

60 m - 7,80 - 8,30

7,40	Sónia Tavares	GCA Donas		21-03-86	1s	T FPA	Espinho	13-01	7,50i-06
7,47	Sónia Tavares				1	Sub23	Espinho	03-02	
7,51	Sónia Tavares				1h	Sub23	Espinho	03-02	
7,55	Sónia Tavares				1h	C Beiras	Espinho	20-01	
7,55	Sónia Tavares				1ex		Pombal	10-02	
7,57	Sónia Tavares				1	C Beiras	Espinho	20-01	
7,58	Sónia Tavares				7h	C. Europa	Birmingham	03-03	
7,61	Sónia Tavares				1sf	C Beiras	Espinho	20-01	
7,62	Sónia Tavares				1		Pombal	23-02	
7,67	Sónia Tavares				1h		Pombal	23-02	
7,68	Glória Santo	Sporting CP	STP	13-01-83	1s	CNCI	Pombal	10-02	7,55i-05
7,73	Catarina Lopes	FC Porto		07-03-88	1	C Port	Espinho	17-02	8,02i-05
7,74	Sónia Marques	FC Porto		06-07-86	2s	Sub23	Espinho	03-02	7,81i-06
7,75	Sónia Marques				2	C Port	Espinho	17-02	
7,75	Catarina Lopes				1mf	C Port	Espinho	17-02	
7,76	Glória Santo				2s	T FPA	Espinho	13-01	
7,76	Catarina Lopes				1h	C Port	Espinho	17-02	
7,77	Sónia Marques				1mf	C Port	Espinho	17-02	
7,78	Sónia Marques				2ex		Pombal	10-02	
7,79	Sónia Marques				1s	CNCI-Ap	Braga	27-01	
7,79	Sónia Marques				1h	Sub23	Espinho	03-02	
7,80	Sónia Marques				3s	T FPA	Espinho	13-01	
7,80	Sónia Marques				1h	C Norte	Braga	20-01	
7,80	Catarina Lopes				3	Sub23	Espinho	03-02	
7,80	Catarina Lopes				2h	Sub23	Espinho	03-02	
7,80	Catarina Lopes				2s	CNCI	Pombal	10-02	
7,81	Catarina Lopes				3ex		Pombal	10-02	
7,84	Cátia Ferreira	Juv Vidigalense		18-06-83	3s	CNCI	Pombal	10-02	7,73i-06
7,86	Inês Oliveira	SC Braga		15-06-86	2h	C Port	Espinho	17-02	7,85i-05/06
7,88	Patrícia Lopes	Sporting CP		11-07-82	1h		Pombal	23-02	7,71i-03
7,91	Carla Gama	GD Cavadas		24-11-90	3mf	C Port	Espinho	17-02	8,37i-06
7,92	Ana Marques	FC Porto		19-09-80	4ex	T FPA	Espinho	13-01	7,82i-06
7,93	Susana Vieira	CA Madeira		01-02-80	2s		Braga	30-12	7,68i-06
7,93	Ungudi Quiawacana	EMD. Saraiva	ANG	09-11-90	3h	C Port	Espinho	17-02	
7,94	Patrícia Vieira	GD Estreito		18-04-79	3s	CNCI-Ap	Braga	27-01	7,75i-04
7,95	Ludmila Leal	Sporting CP	STP	03-02-85	4s	CNCI-Ap	Braga	27-01	7,85i-05
7,97	Artimiza Sá	CRU Raposense		29-11-84	7s	T FPA	Espinho	13-01	7,90i-01
7,97	Liliana Correia	Boavista FC		06-08-82	1		Braga	03-02	7,70i-05
7,98	Ana Rita Lopes	Individual		07-03-88	6	C Port	Espinho	17-02	8,09i-05
7,98	Diana Relvas	ES Serafim Leite		12-05-89	1		Espinho	24-02	8,19i-05
8,00	Viviana Couto	CARDES		10-11-90	2	C Beiras	Espinho	20-01	8,55i-06
8,00	Mónica Lopes	GR Qt. Lomba		18-01-86	3h	Sub23	Espinho	03-02	8,10i-04
8,02	Marta Godinho	JOMA		24-06-80	1s	CNCI	Pombal	10-02	7,80i-01
8,04	Ana Silva	EC+S Lavra		11-07-79	2h	C Port	Espinho	17-02	7,98i-05
8,04	Inês Carmo	GD Pic-Nic		19-06-89	2h	C Port	Espinho	17-02	8,31i-06
8,04	Eva Vital	ACDR Arreirense		08-07-92	2		Alpiarça	24-02	8,45i-05
8,05	Marta Lopes	CD Póvoa		23-01-90	7mf	C Port	Espinho	17-02	8,15i-06
8,05	Tânia António	GRECAS		29-12-87	2		Espinho	24-02	8,06i-06
8,08	Andreia Felisberto	JOMA		22-06-86	4		Pombal	10-02	7,79i-05
8,08	Susana Santos	ACDR Arreirense		20-09-90	3h	C Port	Espinho	17-02	
8,11	Juliana Campos	FC Porto		10-05-89	4h	Sub23	Espinho	03-02	8,14i-06
8,12	Anna Olsson	Juv Vidigalense	DEN	16-11-88	7s	CNCI-Ap	Braga	27-01	7,83i-06
8,15	Simone Silva	GA Fátima		18-01-93	1s		Alpiarça	20-01	
8,17	Cristiana Cunha	Gira Sol ADF		12-07-91	3s	CNCI	Pombal	10-12	8,27i-05
8,18	Vera Barbosa	JOMA	CPV	13-01-89	4h	C Port	Espinho	17-02	
8,18	Daniela Ferreira	ES Serafim Leite		22-06-89	1h		Espinho	24-02	8,29i-06
8,19	Sandra Sofia Tavares	França		09-02-84	2		Eaubonne	22-12	12,39i-05
8,19	Cátia Nunes	GRECAS		06-04-90	3h	C Beiras	Espinho	20-01	
8,19	Liliana Campos	GD Estreito		29-04-88	3h	Sub23	Espinho	03-02	8,14i-06

8,22	Tânia Duarte	CF Belenenses	90	1s		Pombal	17-02	
8,23	Rita Lourenço	SC Braga	05-08-92	1s		Braga	30-12	8,52i-06
8,23	Rafaela Almeida	CA Madeira	10-11-83	5s		Braga	30-12	7,67i-05
8,23	Candida Bairrada	CA Marinha Grande	31-12-84	4s	CNCI	Pombal	10-02	8,06i-06
8,23	Heloisa Neto	C Bf Faro	21-01-86	5h	C Port	Espinho	17-02	8,00i-05
8,24	Telma Elias	Tramagal SU	04-01-90	1h		Alpiarça	20-01	8,29i-05
8,26	Sofia Carvalho	Bairro Anjos	18-06-90	2		Pombal	23-02	
8,28	Sara Esteves	CA Mazarefes	24-08-92	2s		Braga	30-12	8,35i-06
8,28	Tânia Garcia	C Operário D	24-05-89	6h	Sub23	Espinho	03-02	
8,28	Lisandra Lopes	GRECAS	07-04-88	5	Rio Largo	Espinho	14-02	

