13-02		
7,67	1,8	Gaspar Araújo			1	CNCL-1	Leiria	04-06		
7,65	0,3	Gaspar Araújo			1		Lisboa - U	15-05		
7,61	-0,3	Gaspar Araújo			5	Univers	Izmir	18-08		
7,59	1,4	Nelson Évora	SLB	20-04-84	2	CP	Lisboa - U	23-07	7,83-03	
7,57	-0,7	Nelson Évora			2	CNCL-1	Leiria	04-06		
7,57	1,9	Gaspar Araújo			1	Maia Athl	Maia	02-07		
7,55	2,0	Nelson Évora			1	CN23	Abrantes	02-07		
7,53	-0,7	Gaspar Araújo			-	TCCE	Lagos	28-05		
7,52	i	Gaspar Araújo			1		Alpiarça	16-01		
7,43	1,5	Gaspar Araújo			1		Lisboa - R	25-04		
7,43	2,0	Nelson Évora			2	AAL	Lisboa - U	10-06		
7,41	1,2	Vladimir Letnicov	GDE	MDA	07-10-81	2	Sintra	Massamá	21-05	7,47-01
7,38	i	Carlos Calado	BA		05-10-75	1		Oviedo	15-01	8,36-97
7,38	-0,2	Nelson Évora			3	Sintra	Massamá	21-05		
7,38	0,5	Marcos Caldeira	CJSM		27-02-88	1	FOJE	Lignano	08-07	7,12-04
7,36	i	Carlos Calado			9	Cagigal	Madrid	24-02		
7,35	-1,4	Gaspar Araújo			6	T.Europa	Leiria	18-06		
7,31	0,4	Nelson Évora			2		Lisboa - U	15-05		
7,30	0,8	Hildeberto Almeida	OAP-Esp		08-08-78	1	C.Esp.Cl	Orense	21-05	7,44-01



7,26	0,2	Hildeberto Almeida			1	C.Galiza	Vigo	23-04		
7,24	1,0	Fábio Reis	CPA-S	29-08-86	2		Guarda	08-07	6,82i-04	
7,16	0,7	Lenine Cunha	FCP	04-12-82	3		Guarda	08-07	6,91-03	
7,12	-0,6	João Dias	GREC	01-06-84	1	Ap.CNCl	Braga	28-05	7,10-04	
7,10	i	Bruno Carmo	FCP	21-02-81	3	CP	Espinho	13-02	7,28-03	
7,03	0,4	Pedro Fonseca	SCP	08-04-80	1	S. Mateus	Viseu	13-08	7,39-01	
7,02	1,7	Patrick Marques	GREC	09-02-84	4		Guarda	08-07	6,93-01	
7,01	-1,4	Artur Augusto	JOMA	MOZ	87		Lisboa - U	09-01		
7,01	i	Milton Dias	JOMA	11-04-86	1	CNCl-Ap	Espinho	22-01	7,08-03	
7,01	0,8	Carlos Santos	CPA	10-05-86	5	CN23	Abrantes	02-07	6,60i-04	
6,98	i	Carlos Pereira	JV	31-01-87	1	CN23	Espinho	06-03	6,37i-04	
6,98	2,0	David Ganço	SLB	22-04-83	4	CN23	Abrantes	02-07	7,20i-01	
6,94	-0,6	Luís Bernardo	CIA	15-02-86	1	A. Neves	Viseu	01-05	6,98-04	
6,94	1,0	Pedro Santos	CPA	01-01-88	6		Guarda	08-07	6,71-04	
6,93	1,1	Tiago Marto	GAF	05-04-86	Dec	ECCE2005	Maribor	02-07	6,84-04	
6,92	1,3	António Costa	CCDR	23-12-80	1		Braga	11-06	6,86-04	
6,89	i	Ernesto Pereira	CyAC	18-08-83	4	CNCl	Espinho	05-02	6,91-04	
6,88	0,5	Diogo Espinha	CAMG	08-10-87	1	C.Beiras	Viseu	16-07	6,63-04	
<b>6,87</b>	<b>i</b>	<b>Pedro Pinto</b>	<b>CAS</b>	<b>25-07-84</b>	<b>3</b>	<b>CNCl-Ap</b>	<b>Espinho</b>	<b>23-01</b>	<b>7,04-04</b>	
6,86	i	Alberto Fraga	CSM	29-02-80	PT		Alpiarça	15-01	7,12/04irr/7,10-99	
6,86	1,3	Joaquim Cabral	OCL	88	2	OJ	Lagos	14-05	6,28-04	
<b>6,82</b>	<b>0,3</b>	<b>Pedro Oliveira</b>	<b>CAS</b>	<b>22-07-80</b>	<b>4</b>	<b>Sintra</b>	<b>Massamá</b>	<b>21-05</b>	<b>7,46-03</b>	
6,82	1,1	Pedro Correia	CBF	03-04-84	2	CNCL-2	Guimarães	04-06	6,87-04	
6,81	i	Arnaldo Abrantes	SLB	27-11-86	5	CN23	Espinho	06-03	7,03-04	
6,80	2,0	Claudio Gama	GDC	20-03-82	1		Seixal	18-12	7,05-03	
6,76	-3,5	Mykola Skorokhod	SCP	UKR	04-03-76	3	Pied. Costa	Alcanena	27-02	6,64-03
6,75	0,1	Vitor Rodrigues	SUOV	20-04-84	D	CBeiras	Luso	07-05	6,71-04	
6,74	1,7	Sérgio Duro	GDE	19-02-80	2		Almada	26-02		
6,71	1,8	Sérgio Silva	CCDR	22-11-85	1		Braga	21-05	6,64-03	
6,70		Ivo Coelho	NSIT	20-08-80	1		Angra do Heroísmo	16-07		
6,69	0,0	João Afonso	JV	08-07-76	1		Marinha Grande	08-01	6,86-94	
6,67	i	Luís Silva	GREC	26-05-80	H	CP	Espinho	12-02	6,75-03	
6,67	0,6	Tiago Rato	ARCBV	19-06-88	1		Termas Monfortinho	04-06	6,56-04	
6,67	0,3	Pedro Nunes	INAT	17-09-75	1		Lisboa - I	19-06	7,21-99	
6,65	0,3	Jorge Pinto	CCSJM	06-04-85	3	C.Beiras	Viseu	16-07		
<b>6,63</b>	<b>1,8</b>	<b>Carlos Oliveira</b>	<b>CAS</b>	<b>24-05-79</b>	<b>1</b>		<b>Seia</b>	<b>18-06</b>	<b>6,96-03</b>	
6,62		Bruno Miguel	ACRBV	19-05-75	1		Castelo Branco	12-03	7,12i-99	
6,62	1,6	Pedro Almeida	JOMA	28-08-86	4		Lisboa - U	15-05		
6,60	i	Roberto Aguiar	GDE	09-08-84	6	CNCl	Espinho	05-02	6,89-03	
6,59	1,4	Mário Silva	SCB	*	87	3	Braga	11-06		
6,58	-1,4	Rui Pombeiro	JDN	84	3		Lisboa - I	22-06		
6,55	2,0	Iuri Santos	CABB	11-04-85	-		Almada	26-02		
6,53	0,3	José Sereno	GREC	21-04-83	3	CNU	Guimarães	25-04	6,98-04	
6,52	i	Jorge Santos	NAC	25-03-85	2		Espinho	09-01	6,73-04	
<b>6,52</b>		<b>António Rodrigues</b>	<b>CAS</b>	<b>25-09-88</b>	<b>1</b>		<b>Guarda</b>	<b>16-03</b>		
6,52	1,6	Rodrigo Dionísio	SLB	22-06-85	9	CN23	Abrantes	02-07	7,09-04	
6,51	0,1	Paulo Dias	AAFFL	89	1		Coimbra	06-07		
6,50	i	Nuno Cardoso	JDCS	13-02-82	7	CNCl-Ap	Espinho	22-01	6,80-00	

#### Melhor marca ao ar livre de atletas com melhor marca indoor

6,78	0,9	Alberto Fraga	CSM	29-02-80	4	CNCL-1	Leiria	04-06	7,12/04irr/7,10-99
6,68	1,2	Bruno Carmo	FCP	21-02-81	4	Sintra	Massamá	21-05	7,28-03
6,87	0,5	Carlos Pereira	JV	31-01-87	2	A. Neves	Viseu	01-05	6,37i-04
6,78	0,1	Ernesto Pereira	CyAC	18-08-83	3	CNCL-2	Guimarães	04-06	6,91-04
6,55	0,7	Luís Silva	GREC	26-05-80	2	CNU	Guimarães	25-04	6,75-03
7,14	0,5	Marcos Caldeira	CJSM	27-02-88	1		V.R. Sto. António	27-06	7,12-04
<b>6,73</b>	<b>1,2</b>	<b>Pedro Pinto</b>	<b>CAS</b>	<b>25-07-84</b>	<b>8</b>		<b>Guarda</b>	<b>08-07</b>	<b>7,04-04</b>

#### Com vento anti regulamentar

7,91	5,2		Gaspar Araújo	SCP		17-12-81	1	TCCE	Lagos	28-05	8,10-04
7,70	3,7		Gaspar Araújo				1		Lisboa - U	15-05	
7,64	3,2	Nelson Évora		SLB		20-04-84	2	CP	Lisboa - U	23-07	7,83-03
7,60	3,1		Nelson Évora				1	CN23	Abrantes	02-07	
7,54	3,2		Gaspar Araújo				4q	Univers	Izmir	17-08	
7,49	3,3		Nelson Évora				2		Lisboa - U	15-05	
7,47	2,9	Vladimir Letnicov		GDE	MDA	07-10-81	1	Ap.CNCI	Seixal	28-05	7,47-01
7,37	4,3		Nelson Évora				2	Ap.CNCI	Seixal	28-05	
7,36	3,9		Carlos Calado	BA		05-10-75	1	Ap.CNCI	Marinha Grande	28-05	8,36-97
7,36	4,1	Fábio Reis		CPA-S		29-08-86	1	CNJ	Povoa de Varzim	09-07	6,82i-04
7,32	3,6	Luís Bernardo		CIA		15-02-86	2	CNJ	Povoa de Varzim	09-07	6,74-04
7,30	3,0		Luís Bernardo				2	CN23	Abrantes	02-07	
7,29	3,0		Fábio Reis				3	CN23	Abrantes	02-07	
7,29	6,1	Diogo Espinha		CAMG		08-10-87	3	CNJ	Povoa de Varzim	09-07	6,63-04
7,29	3,0		Marcos Caldeira	CJSM		27-02-88	1	FISEC	Madrid	27-07	7,12-04
7,26	2,8		Marcos Caldeira				1	FISEC	Madrid	28-07	
7,25	3,0		Marcos Caldeira				1	CNjv	Seixal	25-06	
7,24	3,2		Marcos Caldeira				1		Massamá	01-05	
7,15	4,0	David Ganço		SLB		22-04-83	4	CN23	Abrantes	02-07	7,20i-01
7,13	2,9		Vladimir Letnicov				3ex		Lisboa - U	15-05	
7,07	4,1		Lenine Cunha	FCP		04-12-82	4	Maia Athl	Maia	02-07	6,91-03
7,05	6,0	Carlos Santos		CPA		10-05-86	4	CNJ	Povoa de Varzim	09-07	6,60i-04
7,03	4,5	Yazalde Nascimento		JOMA	STP	17-04-86	5	CNJ	Povoa de Varzim	09-07	6,87-04
7,01	2,7		Bruno Carmo	FCP		21-02-81	5		Guarda	08-07	7,28-03
<b>7,00</b>	<b>5,0</b>	<b>Pedro Oliveira</b>		<b>CAS</b>		<b>22-07-80</b>	<b>3</b>	<b>Ap.CNCI</b>	<b>Marinha Grande</b>	<b>28-05</b>	<b>7,46-03</b>
7,00	2,3		João Dias	GREC		01-06-84	6	CN23	Abrantes	02-07	7,10-04
6,94	3,0		Pedro Fonseca	SCP		08-04-80	4	AAL	Lisboa - U	10-06	7,39-01
6,94	3,1		Patrick Marques	GREC		09-02-84	7	CN23	Abrantes	02-07	6,93-01
6,92	6,7	Pedro Almeida		JOMA		28-08-86	6	CNJ	Povoa de Varzim	09-07	
6,92	3,9	Claudio Gama		GDC		20-03-82	1		Seixal	16-07	7,05-03
6,89	3,4	Alberto Fraga		CSM		29-02-80	3	Ap.CNCI	Seixal	28-05	7,12/04irr/7,10-99
6,86	2,8		Joaquim Cabral	OCL		88	1		V.R. Sto. António	07-05	6,28-04
6,86	3,5		Artur Augusto	JOMA	MOZ	87	4	Ap.CNCI	Seixal	28-05	
6,84	2,8		Pedro Santos	CPA		01-01-88	2	CNjv	Seixal	25-06	6,71-04
6,81	4,8		Carlos Pereira	JV		31-01-87	4	Ap.CNCI	Marinha Grande	28-05	6,37i-04
<b>6,77</b>	<b>3,4</b>		<b>Pedro Pinto</b>	<b>CAS</b>		<b>25-07-84</b>	<b>8</b>	<b>CN23</b>	<b>Abrantes</b>	<b>02-07</b>	<b>7,04-04</b>
6,77	2,8	Pedro Nunes		INAT		17-09-75	1		Lisboa - I	23-07	7,21-99
6,77	6,6	Nuno Reis		CCSJM		17-04-80	2		Aveiro	30-07	6,51-04
6,76	2,1	Iuri Santos		CABB		11-04-85	1		Almada	26-02	
6,76	5,0	Rui Pombeiro		JDN		84	1	C.Alent.	Beja	21-05	
6,73	5,5	Mário Silva		SCB	*	87	8	CNJ	Povoa de Varzim	09-07	
6,67	2,8		Tiago Rato	ARCBV		19-06-88	4	CNjv	Seixal	25-06	6,56-04
6,67	4,6		Carlos Pereira	JV		31-01-87	9	CNJ	Povoa de Varzim	09-07	6,37i-04
6,66	2,5		Ernesto Pereira	CyAC		18-08-83	3		Maia	18-05	6,91-04
6,65	2,5	Humberto Machado		SLB		14-07-79	3		Lisboa - R	25-04	6,83i-01
6,65	4,1	Márcio Pires		TSU		30-04-86	Dec		Abrantes	21-05	
6,62	2,3		Sérgio Silva	CCDR		22-11-85	2	C.Norte	Guimarães	16-07	6,64-03
6,59	6,0	David Caldeira		SCP		89	Oct	AC	Mafra	09-04	
6,58	3,2		Pedro Correia	CBF		03-04-84	5	Ap.CNCI	Seixal	28-05	6,87-04
6,55	6,0	Walery Laurence		JDN		83	2	C.Alent.	Beja	21-05	
6,54	3,6	Rui Roberto		JDCS		25-01-86	2		Seixal	16-07	6,63-02
6,52	5,6	Pedro Cequeira		FCP		16-09-87	1		Povoa de Varzim	18-06	
6,50	3,8	Daniel Gaspar		BA		07-11-87	1		Caldas da Rainha	25-06	
6,50	8,8		Jorge Pinto	CCSJM		06-04-85	3		Aveiro	30-07	
6,50	6,4	Herlander Marcos		GREC		27-08-76	4		Aveiro	30-07	6,92-03

