

60 m - 7,00 - 7,30

6,61	Francis Obikwelu	Sporting CP	22-11-78	2h	Norw Uni	Birmingham	17-02	6,54i-05
6,62	Francis Obikwelu			3		Valência	10-02	
6,64	Francis Obikwelu			4	Norw Uni	Birmingham	17-02	
6,67	Francis Obikwelu			1h		Valência	10-02	
6,80	Arnaldo Abrantes	Sporting CP	27-11-86	1	Sub23	Espinho	03-02	6,81i-06
6,80	Arnaldo Abrantes			1	C Port	Espinho	17-02	
6,80	Arnaldo Abrantes			1h	C Port	Espinho	17-02	
6,82	Arnaldo Abrantes			1ex		Pombal	10-02	
6,83	Arnaldo Abrantes			1ex		Espinho	28-01	
6,83	Arnaldo Abrantes			1mf	Sub23	Espinho	03-02	
6,83	Arnaldo Abrantes			1s	CNCI	Pombal	10-02	
6,87	Arnaldo Abrantes			1s	CNCI-Ap	Espinho	28-01	
6,90	Yazalde Nascimento	JOMA	17-04-86	2s	CNCI	Pombal	10-02	6,95i-05/06
6,91	André Destapado	CA Seia	15-05-86	1mf	Sub23	Espinho	03-02	6,90i-06
6,91	André Destapado			2	Sub23	Espinho	03-02	
6,92	Arnaldo Abrantes			1s	CNU	Espinho	24-02	
6,93	André Destapado			2ex		Espinho	28-01	
6,93	Mário Barbosa	Gira Sol ADF	26-07-77	3s	CNCI	Pombal	10-02	6,73i-98
6,94	Yazalde Nascimento			2ex		Pombal	10-02	
6,94	Yazalde Nascimento			2	C Port	Espinho	17-02	
6,95	João Ferreira	SL Benfica	20-10-86	1ex	T FPA	Espinho	13-01	6,96i-06
6,95	Yazalde Nascimento			1s	CNCI-Ap	Espinho	27-01	
6,95	João Ferreira			2mf	Sub23	Espinho	03-02	
6,96	André Destapado			1h	Sub23	Espinho	03-02	
6,96	Mário Barbosa			3ex		Pombal	10-02	
6,96	João Ferreira			4s	CNCI	Pombal	10-02	
6,97	André Destapado			2s	CNCI-Ap	Espinho	28-01	
6,98	João Ferreira			2s	CNCI-Ap	Espinho	27-01	
6,99	André Destapado			1s	T FPA	Espinho	13-01	
6,99	André Destapado			2ex	T FPA	Espinho	13-01	
6,99	Mário Barbosa			3s	CNCI-Ap	Espinho	28-01	
6,99	João Ferreira			3	Sub23	Espinho	03-02	
6,99	Raul Veloso	CCD Ribeirão	01-10-81	3	C Port	Espinho	17-02	6,90i-05
7,00	Mário Barbosa			1ex	T FPA	Espinho	13-01	
7,00	Patrick Marques	CCSJ. Madeira	09-02-84	1	C Beiras	Espinho	20-01	7,07i-05
7,00	Arnaldo Abrantes			1h	Sub23	Espinho	03-02	
7,00	David Figueiredo	FC Porto	11-04-86	3mf	Sub23	Espinho	03-02	7,04i-05/06
7,00	Dany Gonçalves	CS Marítimo	14-03-85	4mf	Sub23	Espinho	03-02	7,04i-06
7,00	Gonçalo Correia	SL Benfica	06-01-88	4ex		Pombal	10-02	7,03i-06
7,01	Edi Sousa	Sporting CP	11-07-89	5mf	Sub23	Espinho	03-02	
7,02	Carlos Gonçalves	SC Braga	11-07-87	3mf	Sub23	Espinho	03-02	7,13i-06
7,02	Ivo Vital	SL Benfica	09-08-88	2h	C Port	Espinho	17-02	7,05i-06
7,02	Ricardo Martins	C Bf. Faro	12-05-85	1		Pombal	23-02	7,14i-06
7,03	Renato Moura	Juv. Vidigalense	14-02-78	1sf	C Beiras	Espinho	20-01	6,94i-01
7,06	Marco Paulo Bencatel	França	20-01-83	3		Paris	26-11	7,13i-04
7,07	Paulo Dias	Gira Sol ADF	14-05-89	1s	T FPA	Espinho	13-01	7,16i-06
7,09	Hildeberto Almeida	Espanha	08-08-78	1s	T FPA	Espinho	13-01	6,86i-98
7,09	Cláudio Gama	GD Cavadas	20-03-82	Hep	C Port	Espinho	17-02	7,15i-04/06
7,10	Orlando Tungo	Vitória Setúbal	ANG 17-04-89	2h	Sub23	Espinho	03-02	7,33i-06
7,11	Rui Silva	SL Benfica	16-07-87	1s	T FPA	Espinho	13-01	7,30i-05/06
7,11	João Gradiz	Juv. Vidigalense	02-05-89	3		Pombal	23-02	7,29i-06
7,15	Bruno Gualberto	Juv. Vidigalense	BRA 01-08-88	4		Pombal	23-02	
7,16	André Loureiro	CA Mazarefes	11-09-86	7mf	Sub23	Espinho	03-02	7,28i-06
7,16	Pedro Costa	FC Porto	06-04-82	5ex		Pombal	10-02	7,08i-06
7,17	Tiago Marto	GA Fátima	05-05-86	Hep	T FPA	Espinho	13-01	7,14i-04
7,17	Diogo Espinha	CS Marítimo	08-10-87	5		Pombal	23-02	
7,17	Luis Machado	JA Mozelense	07-07-86	1		Espinho	24-02	7,13i-05
7,18	Bruno Sá	CCSJ. Madeira	24-01-87	3s		Espinho	27-12	7,09i-06