200 m– 26,00 – 28,00

24,62	Sónia Tavares	GCA Donas	21-03-86	1s	C Beiras	Espinho	21-01	25,14i-05
24,62	Sónia Tavares			1s	Sub23	Espinho	04-02	
24,78	Carla Ratão	França	06-06-82	2		Aubierre	28-01	25,86i-03
24,96	Carla Ratão			2		Aubierre	03-02	
24,98	Patrícia Lopes	Sporting CP	11-07-82	1	C Port	Espinho	18-02	24,45i-01
25,02	Carla Ratão			2q		Aubierre	03-02	
25,07	Patrícia Lopes			1h	C Port	Espinho	18-02	
25,13	Patrícia Lopes			1s	CNCI	Pombal	11-02	
25,35	Patrícia Lopes			1s		Pombal	23-02	
25,47	Ana Marques	FC Porto	19-09-80	2	C Port	Espinho	18-02	25,08i-06
25,52	Ana Marques			1h	C Port	Espinho	18-02	
25,62	Inês Oliveira	SC Braga	15-06-86	3	C Port	Espinho	18-02	25,56i-05
25,72	Vera Barbosa	JOMA	CPV 13-01-89	1h	C Port	Espinho	18-02	
25,73	Ana Marques			1s	CNCI	Pombal	11-02	
25,77	Inês Oliveira			2s	Sub23	Espinho	04-02	
25,83	Susana Vieira	CA Madeira	01-02-80	1s		Braga	07-01	24,80i-06
25,84	Susana Vieira			2s	CNCI	Pombal	11-02	
25,86	Inês Oliveira			1s	CNCI-Ap	Braga	27-01	
25,93	Inês Oliveira			2s	CNCI	Pombal	11-02	
25,97	Inês Oliveira			2h	C Port	Espinho	18-02	
26,00	Vera Barbosa			1s	CNCI	Pombal	11-02	
26,12	Ludmila Leal	Sporting CP	STP 03-02-85	2h	C Port	Espinho	18-02	25,74i-05
26,17	Cátia Nunes	GRECAS	06-04-90	1		Espinho	03-03	
26,29	Sónia Marques	FC Porto	06-07-86	4	C Port	Espinho	18-02	26,35i-06
26,38	Cátia Ferreira	Juv Vidigalense	18-06-83	1s	CNCI-Ap	Braga	27-01	25,53i-02
26,38	Diana Relvas	ES Serafim Leite	12-05-89	1		Espinho	25-02	26,83i-05
26,40	Inês Carmo	GD Pic-Nic	19-06-89	1s	Sub23	Espinho	04-02	
26,48	Ana Silva	EC+S Lavra	11-07-79	2	C Norte	Braga	21-01	27,05i-05
26,52	Tânia António	GRECAS	29-12-87	2		Espinho	25-02	26,52i-06
26,59	Catarina Lopes	FC Porto	07-03-88	1s	Sub23	Espinho	04-02	
26,62	Susana Estriga	FC Porto	16-07-75	1ex		Espinho	07-01	
26,71	Tânia Freitas	GD Estreito	17-06-80	1s	CNCI-Ap	Braga	27-01	24,82i-00
26,85	Artimiza Sá	CRU Raposense	29-11-84	2s	CNCI	Pombal	11-02	26,45i-04
26,98	Juliana Campos	FC Porto	10-05-89	2s	Sub23	Espinho	04-02	27,10i-06
26,98	Sandra Borges	Gira Sol ADF	15-11-83	3s	CNCI	Pombal	11-02	56,53i-06
27,01	Elisa Pegado	GD Estreito	23-07-87	3s	CNCI	Pombal	11-02	
27,05	Ana Rita Lopes	Individual	07-03-88	3s	Sub23	Espinho	04-02	
27,06	Lisandra Lopes	GRECAS	07-04-88	3s	C Beiras	Espinho	21-01	27,65i-06
27,08	Maria Valinho Frazão	Juv Vidigalense	29-12-87	4s	CNCI	Pombal	11-02	26,26i-05
27,16	Cristiana Cunha	Gira Sol ADF	17-07-91	2s		Pombal	23-02	
27,32	Vanessa Pereira	CS Marítimo	08-04-86	4s	CNCI	Pombal	11-02	27,55i-06
27,43	Daniela Ferreira	ES Serafim Leite	22-06-89	1s	C Beiras	Espinho	21-01	27,65i-06
27,59	Carla Santos	Juv Vidigalense	91	1s		Pombal	23-02	
27,76	Catarina Silva	JA Mozelense	03-04-90	2		Espinho	07-01	27,56i-06
27,78	Carina Gomes	EC+S Lavra	05-06-81	1s		Braga	30-12	
27,81	Susana Santos	ACDR Arneirense	20-09-90	3s	CNCI-Ap	Braga	27-01	
27,92	Joana Sousa	Juv Vidigalense	29-03-91	3s	C Beiras	Espinho	21-01	
27,96	Juliana Coutinho	Juv. Vidigalense	29-11-86	6		Espinho	23-12	25,98i-05

300 m – 46,00

43,55	Carina Gomes	EC+S Lavra	05-06-81	1s		Espinho	27-12	43,11i-03
44,07	Catarina Silva	JA Mozelense	03-04-90	1	Rio Largo	Espinho	14-02	45,05i-05
44,09	Ana Silva	EC+S Lavra	11-07-79	1s		Espinho	27-12	43,45i-03
44,98	Lisandra Lopes	GRECAS	07-04-88	2s		Espinho	27-12	
45,05	Ana Carvalho	GJP Bemposta	23-08-90	2	Rio Largo	Espinho	14-02	45,25i-05
45,19	Eva Vital	ACDR Arneirense	08-07-92	1s		Espinho	27-12-06	
45,44	Liliana Barbosa	GRECAS	14-05-87	3s		Espinho	27-12	
45,48	Marina Major	ADREP	90	3	Rio Largo	Espinho	14-02	
45,56	Ana Rita Fernandes	ACDR Arneirense	20-04-93	1	C Beiras	Espinho	21-01	

400 m– 59,00 - 63,00

54,11	Maria Carmo Tavares	Sporting CP	27-04-74	1s	C Port	Espinho	17-02	52,77i-98
54,37	Maria Carmo Tavares			1s	CNCI	Pombal	10-02	
55,80	Carla Ratão	França	06-06-82	2s	C Port	Espinho	17-02	58,59i-05
56,32	Patrícia Lopes	Sporting CP	11-07-82	3s	C Port	Espinho	17-02	55,61i-02
56,33	Carla Ratão			1		Aubiere	27-01	
57,10	Patrícia Lopes			1s	T FPA	Espinho	13-01	
57,21	Patrícia Lopes			1s	CNCI-Ap	Braga	27-01	
57,68	Ana Marques	FC Porto	19-09-80	4s	C Port	Espinho	17-02	56,56i-03
57,79	Nédia Semedo	FC Porto	14-11-78	1h	C Norte	Braga	20-01	54,78i-05
57,80	Ana Marques			2s	CNCI	Pombal	10-02	
57,84	Maria Céu Nunes	JOMA	17-09-76	5s	C Port	Espinho	17-02	55,28i-00
57,90	Maria Céu Nunes			3s	CNCI	Pombal	10-02	
58,07	Artimiza Sá	CRU Raposense	29-11-84	4s	CNCI	Pombal	10-02	57,60i-05
58,26	Catarina Bastos	Sporting CP	28-09-86	1s	C Port	Espinho	17-02	59,06i-06
58,41	Susana Estriga	FC Porto	16-07-75	2s	C Port	Espinho	17-02	58,65i-06
58,48	Ana Marques			2s	CNCI-Ap	Braga	27-01	
58,51	Ana Marques			2h	C Norte	Braga	20-01	
58,55	Catarina Bastos			1s	Sub23	Espinho	03-02	
58,58	Catarina Bastos			1	CNU	Espinho	24-02	
58,77	Artimiza Sá			2s	T FPA	Espinho	13-01	
58,80	Artimiza Sá			6s	C Port	Espinho	17-02	
58,85	Maria Céu Nunes			3s	CNCI-Ap	Braga	27-01	
59,07	Ludmila Leal	Sporting CP	STP 03-02-85	3s	C Port	Espinho	17-02	
59,53	Elda Laranja	GD Estreito	27-09-86	4s	T FPA	Espinho	13-01	57,39i-05
59,87	Elisa Pegado	GD Estreito	23-07-87	2s	Sub23	Espinho	03-02	62,18i-06
59,98	Susana Vieira	CA Madeira	01-02-80	1s		Braga	30-12	
60,03	Joana Frias	CA Madeira	07-03-88	4s	CNCI-Ap	Braga	27-01	57,16i-05
60,03	Maria Valinho Frazão	Juv Vidigalense	29-12-87	1s	CNCI	Pombal	10-02	58,64i-05
60,17	Inês Oliveira	SC Braga	15-06-86	2s		Braga	30-12	60,56i-04
60,74	Vanessa Pereira	CS Marítimo	08-04-86	2		Espinho	24-02	60,26i-05
60,83	Jessica Gouveia	GD Estreito	19-07-86	3s	Sub23	Espinho	03-02	57,71i-05
60,97	Lecabela Quaresma	GR Qt. Lomba	STP 26-12-89	4s	Sub23	Espinho	03-02	
61,19	Manuela Bernardo	GCA Donas	05-10-87	5s	Sub23	Espinho	03-02	59,90i-05
61,49	Isabel Areias	Gira Sol ADF	27-01-85	4s	Sub23	Espinho	03-02	58,73i-06
61,82	Sofia Pereira	CS Marítimo	01-09-80	2s	CNCI	Pombal	10-02	
62,13	Vanessa Cardoso	SC Braga	22-08-87	1		Braga	13-01	61,05i-06
62,40	Esmeralda Manuela Gonçalves	SC Braga	07-01-90	3s	CNCI	Pombal	10-02	
62,49	Rita Rodrigues	N Sp. Cartaxo	29-09-83	2ex		Espinho	06-01	60,63i-05
62,49	Diana Freitas	AR Luz e Vida	01-11-91	2	C Norte	Braga	20-01	
62,74	Ilda Estrela	GRECAS	06-01-76	4s	CNCI	Pombal	10-02	61,08i-99
62,94	Ana Carvalho	GJP Bemposta	23-08-90	1s	T FPA	Espinho	13-01	61,69i-06