### Triplo / Triple Jump – 14,70 – 13,00

16,89	1,9	Nelson Évora		SLB		20-04-84	3	EC23	Erfurt	17-07	16,85i-04
16,60	1,8		Nelson Évora				9q	WC	Helsinki	10-08	
16,58	i	Carlos Calado		BA		05-10-75	1	C.Esp.	Madrid	20-02	17,09i-99

16,58	1,2		Nelson Évora			4	T.Europa	Leiria	19-06		
16,46	i		Carlos Calado			1	CP	Espinho	12-02		
16,39			Nelson Évora			2q	EC23	Erfurt	17-07		
16,11	0,1	Vladimir Letnicov		GDE	MDA	07-10-81	1	CNCL-2	Guiimarões	05-06	17,06-02
15,80	0,5		Carlos Calado			-	CNM	Elvas	08-05		
15,74	i		Nelson Évora			1		Alpiarça	16-01		
15,63	i		Carlos Calado			10h	CE	Madrid	04-03		
15,63	0,2		Nelson Évora			1	CNCL-1	Leiria	05-06		
15,61	i	Gaspar Araujo		SCP		17-12-81	1	CNcl	Espinho	06-02	16,04i-03
15,58	i		Gaspar Araujo				2	CP	Espinho	12-02	
15,53	-1,4		Nelson Évora			-	CNM	Elvas	08-05		
15,53	0,1		Gaspar Araujo			6	TCCE	Lagos	29-05		
15,52	i		Carlos Calado			1	CNcl-Ap	Espinho	23-01		
15,31	0,8	Américo Castelbranco		SCP		24-04-74	3	CNM	Elvas	08-05	15,99-02
15,27	i		Gaspar Araujo				2		Alpiarça	16-01	
15,27	i		Nelson Évora				1	T. Saltos	Alpiarça	30-01	
15,23	0,8	João Dias		GREC		01-06-84	1	Ap.CNCl	Braga	29-05	15,13-03
15,20	0,9		Gaspar Araujo				-		Lisboa - U	14-05	
15,17	i	Jorge Paula		JOMA		08-10-84	2	CNcl	Espinho	06-02	15,32-04
15,17	0,5	Iuri Santos		CABB		11-04-85	-	CNM	Elvas	08-05	14,84-04
15,05	i		Iuri Santos				ex		Alpiarça	16-01	
15,04	0,2		Américo Castelbranco				2	CNCL-1	Leiria	05-06	
15,03	i		Iuri Santos				1	CN23	Espinho	05-03	
15,01	-0,2		João Dias				3	CNCL-1	Leiria	05-06	
15,00	i	Bruno Carmo		FCP		21-02-81	3	CP	Espinho	12-02	15,37-03
15,00	-0,1		Bruno Carmo				4	CNCL-1	Leiria	05-06	
15,00	0,2		Jorge Paula				5	CNCL-1	Leiria	05-06	
14,99	i		Jorge Paula				2	CNcl-Ap	Espinho	22-01	
14,99	1,3		Bruno Carmo				4	CP	Lisboa - U	24-07	
14,97	i		Bruno Carmo				3	CNcl	Espinho	06-02	
14,95	-1,7		Iuri Santos				1 ex		Seixal	19-06	
14,85	1,7		Gaspar Araujo				2		Lisboa - U	24-07	
14,83	i	Humberto Machado		SLB		14-07-79	4	CNcl	Espinho	06-02	15,14-04
14,80	1,4		Jorge Paula				-	CNM	Elvas	08-05	
14,78	i		Bruno Carmo				2	T. Saltos	Alpiarça	30-01	
14,78	-1,0		Bruno Carmo				2	Ap.CNCl	Braga	29-05	
14,76	1,0		Iuri Santos				-		Lisboa - U	06-07	
14,74	1,9		Humberto Machado				5	CP	Lisboa - U	24-07	
14,72	1,1		Iuri Santos				1	CNCL-3	Guiimarões	05-06	
14,59	1,5	Gonçalo Santos		SLB		07-05-86	6	CP	Lisboa - U	24-07	14,21i-04
14,53	1,0	Lenine Cunha		FCP		04-12-82	1	C.Norte	Guiimarões	17-07	14,56i-04
14,50	0,6	Sérgio Costa		CCDR		14-10-82	2	C.Norte	Guiimarões	17-07	15,02-01
14,38	-0,4	Diogo Espinha		CAMG		08-10-87	2	CNJ	Póvoa de Varzim	10-07	13,92-04
14,38	1,3	Marcos Caldeira		CJSM		27-02-88	-	FISEC	Madrid	26-07	14,19-04
14,28	i	Carlos Pereira		JV		31-01-87	1	CBeiras	Espinho	16-01	14,15i-04
14,27	-1,7	Pedro Almeida		JOMA		28-09-86	3	CNJ	Póvoa de Varzim	10-07	14,38-04
14,13	i	Rodrigo Dionisio		SLB		22-06-85	4	CN23	Espinho	05-03	14,21-03
14,10	-3,0	Célio Khibo		JDN	ANG	27-06-86	4	CNJ	Póvoa de Varzim	10-07	13,60-04
14,09	?	Alberto Fraga		CSM		29-02-80	6	CNCL-1	Leiria	05-06	14,56-01
14,07	0,5	Sérgio Silva		CCDR		22-11-85	3	C.Norte	Guiimarões	17-07	13,41-04
14,03	i	Fábio Reis		CPA-S		29-08-86	5	CN23	Espinho	05-03	13,86-03/04
13,95	-0,9	Hildeberto Almeida		OAP-Esp		08-08-78	8	C.Esp.Cl	Pamplona	30-04	14,72-04
13,94	-3,2	Pedro Freitas		CSM		89	5	CNJ	Póvoa de Varzim	10-07	
13,85	i	Filipe Reis		CPA-S		29-08-86	1		Braga	19-02	13,14-04
13,85	0,9	Ricardo Nunes		INAT		01-09-82	1		Lisboa - I	18-06	14,12-04
13,81	1,9	Paulo Coelho		JDCS		26-11-74	1		Seixal	17-07	14,41-03
13,79	i	Carlos Dinis		JV		18-04-77	5	CNcl	Espinho	06-02	14,43-99
13,72	vr	Miguel Lucas		BA		04-05-71	-	Ap.CNCl	Marinha Grande	29-05	15,23i-99
13,55	0,9	Joaquim Cabral		OCL		88	3	CNjv	Seixal	26-06	
13,50	-1,8	Joel Rangel		JOMA		87	8	CNJ	Póvoa de Varzim	10-07	
13,50	1,1	Luís Ferreira		CFUL		23-04-85	2	C.Beiras	Viseu	17-07	13,38i-04
13,47	-0,7	Nelson Semedo		JOMA		13-06-87	4		Seixal	19-06	13,29-04

13,46	0,5	Pedro Nunes	INAT	17-09-75	2		Lisboa - I	18-06	
13,44	-1,4	Luís Silva	GREC	26-05-80	3	C.Beiras	Viseu	17-07	
13,41	1,6	Mário Silva	SCB	87	1		Povoa de Varzim	19-06	
13,38	i	Marco Abreu	GDE	27-10-77	6	CNcl	Espinho	06-02	14,51-03
13,35	-0,5	Pedro Vasconcelos	ADRAP	17-01-89	4	CNjv	Seixal	26-06	13,34-04
13,34	i	Jorge Santos	NAC	25-03-85	2	CR	Espinho	08-01	13,26-03/04
13,33	i	Pedro Correia	CBF	03-04-84	9	CNcl-Ap	Espinho	22-01	14,23-04
13,33	1,6	Claudio Resende	NAC	86	3	CNCL-3	Guiomarães	05-06	
13,29	1,8	João Raposo	AGCD	14-02-85	1		Ponta Delgada	22-01	
<b>13,28</b>	<b>i</b>	<b>Rui Pereira</b>	<b>CAS</b>	<b>17-11-85</b>	<b>7</b>	<b>CNcl</b>	<b>Espinho</b>	<b>06-02</b>	<b>13,55-04</b>
13,26	0,0	João Almeida	JV	14-07-88	7	CNCL-1	Leiria	05-06	13,25-04
<b>13,25</b>	<b>vr</b>	<b>Carlos Oliveira</b>	<b>CAS</b>	<b>24-05-79</b>	<b>4</b>	<b>Ap.CNCl</b>	<b>Marinha Grande</b>	<b>29-05</b>	<b>13,77-03</b>
13,21	i	Diogo Branco	CSM	10-03-85	10	CNcl-Ap	Espinho	22-01	13,71-03
13,18	1,0	Joel Pereira	CAOV	07-04-86	2		Povoa de Varzim	19-06	13,72-04
13,15	0,8	Luís Bernardo	CFB	87	3		Lisboa - I	26-02	
13,10		Bruno Miguel	ACRBV	19-05-75	1		Covilha	09-01	
13,09	i	Vitor Costa	CCSJm	29-12-79	3		Espinho	08-01	13,41-04
13,05	i	David Ganço	SLB	22-04-83	7	T. Saltos	Alpiarça	30-01	
13,03	-0,2	Paulo Pião	ACDI	87	5	C.Beiras	Viseu	17-07	

#### Marca muito duvidosa

13,95	1,7	Diogo Ferreira	JOMA	RNI	90	1	Mafra	05-06	
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#### Melhor marca ao ar livre de atletas com melhor marca indoor

13,26	1,8	Carlos Dinis	JV	18-04-77	1		Marinha Grande	18-12	14,43-99
13,93	-0,9	Fábio Reis	CPA-S	29-08-86	6	CNJ	Póvoa de Varzim	10-07	13,86-03/04
13,68	-2,7	Filipe Reis	CPA-S	29-08-86	7	CNJ	Póvoa de Varzim	10-07	13,14-04
13,33	1,2	Marco Abreu	GDE	27-10-77	1		Funchal	25-06	14,51-03
13,06	0,1	Vitor Costa	CCSJm	29-12-79	5	CNCL-3	Guiimarães	05-06	13,41-04