7,18	João Almeida	Sporting CP		05-04-88	4h	Sub23	Espinho	03-02	7,21i-06
7,18	Pedro Fontes	ACR Zona Azul		08-06-88	5h	Sub23	Espinho	03-02	7,22i-06
7,19	Tiago Passos	FC Porto		01-08-86	2	Rio Largo	Espinho	14-02	7,17i-06
7,20	Gonçalo Ribeiro	Juv. Vidigalense		89	1h		Pombal	23-02	
7,21	Guilherme Amaral	CP Mangualde		16-06-88	3s	CNCI-Ap	Espinho	28-01	
7,22	Simão Coroa	FC Porto		31-07-85	1s		Braga	07-01	
7,22	George Silva	Juv. Vidigalense		05-01-76	3sf	C Beiras	Espinho	20-01	
7,22	Kevin Wilson	Bairro Anjos		06-01-90	4s	CNCI-Ap	Espinho	28-01	
7,22	Marcos Coelho	CF Belenenses		10-06-88	5h	Sub23	Espinho	03-02	7,09i-06
7,22	Eritson Couto	CA Bx Banheira	CPV	13-06-85	6h	Sub23	Espinho	03-02	
7,22	Marate Tchungo	SL Benfica		17-04-86	5ex		Pombal	10-02	
7,22	António Morais	CCD Ribeirão		23-12-80	4h	C Port	Espinho	17-02	7,07i-06
7,23	Damião Freitas	CP Alcanena		16-04-89	Hep	C Port	Espinho	17-02	
7,24	Bruno Lains	França		05-01-88	2q		Paris	03-12	7,43i-06
7,24	André Lopes	GDRC Coia		03-08-88	4ex	T FPA	Espinho	13-01	
7,24	Vitor Rodrigues	CS Marítimo		01-01-88	2ex		Pombal	10-02	7,28i-06
7,25	Filipe Santos	GD Estreito		25-06-84	3ex		Espinho	27-01	7,10i-06
7,25	Ricardo Almeida	GR Qt. Lomba		21-07-81	5s	CNCI-Ap	Espinho	27-01	7,19i-05
7,25	Jorge Cardoso	CCSJ. Madeira		30-10-88	2		Espinho	24-02	7,24i-06
7,26	Mitendele Lucucamba	CF Belenenses	ANG	15-06-83	5ex	T FPA	Espinho	13-01	7,18i-06
7,26	Nuno Couto	GD Estreito		19-10-81	ex	C Norte	Braga	20-01	7,10i-03
7,27	André Rodrigues	CF Belenenses		17-08-88	2s	T FPA	Espinho	13-01	
7,27	Jorge Pinto	NA Cucujães		06-04-85	3		Espinho	24-02	7,20i-04
7,28	Pedro Santos	CP Alcanena		01-01-88	Hep	C Port	Espinho	17-02	7,33i-06
7,30	Pedro Silva	C Bf. Faro		04-03-85	5ex		Pombal	10-02	7,29i-06