800m - 2.15,0 - 2.25,0

2.04,60	Maria Carmo Tavares	Sporting CP	27-04-74	1		Espinho	03-02	2.03,47i-05
2.05,06	Sandra Teixeira	Sporting CP	13-03-78	2		Espinho	03-02	2.02,47i-01
2.05,14	Sandra Teixeira			1		Pombal	23-02	
2.05,24	Nédia Semedo	FC Porto	14-11-78	3		Espinho	03-02	2.01,11i-03
2.06,06	Maria Carmo Tavares			1s	CNCI	Pombal	11-02	
2.07,66	Maria Carmo Tavares			1s	C Port	Espinho	18-02	
2.08,69	Lilian Silva	Juv Vidigalense	30-03-82	4		Espinho	03-02	2.07,76i-06
2.09,10	Lilian Silva			2s	CNCI	Pombal	11-02	
2.09,21	Nédia Semedo			1s	C Norte	Braga	21-01	
2.09,75	Maria Carmo Tavares			7sf	C. Europa	Birmingham	03-03	
2.10,78	Lilian Silva			2s	C Port	Espinho	18-02	
2.10,79	Lilian Silva			1	C Beiras	Espinho	21-01	
2.11,26	Maria Céu Nunes	JOMA	17-09-76	5		Espinho	03-02	2.05,63i-02
2.11,75	Maria Céu Nunes			3s	CNCI	Pombal	11-02	
2.12,51	Ercilia Machado	SC Braga	24-12-86	4s	CNCI	Pombal	11-02	2.15,31i-06
2.13,19	Olga Pinto	GD Estreito	31-05-75	5s	CNCI	Pombal	11-02	2.13,45i-04
2.13,69	Maria Céu Nunes			3s	C Port	Espinho	18-02	
2.14,52	Sofia Pereira	CS Marítimo	01-09-80	6		Espinho	03-02	2.12,11i-04
2.14,76	Maria Carmo Tavares			1s	CNCI-Ap	Braga	27-01	
2.15,03	Neide Dias	JOMA	ANG 11-08-87	4s	C Port	Espinho	18-02	2.19,21i-06
2.15,30	Patrícia I. Pereira	CP Mangualde	20-04-83	6	C Port	Espinho	18-02	2.13,30i-06
2.15,95	Lilian Silva			2s	CNCI-Ap	Braga	27-01	
2.18,20	Patrícia Lopes	Sporting CP	11-07-82	2		Pombal	23-02	
2.18,37	Marisa Machado	JOMA	18-10-88	1s	C Port	Espinho	18-02	2.21,52i-06
2.18,96	Manuela Bernardo	GCA Donas	05-10-87	3	C Beiras	Espinho	21-01	2.18,35i-05
2.19,01	Laura Azevedo	JOMA	02-02-85	1	Sub23	Espinho	04-02	2.14,07i-06
2.19,18	Daniela Cunha	UD Varzea	30-04-90	1		Espinho	23-12	2.21,58i-06
2.19,30	Mafalda Oliveira	FC Porto	06-05-82	1s	CNCI	Pombal	11-02	2.17,44i-06
2.19,73	Ilda Estrela	GRECAS	06-01-76	2s	C Port	Espinho	18-02	2.16,02i-05
2.20,30	Madalena Carriço	CA Madeira	06-01-79	2s	CNCI	Pombal	11-02	
2.20,35	Diana Soares	ARB Valboenses	02-08-92	1s	Rio Largo	Espinho	14-02	
2.20,69	Rita Rodrigues	N Sp. Cartaxo	29-09-83	3s	C Port	Espinho	18-02	2.16,34i-05
2.21,00	Joana Costa	CP Mangualde	12-05-88	3	Sub23	Espinho	04-02	2.21,21i-05
2.21,30	Solange Jesus	ADERCUS	07-01-87	3	CNU	Espinho	24-02	2.22,25i-05
2.21,67	Jessica Gouveia	GD Estreito	19-07-86	6s	CNCI-Ap	Braga	27-01	2.16,35i-06
2.22,40	Tânia Silva	Liberdade FC	24-05-88	2		Braga	07-01	2.22,86i-05
2.22,41	Ana Pereira	Moreirense FC	07-01-90	1		Braga	13-01	2.29,28i-06
2.22,72	Ana Nunes	GJP Bemposta	12-11-88	4	C Beiras	Espinho	21-01	
2.23,82	Diana Freitas	AR Luz e Vida	01-11-91	3		Braga	07-01	
2.23,96	Lurdes Pereira	SC Braga	21-02-83	1s		Braga	03-02	
2.24,32	Marisa Ferreira	UD Varzea	20-08-92	1s		Braga	03-02	
2.24,73	Sara Pitães	SC Braga	21-04-89	1s	C Beiras	Braga	21-01	2.26,99i-06

1000 m – 3.00,0

2.57,92	Diana Soares	ARB Valboenses	02-08-92	1		Braga	06-01	3.03,97i-06
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1500 m – 4.35,0 - 4.50,0

4.16,79	Sandra Teixeira	Sporting CP	13-03-78	10	GE Galan	Estocolmo	20-02	4.10,84i-05
4.22,99	Sandra Teixeira			1	CNCI	Pombal	10-02	
4.23,68	Sandra Teixeira			1s	CNCI-Ap	Braga	27-01	
4.23,98	Sandra Teixeira			1	C Port	Espinho	17-02	
4.25,79	Nédia Semedo	FC Porto	14-11-78	2	CNCI	Pombal	10-02	4.13,58i-03
4.26,65	Lilian Silva	Juv Vidigalense	30-03-82	3	CNCI	Pombal	10-02	4.25,00i-06
4.27,42	Nédia Semedo			2s	CNCI-Ap	Braga	27-01	
4.28,26	Lilian Silva			2	C Port	Espinho	17-02	
4.28,62	Marina Bastos	SC Braga	07-07-71	1	C Norte	Braga	20-01	4.12,50-93
4.28,91	Marisa Barros	SC Braga	25-02-80	4	CNCI	Pombal	10-02	4.31,31i-02
4.29,73	Lilian Silva			1	C Beiras	Espinho	20-01	

4.31,15	Ercilia Machado	SC Braga	24-12-86	1		Braga	30-12	4.27,46i-06
4.31,75	Marisa Barros			3s	CNCI-Ap	Braga	27-01	
4.32,53	Laura Azevedo	JOMA	02-02-85	1	Sub23	Espinho	03-02	4.32,33i-06
4.32,89	Ercilia Machado			2	Sub23	Espinho	03-02	
4.33,97	Laura Azevedo			4s	CNCI-Ap	Braga	27-01	
4.35,03	Laura Azevedo			5	CNCI	Pombal	10-02	
4.35,17	Sara Moreira	GD Estreito	17-10-85	3	Sub23	Espinho	03-02	4.37,76i-05
4.35,70	Madalena Carriço	CA Madeira	06-01-79	5s	CNCI-Ap	Braga	27-01	4.34,30i-00
4.36,66	Clarisse Cruz	Sporting CP	09-07-78	1ex		Espinho	06-01	4.23,63i-02
4.37,57	Olga Pinto	GD Estreito	31-05-75	6	CNCI	Pombal	10-02	4.30,31i-04
4.38,28	Sónia Fernandes	FC Porto	03-05-83	2	C Norte	Braga	20-01	4.25,82i-03
4.40,41	Dina Malheiro	CAF Zezere	11-10-83	3 ex	C Norte	Braga	20-01	4.36,90i-05
4.40,64	Cristiana Valente	Açoreana Seg.	09-06-85	4	Sub23	Espinho	03-02	4.41,29i-05
4.41,53	Filomena Costa	SC Braga	22-02-85	5	Sub23	Espinho	03-02	4.42,31i-05
4.41,60	Daniela Cunha	UD Varzea	30-04-90	2		Braga	30-12	
4.42,84	Sandra Amaro	CS Marítimo	15-03-76	8	CNCI	Pombal	10-02	4.25,43i-02
4.45,84	Carla Salomé Rocha	FC Vizela	25-04-90	3		Braga	30-12	
4.47,4	Diana Soares	ARB Valboenses	92	1		Espinho	30-12	
4.47,55	Solange Jesus	ADERCUS	07-01-87	2	C Beiras	Espinho	20-01	4.43,73i-05
4.49,08	Silvia Gonçalves	SC Braga	12-07-86	6	Sub23	Espinho	03-02	
4.49,31	Lurdes Pereira	SC Braga	21-02-83	2		Braga	10-02	4.39,48i-05
4.49,53	Doroteia Peixoto	Açoreana Seg.	07-10-83	5	C Norte	Braga	20-01	4.39,12i-02