#### Com vento anti regulamentar

16,46	3,9	Nelson Évora	SLB	20-04-84	1	CN23	Abrantes	03-07	16,85i-04	
16,34	2,5	Nelson Évora			1	Ap.CNCl	Seixal	29-05		
16,09	4,8	Nelson Évora			1	CNM	Elvas	08-05		
15,85	3,8	Carlos Calado	BA	05-10-75	1	CNM	Elvas	08-05	17,09i-99	
15,63	4,3	Vladimir Letnicov	GDE	MDA	07-10-81	2	Ap.CNCl	Seixal	29-05	17,06-02
15,62	2,3	Américo Castelbranco	SCP	24-04-74	3	CNM	Elvas	08-05	15,99-02	
15,58	4,9	Gaspar Araujo	SCP	17-12-81	1		Lisboa - U	14-05	16,04i-03	
15,44	3,0	Américo Castelbranco			2		Lisboa - U	14-05		
15,36	2,8	Américo Castelbranco			1		Lisboa - U	06-07		
15,28	3,1	Américo Castelbranco			1	CP	Lisboa - U	24-07		
15,26	3,6	Gaspar Araujo			2	CP	Lisboa - U	24-07		
15,23	3,7	Iuri Santos	CABB	11-04-85	3	Ap.CNCl	Seixal	29-05	14,84-04	
15,21	3,7	Iuri Santos			4	CNM	Elvas	08-05		
15,18	3,7	Iuri Santos			2	CN23	Abrantes	03-07		
15,02	2,2	Iuri Santos			3	CP	Lisboa - U	24-07		
14,94	3,1	Jorge Paula	JOMA	08-10-84	5	CNM	Elvas	08-05	15,32-04	
14,89	2,3	Humberto Machado	SLB	14-07-79	5	CP	Lisboa - U	24-07	15,14-04	
14,79	4,5	Iuri Santos			2		Lisboa - U	06-07		
14,77	4,1	Gonçalo Santos	SLB	07-05-86	3	CN23	Abrantes	03-07	14,21i-04	
14,76	2,2	Gonçalo Santos			6	CP	Lisboa - U	24-07		
14,74	4,9	Jorge Paula			4	Ap.CNCl	Seixal	29-05		
14,73	3,2	Lenine Cunha	FCP	04-12-82	1		Maia	06-07	14,56i-04	
14,72	2,5	Marcos Caldeira	CJSM	27-02-88	1	FISEC	Madrid	26-07	14,19-04	
14,52	3,8	Humberto Machado			3		Lisboa - U	14-05		
14,46	4,0	Diogo Espinha	CAMG	08-10-87	4	CN23	Abrantes	03-07	13,92-04	
14,45	5,0	Alberto Fraga	CSM	29-02-80	5	Ap.CNCl	Seixal	29-05	14,56-01	
14,38	2,3	Sérgio Costa	CCDR	14-10-82	9	CP	Lisboa - U	24-07	15,02-01	
14,30	5,9	Sérgio Silva	CCDR	22-11-85	5	CN23	Abrantes	03-07	13,41-04	

14,23	3,4	Miguel Lucas		BA	04-05-71	1	Ap.CNCI	Marinha Grande	29-05	15,23i-99	
14,19	3,4		Pedro Almeida	JOMA	28-09-86	6	CN23	Abrantes	03-07	14,38-04	
14,00	3,2	Hildeberto Almeida		OAP-Esp	08-08-78	3	C.Esp.Cl	Orense	21-05	14,72-04	
13,85	4,7		Filipe Reis	CPA-S	29-08-86	2	Ap.CNCI	Marinha Grande	29-05	13,14-04	
<b>13,82</b>	<b>7,0</b>	<b>Carlos Oliveira</b>		<b>CAS</b>	<b>24-05-79</b>	<b>10</b>	<b>CNM</b>	<b>Elvas</b>	<b>08-05</b>	<b>13,77-03</b>	
13,73	3,6		Rodrigo Dionisio	SLB	22-06-85	2		Lisboa - U	07-05	14,21-03	
13,72	3,9		Paulo Coelho	JDCS	26-11-74	7	Ap.CNCI	Seixal	29-05	14,41-03	
13,63	2,2	Pedro Vasconcelos		ADRAP	17-01-89	1		Funchal	20-02	13,34-04	
13,53	2,2	Claudio Resende		NAC	86	1		Aveiro	31-07		
13,45	3,8	João Almeida		JV	14-07-88	3	Ap.CNCI	Marinha Grande	28-05	13,25-04	
13,38	3,0		Célio Khibo	JDN	ANG	27-06-86	3		Lisboa - U	07-05	13,60-04
13,31	6,4	Luis Bernardo		CFB	87	8	Ap.CNCI	Seixal	29-05		
13,28	4,7	Mário Felisberto		GSADF	23-12-83	5	Ap.CNCI	Marinha Grande	29-05	14,47-02	
13,18	4,3		Joel Rangel	JOMA	87	5		Lisboa - U	14-05		
13,15	4,4	Fábio Aperta		SCAb	02-12-87	2		Rio Maior	17-07		
13,05	2,5	João Correia		CUAB		3		Rio Maior	17-07		

### Peso / Shot Put– 15,00 – 11,50

19,44		Yuri Belonog		SCP	UKR	09-03-74	2	TCCE	Lagos	28-05	21,81-03
17,89		Marco Fortes		SCP		26-09-82	6	T.Europa	Leiria	18-06	18,76-02
17,87	i		Marco Fortes				1	CP	Espinho	13-02	
17,78			Marco Fortes				3	Esp/Port	Jaen	06-07	
17,76			Marco Fortes				1	CNCL-1	Leiria	04-06	
17,67			Marco Fortes				1	CNL Inv	Lisboa - U	27-02	
17,59			Marco Fortes				16	ECWT	Mersin - Tur	13-03	
17,44	i		Marco Fortes				1		Alpiarça	16-01	
17,44			Marco Fortes				2		Guarda	08-07	
17,37			Marco Fortes				1	Caja Duero	Salamanca	13-06	
17,35			Marco Fortes				1	CP	Lisboa - U	23-07	
17,27	i		Marco Fortes				5		Atenas	20-02	
17,24			Marco Fortes				1		Lisboa - U	14-05	
17,21			Marco Fortes				1		Quinta do Anjo	19-03	
17,17	i		Marco Fortes				1	CNcl	Espinho	06-02	
17,16			Marco Fortes				1		Lisboa - U	13-07	
17,14			Marco Fortes				1	Cid. Beja	Beja	08-06	
17,04			Marco Fortes				1		Quinta do Anjo	20-03	
17,02		Herédio Costa		SCP		30-10-71	2	CP	Lisboa - U	23-07	17,44-98
16,99			Marco Fortes				1		Lisboa - I	29-06	
16,98	i		Herédio Costa				2	CP	Espinho	13-02	
16,84			Herédio Costa				2	CNL Inv	Lisboa - U	27-02	
16,78			Herédio Costa				2		Lisboa - U	13-07	
16,77			Herédio Costa				2		Lisboa - U	14-05	
16,63			Herédio Costa				2	Cid. Beja	Beja	08-06	
16,48			Marco Fortes				1		Lisboa - U	09-01	
16,48			Herédio Costa				3		Guarda	08-07	
16,33			Herédio Costa				4	Esp/Port	Jaen	06-07	
16,28			Marco Fortes				5		Palafrugell	28-05	
16,23			Herédio Costa				1		Lisboa - R	25-04	
16,15	i		Herédio Costa				2		Alpiarça	16-01	
16,12	i	André Vital e Silva		FCP		13-02-80	2	CNcl	Espinho	06-02	15,67-02
16,09			Marco Fortes				2		Lisboa - U	30-01	
16,00			Herédio Costa				1	TL JV	Marinha Grande	05-03	
15,99	i		André Vital e Silva				1	C.Norte	Braga	16-01	
15,98			Marco Fortes				2		Lisboa - R	25-04	
15,97			André Vital e Silva				2	CNCL-1	Leiria	04-06	
15,89			Herédio Costa				2		Lisboa - I	29-06	
15,80			Herédio Costa				2		Lisboa - U	09-01	
15,76		Nuno Serra		GSADF		27-06-74	1	CNCL-2	Guimarães	04-06	16,77-97
15,68	i		André Vital e Silva				3	CP	Espinho	13-02	
15,66	i		André Vital e Silva				1	CNU	Espinho	26-02	

15,62	Bruno André	IFCT	13-10-86	1	CN23	Abrantes	02-07	14,59-04	
15,60	Paulo Bernardo	BA	16-08-74	1	Ap.CNCl	Marinha Grande	28-05	15,09-99	
15,60	Bruno André			3	CP	Lisboa - U	23-07		
15,50	Filipe Vital e Silva	SLB	27-01-83	4	CP	Lisboa - U	23-07	15,33i-04	
15,48	André Gonçalves	CSM	RR	14-04-86	1	Funchal	08-06	14,43-04	
15,45	André Vital e Silva			2		Quinta do Anjo	19-03		
15,42	André Vital e Silva			2		Marinha Grande	05-03		
15,40	i	Bruno André		1	CN23	Espinho	06-03		
15,37	Filipe Vital e Silva			3	CNCL-1	Leiria	04-06		
15,35	Nuno Serra			2	Ap.CNCl	Marinha Grande	28-05		
15,35	André Vital e Silva			5	CP	Lisboa - U	23-07		
15,34	André Gonçalves			1		Funchal	24-06		
15,33	Bruno André			3	Cid. Beja	Beja	08-06		
15,32	Filipe Vital e Silva			2	CN23	Abrantes	02-07		
15,31	André Vital e Silva			2		Quinta do Anjo	20-03		
15,31	André Vital e Silva			1	CNU	Guimarães	25-04		
15,29	Filipe Vital e Silva			3		Vigo	31-07		
15,28	Filipe Vital e Silva			3		Lisboa - U	14-05		
15,28	André Vital e Silva			3		Vigo	01-07		
15,27	António Peixoto	SCP	23-01-68	6	CP	Lisboa - U	23-07	16,25-00	
15,24	i	Filipe Vital e Silva		3		Alpiarça	16-01		
15,24	i	Nuno Serra		1	Ap.CNCl	Espinho	23-01		
15,24	André Gonçalves			1		Funchal	15-06		
15,24	Filipe Vital e Silva			4		Guarda	08-07		
15,23	André Vital e Silva			1		Braga	05-12-04		
15,23	André Gonçalves			3	CN23	Abrantes	02-07		
15,18	André Vital e Silva			1	S. Mateus	Viseu	13-08		
15,16	André Gonçalves		RR	1		Funchal	21-05		
15,12	i	André Gonçalves		2	CN23	Espinho	06-03		
15,11	Nuno Serra			1	CBeiras	Viseu	16-07		
15,07	i	Filipe Vital e Silva		2		Braga	05-12-04		
15,02	André Gonçalves			7	CP	Lisboa - U	23-07		
14,97	Angelino Gonçalves	GDE	30-12-70	1		Funchal	08-01	15,40-03	
14,83	Nuno Lopes	CBF	24-10-82	8	CP	Lisboa - U	23-07	14,63i-04	
14,64	Paulo Pereira	JOMA	12-02-84	5	CNCL-1	Leiria	04-06	13,88-04	
14,56	Carlos Silva	CAOV	14-06-73	3	S. Mateus	Viseu	13-08	15,32-03	
<b>14,35</b>	<b>Ivo Cardoso</b>	<b>CAS</b>	<b>04-03-80</b>	<b>3</b>	<b>Ap.CNCl</b>	<b>Marinha Grande</b>	<b>28-05</b>	<b>14,86-04</b>	
14,13	i	João Amaro	JV	22-12-74	5	CNcl-Ap	Espinho	23-01	14,91i-01
14,02	i	Vitor Rodrigues	SUOV	20-04-84	H		Espinho	08-01	15,72-02
13,89	Juan Rosete	GREC	12-05-79	2	Ap.CNCl	Braga	28-05	16,47i-00	
13,79	Dine Sousa	JV	26-03-76	2	CBeiras	Viseu	16-07	13,15-95	
13,58	Rui Fernandes	GSADF	12-05-80	3	CBeiras	Viseu	16-07	12,67-01	
13,56	Miguel Pinto	GDE	17-06-84	3		Funchal	24-06	13,33-03	
13,27	Tiago Lança	JV	02-06-84	Dec	CN	Lisboa - U	11-06	13,62-03	
13,21	Jorge Grave	QFC	05-09-82	1		Almada	05-02	14,59-04	
13,14	i	Nuno Rocha	FCP	10-12-84	2	C.Norte	Braga	16-01	12,46i-02
13,05	Tiago Marto	GAF	05-04-86	Dec		Abrantes	21-05	12,32i-03	
12,99	i	Renato Gomes	CABB	30-01-76	9	CNcl-Ap	Espinho	22-01	12,82-04
12,97	i	Luís Melo	CDELP	18-01-87	5	CN23	Espinho	06-03	
12,91	i	Luís Assunção	GREC	03-09-78	3	CBeiras	Espinho	16-01	12,56-02
12,88	i	Jorge Rodrigues	GDCC	09-01-83	10	CNcl-Ap	Espinho	23-01	15,17-02
12,86	Abel Pereira Dias	Fr	05-05-66	3		Versailles	07-05	14,06-89	
12,69	José Silva	ADECT	01-02-81	5	CNU	Guimarães	25-04	11,91i-04	
12,67	Rui Pombeiro	JDN	84	Dec		Beja	02-04		
12,63	Bruno Abel Martins	GSADF	21-09-82	1		Coimbra	18-12	13,56-00	
12,54	Hugo Batista	INAT	05-07-73	1		Lisboa - I	23-07	12,36-01	
12,45	Ricardo Cruz	CCDR	31-03-83	3	Ap.CNCl	Braga	28-05	11,76-03	
12,42	i	Gonçalo Gonçalves	CSJM	20-03-87	6	CN23	Espinho	06-03	
12,35	i	Juan Pinho	GREC	20-05-86	7	CN23	Espinho	06-03	12,84-04
12,28	i	José Borges	CCSJM	19-06-78	5	CBeiras	Espinho	16-01	13,65-00
12,19	Jaime Areias	CFB	16-11-84	7	Ap.CNCl	Seixal	28-05	11,75i-02	
12,13	i	Paulo Soares	CyAC	25-06-72	8	CNcl	Espinho	06-02	13,58-02