200 m– 22,50 – 23,70

21,42	Arnaldo Abrantes	Sporting CP		27-11-86	1s	CNCI	Pombal	11-02	22,03i-05
21,70	Paulo Sérgio Ferreira	SL Benfica		20-02-81	1s	CNCI	Pombal	11-02	21,66i-05
21,84	Yazalde Nascimento	JOMA		17-04-86	2s	CNCI	Pombal	11-02	22,09i-06
21,89	Paulo Sérgio Ferreira				1	C Port	Espinho	18-02	
22,13	Bruno Sá	CCSJ. Madeira		24-01-87	1s	CNCI	Pombal	11-02	22,41i-06
22,14	Bruno Sá				1s	C Beiras	Espinho	21-01	
22,14	Pedro Costa	FC Porto		06-04-82	2	C Port	Espinho	18-02	21,97i-06
22,18	Bruno Sá				1		Espinho	03-03	
22,20	Carlos Pinheiro	SL Benfica		24-03-88	1h	C Port	Espinho	18-02	22,37i-06
22,20	Pedro Costa				1h	C Port	Espinho	18-02	
22,22	Vitor Jorge	Sporting CP		21-11-74	1s	CNCI-Ap	Espinho	28-01	21,39i-95
22,22	Bruno Sá				1s	Sub23	Espinho	04-02	
22,23	Dany Gonçalves	CS Marítimo		14-03-85	2h	C Port	Espinho	18-02	22,40i-06
22,25	Bruno Sá				1s	CNCI-Ap	Espinho	28-01	
22,25	Pedro Costa				1s	CNCI-Ap	Espinho	28-01	
22,29	Bruno Sá				1s		Espinho	25-02	
22,41	Mário Barbosa	Gira Sol ADF		26-07-77	2s	CNCI-Ap	Espinho	28-01	21,58i-98
22,43	Dany Gonçalves				2s	Sub23	Espinho	04-02	
22,43	Pedro Costa				2s	CNCI	Pombal	11-02	
22,43	Paulo Sérgio Ferreira				1h	C Port	Espinho	18-02	
22,47	Simão Coroa	FC Porto		31-07-85	1s	Sub23	Espinho	04-02	22,92i-06
22,48	Carlos Pinheiro				3	C Port	Espinho	18-02	
22,49	Carlos Pinheiro				1s	CNCI-Ap	Espinho	27-01	
22,50	Dany Gonçalves				3s	CNCI	Pombal	11-02	
22,51	Bruno Sá				1s		Espinho	23-12	
22,55	Ricardo Martins	C Bf. Faro		12-05-85	3h	C Port	Espinho	18-02	23,00i-06
22,58	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1s		Pombal	23-02	23,43i-05
22,68	Rui Silva	SL Benfica		16-07-87	2h	C Port	Espinho	18-02	23,71i-04
22,68	Pedro Fontes	ACR Zona Azul		08-06-88	3h	C Port	Espinho	18-02	23,18i-06
22,71	Edson Dongoxe	Juv. Vidigalense	ANG	27-09-84	2s	C Beiras	Espinho	21-01	22,92i-06
22,73	Raul Veloso	CCD Ribeirão		01-10-81	3s	CNCI	Pombal	11-02	22,59i-06
22,76	Bruno Lains	França		05-01-88	1		Eaubonne	22-12	23,37i-05
22,81	Luis Sá	FC Porto		17-03-81	1s		Braga	30-12	22,34i-02

