

60 m - 7,80 - 8,30

7,50	Sónia Tavares	GCA Donas		21-03-86	1mf	CN	Espinho	25-02	7,59i-05
7,57	Sónia Tavares				1	FPA Vel/Ba	Espinho	11-02	
7,57	Sónia Tavares				1	CN	Espinho	25-02	
7,61	Sónia Tavares				1 ex		Espinho	18-02	
7,63	Sónia Tavares				1	Sub23	Espinho	28-01	
7,64	Glória Santo	Sporting CP	STP	13-01-83	1 s	CNCI-Ap	Braga	04-02	7,55i-05
7,64	Sónia Tavares				1	Beiras	Espinho	14-01	
7,65	Glória Santo				1mf	CN	Espinho	25-02	
7,66	Glória Santo				1	CNCI	Espinho	18-02	
7,66	Sónia Tavares				1h	Sub23	Espinho	28-01	
7,67	Glória Santo				1h	CN	Espinho	25-02	
7,67	Sónia Tavares				1h	CN	Espinho	25-02	
7,68	Susana Vieira	CA Madeira		01-02-80	2 ex		Espinho	18-02	7,76i-05
7,68	Susana Vieira				2	CN	Espinho	25-02	
7,70	Susana Vieira				2	FPA Vel/Ba	Espinho	11-02	
7,70	Sónia Tavares				1h	Beiras	Espinho	14-01	
7,73	Cátia Ferreira	Juv Vidigalense		18-06-83	3	CN	Espinho	25-02	7,79i-02
7,74	Severina Cravid	JOMA		01-07-78	2	CNCI	Espinho	18-02	7,30i-01
7,74	Susana Vieira				1 ex	FPA Vel/Ba	Espinho	11-02	
7,74	Susana Vieira				2mf	CN	Espinho	25-02	
7,75	Carla Tavares	C Operario D		22-05-82	4	CN	Espinho	25-02	7,80i-05
7,75	Susana Vieira				3	CNCI	Espinho	18-02	
7,76	Susana Vieira				2 s	CNCI-Ap	Braga	04-02	
7,78	Cátia Ferreira				3	FPA Vel/Ba	Espinho	11-02	
7,79	Liliana Correia	Boavista FC		06-08-82	4	CNCI	Espinho	18-02	7,70i-05
7,79	Carla Tavares				2h	CN	Espinho	25-02	
7,80	Cátia Ferreira				5	CNCI	Espinho	18-02	
7,81	Rafaela Almeida	CA Madeira		10-11-83	2mf	CN	Espinho	25-02	7,67i-05
7,81	Sónia Marques	SC Braga		06-07-86	3 ex		Espinho	18-02	7,82i-05
7,82	Ana Marques	FC Porto		19-09-80	1h	Norte	Braga	14-01	7,86i-05
7,83	Anna Olsson	Juv Vidigalense	DEN	16-11-88	2	Sub23	Espinho	28-01	8,10i-04/05
7,85	Inês Oliveira	SC Braga		15-06-86	4	FPA Vel/Ba	Espinho	11-02	7,85i-05
7,86	Isabel Abrantes	JOMA		20-02-73	3 s	CNCI-Ap	Braga	04-02	7,69i-02
7,86	Patrícia Vieira	GD Estreito		18-04-79	7	CNCI	Espinho	18-02	7,75i-04
7,90	Ilda Martins	JOMA	ANG	26-11-87	3	Sub23	Espinho	28-01	8,14i-05
7,95	Ludmila Leal	Sporting CP	STP	03-02-85	1h	Sub23	Espinho	28-01	7,85i-05
7,98	Andreia Felisberto	JOMA		22-06-86	5	Sub23	Espinho	28-01	7,79i-05
8,04	Heloisa Neto	C Bf Faro		21-01-86	1		V.R. Sto. António	14-01	8,00i-05
8,06	Candida Bairrada	CA Marinha Grande		84	3	Beiras	Espinho	14-01	
8,06	Tânia António	GRECAS		29-12-87	1 s	CNCI-Ap	Braga	04-02	
8,07	Susana Estriga	FC Porto		14-07-75	3	Norte	Braga	14-01	7,87i-01
8,07	Susana Costa	C Operario D		22-09-84	7	FPA Vel/Ba	Espinho	11-02	
8,08	Catarina Costa	C Bf Faro		03-08-89	2		V.R. Sto. António	14-01	8,27i-05
8,09	Catarina Lopes	Tramagal SU		07-03-88	4h	Sub23	Espinho	07-01	8,02i-05
8,11	Ana Silva	EC+S Lavra		11-07-79	5mf	CN	Espinho	25-02	7,98i-05
8,11	Mónica Lopes	GR Qt. Lomba		18-01-86	3h	Sub23	Espinho	28-01	8,10i-04
8,13	Laura Santos	Sporting CP		08-05-84	8=	FPA Vel/Ba	Espinho	11-02	7,90i-05
8,13	Catarina Bastos	Juv Vidigalense		28-09-86	3		Alpiarça	07-01	8,18i-04
8,14	Elda Laranja	GD Estreito		27-09-86	10=	FPA Vel/Ba	Espinho	11-02	7,97i-05
8,14	Juliana Campos	FC Porto		10-05-89	1h	Norte	Braga	14-01	8,36i-04
8,14	Liliana Campos	JD Cidade Sol		29-04-88	10=	FPA Vel/Ba	Espinho	11-02	
8,15	Carina Gomes	EC+S Lavra		05-06-81	7h	Norte	Braga	14-01	8,29i-05
8,15	Marta Lopes	CD Póvoa		90	6h	Norte	Braga	14-01	
8,17	Sandra Borges	Gira Sol ADF		01-03-83	3 s	CNCI-Ap	Braga	04-02	8,18i-03
8,19	Sara Almeida	FC Porto		24-04-81	4h	CN	Espinho	25-02	8,23i-05
8,20	Juliana Coutinho	Boavista FC		29-11-86	2		Espinho	30-12	7,96i-05
8,20	Mónica Manteigas	JD Cidade Sol		06-10-87	4 s	CNCI-Ap	Braga	04-02	

8,21	Célia Jordão	GR Qt. Lomba	26-09-84	1 ex	FPA Vel/Ba	Espinho	11-02	8,03i-04
8,21	Diana Gaspar	Juv Vidigalense	19-07-87	1 ex		Braga	04-02	8,18i-05
8,23	Ana Rita Lopes	Tramagal SU	07-03-88	ex	Norte	Braga	14-01	8,09i-05
8,23	Juliana Neto	Juv Vidigalense	18-12-86	13=	FPA Vel/Ba	Espinho	11-02	8,21i-04/05
8,23	Rachel Holt	C Bf Faro	IRL 19-12-82	2	A.Noronha	V.R. Sto. António	08-01	
8,25	Maria Valinho Frazão	Juv Vidigalense	29-12-87	5		Espinho	30-12	
8,27	Diana Relvas	GCD Sanfins	12-05-89	1		Espinho	06-01	8,19i-05
8,27	Cristiana Cunha	CA Centro	91	1		Espinho	30-12	8,36i-05
8,27	Marta Sousa	U		2	CNU	Espinho	05-03	
8,29	Joana Duarte	SC Braga	90	1h	Norte	Braga	14-01	8,39i-05
8,29	Daniela Ferreira	ES Serafim Leite	22-06-89	2		Espinho	21-01	