12,11	Carlos Sá	IFCT	29-06-81	4		Seixal	09-01	13,27-03
12,11	Márcio Pires	TSU	30-04-86	Dec		Abrantes	21-05	11,63i-03
12,04	i Laercio Évora	GDC	13-03-78	H	CP	Espinho	12-02	11,75-04
12,01	i Hugo Azevedo	CCDR	17-04-82	H		Braga	08-01	11,67-04
11,93	Miguel Carvalho	NAC	09-12-69	3	CNCL-3	Guimarães	04-06	14,10i-96
11,90	Ricardo Marques	CAC	31-07-78	1	C.ANDDDEM	Guarda	14-05	12,03-02
11,81	i Claudio Gama	GDC	20-03-82	H	CP	Espinho	12-02	
11,78	i Fonseca Antunes	SUOV	08-02-60	1		Espinho	29-01	14,14-85
11,61	Rui Maurício	CRCDL	82	4	Luzense	Lagos	23-04	

#### Melhor marca ao ar livre de atletas com melhor marca indoor

11,74	Fonseca Antunes	SUOV	08-02-60	9	WMA	San Sebastian	28-08	14,14-85
12,20	Gonçalo Gonçalves	CSJM	20-03-87	7	Cid. Beja	Beja	08-06	
12,01	Juan Pinho	GREC	20-05-86	6	S. Mateus	Viseu	13-08	12,84-04
12,84	Luís Assunção	GREC	03-09-78	5	TL JV	Marinha Grande	05-03	12,56-02
12,96	Luís Melo	CDELP	18-01-87	1		Ponta Delgada	16-07	
12,78	Nuno Rocha	FCP	10-12-84	1		Maia	29-01	12,46i-02
12,00	Paulo Soares	CyAC	25-06-72	3	C.Norte	Guimarães	17-07	13,58-02
12,66	Renato Gomes	CABB	30-01-76	2		Seixal	09-01	12,82-04
12,33	Tiago Lança	IFCT	02-06-84	6	CN23	Abrantes	02-07	13,62-03
13,30	Vitor Rodrigues	SUOV	20-04-84	D	CBeiras	Luso	07-05	15,72-02

### Peso / Shot Put (6 Kg) – 15,00 – 11,50

17,34	Bruno André	IFCT	13-10-86	1	CNJ	Povoa de Varzim	09-07	16,14-04
17,02	André Gonçalves	CSM	14-04-86	1		Funchal	18-06	16,13-03
16,98		Bruno André		2	Esp/Port	Jaen	06-07	
16,75		André Gonçalves		1		Funchal	12-07	
16,56		Bruno André		1	CNL Inv	Lisboa - U	27-02	
16,55	António Vital e Silva	FCP	23-01-88	1		Povoa de Varzim	18-06	16,57-04
16,53		Bruno André		1		Seixal	19-06	
16,47		André Gonçalves		2	CNJ	Povoa de Varzim	09-07	
16,37		André Gonçalves		1		Funchal	12-05	
16,37		André Gonçalves		3	Esp/Port	Jaen	06-07	
16,26		Bruno André		1		Quinta do Anjo	19-03	
16,03		Bruno André		1		Lisboa - U	07-05	
15,96	i	António Vital e Silva		1		Braga	09-01	
15,89		André Gonçalves		2	CNL Inv	Lisboa - U	27-02	
15,85		André Gonçalves		2		Quinta do Anjo	19-03	
15,68		António Vital e Silva		3		Quinta do Anjo	19-03	
15,65		André Gonçalves		1		Funchal	11-12-04	
14,41	Luís Melo	CDELP	18-01-87	3	CNJ	Povoa de Varzim	09-07	13,38-04
14,13	Juan Pinho	GREC	20-05-86	1		Luso	10-06	14,00-04
13,65	i	Tiago Marto	GAF	05-04-86	1	Alpiarça	04-12-04	14,40-04
13,63	Gonçalo Gonçalves	CCSJM	20-03-87	1		Seixal	19-06	
13,61	Bruno Teixeira	CENAP	07-08-86	2		Luso	10-06	12,78-04
13,15	Nuno São João	CIAIA	87	1		Horta	21-01	
12,99	Carlos Pereira	JV	31-01-87	5	CNL Inv	Lisboa - U	27-02	12,82-04
12,97	Márcio Pires	TSU	30-04-86	Dec	CN	Lisboa - U	11-06	13,15-04
12,36	Micael Nobrega	JDN	28-04-87	1		Beja	10-06	
12,30	Jorge Nascimento	SCAb	87	1		Almeirim	12-02	
<b>12,30</b>	<b>Sérgio Santos</b>	<b>CAS</b>	<b>05-03-86</b>	<b>1</b>		<b>Seia</b>	<b>28-04</b>	<b>13,10-04</b>
12,22	Robert Serbin	CAP	86	1		Maia	29-01	
12,18	Tiago Lança	IFCT	02-06-84	1		Almada	26-02	
12,01	Tiago Araujo	CAT	24-03-87	1		Angra do Heroísmo	04-12-04	35,50-04
11,97	Ricardo Monteiro	SLB	04-04-87	1		Coimbra	16-04	13,01i-04
12,17	Steve Patricio	JV	88	ex		Coimbra	17-06	
11,82	Ruben Marques	ATIBA	88	2		Seixal	19-06	
11,79	Carlos Santos	CPA	10-05-86	Dec	CN	Lisboa - U	11-06	
11,63	Pedro Nogueira	SUOV	87	1		Coimbra	18-12-04	

### Disco / Discus – 50,00 – 34,00

60,61	Paulo Bernardo	BA	RN	16-08-74	2	CP	Lisboa - U	24-07	60,58-03
60,19	Yuri Belonog	SCP	UKR	09-03-74	2	TCCE	Lagos	29-05	65,53-03
58,82	Jorge Grave	QFC		05-09-82	3		Quinta do Anjo	20-07	57,28-04
58,35	Paulo Bernardo				1		Quinta do Anjo	19-03	
58,28	Paulo Bernardo				1		Quinta do Anjo	20-03	
57,06	Paulo Bernardo				5	T.Europa	Leiria	19-06	
56,87	Paulo Bernardo				1	Ap.CNCL	Marinha Grande	29-05	
56,79	Jorge Grave				2		Quinta do Anjo	19-03	
56,68	Paulo Bernardo				1	TL JV	Marinha Grande	05-03	
56,68	Paulo Bernardo				1	CNM	Elvas	08-05	
56,60	Jorge Grave				2		Quinta do Anjo	20-03	
56,40	Paulo Bernardo				4		Tenerife	30-07	
56,38	Jorge Grave				3	CP	Lisboa - U	24-07	
56,19	Jorge Grave				7		Lugano	04-06	
56,09	Jorge Grave				1	Cid. Beja	Beja	08-06	
55,95	Jorge Grave				1		Lisboa - I	29-06	
55,93	Jorge Grave				1	Esp/Port	Jaen	06-07	
55,77	Jorge Grave				1		Seixal	17-06	
54,69	Paulo Bernardo				4	Esp/Port	Jaen	06-07	
54,52	Jorge Grave				1		Setubal	30-07	
54,51	Paulo Bernardo				1	CNL Inv	Lisboa - U	27-02	
54,51	Paulo Bernardo				1	CNCL-2	Guimarães	05-06	
54,26	Jorge Grave				1		Almada	06-02	
53,55	Paulo Bernardo				1	TL JV	Marinha Grande	06-03	
53,54	Jorge Grave				8q	Univers	Izmir	16-08	
53,47	Paulo Bernardo				24	ECWT	Mersin - Tur	12-03	
53,37	Jorge Grave				1	Luzense	Lagos	24-04	
53,24	Jorge Grave				2	CNM	Elvas	08-05	
53,19	Hugo Caldeira	SCP		09-01-84	3		Quinta do Anjo	20-03	53,32-04
52,69	Herédio Costa	SCP		30-10-71	4	CP	Lisboa - U	24-07	55,46-00
52,54	Hugo Caldeira				5	CP	Lisboa - U	24-07	
52,28	Hugo Caldeira				3	CNM	Elvas	08-05	
52,21	Hugo Caldeira				2	Cid. Beja	Beja	08-06	
52,11	Hugo Caldeira				1	CN23	Abrantes	03-07	
51,81	Hugo Caldeira				1	CNCL-1	Leiria	05-06	
51,59	Filipe Vital e Silva	SLB		27-01-83	2	CN23	Abrantes	03-07	52,54-03
51,55	Herédio Costa				4	CNM	Elvas	08-05	
51,39	Filipe Vital e Silva				1	Ap.CNCL	Seixal	29-05	
51,23	Filipe Vital e Silva				2	CNCL-1	Leiria	05-06	
51,21	Hugo Caldeira				2		Lisboa - I	29-06	
51,17	Herédio Costa				3	Cid. Beja	Beja	08-06	
51,12	Filipe Vital e Silva				1		Maia	06-07	
50,99	Filipe Vital e Silva				2		Guarda	08-07	
50,86	Hugo Caldeira				3		Quinta do Anjo	19-03	
50,69	Hugo Caldeira				1		Lisboa - U	15-05	
50,64	Herédio Costa				3		Guarda	08-07	
50,61	Herédio Costa				2		Lisboa - U	15-05	
50,51	Herédio Costa				3		Lisboa - I	29-06	
50,35	Filipe Vital e Silva				1		Maia	18-05	
50,16	Herédio Costa				2	CNL Inv	Lisboa - U	27-02	
50,15	Filipe Vital e Silva				4		Lisboa - I	29-06	
50,13	Filipe Vital e Silva				4		Quinta do Anjo	19-03	
50,04	Filipe Vital e Silva				1		Braga	11-06	
50,01	Filipe Vital e Silva				4		Quinta do Anjo	20-03	
49,67	Juan Rosete	GREC		12-05-79	5		Quinta do Anjo	19-03	59,85-04
48,26	Paulo Pereira	JOMA		12-02-84	3	CN23	Abrantes	03-07	46,29-04
47,67	Marco Fortes	SCP		26-09-82	4	CNL Inv	Lisboa - U	27-02	51,72-00