22,84	Guilherme Amaral	CP Mangualde		16-06-88	1s	Sub23	Espinho	04-02	23,34i-06
22,85	Ricardo Garcia	CA Seia		21-01-89	2s	Sub23	Espinho	04-02	23,32i-06
22,88	Carlos Gonçalves	SC Braga		11-07-87	3s	CNCI-Ap	Espinho	28-01	
22,89	Ricardo Almeida	GR Qt. Lomba		21-07-81	2s		Pombal	23-02	23,22i-05
22,90	Vitor Ferreira	CA Seia		22-04-78	3s	C Beiras	Espinho	21-01	22,17i-02
22,95	Nuno Couto	GD Estreito		19-10-81	3s	CNCI	Pombal	11-02	21,98i-03
23,00	Tiago Passos	FC Porto		01-08-86	2s	Sub23	Espinho	04-02	22,79i-06
23,04	Marcos Coelho	CF Belenenses		10-06-88	2s	Sub23	Espinho	04-02	23,05i-06
23,06	André Jordão	NDC Gouveia		27-06-89	1s	C Beiras	Espinho	21-01	
23,07	Helder Pato	Gira Sol ADF		22-01-80	3s		Pombal	23-02	22,95i-06
23,08	André Oliveira	GCD Sanfins		10-06-89	2		Espinho	03-03	
23,11	Bruno Santos	CS Marítimo		02-04-85	3s	Sub23	Espinho	04-02	22,96i-06
23,11	Miguel Silva	SL Benfica		29-01-87	3s	Sub23	Espinho	04-02	23,26i-05
23,15	Luis Machado	JA Mozelense		07-07-86	2s		Espinho	25-02	22,99i-06
23,22	João Gradiz	Juv. Vidigalense		02-05-89	4s		Pombal	23-02	
23,28	Flávio Carvalho	GRECAS		07-07-90	2s		Espinho	23-12	23,63i-06
23,29	Gonçalo Ribeiro	Juv. Vidigalense		01-01-89	1s		Pombal	23-02	
23,34	Joaquim Cabral	OC Lagos		17-04-88	3s	CNCI-Ap	Espinho	27-01	
23,35	Tiago Ferreira	FC Porto		22-07-87	1s		Espinho	23-12	23,37i-05
23,43	Pedro Bernardo	JOMA		12-05-89	3s	CNCI-Ap	Espinho	27-01	
23,48	Fernando Almeida	Gira Sol ADF		06-01-87	1s	C Beiras	Espinho	21-01	
23,48	Naiel Santiago	JOMA	STP	20-10-86	3s	Sub23	Espinho	04-02	
23,49	David Figueiredo	FC Porto		11-04-86	3s		Espinho	23-12	23,00i-05
23,53	Jorge Cardoso	CCSJ. Madeira		30-10-88	1s		Espinho	25-02	23,28i-06
23,55	João Coelho	CA Marinha Grande		19-06-89	2s	C Beiras	Espinho	21-01	
23,58	Pedro Santos	CP Alcanena		01-01-88	4s	CNCI-Ap	Espinho	27-01	23,64i-06
23,60	Ricardo Pereira	FC Porto		12-07-87	3s	Sub23	Espinho	04-02	23,89i-06
23,63	Ricardo Ferreira	AA Coimbra		19-03-82	2s	CNCI-Ap	Espinho	28-01	
23,65	Cristiano Carreira	Juv. Vidigalense		04-03-90	1s		Espinho	23-12	
23,65	Carlos Veiga	CF Belenenses		22-02-89	2s	CNCI-Ap	Espinho	27-01	
23,66	Ricardo Beatriz	C Bf. Faro		08-06-86	1s		Pombal	23-02	
23,67	Emanuel Neves	FC Porto		13-03-90	2s		Braga	10-02	
23,67	Kevin Wilson	Bairro Anjos		06-01-90	5s		Pombal	23-02	
23,69	Mário Silva	SC Braga		18-04-87	1s		Braga	10-02	

300 m – 40,00

35,18	António Rodrigues	Sporting CP	MMJ	25-09-88	1s		Espinho	27-12	
36,48	Emanuel Neves	FC Porto		13-03-90	1	Rio Largo	Espinho	14-02	
36,64	Flávio Carvalho	GRECAS		07-07-90	1s		Espinho	27-12	
36,76	Helder Pato	Gira Sol ADF		22-01-80	2s		Espinho	27-12	36,54i-05
36,99	Ivo Graça	CS Marítimo		22-03-84	3s		Espinho	27-12	
38,14	Luis Ferreira	CCSJ. Madeira		23-04-85	1s		Espinho	27-12	39,13i-04
38,19	Jorge Pinto	NA Cucujães		06-04-85	4s		Espinho	27-12	
38,31	Marco Carvalho	SL Benfica		14-03-89	2s		Espinho	27-12	
38,64	André Oliveira	GCD Sanfins		10-06-89	1s		Espinho	27-12	40,09i-06
39,08	João Góis	ASC Valeirinha		22-02-90	1	C Beiras	Espinho	21-01	40,03i-06
39,19	Angelo Araujo	NA Cucujães		12-05-76	5s		Espinho	27-12	39,23i-05
39,31	Manuel Oliveira	CFU Lamas		11-02-91	2	Rio Largo	Espinho	14-02	
39,46	Luis Phalempim	FC Porto		12-11-90	3	Rio Largo	Espinho	14-02	
39,54	Filipe Rosa	CCSJ. Madeira		20-08-89	3s		Espinho	27-12	
39,58	Duarte Almeida	CFU Lamas		13-04-89	4s		Espinho	27-12	40,75i-05
39,82	Claudio Resende	NA Cucujães		15-08-86	5s		Espinho	27-12	