200 m– 26,00 – 28,00

24,80	Susana Vieira	CA Madeira	01-02-80	1	CN	Espinho	26-02	25,16i-05
25,08	Ana Marques	FC Porto	19-09-80	1mf	CN	Espinho	26-02	25,29i-05
25,12		Susana Vieira		1mf	CN	Espinho	26-02	
25,17	Patrícia Lopes	Sporting CP	11-07-82	2mf	CN	Espinho	26-02	24,45i-01
25,22	Rafaela Almeida	CA Madeira	10-11-83	1mf	CN	Espinho	26-02	24,45i-05
25,24	Sónia Tavares	GCA Donas	21-03-86	2	CN	Espinho	26-02	25,14i-05
25,22		Susana Vieira		1	CNCI	Espinho	19-02	
25,27		Sónia Tavares		2mf	CN	Espinho	26-02	
25,30		Rafaela Almeida		3	CN	Espinho	26-02	
25,34	Carla Tavares	C Operario D	22-05-82	3mf	CN	Espinho	26-02	24,92i-02
25,34	Glória Santo	Sporting CP	STP 13-01-83	2	CNCI	Espinho	19-02	25,00i-05
25,36		Ana Marques		3	CNCI	Espinho	19-02	
25,37		Patrícia Lopes		4	CN	Espinho	26-02	
25,41		Sónia Tavares		1	Sub23	Espinho	29-01	
25,47		Susana Vieira		1 s	CNCI-Ap	Braga	04-02	
25,53		Glória Santo		2 s	CNCI-Ap	Braga	04-02	
25,57		Glória Santo		2mf	CN	Espinho	26-02	
25,59	Liliana Correia	Boavista FC	06-08-82	4	CNCI	Espinho	19-02	25,54i-05
25,77	Inês Oliveira	SC Braga	15-06-86	3mf	CN	Espinho	26-02	25,56i-05
25,79		Susana Vieira		1		Braga	07-01	
25,80		Inês Oliveira		5	CNCI	Espinho	19-02	
25,81	Severina Cravid	JOMA	01-07-78	6	CNCI	Espinho	19-02	24,59i-02
25,90	Graciela Martins	GR Qt. Lomba	ESP 05-04-87	7	CNCI	Espinho	19-02	26,00i-05
25,90		Liliana Correia		3mf	CN	Espinho	26-02	
25,92		Susana Vieira		1		Braga	08-01	
25,93	Cátia Ferreira	Juv Vidigalense	18-06-83	4mf	CN	Espinho	26-02	25,53i-02
25,94		Susana Vieira		1		Braga	29-01	
25,99	Rachel Holt	C Bf Faro	IRL 19-12-82	8	CNCI	Espinho	19-02	25,84i-00
25,99		Graciela Martins		5mf	CN	Espinho	26-02	
26,00		Susana Vieira		ex	Norte	Braga	15-01	
26,10	Catarina Bastos	Juv Vidigalense	28-09-86	2	Sub23	Espinho	29-01	
26,35	Sónia Marques	SC Braga	06-07-86	4	Sub23	Espinho	29-01	27,17i-04
26,36	Ludmila Leal	Sporting CP	STP 03-02-85	4mf	CN	Espinho	26-02	25,74i-05
26,52	Tânia António	GRECAS	29-12-87	6	Sub23	Espinho	29-01	
26,53	Sandra Borges	Gira Sol ADF	01-03-83	10	CNCI	Espinho	19-02	
26,54	Tânia Freitas	GD Estreito	17-06-80	11	CNCI	Espinho	19-02	24,82i-00
26,54	Artimiza Sá	CRU Raposense	29-11-84	7	Sub23	Espinho	29-01	26,45i-04
26,67	Candida Bairrada	CA Marinha Grande	84	9	Sub23	Espinho	29-01	
27,10	Maria Valinho Frazão	Juv Vidigalense	29-12-87	1		Espinho	30-12	26,26i-05
27,10	Juliana Campos	FC Porto	10-05-89	2h	Norte	Braga	15-01	
27,15	Isabel Areias	Gira Sol ADF	27-01-85	ex		Espinho	04-03	27,53i-05
27,30	Juliana Neto	Juv Vidigalense	18-12-86	9	CNCI	Espinho	19-02	27,50i-04
27,33	Juliana Coutinho	Boavista FC	29-11-86	1h	Norte	Braga	15-01	25,98i-05
27,34	Heloisa Neto	C Bf Faro	21-01-86	10	Sub23	Espinho	28-01	26,97i-05
27,43	Diana Relvas	GCD Sanfins	12-05-89	1		Espinho	07-01	26,83i-05

27,49	Sara Almeida	FC Porto	24-04-81	5	Norte	Braga	15-01	27,72i-04
27,55	Vanessa Pereira	CS Maritimo	08-04-86	11	Sub23	Espinho	29-01	27,83i-05
27,56	Catarina Silva	JA Mozelense	03-04-90	2		Espinho	22-01	
27,65	Daniela Ferreira	ES Serafim Leite	22-06-89	1		Espinho	04-03	
27,65	Lisandra Lopes	GRECAS	88	12	Sub23	Espinho	29-01	
27,76	Liliana Barbosa	GRECAS	14-05-87	2		Espinho	04-03	27,66i-05
27,88	Patrícia Monteiro	Maia AC	14-01-89	1		Braga	05-02	27,44i-05
27,90	Marisa Silva	AD Sanjoanense	85	13	Sub23	Espinho	29-01	
27,97	Mónica Gomes	Gira Sol ADF	21-01-87	2h	Beiras	Espinho	15-01	10,03i-05
27,99	Sara Relvas	ES Serafim Leite	05-04-88	1h		Espinho	22-01	27,38i-05

300 m – 46,00

41,64	Susana Vieira	CA Madeira	01-02-80	1		Braga	03-12-05	42,06i-04
42,32	Inês Oliveira	SC Braga	15-06-86	1		Braga	21-01	42,87i-03
43,25	Isabel Areias	Gira Sol ADF	27-01-85	3		Braga	03-12-05	44,27i-04
43,42	Liliana Correia	Boavista FC	06-08-82	2		Braga	21-01	25,54i-05
45,47	Cátia Gonçalves	Juv Vidigalense	89	1		Espinho	15-01	
45,63	Catarina Veiga	SC Braga	24-02-89	4		Braga	03-12-05	45,61i-05
45,89	Rosalina Carvalho	CD Póvoa	14-05-90	6		Braga	03-12-05	
45,90	Beatrysa Lyaschenko	CA Marinha Grande	91	2		Espinho	15-01	
45,97	Nádia Silva	CA Marinha Grande	90	3		Espinho	15-01-06	

400 m– 59,00 - 63,00

55,34	Maria Carmo Tavares	Sporting CP	27-04-74	1	CN	Espinho	25-02	52,77i-98
56,00	Patrícia Lopes	Sporting CP	11-07-82	2	CN	Espinho	25-02	55,61i-02
56,39	Patrícia Lopes			1	FPA Vel/Ba	Espinho	11-02	
56,55	Maria Céu Nunes	JOMA	17-09-76	3	CN	Espinho	25-02	55,28i-00
56,74	Patrícia Lopes			1	CNCI	Espinho	18-02	
56,80	Maria Céu Nunes			2	CNCI	Espinho	18-02	
56,89	Patrícia Lopes			1 s	CNCI-Ap	Braga	04-02	
57,18	Maria Céu Nunes			2	FPA Vel/Ba	Espinho	11-02	
57,38	Severina Cravid	JOMA	01-07-78	4	CN	Espinho	25-02	55,70i-01
57,55	Severina Cravid			3	FPA Vel/Ba	Espinho	11-02	
57,57	Ana Marques	FC Porto	19-09-80	5	CN	Espinho	25-02	56,56i-03
58,10	Artimiza Sá	CRU Raposense	29-11-84	4	FPA Vel/Ba	Espinho	11-02	57,60i-05
58,33	Elda Laranja	GD Estreito	27-09-86	1 s	CNCI-Ap	Braga	04-02	57,39i-05
58,37	Joana Frias	CA Madeira	07-03-88	2 s	CNCI-Ap	Braga	04-02	57,16i-05
58,37	Elda Laranja			3	CNCI	Espinho	18-02	
58,42	Rafaela Almeida	CA Madeira	10-11-83	5	FPA Vel/Ba	Espinho	11-02	57,21i-03
58,49	Artimiza Sá			6	CN	Espinho	25-02	
58,54	Rafaela Almeida			4	CNCI	Espinho	18-02	
58,58	Joana Frias			1	Sub23	Espinho	28-01	
58,58	Elda Laranja			2	Sub23	Espinho	28-01	
58,63	Elda Laranja			7	CN	Espinho	25-02	
58,65	Susana Estriga	FC Porto	14-07-75	8	CN	Espinho	25-02	
58,66	Vera Barbosa	JOMA	CPV 13-01-89	9	CN	Espinho	25-02	
58,73	Jessica Gouveia	GD Estreito	19-07-86	6	FPA Vel/Ba	Espinho	11-02	57,71i-05
58,73	Isabel Areias	Gira Sol ADF	27-01-85	5	CNCI	Espinho	18-02	60,21i-04
58,78	Rachel Holt	C Bf Faro	IRL 19-12-82	6	CNCI	Espinho	18-02	58,22i-05
58,94	Artimiza Sá			3	Sub23	Espinho	28-01	
59,06	Catarina Bastos	Juv Vidigalense	28-09-86	2 s	CNCI-Ap	Braga	04-02	
59,08	Tânia Freitas	GD Estreito	17-06-80	4	FPA Vel/Ba	Espinho	11-02	55,36i-03
59,12	Graciela Martins	GR Qt. Lomba	ESP 05-04-87	11	CN	Espinho	25-02	59,49i-05
59,32	Lenira Santos	JOMA	21-04-87	1 s	CNCI-Ap	Braga	04-02	58,89i-04
60,14	Neide Dias	JOMA	ANG 11-08-87	11	CN	Espinho	25-02	62,28i-05
60,96	Manuela Bernardo	GCA Donas	05-10-87	8	Sub23	Espinho	28-01	59,90i-05