47,24	António Vital e Silva	FCP	23-01-88	1	S. Mateus	Viseu	13-08	44,25-04
47,19	Miguel Pinto	GDE	17-06-84	7	CP	Lisboa - U	24-07	48,31-04
44,84	João Amaro	JV	22-12-74	4	CNCL-1	Leiria	05-06	50,14-01
<b>41,47</b>	<b>Ivo Cardoso</b>	<b>CAS</b>	<b>04-03-80</b>	<b>3</b>	<b>Ap.CNCI</b>	<b>Marinha Grande</b>	<b>29-05</b>	<b>44,94-99</b>
40,52	Rui Fernandes	GSADF	12-05-80	6	Cid. Beja	Beja	08-06	39,21-04
39,97	Nuno Lopes	CBF	24-10-82	4	Ap.CNCI	Seixal	29-05	45,30-02
39,75	Fonseca Antunes	SUOV	08-02-60	4	Ap.CNCI	Marinha Grande	29-05	43,68-85
39,55	António Peixoto	SCP	23-01-68	4		Lisboa - U	15-05	52,92-00
39,28	Ricardo Cruz	CCDR	31-03-83	2		Braga	13-07	39,90-03
38,28	Rui Pombeiro	JDN	84	5	Ap.CNCI	Seixal	29-05	
38,19	Hugo Batista	INAT	05-07-73	4	CSIT	Curitiba	08-09	38,21-03
37,70	Nuno Serra	GSADF	27-06-74	2	C.Beiras	Viseu	17-07	43,41-98
37,67	Angelino Gonçalves	GDE	30-12-70	2		Funchal	25-06	48,26-00
37,65	Luís Assunção	GREC	03-09-78	3	C.Beiras	Viseu	17-07	37,73-04
37,36	Tiago Marto	GAF	05-04-86	Dec	ECCE2005	Maribor	03-07	35,34-04
37,26	Miguel Carvalho	NAC	09-12-69	1	CNCL-3	Guimarães	05-06	43,66-93
37,01	Rodrigo Morgado	JV	07-02-83	PL		Coimbra	14-05	36,75-01
36,97	Luís Almeida	JOMA	28-03-84	2		Lisboa - U	30-01	38,73-02
36,73	André Gonçalves	CSM	14-04-86	3		Funchal	25-06	37,27-04
36,34	Luís Melo	CDELP	18-01-87	2		Angra do Heroísmo	17-07	
<b>36,18</b>	<b>Sérgio Santos</b>	<b>CAS</b>	<b>05-03-86</b>	<b>2</b>	<b>A. Neves</b>	<b>Viseu</b>	<b>01-05</b>	<b>35,50-04</b>
<b>36,00</b>	<b>Sérgio Coelho</b>	<b>CAS</b>	<b>29-01-81</b>	<b>2</b>	<b>Luzense</b>	<b>Lagos</b>	<b>24-04</b>	<b>38,44-00</b>
35,90	Bruno Teixeira	CENAP	07-08-86	4	Cap.J.Duarte	Luso	29-06	38,61-03
35,87	Tiago Lança	JV	02-06-84	4		Setubal	30-07	
35,70	Abel Pereira Dias	Fr	05-05-66	10		Paris	23-01	
35,49	Flavio Azevedo	ACM	14-02-85	2		Angra do Heroísmo	17-07	35,25-04
34,80	Nuno Rocha	FCP	10-12-84	1		Maia	29-01	12,46i-02
34,76	Steve Patricio	JV	88	3	TL JV	Marinha Grande	06-03	
51,58	Nuno São João	CIAIA	87	1		Angra do Heroísmo	17-07	
34,50	Carlos Tribuna	GSADF	26-06-80	5	Cap.J.Duarte	Luso	29-06	
34,49	Rogério Batista	PT	27-08-47	2		Lisboa - I	24-07	42,76-93
34,39	Dine Sousa	JV	26-03-76	7	Cid. Beja	Beja	08-06	
34,29	Nuno Trindade	GDCC	22-05-77	1		Viana do Castelo	16-04	37,61-03
<b>34,28</b>	<b>Bruno Costa</b>	<b>CAS</b>	<b>17-03-80</b>	<b>Dec</b>	<b>CBeiras</b>	<b>Luso</b>	<b>08-05</b>	
34,25	André Vital e Silva	FCP	13-02-80	4	S. Mateus	Viseu	13-08	
34,20	Armindo Pestana	CFB	12-09-71	5		Lisboa - I	29-06	34,73-03

### Disco / Discus (1,750 Kg)– 50,00 – 34,00

50,51	António Vital e Silva	FCP	23-01-88	1	CNJ	Povoa de Varzim	10-07	47,45-04
<b>42,23</b>	<b>Sérgio Santos</b>	<b>CAS</b>	<b>05-03-86</b>	<b>1</b>		<b>Seia</b>	<b>29-05</b>	<b>37,66-04</b>
41,29	André Gonçalves	CSM	14-04-86	3	Esp/Port	Jaen	06-07	39,56-04
39,74	Steve Patricio	JV	88	1		Caldas da Rainha	01-07	
39,25	Bruno Teixeira	CENAP	07-08-86	1		Luso	12-03	39,70-04
38,67	João Pacheco	CAP	87	2		Povoa de Varzim	19-06	
37,47	Micael Nobrega	JDN	28-04-87	5	CNJ	Povoa de Varzim	10-07	
37,38	Nuno São João	CIAIA	87	1		Horta	22-01	
36,63	Nelson Moniz	ACD	86	1		Ponta Delgada	16-04	
36,58	Márcio Pires	TSU	30-04-86	Dec	CN	Lisboa - U	12-06	
36,21	Jorge Nascimento	SCAb	87	1		Almeirim	13-02	
36,00	Luís Melo	CDELP	18-01-87	7	CNJ	Povoa de Varzim	10-07	36,00-04
35,99	Carlos Santos	CPA	10-05-86	Dec	CN	Lisboa - U	12-06	
35,77	Luís Fernandes	JV	88	2		Caldas da Rainha	01-07	
35,16	Juan Pinho	GREC	20-05-86	8	CNJ	Povoa de Varzim	10-07	37,98-04
35,12	Tiago Araujo	CAT	24-03-87	1		Angra do Heroísmo	09-01	35,50-04
34,73	Jonas Gomes	GDCC	88	1		Melgaço	09-04	
34,59	André Munhoz	GDPN	87	1		Quarteira	22-06	

### Martelo / Hammer – 60,00 – 33,00

76,06	Vitor Costa	SCP	28-05-74	1	Bugeat	14-06	76,86-04	
75,28	Vitor Costa			1	Francoville	08-05		
75,00	Vitor Costa			2	Reims	21-07		
74,21	Vitor Costa			1	CP	Lisboa - U	24-07	
73,44	Vitor Costa			2	TCCE	Lagos	28-05	
72,67	Vitor Costa			3	CN Fr	Angers	14-07	
71,26	Vitor Costa			2		Francoville	22-05	
70,90	Dário Manso	NDJL	01-07-82	1		Lisboa - U	13-07	68,24-04
70,62	Vitor Costa			2		Castres	26-07	
70,30	Vitor Costa			1	CNCL-1	Leiria	05-06	
70,10	Vitor Costa			3	T.Europa	Leiria	18-06	
69,94	Vitor Costa			1	Esp/Port	Jaen	06-07	
69,39	Dário Manso			1		V. R. Sto. António	09-04	
68,38	Dário Manso			1		Lisboa - U	30-01	
68,34	Dário Manso			1		Cáceres	25-05	
68,11	Dário Manso			1		Lisboa - U	14-05	
67,90	Dário Manso			1		Quinta do Anjo	19-03	
67,44	Dário Manso			1		Lisboa - U	19-02	
67,38	Dário Manso			3	Esp/Port	Jaen	06-07	
67,28	Dário Manso			2	CP	Lisboa - U	24-07	
67,10	Dário Manso			1		Seixal	25-06	
66,52	Dário Manso			1		Quinta do Anjo	20-03	
65,98	André Vital e Silva	FCP	13-02-80	1		Porto-I	30-07	66,39-02
65,90	André Vital e Silva			1	S. Mateus	Viseu	13-08	
65,83	Dário Manso			22	ECWT	Mersin - Tur	13-03	
65,71	Dário Manso			1	CNL Inv	Lisboa - U	27-02	
64,26	André Vital e Silva			1	C.Norte	Guimarães	16-07	
64,19	André Vital e Silva			1		Porto-I	28-05	
64,13	André Vital e Silva			1	Cap.J.Duarte	Aveiro	13-07	
64,10	André Vital e Silva			3	CP	Lisboa - U	24-07	
63,85	André Vital e Silva			2		Quinta do Anjo	20-03	
63,84	André Vital e Silva			1		Porto-I	18-06	
63,73	André Vital e Silva			1		Lovelhe	28-07	
62,27	André Vital e Silva			2		Quinta do Anjo	19-03	
62,12	António Peixoto	SCP	23-01-68	2		Lisboa - U	14-05	66,58-03
61,92	André Vital e Silva			1		Vigo	12-07	
61,70	Nuno Rocha	FCP	10-12-84	2		Porto-I	30-07	59,58-04
61,41	António Peixoto			3		Quinta do Anjo	20-03	
61,36	André Vital e Silva			2	CNCL-1	Leiria	05-06	
61,35	António Peixoto			4	CP	Lisboa - U	24-07	
61,25	André Vital e Silva			1	Ap.CNCI	Braga	29-05	
61,23	Nuno Rocha			2		Porto-I	18-06	
61,19	Nuno Rocha			5	CP	Lisboa - U	24-07	
60,94	Nuno Rocha			2	Cap.J.Duarte	Aveiro	13-07	
60,91	André Vital e Silva			1		Porto-I	12-03	
60,20	Nuno Rocha			1		Maia	07-05	
60,11	António Peixoto			3		Quinta do Anjo	19-03	
60,00	Nuno Rocha			3		Vigo	12-07	
59,05	António Vital e Silva	FCP	23-01-88	3		Vigo	31-07	
<b>55,67</b>	<b>Sérgio Coelho</b>	<b>CAS</b>	<b>29-01-81</b>	<b>4</b>	<b>Quinta do Anjo</b>	<b>19-03</b>	<b>61,64-00</b>	
51,58	Flavio Azevedo	ACM	14-02-85	1		Angra do Heroísmo	17-07	53,40-04
50,63	Dine Sousa	JV	26-03-76	1		Caldas da Rainha	08-07	50,59-04
50,51	João Almeida	CSM	24-03-86	3	CNCL-1	Leiria	05-06	48,12-04
50,33	Fernando Alves	SLB	24-06-67	5	CNCL-1	Leiria	05-06	61,94-92
50,18	Miguel Ribeiro	JV	11-05-83	1	TL JV	Marinha Grande	06-03	47,64-03
49,19	Jorge Grave	QFC	05-09-82	1		Seixal	16-07	49,41-03
48,13	Luís Assunção	GREC	RR 03-09-78	1		Aveiro	30-07	42,40-04
47,07	Fábio Freitas	GREC	30-04-87	2		Aveiro	30-07	
44,20	Bruno Abel Martins	GSADF	09-01-82	3	Ap.CNCI	Marinha Grande	29-05	41,64-04
42,92	Filipe Vital e Silva	SLB	27-01-83	4	CN23	Abrantes	02-07	
42,70	Rui Figueira	CUAB	74	1		Rio Maior	16-07	
42,51	Rodrigo Morgado	JV	07-02-83	3		Caldas da Rainha	08-07	45,41-02

42,45	Augusto Cavaleiro	AAC	10-02-61	4	Ap.CNCI	Marinha Grande	29-05	51,30-85
41,37	Marco Silva	CRCDL	03-02-74	1		Lagos	12-06	45irr-04/46,92-03
41,01	Manuel Pereira	JOMA	14-06-73	4	TL JV	Marinha Grande	06-03	44,38-04
40,80	Luís Almeida	JOMA	28-03-84	3		Lisboa - U	13-07	40,79-04
40,60	Paulo Pereira	JOMA	12-02-84	2		Coimbra	23-04	35,36-03
40,57	Jorge Grave	CVC	27-07-49	3	CSIT	Curitiba	09-09	54,54-81
39,96	António Pinho	NAC	18-04-58	3	Ap.CNCI	Braga	29-05	42,70-94
39,61	David Santos	ARCBV	10-01-83	1		Castelo Branco	05-06	36,31-04
39,08	Jorge Nascimento	SCAb	87	2		Rio Maior	16-07	
38,99	Sérgio Ribeiro	NAC	09-07-77	8	S. Mateus	Viseu	13-08	
38,79	João Costa	JDN	02-12-73	2	CNCL-2	Guimarães	05-06	45,58-98
38,44	Pedro Domingos	IFCT	05-12-84	8	TL JV	Marinha Grande	05-03	39,86-04
37,25	João Fernandes	CABB	03-02-70	2		Seixal	16-07	39,32-99
37,15	Paulo Soares	CyAC	25-06-72	3	C.Norte	Guimarães	16-07	38,21-02
36,81	Pedro Sousa	IFCT	84	3		Seixal	25-06	
35,72	Fernando Santos	INAT	04-07-60	1		Luso	02-07	36,22-04
35,24	Ricardo Azevedo	CG	85	1	C.ANDDEM	Guarda	15-05	
35,10	Paulo Moreira	CCDR	14-06-81	5	Ap.CNCI	Braga	29-05	33,22-04
34,74	Paulo Henriques	GDE	04-05-82	1		Funchal	22-05	40,45-03
34,51	Luís Ribeiro	CUAB	25-05-82	2		Rio Maior	06-02	35,42-04
33,57	Fernando Alexandre	CFB	20-10-73	7	Ap.CNCI	Seixal	29-05	
33,47	Nuno Serra	GSADF	27-06-74	2		Coimbra	13-07	16,77-97
33,37	Paulo Bernardo	BA	16-08-74	5	CNCL-2	Guimarães	05-06	36,27-04
33,09	Paulo Machado	CIAIA	82	2		Angra do Heroísmo	17-07	

### Martelo - / Hammer (6 Kg) – 60,00 – 33,00

67,39	António Vital e Silva	FCP	23-01-88	1		Porto-I	12-03	63,73-04
67,04	António Vital e Silva			1		Povoa de Varzim	18-06	
66,41	António Vital e Silva			9q	EJ	Kaunas	23-07	
66,24	António Vital e Silva			1		Vigo	15-01	
57,61	Carlos Vicente	ACDRA	28-12-88	1	CNJ	Povoa de Varzim	09-07	46,42-04
57,45	João Almeida	CSM	24-03-86	1		Porto-I	19-02	54,48-04
53,32	João Venade	ADCL	25-01-88	2	CNJ	Povoa de Varzim	09-07	48,44-04
52,79	Tiago Araujo	CAT	24-03-87	1		Angra do Heroísmo	30-01	52,40-04
51,61	Fábio Freitas	GREC	30-04-87	2	CNL Inv	Lisboa - U	27-02	45,70-04
48,00	Steve Patricio	JV	88	3		Porto-I	12-03	
47,64	Jorge Nascimento	SCAb	RR	87	CNL Inv	Lisboa - U	27-02	
40,35	António Fernandes	AJS	88	1		Funchal	18-06	
40,16	José Rui Rocha	FCP	89	3		Povoa de Varzim	18-06	
39,57	Ricardo Gomes	AMA	87	2		Porto-I	19-02	
37,35	Tiago Senico	CPC	28-07-87	1		Seixal	18-06	34,43-04