400 m– 50,20 – 52,30

48,10	João Ferreira	SL Benfica		20-10-86	1s	C Port	Espinho	17-02	
48,21	Paulo Sérgio Ferreira	SL Benfica		20-02-81	1s	T FPA	Espinho	13-01	47,98i-05
48,39	Paulo Sérgio Ferreira				2s	C Port	Espinho	17-02	
48,61	Paulo Sérgio Ferreira				1s	CNCI	Pombal	10-02	

48,72	António Rodrigues	Sporting CP		25-09-88	1s	Sub23	Espinho	03-02	49,60i-06
48,86	António Rodrigues				2s	CNCI	Pombal	10-02	
49,10	Simão Coroa	FC Porto		31-07-85	3s	C Port	Espinho	17-02	49,31i-06
49,17	Sérgio Duro	GD Estreito		19-02-80	3s	CNCI	Pombal	10-02	47,26i-03
49,19	Jorge Paula	JOMA		08-10-84	4s	C Port	Espinho	17-02	48,86i-05
49,21	Paulo Sérgio Ferreira				1s	CNU	Espinho	24-02	
49,24	António Rodrigues				1s	CNCI-Ap	Espinho	28-01	
49,25	Jorge Paula				2s	CNU	Espinho	24-02	
49,34	Rodolfo Varela	CA Seia		20-05-86	2s	Sub23	Espinho	03-02	50,01i-05
49,34	Simão Coroa				3s	Sub23	Espinho	03-02	
49,39	Jorge Paula				1s	CNCI-Ap	Espinho	27-01	
49,46	Rodolfo Varela				1s	C Port	Espinho	17-02	
49,47	Simão Coroa				1s	CNCI	Pombal	10-02	
49,48	Sérgio Duro				2s	CNCI-Ap	Espinho	27-01	
49,57	Simão Coroa				2s	T FPA	Espinho	13-01	
49,57	Simão Coroa				2s	CNCI-Ap	Espinho	28-01	
49,61	Rodolfo Varela				3s	CNCI-Ap	Espinho	28-01	
49,73	Edson Dongoxe	Juv. Vidigalense	ANG	27-09-84	1s	C Beiras	Espinho	20-01	49,92i-06
49,74	Edson Dongoxe				2s	CNCI	Pombal	10-02	
49,87	Bruno Sá	CCSJ. Madeira		24-01-87	2s	C Beiras	Espinho	20-01	49,88i-06
49,91	Tiago Rodrigues	FC Porto		19-06-85	1s	T FPA	Espinho	13-01	52,04i-06
49,95	Tiago Rodrigues				4s	Sub23	Espinho	03-02	
49,96	Rodolfo Varela				3s	C Beiras	Espinho	20-01	
49,96	Sérgio Duro				5s	C Port	Espinho	17-02	
50,04	Bruno Sá				5s	Sub23	Espinho	03-02	
50,07	Tiago Rodrigues				1h	C Norte	Braga	20-01	
50,10	Sérgio Duro				3s	T FPA	Espinho	13-01	
50,13	Naíel Santiago	JOMA	STP	20-10-86	1s	Sub23	Espinho	03-02	52,10i-06
50,19	Ricardo Garcia	CA Seia		21-01-89	2s	C Port	Espinho	17-02	51,17i-06