61,05	Vanessa Cardoso	SC Braga	87	9	Sub23	Espinho	28-01	
61,07	Maria Carmo Alves	C Operario D	10-07-75	15	CN	Espinho	25-02	
61,18	Isabel Sousa	GRECAS	14-05-84	3	Beiras	Espinho	14-01	60,13i-02
61,20	Vanda Ribeiro	Boavista FC	02-04-75	9	CNCI	Espinho	18-02	59,43i-03
61,42	Alexandra Silva	SC Braga	13-09-85	1		Braga	07-01	
61,48	Juliana Coutinho	Boavista FC	29-11-86	2	Norte	Braga	14-01	59,40i-05
61,69	Ana Carvalho	GJP Bemposta	23-08-90	1 s	CNCI-Ap	Braga	04-02	
62,05	Mafalda Oliveira	FC Porto	06-05-82	11	CNCI	Espinho	18-02	60,24i-00
62,18	Elisa Pegado	AA Pinhalnense	23-07-87	12	FPA Vel/Ba	Espinho	11-02	
62,42	Liliana Barbosa	GRECAS	14-05-87	12	CNCI	Espinho	18-02	62,89i-05

800m - 2.15,0 - 2.25,0

2.05,24	Maria Carmo Tavares	Sporting CP	27-04-74	2rB		Valência	11-02	2.03,47i-05
2.05,43	Sandra Teixeira	Sporting CP	13-03-78	1	CN	Espinho	26-02	2.02,47i-01
2.06,56	Maria Carmo Tavares			1	CNCI	Espinho	19-02	
2.07,07	Maria Carmo Tavares			2	CN	Espinho	26-02	
2.07,22	Maria Céu Nunes	JOMA	17-09-76	3	CN	Espinho	26-02	2.05,63i-02
2.07,35	Maria Carmo Tavares			1 s	CNCI-Ap	Braga	04-02	
2.07,58	Maria Céu Nunes			2	CNCI	Espinho	19-02	
2.07,76	Lilian Silva	Juv Vidigalense	30-03-82	2 s	CNCI-Ap	Braga	04-02	2.10,68i-05
2.08,17	Lilian Silva			3	CNCI	Espinho	19-02	
2.08,59	Lilian Silva			4	CN	Espinho	26-02	
2.08,95	Maria Céu Nunes			3 s	CNCI-Ap	Braga	04-02	
2.10,65	Lilian Silva			1	Beiras	Espinho	15-01	
2.10,96	Cláudia Pereira	SC Braga	20-12-76	4	CNCI	Espinho	19-02	2.10,53i-04
2.11,14	Lidia Sousa	Boavista FC	26-08-88	5	CNCI	Espinho	19-02	2.14,23i-05
2.13,30	Patrícia I. Pereira	ADERCUS	20-04-83	2	Beiras	Espinho	15-01	2.15,80i-02
2.14,07	Laura Azevedo	JOMA	02-02-85	5	CN	Espinho	26-02	2.17,72i-04
2.14,14	Neide Vieira	CA Madeira	30-12-79	6	CNCI	Espinho	19-02	2.12,08i-05
2.14,38	Lidia Sousa			4 s	CNCI-Ap	Braga	04-02	
2.14,90	Sofia Pereira	CS Maritimo	01-09-80	6	CN	Espinho	26-02	2.12,11i-04
2.14,91	Alexandra Silva	SC Braga	13-09-85	1		Braga	10-12	
2.15,31	Ercilia Machado	SC Braga	24-12-86	7	CN	Espinho	26-02	2.17,44i-03
2.16,35	Jessica Gouveia	GD Estreito	19-07-86	5 s	CNCI-Ap	Braga	04-02	2.17,25i-05
2.16,59	Vanda Ribeiro	Boavista FC	02-04-75	9	CN	Espinho	26-02	2.07,42i-99
2.17,44	Mafalda Oliveira	FC Porto	06-05-82	11	CN	Espinho	26-02	2.25,56i-05
2.18,00	Olga Pinto	GD Estreito	31-05-75	12	CN	Espinho	26-02	2.13,45i-04
2.19,21	Neide Dias	JOMA	ANG 11-08-87	13	CN	Espinho	26-02	2.23,00i-05
2.19,76	Manuela Bernardo	GCA Donas	05-10-87	14	CN	Espinho	26-02	2.18,35i-05
2.20,03	Isabel Sousa	GRECAS	14-05-84	3	Beiras	Espinho	15-01	2.19,78i-04
2.20,08	Isabel Areias	Gira Sol ADF	27-01-85	Pen	CN	Espinho	26-02	
2.21,12	Ilda Estrela	GRECAS	06-01-76	16	CN	Espinho	26-02	2.16,02i-05
2.21,21	Joana Costa	CP Mangualde	12-05-88	1		Espinho	30-12	2.21,48i-04
2.21,52	Marisa Machado	JOMA	18-10-88	5	Sub23	Espinho	29-01	
2.21,58	Daniela Cunha	UD Varzea	90	1		Braga	29-01	
2.22,38	Rita Rodrigues	N Sp. Cartaxo	29-09-83	17	CN	Espinho	26-02	2.16,34i-05
2.22,38	Solange Jesus	ADERCUS	07-01-87	2		Espinho	30-12	2.22,25i-05
2.22,86	Tânia Silva	Liberdade FC	24-05-88	2		Braga	10-12	
2.23,18	Carina Marques	FC Porto	03-02-86	4		Espinho	30-12	2.17,39i-03
2.23,58	Filipa Almeida	SC Braga	88	3		Braga	10-12	
2.24,16	Vanessa Cardoso	SC Braga	87	1		Braga	08-01	
2.24,45	Georgina Milhazes	SC Braga	82	2		Braga	08-01	

1500 m – 4.35,0 - 4.50,0

4.16,32	Sandra Teixeira	Sporting CP	13-03-78	1	CNCI	Espinho	18-02	4.10,84i-05
4.16,35	Sandra Teixeira			9	GE Galan	Estocolmo	02-02	