### Dardo / Javelin – 55,00 – 45,00

68,48	Felipe Ventura	SCP	05-02-78	1	CNCL-1	Leiria	04-06	72,49-99
68,32	Elias Leal	FCP	19-08-77	1	Sintra	Massamá	21-05	68,08-04
68,16	Felipe Ventura			1	CNL Inv	Lisboa - U	27-02	
67,88	Felipe Ventura			6	T.Europa	Leiria	19-06	
66,34	Elias Leal			2	CNL Inv	Lisboa - U	27-02	
65,48	Felipe Ventura			1	CP	Lisboa - U	23-07	
65,38	Felipe Ventura			1		Lisboa - R	25-04	
65,34	Felipe Ventura			8	TCCE	Lagos	29-05	
65,00	Felipe Ventura			1		Lisboa - I	22-06	
64,95	André Medeiros	CUM	17-12-80	3	CNL Inv	Lisboa - U	27-02	69,77-99
64,41	Felipe Ventura			2	AAL	Lisboa - U	10-06	
63,77	Elias Leal			4	Esp/Port	Jaen	06-07	
63,70	Felipe Ventura			1		Lisboa - U	15-05	
62,61	Ricardo Conde	CyAC	13-02-82	1		Maia	07-05	64,72-03
61,88	Ricardo Conde			8		Halle	21-05	

61,71		Elias Leal			1	Luzense	Lagos	23-04	
61,44		Elias Leal			2	CNCL-1	Leiria	04-06	
61,21		André Medeiros			2	CP	Lisboa - U	23-07	
61,16		Ricardo Conde			3	CP	Lisboa - U	23-07	
61,08		Elias Leal			4		Covilhã	16-07	
61,01		Ricardo Conde			4	CNL Inv	Lisboa - U	27-02	
60,88	Luís Almeida		JOMA	28-03-84	1	CN23	Abrantes	02-07	62,40-04
60,84		Felipe Ventura			1		Lisboa - U	13-07	
60,83	Carlos Tribuna		GSADF	26-06-80	5	CNL Inv	Lisboa - U	27-02	63,92-02
60,79		Luís Almeida			6	CNL Inv	Lisboa - U	27-02	
60,71		Elias Leal			4	CP	Lisboa - U	23-07	
60,63		Ricardo Conde			1	CNCL-2	Guimarães	04-06	
60,56		Elias Leal			1	Ap.CNCl	Braga	28-05	
60,55		Ricardo Conde			1		Cerveira	29-01	
60,50	Helder Pestana		GDE	11-02-87	1 jr	CNL Inv	Lisboa - U	27-02	56,52-03
60,47		Ricardo Conde			1		Orense	19-02	
60,37		Ricardo Conde			5	Esp/Port	Jaen	06-07	
60,30		Carlos Tribuna			2		Orense	19-02	
60,29		Carlos Tribuna			1	C.Beiras	Viseu	16-07	
60,19		Luís Almeida			5	CP	Lisboa - U	23-07	
59,83		Elias Leal			1	TL JV	Marinha Grande	05-03	
59,79		Ricardo Conde			2	Ap.CNCl	Braga	28-05	
59,74		Ricardo Conde			3ex		Pontevedra	10-04	
59,58		Luís Almeida			2	Sintra	Massamá	21-05	
59,56		Elias Leal			1	A. Neves	Viseu	01-05	
59,48		Ricardo Conde			1		Viana do Castelo	13-07	
59,34		Helder Pestana			2 jr	Esp/Port	Jaen	06-07	
59,33		Carlos Tribuna			6	CP	Lisboa - U	23-07	
59,12		Carlos Tribuna			1	Ap.CNCl	Marinha Grande	28-05	
59,02		Ricardo Conde			1		Viana do Castelo	16-04	
58,94		Felipe Ventura			1		Lisboa - U	15-01	
58,87		Helder Pestana			2	CNCL-2	Guimarães	04-06	
58,60		Carlos Tribuna			1ex		Aveiro	29-01	
58,56		Luís Almeida			3	AAL	Lisboa - U	10-06	
58,52		Carlos Tribuna			3	Sintra	Massamá	21-05	
58,42		Luís Almeida			3	CNCL-1	Leiria	04-06	
58,26		Ricardo Conde			1	C.Norte	Guimarães	17-07	
58,20		Ricardo Conde			1	Maia Athl	Maia	02-07	
57,87	Marco Ferreira		ADREP	11-05-88	2	C.Beiras	Viseu	16-07	55,15-04
57,81		Luís Almeida			2		Lisboa - U	15-05	
57,81		Luís Almeida			1	Ap.CNCl	Seixal	28-05	
57,42		Carlos Tribuna			2	Maia Athl	Maia	02-07	
57,32		Luís Almeida			1		Lisboa - U	09-01	
57,02	Bruno Nunes		CUAB	18-05-74	2	TL JV	Marinha Grande	05-03	58,27-03
56,71		Luís Almeida			2		Lisboa - I	22-06	
56,70		Helder Pestana			1		Funchal	19-06	
56,63		Helder Pestana			1	CNJ	Povoia de Varzim	09-07	
56,45		Carlos Tribuna			4	AAL	Lisboa - U	10-06	
56,20	Pedro Custódio		SLB	87	2	CN23	Abrantes	02-07	
55,91		Carlos Tribuna			1	TL JV	Marinha Grande	06-03	
55,66	Emanuel Gomes		CAOV	16-09-85	7	CNL Inv	Lisboa - U	27-02	58,42-03
55,54	Yuri Nefedov		JOMA	RUS 15-06-80	4	Sintra	Massamá	21-05	63,60-04
55,51		Helder Pestana			1		Machico	13-02	
55,38		Luís Almeida			2		Lisboa - U	15-01	
55,36		Carlos Tribuna			2	A. Neves	Viseu	01-05	
55,25	Fábio Aperta		SCAb	02-12-87	3	CN23	Abrantes	02-07	51,39-04
54,85	Mário Anibal		SLB	25-03-72	4	CNCL-1	Leiria	04-06	57,51-00
54,42	Carlos Dinis		JV	18-04-77	5	CNCL-1	Leiria	04-06	58,26-99
52,47	Herédio Costa		SCP	30-10-71	4		Lisboa - U	15-05	62,14-94
52,12	João Pinto		ECSL	14-05-82	1		Braga	19-03	49,34-04
51,73	Miguel Lucas		BA	04-05-71	3	Ap.CNCl	Marinha Grande	28-05	54,44-86
51,43	Angelo Dias		CABB	12-08-78	1	CNCL-3	Guimarães	04-06	50,11-04

51,01	Vitor Rodrigues	SUOV	20-04-84	Dec	CBeiras	Luso	08-05	47,88-04
<b>50,84</b>	<b>Bruno Costa</b>	<b>CAS</b>	<b>17-03-80</b>	<b>Dec</b>	<b>CN</b>	<b>Lisboa - U</b>	<b>12-06</b>	<b>45,39-04</b>
50,78	Gonçalo Pacheco	CSM	17-02-78	1		Funchal	19-03	52,83-02
50,75	Tiago Marto	GAF	05-05-86	Dec	ECCE2005	Maribor	03-07	54,90-04
50,54	Micael Nobrega	JDN	28-04-87	4	CNCL-2	Guimarães	04-06	45,92-04
50,07	João Marreiros	AACC	01-10-87	1		Seixal	18-06	45,29-04
49,48	Armindo Pestana	CFB	12-09-71	2	CNCL-3	Guimarães	04-06	53,34-04
49,36	Pablo Marcolino	JV	BRA 87	3		Viseu	16-07	
48,77	António Pereira	CIAIA	10-02-81	7	Ap.CNCI	Seixal	28-05	53,09-99
48,54	Gabriel Ventura	SLB	25-04-86	3 jr	CNL Inv	Lisboa - U	27-02	48,98-04
48,32	António Silva	JDCS	16-02-79	8	Ap.CNCI	Seixal	28-05	48,61-00
48,23	Luis Silva	GREC	26-05-80	3	Ap.CNCI	Braga	28-05	
48,22	Vasco Guedes	CNRM	01-11-77	1		Lisboa - I	24-07	
48,20	José Paulo Silva	NAC	02-05-66	2		Aveiro	31-07	57,04-89
47,93	Hugo Batista	INAT	05-07-73	2		Lisboa - I	24-07	48,82-04
47,91	António Oliveira	INAT		3		Lisboa - I	24-07	
47,72	Dine Sousa	JV	26-03-76	2	Luzense	Lagos	23-04	
47,67	João Santos	JV	27-04-84	7	CN23	Abrantes	02-07	52,92-04
47,61	Paulo Jardim	GDE	15-01-77	2		Machico	13-02	
46,99	Carlos Forte	CyAC	26-08-80	1		Braga	13-07	51,14-02
46,85	Bruno Ferreira	CCDCF	82	1		Caldas da Rainha	16-04	
46,75	Jaime Areias	CFB	16-11-84	5		Lisboa - R	25-04	45,45-04
46,63	Bruno Abreu	TSU	03-06-82	2		Rio Maior	16-07	54,29-01
46,48	Eduardo Moura	JV	12-12-80	4	C.Beiras	Viseu	16-07	50,88-99
46,10	Claudio Gama	GDC	20-03-82	2		Seixal	16-07	4,40-04
45,86	João Costa	JDN	02-12-73	2	C.Alent.	Beja	21-05	56,94-93
45,60	Carlos Sá	IFCT	29-06-81	4		Seixal	16-07	50,86-02
45,55	Filipe Mendonça	CSM	20-03-85	10	Ap.CNCI	Seixal	28-05	45,56-04
45,37	Angelino Gonçalves	GDE	30-12-70	2		Funchal	19-03	48,34-03
45,13	Tiago Lança	IFCT	02-06-84	Dec		Abrantes	22-05	
45,11	David Alfaiate	A20Km	08-10-85	1		Almeirim	12-02	48,31-04

### Decatlo – 5000 - 4000

6.784	Tiago Marto	GAF	05-04-86	14	ECCE2005	Maribor	03-07	6553-04	
6.723		Tiago Marto		6	CN Esp.	Logroño	17-07		
6.461	Claudio Gama	GDC	20-03-82	1		Abrantes	22-05	6485-04	
6.328		Tiago Marto		1	CN	Lisboa - U	12-06	6553-04	
6.208	Márcio Pires	TSU	30-04-86	8	CN Esp.	Logroño	17-07		
6.130	Vitor Rodrigues	SUOV	20-04-84	1	CBeiras	Luso	08-05	4207-04	
6.042	Tiago Lança	IFCT	02-06-84	2	CN	Lisboa - U	12-06	5365-04	
5.930	w	Tiago Lança		2		Abrantes	22-05		
<b>5.816</b>	<b>Bruno Costa</b>	<b>CAS</b>	<b>17-03-80</b>	<b>3</b>	<b>CN</b>	<b>Lisboa - U</b>	<b>12-06</b>	<b>5602-04</b>	
5.794	Rui Pombeiro	JDN	84	4	CN	Lisboa - U	12-06		
5.731		Bruno Costa		2	CBeiras	Luso	08-05		
5.615		Rui Pombeiro		1		Beja	03-04		
5.611	w	Márcio Pires		3		Abrantes	22-05		
5.504	Luis Ferreira	CFUL	23-04-85	3	CBeiras	Luso	08-05		
5.498	Gonçalo Pacheco	CSM	17-02-78	1		Funchal	22-05	5742-02	
4.825	João Português	JDN	03-05-87	2		Beja	03-04		
4.563	Gastão Pronto	JDN	84	3		Beja	03-04		
4.544	Herlander Marcos	GREC	27-08-76	4	CBeiras	Luso	08-05	5177w-03	
4.508	w	Tiago Lopes	GDC	02-02-84	4		Abrantes	22-05	
4.493	Micael Nobrega	JDN	28-04-87	4		Beja	03-04		
4.355	Frederic Bernard	APF95-Fr	29-12-82			Corneilles-en-parisi	15-05	4933-03	

### Decatlo – 5000 - 4000 (Peso 6 Kg - Disco 1,75 Kg)

6.193	Márcio Pires	TSU	30-04-86	1	CN	Lisboa - U	12-06	5798-04
6.080	Carlos Santos	CPA	10-05-86	2	CN	Lisboa - U	12-06	5738-04