50,28	Helder Pato	Gira Sol ADF		22-01-80	6s	C Port	Espinho	17-02	49,14i-06
50,40	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1s	Sub23	Espinho	03-02	51,36i-06
50,49	Ricardo Lima	Sporting CP		02-01-85	1s	T FPA	Espinho	13-01	49,83i-04
50,58	Cesar Pedreira	Juv. Vidigalense		20-08-87	1s	C Port	Espinho	17-02	50,38i-06
50,64	Bruno Santos	CS Marítimo		02-04-85	3s	C Port	Espinho	17-02	49,97i-06
50,70	Vítor Ferreira	CA Seia		22-04-78	4s	T FPA	Espinho	13-01	49,01i-02
51,09	Ricardo Beatriz	C Bf. Faro		08-06-86	2s	C Port	Espinho	17-02	51,87i-06
51,18	Renato Silva	CCD Ribeirão		22-08-81	2s	T FPA	Espinho	13-01	50,16i-03
51,21	Hermano Gouveia	CS Marítimo		21-03-81	3s	C Port	Espinho	17-02	50,19i-04
51,28	Carlos Pinheiro	SL Benfica		24-03-88	6s	Sub23	Espinho	03-02	49,80i-06
51,34	Rui Gomes	CCD Ribeirão		19-06-87	1s	CNU	Espinho	24-02	
51,37	Filipe Novo	Cyclones AC		03-04-85	6s	Sub23	Espinho	03-02	49,81i-06
51,39	Carlos Teixeira	SL Benfica		02-03-86	3s	T FPA	Espinho	13-01	50,25i-06
51,42	Tiago Costa	CCD Ribeirão		08-08-86	3s	Sub23	Espinho	03-02	50,77-06
51,64	Miguel Silva	SL Benfica		29-01-87	4s	CNU	Espinho	24-02	51,53i-06
51,64	Marco Carvalho	SL Benfica		14-03-89	ex		Espinho	24-02	52,03i-06
51,67	Fernando Almeida	Gira Sol ADF		06-01-87	3s	C Beiras	Espinho	20-01	51,67i-06
51,82	Hugo Simões	Gira Sol ADF		20-11-75	1s	T FPA	Espinho	13-01	50,77i-03
51,91	José Gomes	CF Belenenses	GBS	25-04-83	2s	CNCI-Ap	Espinho	27-01	
51,92	Pedro Semedo	CF Belenenses	GBS	23-09-86	4s	Sub23	Espinho	03-02	51,61i-06
51,94	José Saraiva	CIA Ilha Azul		08-01-86	3s	CNCI-Ap	Espinho	27-01	
52,02	Tiago Ferreira	FC Porto		22-07-87	3s		Braga	30-12	52,13i-06
52,06	Bruno Lains	França		05-01-88	1		Eaubonne	20-01	54,76i-06
52,15	Carlos Figueiredo	CA Seia		05-05-90	4s	C Beiras	Espinho	20-01	
52,16	Artur Paulino	C Operário D		06-06-85	1s	T FPA	Espinho	13-01	
52,30	Rui Miguel Gonçalves	SC Braga		06-09-89	1s	CNCI-Ap	Espinho	28-01	