4.16,45		Sandra Teixeira			1	CN	Espinho	25-02	
4.17,93	Jessica Augusto		SC Braga	08-11-81	2	CNCI	Espinho	18-02	4.13,98i-02
4.22,17		Jessica Augusto			2	CN	Espinho	25-02	
4.25,00	Lilian Silva		Juv Vidigalense	30-03-82	3	CNCI	Espinho	18-02	4.34,35i-05
4.26,30	Lidia Sousa		Boavista FC	26-08-88	4	CNCI	Espinho	18-02	4.33,81i-05
4.26,84		Lidia Sousa			3	CN	Espinho	25-02	
4.27,21	Patricia Pereira		CA Madeira	14-12-81	5	CNCI	Espinho	18-02	4.33,69i-03
4.27,46	Ercilia Machado		SC Braga	24-12-86	4	CN	Espinho	25-02	4.34,43i-05
4.30,30	Sónia Fernandes		FC Porto	03-05-83	6	CNCI	Espinho	18-02	4.25,82i-03
4.31,24		Sónia Fernandes			5	CN	Espinho	25-02	
4.32,13	Clarisse Cruz		Sporting CP	09-07-78	ex		Espinho	21-01	4.23,63i-02
4.32,33	Laura Azevedo		JOMA	02-02-85	6	CN	Espinho	25-02	4.39,72i-04
4.32,51		Lilian Silva			1	Beiras	Espinho	14-01	
4.33,42		Laura Azevedo			7	CNCI	Espinho	18-02	
4.33,56		Sandra Teixeira			1 s	CNCI-Ap	Braga	04-02	
4.34,47		Laura Azevedo			2 s	CNCI-Ap	Braga	04-02	
4.35,22	Marisa Barros		SC Braga	25-02-80	3 s	CNCI-Ap	Braga	04-02	4.31,31i-02
4.35,62	Patricia I. Pereira		ADERCUS	20-04-83	1		Espinho	21-01	4.29,94i-02
4.36,47	Dulce Felix		FC Vizela	23-10-82	1		Braga	03-12	
4.36,91	Alexandra Silva		SC Braga	13-09-85	2		Braga	03-12	4.47,45i-01
4.38,01	Olga Pinto		GD Estreito	31-05-75	5 s	CNCI-Ap	Braga	04-02	4.30,31i-04
4.40,79	Mónica Silva		ADERCUS	25-11-83	2		Espinho	21-01	4.32,60i-04
4.41,88	Cristiana Valente		ADR Pasteleira	09-06-85	9	CN	Espinho	25-02	4.41,29i-05
4.42,54	Carla Martinho		ADERCUS	04-11-76	3		Espinho	21-01	4.32,09i-01
4.43,54	Vanda Ribeiro		Boavista FC	02-04-75	6	CNCI-Ap	Braga	04-02	4.18,46i-99
4.43,96	Filomena Costa		SC Braga	22-02-85	10	CN	Espinho	25-02	4.42,31i-05
4.44,53	Rosário Pais		ADERCUS	09-01-81	4		Espinho	21-01	4.27,40i-03
4.45,20	Solange Jesus		ADERCUS	07-01-87	5		Espinho	21-01	4.43,73i-05
4.46,98	Mafalda Oliveira		FC Porto	06-05-82	ex		Espinho	21-01	

3000 m – 9.50,0 - 11.00,0

8.59,99	Anália Rosa		Maratona CP	28-02-76	8	WC	Moscovo	11-03	9.10,52i-04
9.04,84		Anália Rosa			8	Norw. Un.	Birmingham	18-02	
9.07,65	Jessica Augusto		SC Braga	08-11-81	1	CN	Dortmund	26-02	8.57,65i-05
9.13,53	Marina Bastos		SC Braga	07-07-71	1	CNCI	Espinho	19-02	8.49,55i-01
9.14,35	Leonor Carneiro		Boavista FC	18-05-78	2	CNCI	Espinho	19-02	9.32,16i-05
9.15,11		Jessica Augusto			1	Univ Ch	Dortmund	01-02	
9.17,63	Ana Dias		C Bf Faro	15-01-74	3	CNCI	Espinho	19-02	8.58,52i-02
9.19,01		Leonor Carneiro			1	CNCI-Ap	Braga	04-02	
9.22,98		Ana Dias			2	CNCI-Ap	Braga	04-02	
9.25,32	Madalena Carriço		CA Madeira	06-01-79	4	CNCI	Espinho	19-02	9.40,44i-00
9.29,21	Fernanda Miranda		SC Braga	05-06-70	3	CNCI-Ap	Braga	04-02	9.26,01i-99
9.32,90	Marisa Barros		SC Braga	25-02-80	2	CN	Espinho	26-02	9.46,54i-04
9.34,54	Sónia Fernandes		FC Porto	03-05-83	4	CNCI-Ap	Braga	04-02	9.30,52i-01
9.34,98		Sónia Fernandes			3	CN	Espinho	26-02	
9.36,03	Clarisse Cruz		Sporting CP	09-07-78	ex		Espinho	22-01	9.25,22i-02
9.36,51		Clarisse Cruz			5	CNCI	Espinho	19-02	
9.37,16		Clarisse Cruz			ex	Beiras	Espinho	15-01	
9.37,22		Clarisse Cruz			5	CNCI-Ap	Braga	04-02	
9.37,97		Madalena Carriço			6	CNCI-Ap	Braga	04-02	
9.39,92		Fernanda Miranda			4	CN	Espinho	26-02	
9.40,19		Sónia Fernandes			6	CNCI	Espinho	19-02	
9.57,79	Sandra Amaro		JOMA	15-03-76	7	CNCI	Espinho	19-02	9.35,5i-01
9.59,36	Filipa Coelho		JOMA	14-04-81	7	CNCI-Ap	Braga	04-02	9.52,6i-01
10.06,38	Cristiana Valente		ADR Pasteleira	09-06-85	1	Sub23	Espinho	28-01	10.23,61i-05
10.10,90	Sara Moreira		GD Estreito	17-10-85	8	CNCI-Ap	Braga	04-02	10.02,32i-05
10.13,14	Solange Jesus		ADERCUS	07-01-87	2	Sub23	Espinho	29-01	10.34,19i-04
10.14,22	Filomena Costa		SC Braga	22-02-85	1	Norte	Braga	15-01	10.05,99i-05

10.14,82	Ana Cabecinha	CO Pechão	29-04-84	3	Sub23	Espinho	29-01	10.00,66i-05
10.17,98	Rosário Pais	ADERCUS	09-01-81	1		Espinho	22-01	9.56,89i-03
10.23,04	Andreia Jesus	ACRSra. Desterro	06-03-85	1	Beiras	Espinho	15-01	10.16,66i-05
10.26,54	Lourdes Pereira	ARDG Castro	21-02-83	2	Norte	Braga	15-01	10.06,79i-05
10.34,88	Silvia Gonçalves	SC Braga	12-07-86	6	Sub23	Espinho	29-01	10.08,03i-05
10.43,65	Márcia Martins	GRECAS	83	9	CNCI	Espinho	19-02	
10.43,95	Marina Agostinho	Juv Vidigalense	06-03-82	10	CNCI	Espinho	19-02	10.29,40i-05
10.44,07	Joana Nunes	JOBRA	09-05-85	1		Espinho	07-01	
10.49,71	Marta Anjos	GJP Bemposta	89	2		Espinho	07-01	
10.52,07	Helena Costa	França		2		Aubiere	21-01	
10.58,20	Fátima Pinho	ACD Ilhavo	22-02-63	2		Espinho	22-01	10.38,12i-05
11.00,24	Liliana Silva	Liberdade FC	18-03-85	7	Sub23	Espinho	29-01	10.18,45i-05