Milha/Mile –6.00,0

5.37,37	Catarina Vieira	CP A-das-Barbas	91	1		Pombal	17-02	
5.41,69	Cristiana Silva	ACDR Arneirense	16-08-90	2		Pombal	17-02	
5.55,55	Ana Santos	JA Mozelense	91	1		Espinho	03-03	

3000 m – 9.50,0 - 11.00,0

9.17,83	Marina Bastos	SC Braga	07-07-71	1	CNCI	Pombal	11-02	8.49,55i-01
9.21,49	Marina Bastos			1	CNCI-Ap	Braga	27-01	
9.23,64	Sara Moreira	GD Estreito	17-10-85	1	C Port	Espinho	18-02	10.02,32i-05
9.26,44	Marisa Barros	SC Braga	25-02-80	2	C Port	Espinho	18-02	9.32,90i-06
9.26,67	Clarisse Cruz	Sporting CP	09-07-78	ex		Espinho	07-01	9.25,22i-02
9.29,25	Carla Martinho	ADERCUS	04-11-76	1		Espinho	07-01	
9.33,54	Sara Pinho	CA Madeira	06-08-81	2	CNCI	Pombal	11-02	9.47,32i-04
9.38,24	Sara Pinho			2	CNCI-Ap	Braga	27-01	
9.41,19	Sara Moreira			1	Sub23	Espinho	04-02	
9.41,40	Sara Moreira			3	CNCI	Pombal	11-02	
9.42,19	Carla Martinho			3	C Port	Espinho	18-02	
9.44,86	Sónia Fernandes	FC Porto	03-05-83	4	CNCI	Pombal	11-02	9.30,52i-01
9.45,77	Sónia Fernandes			3	CNCI-Ap	Braga	27-01	
9.46,24	Leopoldina Silveira	França	18-06-75	2		Reims	27-01	9.51,46i-05
9.48,71	Dina Malheiro	CAF Zezere	11-10-83	ex	C Beiras	Espinho	21-01	9.54,40i-05
9.57,99	Filomena Costa	SC Braga	22-02-85	4	C Port	Espinho	18-02	10.05,99i-05
10.00,20	Olga Pinto	GD Estreito	31-05-75	5	CNCI-Ap	Braga	27-01	10.04,88i-03
10.08,07	Solange Jesus	ADERCUS	07-01-87	3	Sub23	Espinho	04-02	10.13,14i-06
10.11,13	Laura Azevedo	JOMA	02-02-85	6	CNCI	Pombal	11-02	
10.14,36	Mónica Silva	JOMA	25-11-83	6	CNCI-Ap	Braga	27-01	9.55,43i-05
10.16,64	Sandra Amaro	CS Marítimo	15-03-76	7	CNCI	Pombal	11-02	9.35,5i-01
10.18,12	Carla Salomé Rocha	FC Vizela	25-04-90	1	C Norte	Braga	21-01	
10.22,30	Sara Catarina Ribeiro	FC Vizela	31-05-90	1		Braga	30-12	
10.23,10	Cristiana Valente	Açoreana Seg.	09-06-85	4	Sub23	Espinho	04-02	10.06,38i-06
10.24,02	Marina Agostinho	Juv Vidigalense	06-03-82	2	C Beiras	Espinho	21-01	10.29,40i-05
10.24,42	Vanda Ribeiro	Boavista FC	02-04-75	1		Braga	03-02	
10.25,12	Raquel Pereira	SC Braga	23-07-89	2		Braga	30-12	
10.28,57	Silvia Gonçalves	SC Braga	12-07-86	2		Braga	13-01	10.08,03i-05
10.31,31	Mónica Moreiras	Juv Vidigalense	08-10-79	3	C Beiras	Espinho	21-01	10.30,89i-98

10.32,54	Ana Fonseca	CR Estarreja	22-02-87	3		Espinho	07-01	10.46,59i-03
10.32,56	Joana Nunes	JOBRA	09-05-85	4		Espinho	07-01	10.44,07i-06
10.33,94	Ana Nunes	GJP Bemposta	12-11-88	5		Espinho	07-01	
10.42,21	Márcia Martins	GRECAS	25-05-83	8	CNCI-Ap	Braga	27-01	10.43,65i-06
10.44,56	Marta Anjos	GJP Bemposta	04-12-89	6		Espinho	07-01	10.49,71i-06
10.49,64	Diana Freitas	AR Luz e Vida	01-11-91	3	C Norte	Braga	21-01	
10.59,50	Ana Oliveira	GJP Bemposta	02-03-90	7		Espinho	07-01	11.17,33i-06
10.59,62	Herminia Silva	Liberdade FC	08-06-74	2		Braga	07-01	9.45,09i-02