5.956	w	Carlos Santos			1	Abrantes	22-05	
4.792		Edi Maia	GDIS	10-11-87	2	Abrantes	22-05	
4.600		Paulo Pião	ACDI	87	1	Luso	08-05	
4.503		João Roque	GDCC	87	1	C. Norte	Viana do Castelo	22-05
4.437		Carlos Oliveira	ESJD	86	2	Luso	08-05	
4.144		Mário Batista	CFUL	86	3	Luso	08-05	

### 5Km M – 25.00,0

21.01		João Vieira	CNRM	20-02-76	1	Ferreira do Zézere	26-05	18.33,16-99
21.48	tp	Gonçalo Beijinha	JDN	25-08-86	-	Dublin	26-06	22.09-04
22.16		António Pereira	JOMA	10-07-75	2	Ferreira do Zézere	26-05	21.21,35-02
22.17		Augusto Cardoso	FCP	13-12-70	3	Ferreira do Zézere	26-05	19.40,72-99
22.47		Pedro Isidro	SLB	17-07-85	4	Ferreira do Zézere	26-05	23.34,96-04
23.02		Dionisio Ventura	CIAIA	13-12-79	1	Sarilhos Grandes	30-04	20.57,08-98
23.03		Vitor Xavier	JV	22-04-86	1jr	Sarilhos Grandes	30-04	
<b>23.10</b>		<b>Pedro Santos</b>	<b>ACRS</b>	<b>25-04-86</b>	<b>1jr</b>	<b>Ferreira do Zézere</b>	<b>26-05</b>	<b>24.02,04i-04</b>
<b>23.44</b>	tp	<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	-	<b>T. Eur</b>	<b>Miskolc</b>	<b>21-05</b>
24.02		Pedro Ribeiro	ACA	18-10-88	1	Beja	29-01	
24.14		Luís Fraga	NAVR	13-05-78	5	Ferreira do Zézere	26-05	
24.16		José Pinto	CAG	19-06-56	1vt	Ferreira do Zézere	26-05	20.00,70-88
24.25		Rogério Filipe	INAT	17-01-59	2vt	Ferreira do Zézere	26-05	23.07,06-02
24.32	tp	Jorge Costa	CTT	20-03-61	-	T. Eur	Miskolc	21-05
24.59		Jaime Santos	GDL	22-05-72	6	Ferreira do Zézere	26-05	20.25,81-01

### 5000 m M – 25.00,0

19.38,1		João Vieira	CNRM	20-02-76	1	D.Mart.	Alcanena	12-03	18.33,16-99
20.44,4		Augusto Cardoso	FCP	13-12-70	2	D.Mart.	Alcanena	12-03	19.40,72-99
21.09,42		António Pereira	JOMA	10-07-75	1	Ap.CNCI	Seixal	28-05	20.52,30-04
21.12,5		Diogo Martins	CPA-S	14-08-84	1	Ap.CNCI	Marinha Grande	28-05	21.06,94i-04
<b>21.36,16</b>		<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	<b>3</b>	<b>CNCL-1</b>	<b>Leiria</b>	<b>04-06</b>	<b>20.45,47i-99</b>
21.48,14	i	Mário Contreiras	GREC	26-12-67	1	CBeiras	Espinho	15-01	20.51,8i-92
21.52,31		Luís Silva	SCP	26-08-70	4	CNCL-1	Leiria	04-06	20.57,87-00
21.56,69		Helder Conceição	CBF	09-06-83	2	Ap.CNCI	Seixal	28-05	22.41,20i-04
22.02,0		Rui Correia	COP	82	1		Quarteira	08-01	22.50,7-04
<b>22.02,24</b>	i	<b>Pedro Santos</b>	<b>ACRS</b>	<b>25-04-86</b>	<b>2</b>	<b>CBeiras</b>	<b>Espinho</b>	<b>15-01</b>	<b>24.02,04i-04</b>
22.02,69		Pedro Isidro	SLB	17-07-85	3	Ap.CNCI	Seixal	28-05	23.34,96-04
22.11,74		Gonçalo Beijinha	JDN	25-08-86	2	CNCL-2	Guimarães	04-06	22.07,2-04
22.23,43	i	Bruno Araujo	CyAC	24-02-83	3	CN23	Espinho	05-03	
22.23,9		Luís Gil	CSM	06-04-75	5	D.Mart.	Alcanena	12-03	21.47,21i-03
22.24,89		Vitor Xavier	JV	22-04-86	2	Ap.CNCI	Marinha Grande	28-05	
22.27,83		Luís Correia	CUAB	09-10-78	3		Rio Maior	05-02	23.02,21-04
22.28,6		Helder Malheiro	CAFZ	85	6	D.Mart.	Alcanena	12-03	
22.29,05		Luís Fraga	NARV	13-05-78	2	A. Neves	Viseu	01-05	22.13,89i-00
22.32,33	i	Jaime Santos	GDL	22-05-72	3	CBeiras	Espinho	15-01	24.23,65i-92
22.36,77	i	Bruno Reis	CAOV	29-07-82	2	C. Norte	Braga	08-01	21.22,66-04
22.47,63		Dionisio Ventura	CIAIA	13-12-79	1	CNCL-3	Guimarães	04-06	20.57,08-98
22.48,37	i	José Magalhães	ACA	30-10-54	3	C. Norte	Braga	08-01	20.23,21i-92
22.52,7		João Alves	COP	08-02-84	3		Quarteira	08-01	23.46,19i-02
23.29,75	i	José Silva	NAC	16-01-85	6	CN23	Espinho	05-03	24.07,95i-03
23.35,97		Daniel Neves	GDE	20-10-82	4	CNCL-2	Guimarães	04-06	22.54,96-03
23.55,80		Rui Vilarinho	GSADF	16-12-85	3	Ap.CNCI	Marinha Grande	28-05	23.12,41i-03
23.57,99		Bruno Marques	CSJM	05-04-81	2	CNCL-3	Guimarães	04-06	22.02,06i-03
24.14,7		Rogério Filipe	INAT	17-01-59	1vet	D.Mart.	Alcanena	12-03	23.07,06-02
24.20,9		Pedro Ribeiro	ACA	18-10-88	1jv	D.Mart.	Alcanena	12-03	
24.24,57		Jorge Cabouco	JDCS	27-03-86	9	Ap.CNCI	Seixal	28-05	
24.24,86		Nuno Valente	CCSJM	88	5	Ap.CNCI	Braga	28-05	
24.53,13		Luís Lopes	CNRM	01-01-90	2	CNjv	Seixal	25-06	

**Melhor marca ao ar livre de atletas com melhor marca indoor**

23.00,86	Bruno Araujo	CyAC	24-02-83	4	Ap.CNCI	Braga	28-05	
22.13,60	Gonçalo Beijinha	JDN	25-08-86	1		Beja	12-03	22.07,2-04
22.17,6	Helder Conceição	CBF	09-06-83	2		Quarteira	08-01	22.41,20i-04
22.51,73	Jaime Santos	GDL	22-05-72	3	Ap.CNCI	Braga	28-05	24.23,65i-92
22.02,46	João Vieira	CNRM	20-02-76	1		Rio Maior	05-02	18.33,16-99
22.31,73	Luís Gil	CSM	06-04-75	5	Ap.CNCI	Seixal	28-05	21.47,21i-03
22.30,29	Mário Contreiras	GREC	26-12-67	2	Ap.CNCI	Braga	28-05	20.51,8i-92
<b>22.25,39</b>	<b>Pedro Santos</b>	<b>ACRSD</b>	<b>25-04-86</b>	<b>1</b>	<b>A. Neves</b>	<b>Viseu</b>	<b>01-05</b>	<b>24.02,04i-04</b>

**Hora marcha**

<b>13.543</b>	<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	<b>1</b>	<b>Taça FPA</b>	<b>Beja</b>	<b>07-05</b>	<b>13937-03</b>
13.483	Diogo Martins	CPA	14-08-84	2	Taça FPA	Beja	07-05	13585-04
13.141	Jorge Costa	CTT	20-03-61	3	Taça FPA	Beja	07-05	14116-03
12.976	Helder Conceição	CBF	09-06-83	4	Taça FPA	Beja	07-05	
12.655	Vitor Xavier	JV	22-04-86	1jr	Taça FPA	Beja	07-05	
<b>12.455</b>	<b>Pedro Santos</b>	<b>ACRSD</b>	<b>25-04-86</b>	<b>2jr</b>	<b>Taça FPA</b>	<b>Beja</b>	<b>07-05</b>	
11.967	José Magalhães	ACA	30-10-54	5	Taça FPA	Beja	07-05	13061-03
11.772	Pedro Isidro	SLB	17-07-85	6	Taça FPA	Beja	07-05	
11.588	Jorge Cabouco	JDCS	27-03-86	3jr	Taça FPA	Beja	07-05	
11.108	Daniel Neves	GDE	20-10-82	7	Taça FPA	Beja	07-05	
11.043	Aurelio Costa	ACA	05-05-68	8	Taça FPA	Beja	07-05	
11.042	Nuno Pacheco	ACA	08-05-86	4jr	Taça FPA	Beja	07-05	

**10.000 m M – 50:00.0**

40,51	tp	João Vieira	CNRM	20-02-76	-	IAAF Chall	Rio Maior	02-04	39.40-03
42.44,58		Diogo Martins	CPA	14-08-84	2		Rio Maior	16-07	43.22-04
43.27		Augusto Cardoso	FCP	13-12-70	2		Gaia	13-11-04	41.47-04
43.42		Gonçalo Beijinha	JDN	25-08-86	1		Dublin	26-06	45.09,5-04
<b>43.55,0</b>	<b>tp</b>	<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	<b>-</b>	<b>CP</b>	<b>Lisboa - U</b>	<b>23-07</b>	<b>42.31,0-04</b>
43.55,11		António Pereira	JOMA	10-07-75	1		Luso	23-04	44.09,0-02
44.22	tp	Jorge Costa	CTT	20-03-61	-		Olhão	23-04	42.46,5-00
44.24,3		Luís Silva	SCP	26-08-70	1		Lisboa - U	14-05	44.15-00
45.17,3		Pedro Isidro	SLB	17-07-85	2		Lisboa - U	14-05	
<b>45.33</b>		<b>Pedro Santos</b>	<b>ACRSD</b>	<b>25-04-86</b>	<b>1</b>		<b>Rio Maior</b>	<b>02-04</b>	<b>48.00,03-04</b>
45.34		Rui Correia	COP	82	2		Tunes	05-02	45.56,7-04
45.39		Luís Gil	CSM	06-04-75	5		Gaia	13-11-04	44.56,10-01
45.47,09		Helder Malheiro	CAFZ	85	3		Rio Maior	16-07	
46.03,73		Mário Contreiras	GREC	26-12-67	2		Luso	23-04	44.44,90-98
46.06		Helder Conceição	CBF	09-06-83	1		Barreiro	16-04	46.07-04
46.16		Rui Vilarinho	GSADF	16-12-85	3		Tunes	05-02	
46.31,69		Bruno Araujo	CyAC	24-02-83	3	CN23	Abrantes	02-07	47.26,33-03
46.43,70		Vitor Xavier	JV	22-04-86	3	CNJ	Povoa de Varzim	09-07	
46.58		José Magalhães	ACA	30-10-54	1M50	EVACNS	V.R. Sto. António	13-05	43.30,6-97
48.43,59		Jaime Santos	GDL	22-05-72	3		Luso	23-04	
48.48,15		Bruno Reis	CAOV	29-07-82	3	C.Norte	Guimarães	17-07	43.19-04
49.09		João Alves	COP	08-02-84	5		Tunes	05-02	
49.28,94		Bruno Marques	CSJM	05-04-81	2		Aveiro	17-06	46.47,15-02
49.30		Pedro Ribeiro	ACA	18-10-88	3		Rio Maior	02-04	
49.33,7		Rogério Filipe	INAT	17-01-59	1		Lisboa - I	18-06	
49.40		José Pinto	CAG	19-06-56	2M45	EVACNS	V.R. Sto. António	13-05	41.20,3-85
49.50		Jorge Cabouco	JDCS	27-03-86	3		Grândola	15-01	