60 m B – 9,00 - 10,50

8,31	Isabel Abrantes	JOMA	20-02-73	3	Gaz	Mondeville	28-01	8,08i-01
8,32		Isabel Abrantes		4h		Valência	11-02	
8,36		Isabel Abrantes		1	CNCI	Espinho	18-02	
8,42	Naide Gomes	Sporting CP	10-11-79	2	CNCI	Espinho	18-02	8,39i-05
8,44		Isabel Abrantes		1	CN	Espinho	26-02	
8,46		Isabel Abrantes		1mf	CN	Espinho	26-02	
8,50		Isabel Abrantes		1h	Gaz	Mondeville	28-01	
8,58		Naide Gomes		1 s	CNCI-Ap	Braga	04-02	
8,63		Isabel Abrantes		1		Alpiarça	17-12-05	
8,65	Patrícia Vieira	GD Estreito	18-04-79	1	FPA Vel/Ba	Espinho	11-02	8,33i-05
8,69		Patrícia Vieira		3	CNCI	Espinho	18-02	
8,73	Mónica Lopes	GR Qt. Lomba	18-01-86	1	Sub23	Espinho	29-01	8,90i-04
8,77		Mónica Lopes		1mf	Sub23	Espinho	29-01	
8,87		Mónica Lopes		2	CN	Espinho	26-02	
8,88	Patrícia Mamona	JOMA	21-11-88	2	Sub23	Espinho	29-01	8,81i-05
8,94		Patrícia Vieira		1 ex		Braga	04-02	
8,99		Mónica Lopes		1mf	CN	Espinho	26-02	
9,07	Susana Estriga	FC Porto	14-07-75	3	CN	Espinho	26-02	9,09i-03
9,13	Sandra Borges	Gira Sol ADF	01-03-83	4	CN	Espinho	26-02	9,22i-05
9,22	Andreia Felisberto	JOMA	22-06-86	3	Sub23	Espinho	29-01	9,09i-05
9,25	Carina Gomes	EC+S Lavra	05-06-81	Pen	Taça FPA	Espinho	07-01	9,14i-05
9,33	Tânia Caires	UD Santana	03-12-87	5	CN	Espinho	26-02	9,84i-04
9,37	Susana Monteiro	C Bf Faro	21-04-82	3mf	CN	Espinho	26-02	9,19i-03
9,37	Anna Olsson	Juv Vidigalense	DEN 16-11-88	2	Beiras	Espinho	15-01	
9,39	Debora Encarnação	Br.NS Conceição	06-09-89	4mf	CN	Espinho	26-02	9,42i-05
9,39	Diana Gaspar	Juv Vidigalense	19-07-87	5 s	CNCI-Ap	Braga	04-02	9,46i-05
9,41	Fernanda Borba	C Operario D	22-03-81	6	CN	Espinho	26-02	8,76i-01
9,53	Rubina Serrão	CS Marítimo	25-12-81	Pen	CN	Espinho	26-02	9,59i-05
9,54	Sara Fernandes	Boavista FC	13-07-70	4mf	CN	Espinho	26-02	9,00i-01
9,56	Sofia Pires	CA Terceira	01-10-86	2mf	Sub23	Espinho	29-01	9,39i-05
9,61	Maria Carmo Alves	C Operario D	10-07-75	6mf	CN	Espinho	26-02	9,07i-05
9,65	Vanessa Rocha	AA Pinhalnense	02-01-90	5mf	CN	Espinho	26-02	
9,70	Catia Ferreira	Juv Vidigalense	18-06-83	ex		Espinho	04-03	9,41i-03
9,71	Leslie Delgado	GR Qt. Lomba	25-06-89	2 ex		Braga	04-02	10,45i-05
9,73	Witiney Barata	ARC Br. Valongo	31-01-88	3	Beiras	Espinho	15-01	
9,77	Mariana Morgado	Bairro Anjos	16-11-89	ex		Espinho	04-03	10,35i-05
9,78	Carla Almeida	Boavista FC	18-08-85	ex		Espinho	22-01	
9,81	Andreia Oliveira	JOMA	19-06-89	4 ex		Braga	04-02	9,94i-05
9,83	Vera Lavrador	Juv Vidigalense	10-03-88	4	Beiras	Espinho	15-01	10,15i-05
9,83	Ana Abreu	GRECAS	13-06-88	5mf	Sub23	Espinho	29-01	9,89i-05
9,84	Joana Frias	CA Madeira	07-03-88	6	FPA Vel/Ba	Espinho	11-02	
9,87	Isabel Areias	Gira Sol ADF	27-01-85	Pen	CN	Espinho	26-02	10,03i-05
9,98	Elisa Pegado	AA Pinhalnense	23-07-87	6mf	Sub23	Espinho	29-01	
10,11	Teresa Ribeiro	FC Porto	23-08-88	4	Norte	Braga	15-01	

10,12	Liliana Barbosa	GRECAS		14-05-87	10	FPA Vel/Ba	Espinho	11-02	
10,12	Joana Araújo	SC Braga		90	11	CNCI	Espinho	18-02	
10,16	Carmezinda Nascimento	Sporting CP	STP	21-12-89	2		Alpiarça	22-01	
10,18	Cátia Gaspar	Bairro Anjos		90	11	FPA Vel/Ba	Espinho	11-02	
10,25	Rosalina Carvalho	CD Póvoa		14-05-90	4h	Norte	Braga	15-01	
10,28	Daniela Ferreira	ES Serafim Leite		22-06-89	3		Espinho	22-01	
10,35	Anabela Enes	SC Braga		18-02-86	5h	Norte	Braga	15-01	10,29i-05
10,36	Andreia Carvalho	JA Mozelense		90	2		Espinho	04-03	
10,37	Susana Gameiro	CP Alcanena		28-12-89	12	FPA Vel/Ba	Espinho	11-02	
10,38	Patrícia Loureiro	EC+S Lavra		90	3h	Norte	Braga	15-01	
10,43	Eva Costa	CRU Raposense		13-03-89	13	FPA Vel/Ba	Espinho	11-02	
10,45	Ana Catarina Silva	CCBSJ		26-09-88	1	A.Noronha	V.R. Sto. António	08-01	
10,46	Vera Tavares	CRU Raposense	CPV	18-05-85	1 s	CNCI-Ap	Braga	04-02	
10,47	Mónica Romão	Br.NS Conceição		88	1h		V.R. Sto. António	14-01	

Altura/High Jump – 1,60 - 1,50

1,83	Marisa Anselmo	JOMA	RNji	06-09-87	1	CNCI	Espinho	19-02	1,79i-05
1,82	Marisa Anselmo		RNji		1	FPA Saltos	Espinho	11-02	
1,80	Marisa Anselmo				1		Alpiarça	22-01	
1,79	Marisa Anselmo				1	CN	Espinho	26-02	
1,78	Sofia Pires	CA Terceira		01-10-86	Pen	CN	Espinho	26-02	1,76i-05
1,77	Sónia Carvalho	Sporting CP		10-05-77	2	CNCI	Espinho	19-02	1,84i-02
1,75	Marisa Anselmo				1	Sub23	Espinho	29-01	
1,75	Marisa Anselmo				1	CNCI-Ap	Braga	04-02	
1,73	Liliana Viana	Juv Vidigalense		14-08-85	2	FPA Saltos	Espinho	11-02	1,74i-04
1,73	Sónia Carvalho				2	CNCI-Ap	Braga	04-02	
1,73	Sofia Pires				3	FPA Saltos	Espinho	11-02	
1,72	Sofia Pires				Pen	Taça FPA	Espinho	07-01	
1,71	Sofia Pires				2	Sub23	Espinho	29-01	
1,70	Marisa Anselmo				1		Alcanena	08-12	
1,70	Liliana Viana				3	CNCI	Espinho	19-02	
1,68	Liliana Viana				1	Beiras	Espinho	15-01	
1,68	Liliana Viana				2	CN	Espinho	26-02	
1,67	Liliana Viana				1		Alpiarça	08-01	
1,62	Marisa Vieira	CA Madeira		30-12-79	4	CNCI	Espinho	19-02	1,65i-04
1,62	Liliana Viana				3	Sub23	Espinho	29-01	
1,62	Liliana Viana				3	CNCI-Ap	Braga	04-02	
1,60	Joana Flores	CA Terceira		08-10-89	4	CN	Espinho	26-02	1,56i-05
1,60	Cláudia Rodrigues	C Operario D		11-11-89	3	CN	Espinho	26-02	
1,59	Anabela Neto	ACRD Escapães		91	1		Espinho	04-03	1,43i-05
1,59	Iolanda Ribeiro	GD Pic-Nic		24-04-89	1		VR Sto. António	17-12	
1,58	Catarina Costa	C Bf Faro		03-08-89	1		VR Sto. António	14-01	1,60i-05
1,58	Nair Varela	C Operario D	STP	14-10-88	ex		Alpiarça	22-01	1,56i-04
1,57	Mónica Lopes	GR Qt. Lomba		18-01-86	4	CNCI-Ap	Braga	04-02	1,60i-03
1,56	Ana Rita Pereira	SC Braga		14-05-91	1		Braga	07-01	1,40i-05
1,56	Daniela Ferreira	ES Serafim Leite		22-06-89	2		Espinho	04-03	1,44i-03
1,56	Carla Almeida	Boavista FC		18-08-85	1		Espinho	30-12	1,53i-02
1,54	Rubina Serrão	CS Marítimo		25-12-81	Pen	CN	Espinho	26-02	1,56i-05
1,54	Catarina Rosa	CA Marinha Grande		20-07-89	TT	TT Beiras	Espinho	15-01	
1,53	Liliana Cruz	ACD Ilhavo		01-08-87	1		Espinho	22-01	1,53i-99/03/04
1,52	Anabela Enes	SC Braga		18-02-86	5	Sub23	Espinho	29-01	1,59i-04/05
1,51	Irina Rodrigues	Juv Vidigalense		05-02-91	2		Alcanena	08-12	1,38i-04
1,51	Ana Costa	GRECAS		09-11-89	2jv		Espinho	11-03	1,50i-05
1,51	Isabel Areias	Gira Sol ADF		27-01-85	Pen	CN	Espinho	26-02	1,52i-05
1,50	Carina Gomes	EC+S Lavra		05-06-81	1		Braga	10-12	1,61i-03
1,50	Cláudia Gameiro	Juv Vidigalense		25-05-80	1		Alcanena	08-12	1,70i-98
1,50	Lisandra Lopes	GRECAS		88	2		Espinho	22-01	
1,50	Rosalina Carvalho	CD Póvoa		14-05-90	2	Norte	Braga	15-01	