60 m B – 9,00 - 10,50

8,49	Naide Gomes	Sporting CP	10-11-79	1s	CNCI	Pombal	10-02	8,39i-05
8,58	Naide Gomes			1s	CNCI-Ap	Braga	27-01	
8,67	Patrícia Vieira	GD Estreito	18-04-79	1	C Port	Espinho	18-02	8,33i-05
8,71	Patrícia Vieira			1h	C Port	Espinho	18-02	
8,72	Patrícia Vieira			1s	T FPA	Espinho	13-01	
8,74	Mónica Lopes	GR Qt. Lomba	18-01-86	1	Sub23	Espinho	04-02	8,73i-06
8,74	Mónica Lopes			2	C Port	Espinho	18-02	
8,78	Mónica Lopes			1ex	T FPA	Espinho	13-01	
8,84	Mónica Lopes			1h	C Port	Espinho	18-02	
8,86	Patrícia Vieira			2s	CNCI	Pombal	10-02	
8,89	Mónica Lopes			2s	T FPA	Espinho	13-01	
8,89	Mónica Lopes			1h	Sub23	Espinho	04-02	
8,99	Patrícia Vieira			2s	CNCI-Ap	Braga	27-01	
9,03	Susana Estriga	FC Porto	16-07-75	3	C Port	Espinho	18-02	9,07i-06
9,04	Fernanda Borba	C Operario D	02-03-81	2h	C Port	Espinho	18-02	8,76i-01
9,09	Debora Encarnação	Juv. Vidigalense	06-09-89	2h	C Port	Espinho	18-02	9,39i-06
9,20	Sofia Pires	AD Praia Vitória	01-10-86	2	Sub23	Espinho	04-02	9,39i-05
9,21	Andreia Felisberto	JOMA	22-06-86	3s	CNCI	Pombal	10-02	9,09i-05
9,27	Witiney Barata	ARC Br. Valongo	31-01-88	6	C Port	Espinho	18-02	9,73i-06
9,29	Telma Elias	Tramagal SU	04-01-90	3h	C Port	Espinho	18-02	
9,38	Sandra Borges	Gira Sol ADF	15-11-83	1		Espinho	23-12	9,13i-06
9,51	Joana Flores	AD Praia Vitória	08-10-89	Pen	T FPA	Espinho	13-01	
9,57	Leslie Delgado	GR Qt. Lomba	25-06-89	4h	Sub23	Espinho	04-02	9,71i-06
9,60	Tânia Caires	CS Marítimo	03-12-87	6	Sub23	Espinho	04-02	9,33i-06
9,61	Marisa Vieira	CA Madeira	30-12-79	2s	CNCI	Pombal	10-02	9,09i-05
9,70	Elisa Pegado	GD Estreito	23-07-87	5h	C Port	Espinho	18-02	9,98i-06
9,75	Carina Gomes	EC+S Lavra	05-06-81	Pen		Braga	07-01	9,14i-05
9,75	Patrícia Monteiro	SC Braga	22-06-89	3s	CNCI	Pombal	10-02	
9,76	Catia Ferreira	Juv Vidigalense	18-06-83	1		Alpiarça	07-01	9,41i-03
9,79	Teresa Ribeiro	FC Porto	23-08-88	1s	CNCI-Ap	Braga	27-01	10,11i-06
9,84	Ana Abreu	GRECAS	13-06-88	1		Espinho	25-02	9,83i-06
9,86	Mariana Morgado	Bairro Anjos	16-11-89	Pen	C Port	Espinho	18-02	9,77i-06
9,88	Lecabela Quaresma	GR Qt. Lomba	26-12-89	Pen	C Port	Espinho	18-02	
9,89	Catarina Costa	C Bf Faro	03-08-89	Pen	T FPA	Espinho	13-01	
9,90	Vanessa Rocha	AA Pinhalnovense	02-01-90	7s	T FPA	Espinho	13-01	9,65i-06
9,92	Carmezinda Nascimento	Sporting CP	21-12-89	7	Sub23	Espinho	04-02	10,16i-06
9,96	Carla Pinhão	GRECAS	21-04-90	3	C Beiras	Espinho	21-01	
9,96	Tânia Vieira	Juv. Vidigalense	29-07-85	1h	C Beiras	Espinho	21-01	9,01i-04
10,03	Liliana Barbosa	GRECAS	14-05-87	4h	C Beiras	Espinho	21-01	10,12i-06
10,06	Diana Gaspar	Juv Vidigalense	19-07-87	2h	C Beiras	Espinho	21-01	9,39i-06
10,13	Carla Gama	GD Cavadas	24-11-90	1s	T FPA	Espinho	13-01	
10,17	Diana Morgado	Bairro Anjos	16-11-89	Pen	C Port	Espinho	18-02	
10,19	Cátia Gaspar	Bairro Anjos	12-04-90	5h	C Beiras	Espinho	21-01	10,18i-06
10,22	Márcia Vieira	EC+S Lavra	04-01-91	3	C Norte	Braga	21-01	
10,23	Patrícia Loureiro	EC+S Lavra	20-07-90	4	C Norte	Braga	21-01	10,38i-06
10,24	Cláudia Rodrigues	C Operario D	11-11-89	Pen	C Port	Espinho	18-02	
10,37	Anabela Neto	ACRD Escapães	25-03-91	2h		Espinho	07-01	
10,39	Maria Celeste Hernandez	GRECAS	09-04-88	3h		Espinho	07-01	
10,40	Luciana Tavares	Gira Sol ADF	15-11-89	5h	C Beiras	Espinho	21-01	
10,41	Daniela Ferreira	ES Serafim Leite	22-06-89	Pen		Espinho	30-12	10,28i-06

10,42	Liliana Viana	FC Porto	14-08-85	Pen		Braga	07-01	9,45i-04
10,42	Lisandra Lopes	GRECAS	07-04-88	Pen	C Port	Espinho	18-02	
10,50	Eva Costa	CRU Raposense	13-03-89	1s	CNCI-Ap	Braga	27-01	10,43i-06
10,50	Ana Catarina Neves	ADR Aguas Belas	89	Pen	C Port	Espinho	18-02	

Altura/High Jump – 1,60 - 1,50

1,80	Marisa Anselmo	JOMA	06-09-87	ex	C Beiras	Espinho	21-01	1,83i-06
1,77	Marisa Anselmo			1	CNCI	Pombal	11-02	
1,76	Marisa Anselmo			1		Pombal	23-02	
1,75	Marisa Anselmo			1	T Saltos	Alpiarça	14-01	
1,73	Marisa Anselmo			1	Sub23	Espinho	04-02	
1,72	Marisa Anselmo			1	C Port	Espinho	18-02	
1,71	Sofia Pires	AD Praia Vitória	01-10-86	2	Sub23	Espinho	04-02	1,78i-06
1,71	Marisa Anselmo			1	CNU	Espinho	24-02	
1,70	Joana Flores	AD Praia Vitória	08-10-89	Pen	T FPA	Espinho	13-01	1,60i-06
1,69	Liliana Viana	FC Porto	14-08-85	2	T Saltos	Alpiarça	14-01	1,74i-04
1,68	Joana Flores			3	Sub23	Espinho	04-02	
1,66	Liliana Viana			2	CNCI	Pombal	11-02	
1,66	Sofia Pires			Pen	C Port	Espinho	18-02	
1,65	Liliana Viana			Pen		Braga	07-01	
1,64	Cláudia Rodrigues	C Operario D	11-11-89	Pen	T FPA	Espinho	13-01	1,60i-06
1,64	Sofia Pires			Pen	T FPA	Espinho	13-01	
1,64	Anabela Neto	ACRD Escapães	25-03-91	TT		Alpiarça	03-02	1,59i-06
1,64	Joana Flores			2	C Port	Espinho	18-02	
1,63	Cláudia Rodrigues			Pen	C Port	Espinho	18-02	
1,62	Marisa Anselmo			1	CNCI-Ap	Braga	27-01	
1,62	Ana Rita Pereira	SC Braga	14-05-91	2	CNCI-Ap	Braga	27-01	1,56i-06
1,62	Liliana Viana			4	Sub23	Espinho	04-02	
1,61	Anabela Neto			1		Espinho	23-12	
1,60	Sofia Pires			1		Angra do Heroísmo	18-11	
1,60	Sofia Pires			3	T Saltos	Alpiarça	14-01	
1,60	Liliana Viana			1	C Norte	Braga	21-01	
1,60	Irina Rodrigues	Juv Vidigalense	05-02-91	TT		Alpiarça	03-02	1,51i-06
1,60	Irina Rodrigues			3	C Port	Espinho	18-02	
1,60	Marisa Vieira	CA Madeira	30-12-79	3	C Port	Espinho	18-02	1,65i-04
1,60	Marcia Gonçalves	EMD. Saraiva	09-03-89	1		Alcanena	26-11	1,55i-06
1,57	Anabela Enes	SC Braga	18-02-86	2	C Norte	Braga	21-01	1,59i-04/05
1,57	Sónia Carvalho	Sporting CP	10-05-77	4	CNCI	Pombal	11-02	1,84i-02
1,57	Beatryza Lyachenco	CA Marinha Grande	UCR 21-06-91	1		Pombal	17-02	
1,56	Ana Vasconcelos	ACDR Arreirense	18-07-92	1		Espinho	27-12	1,49i-06
1,56	Joana Rabaçal	CJS Manique	23-10-90	7	C Port	Espinho	18-02	
1,55	Catia Ferreira	Juv Vidigalense	18-06-83	1		Alcanena	26-11	1,56i-00/05
1,53	Ana Costa	GRECAS	09-11-89	1		Espinho	25-01	1,51i-06
1,52	Rosalina Carvalho	CD Póvoa	14-05-90	2		Braga	06-01	1,50i-06
1,52	Catarina Costa	C Bf Faro	03-08-89	Pen	T FPA	Espinho	13-01	1,60i-05
1,51	Ana Cerqueira	FC Porto	17-03-89	4	C Norte	Braga	21-01	
1,51	Carla Almeida	FC Porto	18-08-85	4	C Norte	Braga	21-01	1,56i-05
1,50	Cláudia Gameiro	Juv Vidigalense	25-05-80	2		Alpiarça	07-01	1,70i-98
1,50	Daniela Ferreira	ES Serafim Leite	22-06-89	2		Espinho	07-01	1,56i-06
1,50	Catarina Rosa	CA Marinha Grande	20-07-89	3		Alpiarça	07-01	1,54i-06
1,50	Carina Gomes	EC+S Lavra	05-06-81	Pen		Braga	07-01	1,61i-03
1,50	Ana Monjane	SC Braga	93	2		Braga	03-02	
1,50	Ana Rocha	ACD Ilhavos	90	3		Espinho	25-02	

Vara/Pole Vault – 3,80 - 2,50

4,27	Elisabete Tavares	França	07-03-80	2		Aulnay-sous-bois	09-12	4,32i-06
4,15	Eleonor Tavares	França	24-09-85	2		Aubierre	17-02	4,05i-06
4,12	Eleonor Tavares			3		Aulnay-sous-bois	09-12	