**20 Km M – 1:40,00 - 2:00,00**

1.21,56	João Vieira	CNRM	20-02-76	4	IAAF Chall	La Corunha	04-06	1.20,30-03
1.22,09	João Vieira			9	IAAF Chall	Rio Maior	02-04	
1.23,46,7	João Vieira			1	CP	Lisboa - U	23-07	
1.26,14	João Vieira			1		Grândola	15-01	
1.26,31	Augusto Cardoso	FCP	13-12-70	11	G. Garcia	Lloret del Mar	10-04	1.22,40-99
<b>1.27,31,2</b>	<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	<b>2</b>	<b>CP</b>	<b>Lisboa - U</b>	<b>23-07</b>	<b>1.26,31-97</b>
1.27,33	Augusto Cardoso			24	IAAF Chall	Rio Maior	02-04	
1.27,33,1	Diogo Martins	CPA	14-08-84	3	CP	Lisboa - U	23-07	1.27,49-04
1.28,25	António Pereira	JOMA	10-07-75	25	IAAF Chall	Rio Maior	02-04	1.28.24,0-02
1.28,27	Diogo Martins			1		Olhão	23-04	
1.28,45	Diogo Martins			4		Dublin	26-06	
1.28,46	Diogo Martins			25	IAAF Chall	La Corunha	04-06	
1.29,08	tp	João Vieira		-		Beja	29-01	
1.30,41	Diogo Martins			31	IAAF Chall	Rio Maior	02-04	
1.31,14	Pedro Martins			2		Olhão	23-04	
1.31,30	Jorge Costa	CTT-F	20-03-61	33	IAAF Chall	Rio Maior	02-04	1.26.09,4-01
1.31,46	Jorge Costa			3		Olhão	23-04	
1.31,55,2	António Pereira			4	CP	Lisboa - U	23-07	
1.32,05	Diogo Martins			2		Grândola	15-01	
1.32,17	tp	Pedro Martins		-		Beja	29-01	
1.33,22	tp	António Pereira		-		Beja	29-01	
1.33,52,4	Pedro Isidro	SLB	17-07-85	5	CP	Lisboa - U	23-07	1.52,46-04
1.33,59	tp	Pedro Martins		-	T. Eur	Miskolc	21-05	
1.34,26,4	Helder Malheiro	CAFZ	85	6	CP	Lisboa - U	23-07	
1.35,16	Rui Correia	COP	82	3		Grândola	15-01	45.56,7-04
1.35,17	tp	Pedro Martins		-	WC	Helsinki	12-08	
1.35,22	Helder Conceição	CBF	09-06-83	4		Olhão	23-04	
1.36,09	tp	Jorge Costa		-	CN	Baixa da Banheira	26-02	
1.36,09	tp	Pedro Martins		-	CN	Baixa da Banheira	26-02	
1.36,09		Pedro Isidro		5		Olhão	23-04	
1.36,12	tp	Jorge Costa		-		Beja	29-01	
1.36,23	Bruno Araujo	CyAC	24-02-83	38	IAAF Chall	Rio Maior	02-04	1.42.01,2-03
1.36,28	Gonçalo Beijinha	JDN	25-08-86	1jr	CN	Baixa da Banheira	26-02	1.38,41-04
1.37,22	Helder Malheiro			39	IAAF Chall	Rio Maior	02-04	
1.37,32	tp	Augusto Cardoso		-	CN	Baixa da Banheira	26-02	
1.37,53	tp	António Pereira		-	T. Eur	Miskolc	21-05	
1.37,53	tp	Augusto Cardoso		-	T. Eur	Miskolc	21-05	
1.37,58		Pedro Isidro		4		Grândola	15-01	
1.38,13	tp	Jorge Costa		-	T. Eur	Miskolc	21-05	
1.38,38	tp	Jorge Costa		-	WC	Helsinki	12-08	
1.38,42	Luis Gil	CSM	06-04-75	3		Mirandela	11-06	1.31.20,5-04
1.38,49	Mário Contreiras	GREC	26-12-67	4		Mirandela	11-06	1.26,31-92
1.38,50		Bruno Araujo		3		Naron	06-02	
1.39,49	tp	Luis Silva		-		Beja	29-01	1.43,14-04
<b>1.41,32</b>	<b>Pedro Santos</b>	<b>ACRS</b>	<b>25-04-86</b>	<b>2jr</b>	<b>CN</b>	<b>Baixa da Banheira</b>	<b>26-02</b>	
1.42,38	Vitor Xavier	JV	22-04-86	3jr	CN	Baixa da Banheira	26-02	1.48,38-04
1.43,06	tp	Rui Vilarinho		-	CN	Baixa da Banheira	26-02	1.39,21-03
1.44,06	João Alves	COP	08-02-84	5		Grândola	15-01	23.46,19i-02
1.44,20	José Silva	NAC	07-10-85	6		Grândola	15-01	1.55,38-04
1.45,16	Jaime Santos	GDL	22-05-72	41	IAAF Chall	Rio Maior	02-04	1.42,54-94
1.45,25	Rogério Filipe	INAT	17-01-59	3		San Sebastian	31-08	1.41,14-04
1.47,57	Luis Fraga	NARV	13-05-78	7		Mirandela	11-06	
1.48,12	Jorge Cabouco	JDCS	27-03-86	4jr	CN	Baixa da Banheira	26-02	1.50,38-04
1.50,35	Mario Rato	CPC	07-04-59	6	CSIT	Beloil	17-10-04	1.44,36-96
1.53,55	Abel Simões	PT	18-06-52	9	CSIT	Beloil	17-10-04	1.41,54-95
1.55,38	Aurelio Costa	ACA	05-05-68	44	IAAF Chall	Rio Maior	02-04	1.47,12-99
1.56,45	Nuno Pacheco	ACA	08-05-86	5jr	CN	Baixa da Banheira	26-02	1.59,01-04
1.57,23	Hugo Vaz	IFC	86	45	IAAF Chall	Rio Maior	02-04	
1.59,25	Bruno Gomes	ACA	16-05-87	6jr	CN	Baixa da Banheira	26-02	



## 50 Km M – 5:10.0

<b>4.03,09</b>	<b>Pedro Martins</b>	<b>CAS</b>	<b>12-01-68</b>	<b>1</b>	<b>CN</b>	<b>Baixa da Banheira</b>	<b>26-02</b>	<b>3.55,29-04</b>
4.03,28	Pedro Martins			20	T. Eur	Miskolc	21-05	
4.04,22	António Pereira	JOMA	10-07-75	21	T. Eur	Miskolc	21-05	4.07,30-04
4.05,58	Augusto Cardoso	FCP	13-12-70	24	T. Eur	Miskolc	21-05	4.17,03-03
4.07,52	Jorge Costa	CTT-F	20-03-61	2	CN	Baixa da Banheira	26-02	3.55,31-04
4.08,12	Pedro Martins			20	WC	Helsinki	12-08	
4.14,02	Augusto Cardoso			3	CN	Baixa da Banheira	26-02	
4.19,11	Jorge Costa			34	T. Eur	Miskolc	21-05	
4.22,17	Jorge Costa			22	WC	Helsinki	12-08	
4.27,59	Luís Silva	SCP	26-08-70	5		Dublin	26-06	1.43,14-04

## 4 x 100 m – 43,50 – 45,00

39,60	Seleção Nacional	SN				Madrid	16-07	
40,29	Seleção Nacional					Telaviv	06-07	
40,73	Seleção Nacional				T.Europa	Leiria	18-06	
40,76	SC Portugal	SCP			TCCE	Lagos	28-05	
41,21	SL Benfica	SLB	Jun	RNJCI	1	CNCL-1	Leiria	04-06
41,26	Seleção Nacional					Conseil	Fort-de-France	30-04
41,32	SC Portugal					CNCL-1	Leiria	04-06
41,40	SC Portugal						Lisboa - U	14-05
41,70	SL Benfica					Ap.CNCI	Seixal	28-05
42,03	SC Portugal						Lisboa - R	25-04
42,05	SL Benfica		Jun			CN23	Abrantes	02-07
42,34	SL Benfica		Jun			CNJ	Povoa de Varzim	09-07
42,47	CS Maritimo	CSM				CN	Lisboa - U	11-06
42,49	Seleção Nacional – Juv	SNJv				FOJE	Lignano	08-07
42,52	CS Maritimo					CNCL-1	Leiria	04-06
42,55	Seleção Nacional – Juv					FOJE	Lignano	07-07
42,59	JO Monte Abraão	JOMA					Lisboa - U	14-05
42,59	Juventude Vidigalense	JV				CNCL-1	Leiria	04-06
42,68	SL Benfica					CN	Lisboa - U	11-06
42,70	FC Porto	FCP				Ap.CNCI	Braga	28-05
42,73	FC Porto					CNCL-1	Leiria	04-06
42,79	Cyclones AC	CyAC				CNCL-2	Guimarães	04-06
42,86	SL Benfica					ECCC-Jr	Frauenfeld	24-09
42,88	Juventude Vidigalense					Ap.CNCI	Marinha Grande	28-05
42,97	CS Maritimo					Ap.CNCI	Seixal	28-05
43,35	CB Faro	CBF				CN	Lisboa - U	11-06
43,39	FC Porto		Jun			CNJ	Povoa de Varzim	09-07
<b>43,43</b>	<b>CA Seia</b>	<b>CAS</b>				<b>Ap.CNCI</b>	<b>Marinha Grande</b>	<b>28-05</b>
43,46	FC Porto						Maia	07-05
43,52	JO Monte Abraão					CN23	Abrantes	02-07
43,62	NA Cucujães	NAC				Ap.CNCI	Braga	28-05
43,87	CCD Ribeirão	CCDR				Ap.CNCI	Braga	28-05
44,07	CA Baixa Banheira	CABB					Seixal	16-07
44,18	JD Cidade do Sol	JDCS					Seixal	16-07
44,23	SC Abrantes	SCAb					Abrantes	21-05
44,36	CF Belenenses	CFB					Lisboa - R	25-04
44,41	GRECAS	GREC				CNCL-1	Leiria	04-06
44,56	Bairro dos Anjos	BA				CNCL-2	Guimarães	04-06
44,67	CCS João da Madeira	CCSJm				Ap.CNCI	Braga	28-05
44,91	GD Estreito	GDE				Ap.CNCI	Seixal	28-05
44,92	Gira Sol - Febres	GSADF				CBeiras	Luso	08-05
44,95	CUA Benaventense	CUAB				CNCL-3	Guimarães	04-06
44,98	CJS Manique	CJSM	Jun			D. Esc	Leiria	22-05

## 4 x 400 m – 3.25,0 – 3.31,0

3.08,14	Seleção Nacional		SN		5	T.Europa	Leiria	19-06
3.13,47	SC Portugal		SCP		1	CNCL-1	Leiria	05-06
3.15,60		SC Portugal			6	TCCE	Lagos	29-05
3.15,92	Seleção Nacional - Jr		SNJ	Jun	8h	EJ	Kaunas	23-07
3.16,75	FC Porto		FCP		2	CNCL-1	Leiria	05-06
3.17,82	CS Marítimo		CSM		1	CN	Lisboa - U	11-06
3.18,59	i	SC Portugal			1	CNcl	Espinho	06-02
3.18,68	i	FC Porto			2	CNcl	Espinho	06-02
3.19,24		FC Porto			1	Ap.CNCl	Braga	29-05
3.19,39	JO Monte Abrão		JOMA		3	CNCL-1	Leiria	05-06
3.19,83		CS Marítimo			4	CNCL-1	Leiria	05-06
3.20,41		JO Monte Abrão			1	Ap.CNCl	Seixal	29-05
3.21,06	SL Benfica		SLB		5	CNCL-1	Leiria	05-06
3.21,12	i	JO Monte Abrão			1	CNcl-Ap	Espinho	22-01
3.21,49		CS Marítimo			2	Ap.CNCl	Seixal	29-05
3.22,70	Casa Benfica Faro		CBF		2	CN	Lisboa - U	11-06
3.23,06		SC Portugal			1		Lisboa - U	15-05
3.23,50	i	SL Benfica		Jun	3	CNcl	Espinho	06-02
3.23,53	i	JO Monte Abrão			4	CNcl	Espinho	06-02
3.23,87		Casa Benfica Faro			1	CNCL-2	Guimarães	05-06
3.23,93		CS Marítimo			1	CN23	Abrantes	03-07
<b>3.24,29</b>	<b>CA Seia</b>		<b>CAS</b>		<b>6</b>	<b>CNCL-1</b>	<b>Leiria</b>	<b>05-06</b>
3.24,64	Cyclones AC		CyAC		2	CNCL-2	Guimarães	05-06
3.24,85	Gira Sol - Febres		GSADF		3	CN	Lisboa - U	11-06
3.24,94	i	SC Portugal			1	CN23	Espinho	06-03
3.25,44	GD Estreito		GDE		3	CNCL-2	Guimarães	05-06
3.25,64	CUA Benaventense		CUAB		1		Abrantes	21-05
3.25,69	CF Belenenses		CFB		1	CNCL-3	Guimarães	05-06
3.26,76		SC Portugal	SCP		1		Lisboa - U	15-01
3.27,29	Bairro dos Anjos		BA		4	CNCL-2	Guimarães	05-06
3.28,03	JD Cidade do Sol		JDCS		6	CNCL-2	Guimarães	05-06
3.28,08	Juventude Vidigalense		JV		7	CNCL-1	Leiria	05-06
3.28,42	CCD Ribeirão		CCDR		3	Ap.CNCl	Braga	29-05
3.30,01	NA Cucujães		NAC		2	CBeiras	Luso	08-05
3.30,45	Grecas		GREC		4	Ap.CNCl	Braga	29-05