1,50	Vera Barbosa	JOMA	CPV	13-01-89	2		Alpiarça	22-01	
1,50	Liliana Marcelino	Juv Vidigalense		88	3	Beiras	Espinho	15-01	

Vara/Pole Vault – 3,80 - 2,50

4,32	Elisabete Tavares	França	RN	07-03-80	1		Epinal	11-02	4,30i-05
4,30	Elisabete Tavares		RN=		2	Etoiles	Niort	04-02	
4,26	Elisabete Tavares				2		Lingolsheim	04-03	
4,25	Elisabete Tavares				2	C. Fr.	Aubiere	26-02	
4,20	Elisabete Tavares				1		Eaubonne	22-01	
4,13	Elisabete Tavares				2		Le haillan	14-01	
4,12	Elisabete Tavares				2		Marselha	07-01	
4,11	Elisabete Tavares				1		Aulnay-sous-bois	10-12	
4,05	Eleonor Tavares	França		24-09-85	1	Sub23	Espinho	28-01	3,86i-05
4,03	Eleonor Tavares				5		Le haillan	14-01	
4,02	Eleonor Tavares				5		Marselha	07-01	
4,01	Eleonor Tavares				1		Aulnay-sous-bois	10-12	
4,01	Elisabete Tavares				4	Val d'Oise	Eaubonne	10-02	
4,01	Eleonor Tavares				5	Val d'Oise	Eaubonne	10-02	
4,00	Eleonor Tavares				1		Eaubonne	22-01	
4,00	Eleonor Tavares				1		Bordeus	18-02	
4,00	Elisabete Tavares				1		Eaubonne	27-01	
4,00	Elisabete Tavares				2q	C. Fr.	Aubiere	25-02	
3,96	Eleonor Tavares				10		Lingolsheim	04-03	
3,95	Eleonor Tavares				9	C. Fr.	Aubiere	26-02	
3,95	Eleonor Tavares				10		Epinal	11-02	
3,94	Eleonor Tavares				8q	Etoiles	Niort	04-02	
3,92	Sandra Helena Tavares	França		29-05-82	8		Marselha	07-01	4,21i-05
3,91	Sandra Helena Tavares				6		Aulnay-sous-bois	10-12	
3,90	Eleonor Tavares				9q	C. Fr.	Aubiere	25-02	
3,80	Eleonor Tavares				1		Eaubonne	08-12	
3,75	Eleonor Tavares				4		Mondeville	04-03	
3,60	Sara Negrões	JOMA		25-03-86	ex		Espinho	21-01	3,61i-05
3,54	Vera Lavrador	Juv Vidigalense		10-03-88	2	CNCI-Ap	Braga	04-02	3,10i-05
3,44	Januária Silva Pereira	Ind		10-04-79	3	CN	Espinho	25-02	3,86i-05
3,38	Marisa Vieira	CA Madeira		30-12-79	3	CNCI-Ap	Braga	04-02	3,85i-02
3,20	Tânia António	GRECAS		29-12-87	1		Espinho	04-03	
3,10	Mónica Silva	Sporting CP		04-06-85	4	CNCI-Ap	Braga	04-02	3,20i-04
3,05	Joana Flores	CA Terceira		08-10-89	4	CN	Espinho	25-02	3,10i-05
3,00	Isabel Coelho	Boavista FC		26-03-77	6	CNCI-Ap	Braga	04-02	3,12i-01
3,00	Joana Nascimento	C Bf Faro		05-01-80	7	CNCI-Ap	Braga	04-02	3,24i-00
3,00	Tânia Vieira	JD Cidade Sol		29-07-85	5	CNCI-Ap	Braga	04-02	3,40i-04
2,95	Filipa Freitas	CA Madeira		11-02-84	3	FPA Saltos	Espinho	11-02	3,10i-04
2,90	Marta Onofre	CF Belenenses		28-01-91	1		Alpiarça	22-01	
2,85	Susana Dionisio	SC Abrantes		04-02-80	1		Alpiarça	21-01	2,85i-04
2,85	Sara Loureiro	GRECAS		21-04-81	8	CNCI-Ap	Braga	04-02	3,46i-04
2,78	Nair Varela	C Operario D	STP	14-10-88	7	Sub23	Espinho	28-01	
2,70	Tânia Faria	GD Estreito		01-12-78	9	CNCI-Ap	Braga	04-02	2,85i-01
2,55	Nádia Pereira	A. Jardim Serra		30-11-89	1		Alpiarça	28-01	

Comprimento/Long Jump – 5,60 - 5,00

6,76	Naide Gomes	Sporting CP	RN	10-11-79	3	WC	Moscovo	12-03	6,70i-05
6,73	Naide Gomes		RN		1q	WC	Moscovo	11-03	
6,70	Naide Gomes		RN=		1	L.E. Athl	Leipzig	12-02	
6,63	Naide Gomes				1	CNCI	Espinho	18-02	
6,49	Naide Gomes				1	CNCI-Ap	Braga	04-02	
6,49	Naide Gomes				1	CN	Espinho	25-02	