4,10	Elisabete Tavares			1	C Port	Espinho	17-02	
4,10	Eleonor Tavares			1		Paris	24-02	
4,04	Elisabete Tavares			3		Carriere-sous-Poisy	03-02	
4,03	Eleonor Tavares			3		Bordeux	13-01	
4,00	Elisabete Tavares			1		Eaubonne	27-01	
4,00	Elisabete Tavares			6		Eaubonne	02-02	
4,00	Eleonor Tavares			9		Eaubonne	02-02	
4,00	Elisabete Tavares			1		Mondeville	09-02	
4,00	Eleonor Tavares			1q		Aubierre	16-02	
3,92	Sandra Helena Tavares	França	29-05-82	6		Aulnay-sous-bois	09-12	4,21i-05
3,90	Sandra Helena Tavares			3		Eaubonne	27-01	
3,90	Elisabete Tavares			9	SEAT	Paris	23-02	
3,89	Eleonor Tavares			6		Carriere-sous-Poisy	03-02	
3,89	Sandra Helena Tavares			6		Carriere-sous-Poisy	03-02	
3,80	Sandra Helena Tavares			2		Paris	14-01	
3,80	Sandra Helena Tavares			4		Mondeville	09-02	
3,80	Eleonor Tavares			1		Eaubonne	10-02	
3,70	Januária Silva Pereira	CS Maritimo	10-04-79	1	CNCI	Pombal	10-02	3,86i-05
3,46	Vera Lavrador	Sporting CP	03-10-88	2	CNCI-Ap	Braga	27-01	3,54i-06
3,32	Tânia Vieira	Juv. Vidigalense	29-07-85	4	C Port	Espinho	17-02	3,40i-04
3,30	Tânia António	GRECAS	29-12-87	3	CNCI	Pombal	10-02	3,20i-06
3,20	Sara Negrões	JOMA	25-03-86	1ex		Espinho	06-01	3,61i-05
3,05	Joana Flores	AD Praia Vitória	08-10-89	6	C Port	Espinho	17-02	3,10i-05
3,00	Filipa Freitas	CA Madeira	11-02-84	4	CNCI-Ap	Braga	27-01	3,10i-04
2,75	Tânia Faria	GD Estreito	01-12-78	7	CNCI	Pombal	10-02	2,85i-01
2,66	Liliana Manhente	CDUP	30-03-85	5	Sub23	Espinho	03-02	
2,66	Teresa Ribeiro	FC Porto	23-08-88	5	Sub23	Espinho	03-02	
2,66	Ana Costa	GRECAS	09-11-89	7	Sub23	Espinho	03-02	
2,60	Anabela Enes	SC Braga	18-02-86	6	CNCI-Ap	Braga	27-01	
2,60	Nanci Duarte	CA Marinha Grande	25-10-90	8	CNCI	Pombal	10-02	
2,54	Vera Morais	AD Praia Vitória	05-01-85	9	Sub23	Espinho	03-02	2,66i-03

Comprimento/Long Jump – 5,60 - 5,00

6,89	Naide Gomes	Sporting CP	RN	10-11-79	1	C. Europa	Birmingham	03-03	6,76i-06
6,76	Naide Gomes		RN=		1	C Port	Espinho	17-02	
6,68	Naide Gomes				1q	C. Europa	Birmingham	02-03	
6,59	Naide Gomes				2	Pireas	Atenas	24-02	
6,45	Naide Gomes				1	CNCI	Pombal	10-02	
6,37	Naide Gomes				1	CNCI-Ap	Braga	27-01	
6,01	Marta Godinho	JOMA		24-06-80	2	CNCI	Pombal	10-02	6,39i-04
5,92	Marta Godinho				2	C Port	Espinho	17-02	
5,80	Patrícia Mamona	JOMA		21-11-88	6		Clemson	23-02	5,94i-06
5,78	Carla Tavares	JOMA		22-05-82	1	T Saltos	Alpiarça	14-01	5,37i-05
5,77	Cátia Ferreira	Juv Vidigalense		18-06-83	2	T Saltos	Alpiarça	14-01	5,81i-06
5,76	Cátia Ferreira				3	CNCI	Pombal	10-02	
5,72	Januária Silva Pereira	CS Maritimo		10-04-79	3	C Port	Espinho	17-02	5,44i-01
5,67	Cátia Ferreira				4	C Port	Espinho	17-02	
5,62	Sofia Pires	AD Praia Vitória		01-10-86	Pen	C Port	Espinho	18-02	5,71i-06
5,61	Sónia Marques	FC Porto		06-07-86	1	Sub23	Espinho	03-02	5,63i-06
5,60	Marta Godinho				2	CNCI-Ap	Braga	27-01	
5,59	Sónia Marques				3	T Saltos	Alpiarça	14-01	
5,41	Marlene Ferreira	Boavista FC		09-06-81	6	C Port	Espinho	17-02	5,62i-03
5,39	Carina Gomes	EC+S Lavra		05-06-81	1		Braga	30-12	5,74i-04
5,36	Cláudia Rodrigues	C Operario D		11-11-89	Pen	C Port	Espinho	18-02	
5,34	Ana Paula Furtado	JOMA		26-01-89	3	Sub23	Espinho	03-02	
5,29	Liliana Campos	GD Estreito		29-04-88	4	Sub23	Espinho	03-02	5,32i-06
5,27	Witiney Barata	ARC Br. Valongo		31-01-88	1	C Beiras	Espinho	20-01	5,37i-06
5,26	Marisa Anselmo	JOMA		06-09-87	5	Sub23	Espinho	03-02	5,45i-06
5,26	Joana Frias	CA Madeira		07-03-88	6	Sub23	Espinho	03-02	5,61i-06
5,22	Tânia Caires	CS Maritimo		03-12-87	2	CNU	Espinho	24-02	

5,21	Ana Borges	SC Braga		12-09-90	5	CNCI	Pombal	10-02	4,72i-06
5,18	Joana Flores	AD Praia Vitória		08-10-89	ex		Alpiarça	09-12	
5,15	Isabel Areias	Gira Sol ADF		27-01-85	8	Sub23	Espinho	03-02	5,54i-06
5,12	Vanessa Rocha	AA Pinhalnovense		02-01-90	4	T Saltos	Alpiarça	14-01	
5,10	Sara Esteves	CA Mazarefes		24-08-92	TT		Alpiarça	03-02	
5,09	Lisandra Lopes	GRECAS		07-04-88	Pen	C Port	Espinho	18-02	
5,08	Eva Vital	ACDR Arreirense		08-07-92	TT		Alpiarça	06-01	5,06i-06
5,06	Daniela Ferreira	ES Serafim Leite		22-06-89	1		Espinho	24-02	
5,04	Cláudia Jardim	CA Madeira		30-12-80	8	CNCI	Pombal	10-02	5,64i-99
5,02	Ana Filipa Neves	CA Marinha Grande		15-06-85	9	CNCI	Pombal	10-02	5,53i-03
5,02	Mariana Morgado	Bairro Anjos		16-11-89	Pen	C Port	Espinho	18-02	
5,01	Patrícia Loureiro	EC+S Lavra		20-07-90	1		Braga	07-01	
5,01	Carla Pinhão	GRECAS		21-04-90	6	CNCI-Ap	Braga	27-01	