6,48		Naide Gomes			1		Chemnitz	03-03	
5,94	Patrícia Mamona	JOMA	21-11-88	1	FPA Saltos	Espinho	11-02	5,89i-04	
5,89		Patrícia Mamona		2	CNCI	Espinho	18-02		
5,86	Susana Costa	C Operario D	22-09-84	2	CN	Espinho	25-02	5,84i-04	
5,83		Patrícia Mamona		1	Sub23	Espinho	28-01		
5,81	Cátia Ferreira	Juv Vidigalense	18-06-83	3	CN	Espinho	25-02	5,68i-02	
5,80	Ana Angela Marçal	CA Madeira	06-06-79	3	CNCI	Espinho	18-02	5,77i-04	
5,74	Laura Santos	Sporting CP	08-05-84	2	FPA Saltos	Espinho	11-02	5,89i-05	
5,72		Laura Santos		4	CN	Espinho	25-02		
5,71	Sofia Pires	CA Terceira	01-10-86	Pen	CN	Espinho	26-02	5,49i-05	
5,70	Isabel Abrantes	JOMA	20-02-73	2	CNCI-Ap	Braga	04-02	6,20i-95	
5,70		Cátia Ferreira		1	Beiras	Espinho	14-01		
5,68		Ana Angela Marçal		3	CNCI-Ap	Braga	04-02		
5,63	Sónia Marques	SC Braga	06-07-86	2	Sub23	Espinho	28-01	5,42i-05	
5,61	Joana Frias	CA Madeira	07-03-88	3	FPA Saltos	Espinho	11-02	5,25i-05	
5,61	Liliana Correia	Boavista FC	06-06-82	1	CNU	Espinho	05-03	5,71i-00	
5,59		Susana Costa		ex	Beiras	Espinho	14-01		
5,58		Cátia Ferreira		4	CNCI	Espinho	18-02		
5,56	Marlene Ferreira	Boavista FC	09-06-81	5	CN	Espinho	25-02	5,62i-03	
5,54	Isabel Areias	Gira Sol ADF	27-01-85	2	Beiras	Espinho	14-01	5,16i-05	
5,49	Carina Gomes	EC+S Lavra	05-06-81	Pen	Taça FPA	Espinho	07-01	5,74i-04	
5,45	Marisa Anselmo	JOMA	06-09-87	5	Sub23	Espinho	28-01	5,12i-02	
5,37	Witiney Barata	ARC Br. Valongo	31-01-88	7	Sub23	Espinho	28-01		
5,32	Liliana Campos	JD Cidade Sol	29-04-88	5	FPA Saltos	Espinho	11-02		
5,31	Sara Negrões	JOMA	25-03-86	ex		Espinho	06-01	5,58i-03	
5,30	Inês Moura	FC Porto	15-05-83	7	CNCI	Espinho	18-02	5,51i-04	
5,22	Cláudia Jardim	GD Estreito	30-12-80	8	CNCI	Espinho	18-02	5,64i-99	
5,22	Carla Barros	C Bf Faro	22-10-83	10	CNCI	Espinho	18-02		
5,18	Rubina Serrão	CS Maritimo	25-12-81	Pen	CN	Espinho	26-02	5,19i-05	
5,06	Juliana Coutinho	Boavista FC	29-11-86	3		Espinho	30-12	5,16i-05	
5,06	Eva Vital	ACDR Arneirense	92	TT		Braga	11-02		
5,05	Ana Filipa Neves	CA Marinha Grande	15-06-85	2		Alpiarça	07-01	5,53i-03	
5,03	Daniela Rodrigues	FC Porto	09-08-84	2	CNU	Espinho	05-03		

Triplo/Triple Jump – 11,80 - 10,00

12,94	Susana Costa	C Operario D	22-09-84	1	CN	Espinho	26-02	13,07i-05
12,82		Susana Costa		1	Sub23	Espinho	29-01	
12,80		Susana Costa		1	FPA Saltos	Espinho	11-02	
12,36	Sandra Sofia Tavares	França	09-02-84	2		Eaubonne	12-02	12,39i-05
12,27		Sandra Sofia Tavares		8q	C. Fr.	Aubiere	24-02	
12,26	Sónia Carvalho	Sporting CP	10-05-77	1	CNCI	Espinho	19-02	12,53i-05
12,24	Patrícia Mamona	JOMA	21-11-88	2	Sub23	Espinho	29-01	12,57i-04
12,16		Patrícia Mamona		1	CNCI-Ap	Braga	04-02	
12,02	Ana Angela Marçal	CA Madeira	06-06-79	2	CNCI	Espinho	19-02	11,51i-05
12,01	Inês Moura	FC Porto	15-05-85	3	CNCI	Espinho	19-02	12,13i-05
12,00		Sónia Carvalho		2	CNCI-Ap	Braga	04-02	
11,89	Marlene Ferreira	Boavista FC	09-06-81	2	CN	Espinho	26-02	12,10i-03
11,89		Sandra Sofia Tavares		14		Bordeus	18-02	
11,79		Sandra Sofia Tavares		6		Eaubonne	05-02	
11,74	Liliana Campos	JD Cidade Sol	29-04-88	3	CN	Espinho	26-02	11,06i-05
11,69	Cláudia Jardim	GD Estreito	31-12-80	5	CNCI	Espinho	19-02	12,00i-03
11,66	Cátia Ferreira	Juv Vidigalense	18-06-83	ex		Espinho	04-03	11,14i-05
11,44	Ana Furtado	JOMA	26-01-89	6	CNCI	Espinho	19-02	10,83i-05
11,44	Joana Flores	CA Terceira	08-10-89	3	FPA Saltos	Espinho	11-02	
11,40	Regina Mendonça	Juv Vidigalense	31-07-76	4	FPA Saltos	Espinho	11-02	11,79i-00
11,37	Liliana Viana	Juv Vidigalense	24-08-85	4	CN	Espinho	26-02	11,77i-04
11,25	Carla Pinhão	GRECAS	21-04-90	5	FPA Saltos	Espinho	11-02	
11,22	Ana Dias	AA Pinhalnense	31-01-87	4	Sub23	Espinho	29-01	10,96i-05

11,21	Silvia Pereira	SC Braga	88	1		Braga	29-01		
11,10	Susana Monteiro	C Bf Faro	21-04-82	6	CNCI-Ap	Braga	04-02		
11,09	Cláudia Gameiro	Juv Vidigalense	25-05-80	7	FPA Saltos	Espinho	11-02	12,03i-98	
11,08	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	9	CNCI	Espinho	19-02	10,80i-05
10,95	Carmezinda Nascimento	Sporting CP	STP	21-12-89	1		Alpiarça	22-01	
10,91	Sónia Marques	SC Braga	06-07-86	10	CNCI	Espinho	19-02	11,03i-05	
10,83	Catarina Veiga	SC Braga	24-02-89	2		Braga	29-01	10,30i-05	
10,82	Vanessa Rocha	AA Pinhalnovense	02-01-90	1		Alpiarça	04-02		
10,78	Patrícia Leite	AD Sanjoanense	31-03-81	2		Espinho	22-01	10,44i-01	
10,64	Mariana Morgado	Bairro Anjos	16-11-89	3		Alpiarça	04-02	10,20i-05	
10,54	Liliana Jorge	Juv Vidigalense	91	ex		Espinho	04-03		
10,48	Ana Cequeira	FC Porto	17-03-89	2		Braga	08-01		
10,38	Eugénia Cá	GR Qt. Lomba	25-10-88	12	CNCI-Ap	Braga	04-02		
10,34	Ana Lopes	NA Cucujães	31-08-88	8	FPA Saltos	Espinho	11-02	10,22i-05	
10,12	Ania Melo	Sporting CP	06-11-88	2		Alpiarça	22-01		
10,12	Ana Filipa Neves	CA Marinha Grande	15-06-85	14	CNCI-Ap	Braga	04-02		
10,04	Patrícia Loureiro	EC+S Lavra	90	3	Norte	Braga	15-01		
10,03	Ana Mota	GD Lourocoope	09-01-67	4		Espinho	22-01	11,47i-96	

Peso/Shot Put – 13,00 – 10,00

15,92	Antónia Borges	Sporting CP	11-10-83	1	CNCI	Espinho	18-02	15,57i-05	
15,45	Antónia Borges			1		Alpiarça	22-01		
15,05	Antónia Borges			1	CNCI-Ap	Braga	04-02		
14,51	Antónia Borges			1	CN	Espinho	25-02		
14,49	Dulce Cá	GR Qt. Lomba	28-03-84	2	CN	Espinho	25-02	13,38i-03	
14,41	Dulce Cá			2	CNCI	Espinho	18-02		
14,39	Carla Almeida	Boavista FC	18-08-85	3	CNCI	Espinho	18-02	13,59i-03	
14,25	Dulce Cá			1	Sub23	Espinho	28-01		
14,19	Silvia Cruz	Sporting CP	29-12-80	3	CN	Espinho	25-02	12,83i-00	
13,89	Carla Almeida			ex		Espinho	21-01		
13,87	Cristiana Oliveira	JOMA	30-06-84	2	Sub23	Espinho	28-01	13,87i-05	
13,87	Carla Almeida			4	CN	Espinho	25-02		
13,79	Cristiana Oliveira			5	CN	Espinho	25-02		
13,73	Dulce Cá			2	CNCI-Ap	Braga	04-02		
13,70	Carla Almeida			1		Braga	03-12		
13,68	Isabel Ribeiro	SC Braga	29-02-88	1		Braga	29-01	12,61i-05	
13,62	Cristiana Oliveira			4	CNCI	Espinho	18-02		
13,58	Silvia Cruz			2		Alpiarça	22-01		
13,56	Carla Almeida			3	Sub23	Espinho	28-01		
13,55	Carla Almeida			1		Espinho	30-12		
13,55	Carla Almeida			3	CNCI-Ap	Braga	04-02		
13,53	Sónia Borges	Sporting CP	26-08-85	6	CN	Espinho	25-02	12,93i-05	
13,34	Cristiana Oliveira			4	CNCI-Ap	Braga	04-02		
13,30	Isabel Ribeiro			5	CNCI-Ap	Braga	04-02		
13,27	Carla Almeida			ex		Espinho	06-01		
13,25	Carla Almeida			1		Braga	08-01		
13,21	Sónia Borges			4	Sub23	Espinho	28-01		
13,11	Carla Almeida			Pen		Braga	29-01		
13,09	Carla Almeida			1	Norte	Braga	14-01		
13,00	Isabel Ribeiro			5	Sub23	Espinho	28-01		
12,98	Ana Domingues	JD Cidade Sol	15-08-81	6	CNCI-Ap	Braga	04-02	14,54i-01	
12,93	Sónia Grácio	Juv Vidigalense	26-03-74	7	CNCI-Ap	Braga	04-02	15,24i-00	
12,43	Maria Rosário Rodrigues	ACDR Arneirense	23-06-88	1	Beiras	Espinho	14-01	11,44i-05	
12,23	Vanda Rodrigues	FC Porto	CPV	07-12-84	6	CNCI	Espinho	18-02	10,80i-05
11,97	Sofia Pires	CA Terceira	01-10-86	Pen	CN	Espinho	26-02	10,19i-04	
11,81	Marisela Silva	GD Estreito	21-05-85	7	CNCI	Espinho	18-02	11,64i-05	
11,41	Tânia Pinhão	GRECAS	01-06-88	2	Beiras	Espinho	14-01	10,53i-05	
11,40	Vânia Silva	Juv Vidigalense	08-06-80	3	Beiras	Espinho	14-01	11,80i-01	

11,31	Rubina Serrão	CS Marítimo	25-12-81	Pen	Taça FPA	Espinho	07-01	
11,16	Carine Gomes	EC+S Lavra	05-06-81	Pen	Taça FPA	Espinho	07-01	10,99i-03
10,73	Daniela Rodrigues	FC Porto	09-08-84	4		Braga	08-01	10,77i-03
10,21	Sara Fernandes	NA Cucujães	10-05-85	2		Espinho	21-02	10,97i-05
10,19	Teresa Ribeiro	FC Porto	23-08-88	5		Braga	08-01	
10,09	Candida Cristina	GRECAS	74	3		Espinho	21-01	

Pentatlo - 2000

3.872	Sofia Pires	CA Terceira	01-10-86	1	CN	Espinho	26-02	3482i-05
3.651		Sofia Pires		1	Taça FPA	Espinho	07-01	
3.490	Carina Gomes	EC+S Lavra	05-06-81	2	Taça FPA	Espinho	07-01	3691i-04
3.351	Rubina Serrão	CS Marítimo	25-12-81	2	CN	Espinho	26-02	3393i-05
3.327		Rubina Serrão		3	Taça FPA	Espinho	07-01	
3.261	Isabel Areias	Gira Sol ADF	27-01-85	3	CN	Espinho	26-02	3076i-05
2.977	Carla Almeida	Boavista FC	18-08-85	1	Norte	Braga	28-01	
2.722	Martina Gomes	SL Benfica	29-12-88	4	CN	Espinho	26-02	
2.611	Lisandra Lopes	GRECAS	88	5	CN	Espinho	26-02	
2.480		Lisandra Lopes		4	Taça FPA	Espinho	07-01	
2.426		Martina Gomes		5	Taça FPA	Espinho	07-01	
2.289	Patricia Leite	AD Sanjoanense	83	2		Espinho	07-01	

3.000 m M/W - 16.00,0

12.26,23	Sonata Milusauskaite	CO Pechão	LTU	31-08-73	1	CN	Espinho	25-02	13.06,56i-03
12.48,75	Ana Cabecinha	CO Pechão		29-04-84	2	CN	Espinho	25-02	13.04,66i-05
13.08,66	Vera Santos	JOMA		03-12-81	3	CN	Espinho	25-02	12.55,36i-04
13.24,79	Maribel Gonçalves	CS Marítimo		01-04-78	ex	Norte	Braga	14-01	12.47,71i-04
14.07,28	Sofia Avoila	Sporting CP		30-07-76	5	CN	Espinho	25-02	13.13,24i-01
14.15,23	Catarina Godinho	CAF Zezere		03-02-89	6	CN	Espinho	25-02	
14.35,74	Sandra Silva	GRECAS		21-09-75	7	CN	Espinho	25-02	14.41,18i-05
14.49,71	Márcia Silva	Boavista FC		16-05-87	8	CN	Espinho	25-02	15.29,66i-05
14.51,81	Raquel Marques	GD Estreito		21-09-83	9	CN	Espinho	25-02	15.16,87i-04
14.58,46	Alice Fernandes	GD Lourocoope		26-03-52	10	CN	Espinho	25-02	14.50,36i-99
14.58,54	Marisa Soares	FC Porto		16-09-80	1	Norte	Braga	14-01	14.34,20i-05
15.11,61	Andreia Freitas	CA Madeira		02-04-83	11	CN	Espinho	25-02	15.25,48i-04
15.49,75	Cláudia Conceição	CS Gaia		89	2	Norte	Braga	14-01	15.57,7i-05
15.58,50	Carla Cerqueira	Juv Vidigalense		16-06-88	3	Beiras	Espinho	14-01	59,07,19i-05

4 x 400 m - 4.05,0 - 4.31,0

3.49,56	SC Portugal	Sporting CP	*	1	CNCI	Espinho	19-02	3.43,97i-01
3.49,84	JO Monte Abraão	JOMA	*	2	CNCI	Espinho	19-02	3.51,88i-01
3.53,17		SC Portugal		1 s	CNCI-Ap	Braga	04-02	
3.54,83	CA Madeira	CA Madeira		1	CN 4x4	Espinho	11-02	3.48,44i-02
3.55,35		CA Madeira		2 s	CNCI-Ap	Braga	04-02	
3.55,54		JO Monte Abraão		3 s	CNCI-Ap	Braga	04-02	
3.56,44	GD Estreito	GD Estreito		3	CNCI	Espinho	19-02	3.58,40i-04
3.57,03		GD Estreito		2	CN 4x4	Espinho	11-02	
3.58,43		CA Madeira		4	CNCI	Espinho	19-02	
3.59,47		GD Estreito		4 s	CNCI-Ap	Braga	04-02	
4.03,30	SC Braga	SC Braga		5	CNCI	Espinho	19-02	4.01,96i-01
4.05,05	FC Porto	FC Porto		6	CNCI	Espinho	19-02	3.57,23i-98
4.06,29	Juventude Vidigalense	Juv Vidigalense		7	CNCI	Espinho	19-02	4.00,55i-05
4.06,76	GRECAS	GRECAS		3	Sub23	Espinho	29-01	4.05,96i-05
4.07,15	Boavista FC	Boavista FC		8	CNCI	Espinho	19-02	3.59,10i-00
4.10,92	GR Quinta da Lomba	GR Qt. Lomba	*	9	CNCI	Espinho	19-02	4.23,56i-05

4.10,97	Casa Benfica Faro	C Bf Faro	*	10	CNCI	Espinho	19-02	
4.11,13	Gira Sol ADF	Gira Sol ADF		11	CNCI	Espinho	19-02	4.14,38i-03
4.26,30	GJ Pinheiro da Bemposta	GJP Bemposta		1 s	CNCI-Ap	Braga	04-02	4.24,32i-05
4.26,54	CR União Raposense	CRU Raposense	*	3 s	CNCI-Ap	Braga	04-02	4.26,05i-02

(*) com atletas estrangeiros