Triplo/Triple Jump – 11,80 - 10,00

13,49	Susana Costa	Sporting CP	RN	22-09-84	1	C Port	Espinho	18-02	13,07i-05
13,43	Susana Costa				12q	C. Europa	Birmingham	02-03	
13,35	Susana Costa				1	CNCI	Pombal	11-02	
13,17	Susana Costa				1	T Saltos	Alpiarça	14-01	
13,11	Patrícia Mamona	JOMA	NJR	21-11-88	1		Fayetteville	02-03	12,57i-04
12,95	Patrícia Mamona		NJR	21-11-88	3		Clemson	24-02	
12,86	Sandra Sofia Tavares	França		09-02-84	5		Aubierre	17-02	12,39i-05
12,84	Patrícia Mamona				1		Lexington	12-01	
12,83	Susana Costa				1	CNCI-Ap	Braga	27-01	
12,74	Patrícia Mamona				2q		Clemson	11-02	
12,71	Patrícia Mamona				1		Johnson City	26-01	
12,68	Patrícia Mamona				2		Clemson	20-01	
12,60	Sandra Sofia Tavares				2		Eaubonne	28-01	
12,54	Sandra Sofia Tavares				5q		Aubierre	16-02	
12,52	Patrícia Mamona				2		Clemson	11-02	
12,49	Patrícia Mamona				1q		Clemson	20-01	
12,38	Sandra Sofia Tavares				2		Aubierre	03-02	
12,22	Sandra Sofia Tavares				4		Mondeville	27-01	
12,06	Sandra Sofia Tavares				2		Paris	14-01	
12,02	Januária Silva Pereira	CS Maritimo		10-04-79	2	CNCI	Pombal	11-02	11,74i-04
11,99	Januária Silva Pereira				2	C Port	Espinho	18-02	
11,82	Cátia Ferreira	Juv Vidigalense		18-06-83	3	C Port	Espinho	18-02	11,66i-06
11,69	Joana Flores	AD Praia Vitória		08-10-89	2	T Saltos	Alpiarça	14-01	11,44i-06
11,54	Vanessa Rocha	AA Pinhalnovense		02-01-90	5	C Port	Espinho	18-02	10,82i-06
11,51	Cláudia Jardim	CA Madeira		31-12-80	3	CNCI-Ap	Braga	27-01	12,00i-03
11,49	Ana Paula Furtado	JOMA		26-01-89	3	CNCI	Pombal	11-02	11,44i-06
11,45	Ana Filipa Neves	CA Marinha Grande		15-06-85	4	CNCI	Pombal	11-02	10,12i-06
11,38	Vânia Silva	Juv Vidigalense		08-06-80	4	CNCI-Ap	Braga	27-01	10,93i-04
11,35	Carmezinda Nascimento	Sporting CP		21-12-89	2	Sub23	Espinho	04-02	10,95i-06
11,32	Liliana Campos	GD Estreito		29-04-88	5	CNCI	Pombal	11-02	11,74i-06
11,28	Sónia Marques	FC Porto		06-07-86	4	Sub23	Espinho	04-02	11,03i-05
11,13	Carla Pinhão	GRECAS		21-04-90	2	C Beiras	Espinho	21-01	11,25i-06
11,05	Vera Barbosa	JOMA	CPV	13-01-89	6	Sub23	Espinho	04-02	
11,03	Sylvia Pereira	SC Braga		21-11-88	7	CNCI-Ap	Braga	27-01	11,21i-06
11,01	Candida Bairrada	CA Marinha Grande		31-12-84	2		Pombal	23-02	
10,80	Neide Vieira	CA Madeira		30-12-79	10	CNCI	Pombal	11-02	
10,78	Liliana Viana	FC Porto		24-08-85	4	T Saltos	Alpiarça	14-01	11,77i-04
10,64	Lucia Serrão	A. Jardim Serra		91	2		Alpiarça	24-02	
10,58	Mariana Morgado	Bairro Anjos		16-11-89	3		Pombal	23-02	10,64i-06
10,49	Ana Borges	SC Braga		12-09-90	4	C Norte	Braga	21-01	
10,47	Regina Mendonça	Juv Vidigalense		31-07-76	5	T Saltos	Alpiarça	14-01	11,79i-00
10,43	Ana Lopes	NA Cucujães		31-08-88	3	C Beiras	Espinho	21-01	10,34i-06
10,40	Ana Sofia Campião	GD Pic-Nic		11-04-90	6	T Saltos	Alpiarça	14-01	
10,39	Liliana Jorge	Juv Vidigalense		03-01-91	4		Pombal	23-02	10,54i-06
10,38	Cátia Gaspar	Bairro Anjos		12-04-90	5	C Beiras	Espinho	21-01	

10,31	Márcia Vieira	EC+S Lavra	04-01-91	5	C Norte	Braga	21-01	
10,29	Lisandra Lopes	GRECAS	07-04-88	2		Espinho	25-02	
10,21	Martina Gomes	S Viseu Bf	29-12-88	9	Sub23	Espinho	04-02	10,12i-05
10,20	Maria Celeste Hernandez	GRECAS	09-04-88	2		Espinho	07-01	
10,13	Ana Cequeira	FC Porto	17-03-89	6	C Norte	Braga	21-01	10,48i-06
10,04	Patrícia Loureiro	EC+S Lavra	20-07-90	7	C Norte	Braga	21-01	10,04i-06

Peso/Shot Put – 13,00 – 10,00

14,76	Silvia Cruz	Sporting CP	29-12-80	1	CNCI	Pombal	10-02	14,19i-06
14,46		Silvia Cruz		1	C Port	Espinho	17-02	
14,36	Dulce Cá	GR Qt. Lomba	28-03-84	2	C Port	Espinho	17-02	14,49i-06
14,18		Silvia Cruz		1	CNCI-Ap	Braga	27-01	
14,16	Cristiana Oliveira	JOMA	30-06-84	3	C Port	Espinho	17-02	13,87i-05/06
14,08	Teresa Machado	C Operario D	22-07-69	4	C Port	Espinho	17-02	17,26i-98
13,99	Carla Almeida	FC Porto	18-08-85	1		Espinho	23-12	14,39i-06
13,86		Dulce Cá		2	CNCI-Ap	Braga	27-01	
13,84		Carla Almeida		1	Sub23	Espinho	03-02	
13,83		Cristiana Oliveira		3	CNCI-Ap	Braga	27-01	
13,77		Teresa Machado		ex	C Beiras	Espinho	20-01	
13,74	Vanda Rodrigues	CS Maritimo	CPV 17-10-84	5	C Port	Espinho	17-02	12,23i-06
13,69		Carla Almeida		1	C Norte	Braga	20-01	
13,62		Carla Almeida		1	Rio Largo	Espinho	14-02	
13,61		Carla Almeida		6	C Port	Espinho	17-02	
13,60		Carla Almeida		1		Braga	30-12	
13,55		Carla Almeida		4	CNCI-Ap	Braga	27-01	
13,51		Carla Almeida		1ex		Espinho	06-01	
13,43		Cristiana Oliveira		2	CNCI	Pombal	10-02	
13,37		Teresa Machado		2		Espinho	23-12	
13,13		Carla Almeida		3	CNCI	Pombal	10-02	
13,02	Sónia Borges	Sporting CP	26-08-85	7	C Port	Espinho	17-02	13,53i-06
13,01		Vanda Rodrigues		4	CNCI	Pombal	10-02	
12,75	Sónia Grácio	Juv Vidigalense	26-03-74	3		Espinho	23-12	15,24i-00
12,63	Isabel Ribeiro	SC Braga	29-02-88	2		Braga	30-12	13,68i-06
12,29	Purificação Fernandes	ADC Lovelhe	17-07-83	3		Braga	30-12	13,12i-02
11,74	Marisela Silva	GD Estreito	21-05-85	6	CNCI	Pombal	10-02	11,81i-06
11,73	Sofia Pires	AD Praia Vitória	01-10-86	ex		Alpiarça	09-12	11,97i-06
11,73	Fernanda Angélica Martins	CA Madeira	02-04-75	4		Espinho	23-12	12,85i-03
11,66	Inês Fernandes	CI Gaia		1	ANDDEM	Espinho	03-03	
11,60	Vânia Silva	Juv Vidigalense	08-06-80	2	C Beiras	Espinho	20-01	11,80i-01
11,53	Lecabela Quaresma	GR Qt. Lomba	STP 26-12-89	Pen	T FPA	Espinho	13-01	
11,34	Irina Rodrigues	Juv Vidigalense	05-02-91	3	C Beiras	Espinho	20-01	
11,31	Tânia Pinhão	GRECAS	01-06-88	6	Sub23	Espinho	03-02	11,41i-06
11,29	Ana Almeida	AC Mocidade-Aç	24-10-89	7	Sub23	Espinho	03-02	
11,16	Inês Fernandes	ADC Lovelhe	28-06-88	5		Braga	30-12	11,27i-05
10,72	Carine Gomes	EC+S Lavra	05-06-81	Pen		Braga	07-01	11,16i-06
10,71	Sara Fernandes	CS Maritimo	10-05-85	5		Espinho	23-12	10,97i-05
10,52	Marisa Pão Alvo	CN Rio Maior	13-08-79	1		Alpiarça	20-01	13,40i-97
10,43	Ana Patrícia Inácio	CA Marinha Grande	11-02-91	4	C Beiras	Espinho	20-01	
10,40	Daniela Rodrigues	FC Porto	09-08-84	1	CNU	Espinho	24-02	10,77i-03
10,37	Liliana Viana	FC Porto	14-08-85	Pen		Braga	07-01	
10,36	Teresa Ribeiro	FC Porto	23-08-88	3	C Norte	Braga	20-01	10,19i-06
10,28	Candida Cristina	GRECAS	23-03-74	2		Espinho	06-01	
10,22	Catarina Rosa	CA Marinha Grande	20-07-89	2		Alpiarça	06-01	
10,07	Filipa Freitas	CA Madeira	11-02-84	2	CNU	Espinho	24-02	

Pentatlo - 2000

3.691	Sofia Pires	AD Praia Vitória	01-10-86	1	C Port	Espinho	18-02	3872i-06
3.606		Sofia Pires		1	T FPA	Espinho	13-01	

3.256	Carina Gomes	EC+S Lavra	05-06-81	1		Braga	07-01	3691i-04
3.236	Cláudia Rodrigues	C Operario D	11-11-89	2	C Port	Espinho	18-02	
3.215	Joana Flores	AD Praia Vitória	08-10-89	2	T FPA	Espinho	13-01	
3.110	Cláudia Rodrigues			3	T FPA	Espinho	13-01	
3.101	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	3	C Port	Espinho	18-02
3.022	Catarina Costa	C Bf Faro	03-08-89	4	C Port	Espinho	18-02	
2.999	Lecabela Quaresma			4	T FPA	Espinho	13-01	
2.898	Liliana Viana	FC Porto	14-08-85	2		Braga	07-01	
2.889	Catarina Costa			5	T FPA	Espinho	13-01	
2.767	Mariana Morgado	Bairro Anjos	16-11-89	5	C Port	Espinho	18-02	
2.671	Lisandra Lopes	GRECAS	07-04-88	6	C Port	Espinho	18-02	2611i-06
2.608	Tânia António	GRECAS	29-12-87	1		Espinho	31-12	
2.552	Daniela Ferreira	ES Serafim Leite	22-06-89	2		Espinho	31-12	
2.545	Ana Catarina Neves	ADR Aguas Belas	89	7	CP	Espinho	18-02	
2.495	Lisandra Lopes			3		Espinho	31-12	
2.473	Juliana Coutinho	Juv. Vidigalense	29-11-86	4		Espinho	31-12	
2.459	Mariana Morgado			6	T FPA	Espinho	13-01	
2.448	Ana Catarina Neves			7	T FPA	Espinho	13-01	
2.417	Teresa Ribeiro	FC Porto	23-08-88	1 jr		Braga	07-01	
2.237	Ana Cerqueira	FC Porto	17-03-89	2 jr		Braga	07-01	
2.105	Diana Morgado	Bairro Anjos	89	8	T FPA	Espinho	13-01	
2.048	Diana Morgado			8	C Port	Espinho	18-02	

3.000 m M/W - 16.00,0

12.32,57	Inês Henriques	CN Rio Maior	01-05-80	1	C Port	Espinho	17-02	13.11,22i-02	
12.51,87	Ana Cabecinha	CO Pechão	29-04-84	2	C Port	Espinho	17-02	12.48,75i-06	
13.24,10	Vera Santos	JOMA	03-12-81	1	CNCI-Ap	Braga	27-01	12.55,36i-04	
13.36,98	Maribel Gonçalves	CS Marítimo	01-04-78	4	C Port	Espinho	17-02	12.47,71i-04	
13.49,07	Sofia Avoila	Sporting CP	30-07-76	2	CNCI-Ap	Braga	27-01	13.13,24i-01	
14.13,39	Sandra Silva	GRECAS	21-09-75	6	C Port	Espinho	17-02	14.35,74i-06	
14.29,97	Catarina Godinho	CAF Zezere	03-02-89	1	Sub23	Espinho	03-02	14.15,23i-06	
14.37,64	Ana Claudia Conceição	C Spiridon Gaia	31-01-89	2	Sub23	Espinho	03-02	15.57,7i-05	
14.39,72	Márcia Silva	Boavista FC	16-05-87	1	C Norte	Braga	20-01	14.49,71i-06	
14.47,92	Andreia Freitas	CA Madeira	02-04-83	5	CNCI-Ap	Braga	27-01	15.11,61i-06	
14.50,00	Hanna Shershneva	CA Marinha Grande	UCR	05-11-89	8	C Port	Espinho	17-02	16.17,87i-06
15.01,51	Marisa Soares	FC Porto	16-09-80	9	C Port	Espinho	17-02	14.54,40i-04	
15.05,77	Alice Fernandes	GD Lourocoope	26-03-52	10	C Port	Espinho	17-02	14.50,36i-99	
15.07,91	Liliana Martins	GCA Donas	20-07-90	3	C Beiras	Espinho	20-01	17.14,97i-06	
15.15,08	Cristiana Vaz	CP Corroios	24-03-87	4	Sub23	Espinho	03-02	14.53,56i-04	
15.15,61	Fátima Rodrigues	GiraSol ADF	13-05-86	7	CNCI	Pombal	10-02	14.28,92i-05	
15.35,16	Teresa Costa	SC Braga	08-07-82	9	CNCI-Ap	Braga	27-01	14.25,18i-02	
15.45,32	Andreia Soares	CAF Zezere	26-03-89	ex	C Norte	Braga	20-01	17.16,60i-06	

4 x 400 m – 4.05,0 - 4.31,0

3.46,09	SC Portugal	C. Bastos-P. Lopes-S. Teixeira- MC. Tavares	1s	CNCI	Pombal	11-02	3.43,97i-01
3.54,64	SC Portugal	C. Bastos-P. Lopes-S. Teixeira- MC. Tavares	1s	CNCI-Ap	Braga	27-01	
3.56,45	JO Monte Abraão	V. Barbosa-N. Dias-M. Machado-MC. Nunes	*	2s	CNCI	Pombal	3.49,84i-06
4.00,33	CA Madeira	R. Almeida-N. Vieira-S. Vieira-J. Frias	3s	CNCI	Pombal	11-02	3.48,44i-02
4.01,78	JO Monte Abraão	V. Barbosa-N. Dias-L. Azevedo-MC. Nunes	*	2s	CNCI-Ap	Braga	27-01
4.01,79	GD Estreito	E. Laranja-T. Freitas-E. Pegado-C. Pestana	1s	CNCI-Ap	Braga	27-01	3.56,44i-06
4.02,10	CA Madeira	R. Almeida-N. Vieira-S. Vieira-J. Frias	3s	CNCI-Ap	Braga	27-01	
4.03,19	GD Estreito	A. Martins-E. Laranja-E. Pegado-J. Gouveia	S23	1s	Sub23	Espinho	04-02
4.03,67	FC Porto	C. Lopes-S. Estriga-M. Oliveira-A. Marques	4s	CNCI	Pombal	11-02	3.57,23i-98
4.03,83	Juventude Vidigalense	C. Ferreira-M.V. Frazão-C. Gonçalves-L. Silva	5s	CNCI	Pombal	11-02	4.00,55i-05
4.05,05	SC Braga	I. Oliveira-C. Pereira-E. Machado-M. Gonçalves	2s	CNCI-Ap	Braga	27-01	4.01,96i-01
4.05,12	GD Estreito	A. Martins-E. Laranja-O. Pinto-J. Gouveia	1s	CNCI	Pombal	11-02	
4.11,86	GRECAS	L. Barbosa-A. Abreu-I. Estrela-T. António	2s	CNCI	Pombal	11-02	4.05,96i-05
4.12,69	Gira Sol ADF	L. Tavares-I. Areias-S. Borges-C. Cunha	1	C Beiras	Espinho	21-01	4.11,13i-06
4.16,84	CS Marítimo	T. Caires-S. Pinta-V. Pereira-S. Monteiro	4s	CNCI-Ap	Braga	27-01	4.21,21i-04
4.25,76	CR União Raposense	A. Sá-D. Mendes-B. Costa-C. Costa	S23	4s	CNCI	Pombal	4.26,05i-02
4.28,04	GJ Pinheiro da Bemposta	A. Nunes-A. Bastos-T. Ferreira-J. Almeida	S23	1		Espinho	4.24,32i-05
4.28,52	Liberdade FC	V. Rego-F. Marques-T. Dilva-L. Silva	S23	2s	Sub23	Espinho	04-02

(*) com atletas estrangeiros