800 m – 1.53,0 – 2.00,0

1.50,75	Tiago Rodrigues	FC Porto		19-06-85	1	Rio Largo	Espinho	14-02	1.50,64i-06
1.50,86	Tiago Rodrigues				1		Pombal	23-02	
1.52,04	Tiago Rodrigues				1s	C Port	Espinho	18-02	
1.52,18	Hélio Gomes	Sporting CP		27-12-84	2s	C Port	Espinho	18-02	1.49,63i-03

1.52,18	Ricardo Barbosa	SL Benfica	31-03-86	3s	C Port	Espinho	18-02	1.52,44i-05
1.52,24	Ricardo Barbosa			2		Pombal	23-02	
1.52,50	Renato Silva	CCD Ribeirão	22-08-81	4s	C Port	Espinho	18-02	1.49,38i-03
1.52,88	Ricardo Barbosa			1s	Sub23	Espinho	04-02	
1.53,73	Bruno Moreira	AR Luz e Vida	08-03-87	2s	Sub23	Espinho	04-02	1.52,39i-06
1.54,36	Angelo Araujo	Juv. Vidigalense	10-04-85	3s	Sub23	Espinho	04-02	1.54,34i-06
1.54,63	José Martins	Gira Sol ADF	28-04-86	4s	Sub23	Espinho	04-02	1.56,04i-05
1.54,96	João Pires	Sporting CP	10-06-79	5s	C Port	Espinho	18-02	1.47,33i-02
1.55,04	Hugo Simões	Gira Sol ADF	20-11-75	1s	C Beiras	Espinho	21-01	1.54,99i-05
1.55,61	Rui Gomes	CCD Ribeirão	19-06-87	1s	C Port	Espinho	18-02	1.58,48i-05
1.55,72	Adelino Monteiro	SL Benfica	01-04-81	1s	CNCI-Ap	Espinho	27-01	
1.56,02	Rui Paulo Silva	GD Estreito	20-11-84	2		Espinho	14-01	1.56,12i-06
1.56,06	Tulio António	CS Marítimo	ANG 24-01-83	2s	C Port	Espinho	18-02	1.55,19i-05
1.56,44	Luis Pinto	CS Marítimo	09-11-75	5s	CNCI	Pombal	11-02	1.51,17i-01
1.56,48	Helio Fumo	JOMA	MOZ 11-02-83	1s	C Port	Espinho	18-02	1.56,84i-06
1.56,70	João Lopes	CN Rio Maior	02-01-86	ex	C Norte	Braga	21-01	1.52,58i-05
1.56,87	Nuno Figueiredo	CA Seia	29-12-89	4s	CNCI-Ap	Espinho	28-01	
1.56,99	Sérgio Dias	CCD Ribeirão	20-03-85	5s	Sub23	Espinho	04-02	1.56,35i-06
1.57,04	António Rodrigues	Sporting CP	25-09-88	1s		Espinho	23-12	1.58,77i-05
1.57,41	Artur Paulino	C Operário D	06-06-85	6s	Sub23	Espinho	04-02	
1.57,59	Marco Marques	ADERCUS	23-09-82	3s	C Port	Espinho	18-02	1.54,96i-03
1.57,61	Rui Silva	JU Fornos	04-01-85	1		Espinho	25-02	1.57,41i-05
1.57,63	Helder André Correia	Liberdade FC	01-06-83	6s	CNCI-Ap	Espinho	28-01	
1.57,78	Iussufo Camara	JOMA	GBS 16-03-88	2s	Sub23	Espinho	04-02	1.59,21i-06
1.57,86	Paulo André Moreira	Ginásio Trofa	24-01-85	2		Braga	07-01	1.56,40i-03
1.57,88	Márcio Pereira	GD Covelas	13-09-89	5s	C Norte	Braga	21-01	2.02,18i-05
1.57,88	José Carvalho	Constrolândia MC	13-02-77	ex	C Norte	Braga	21-01	1.55,30i-06
1.57,94	Hugo Almeida	AD Sanjoanense	88	2		Espinho	25-02	
1.58,40	Emerson Pinto	JOMA	BRA 28-08-88	4s	Sub23	Espinho	04-02	
1.58,46	José Silva	SC Braga	04-07-89	5s	Sub23	Espinho	04-02	
1.58,59	Celso Pinto	JOMA	22-10-84	4s	C Port	Espinho	18-02	1.55,42i-06
1.58,68	José Araújo	CCD Ribeirão	13-01-83	4		Braga	07-01	1.57,97i-05
1.58,75	Pedro Semedo	CF Belenenses	GBS 23-09-86	2s	CNCI-Ap	Espinho	27-01	
1.58,82	Ricardo Santos	ACD Vila Cesari	88	3		Espinho	25-02	
1.58,96	Pedro Almeida	SL Benfica	28-02-87	2s		Espinho	23-12	
1.59,11	Marco Carvalho	SL Benfica	14-03-89	2s	Sub23	Espinho	04-02	2.02,82i-06
1.59,18	João Delgado	UA Guarda	08-01-90	5s	C Beiras	Espinho	21-01	
1.59,25	Hélio Bairrada	GRECAS	06-02-84	4s	C Port	Espinho	18-02	1.56,79i-04
1.59,27	Fábio Rocha	AR Luz e Vida	23-08-88	3s	Sub23	Espinho	04-02	
1.59,54	Luis Macau	CIA Ilha Azul	24-02-89	4s	Sub23	Espinho	04-02	
2.00,00	Pedro Ribeiro	FC Porto	25-03-81	1s	CNCI-Ap	Espinho	28-01	
2.00,01	Diogo Sousa	GD Estreito	28-11-83	3	Rio Largo	Espinho	14-02	1.49,51i-05
2.00,03	Marco Valada	JOMA	01-06-87	5s	Sub23	Espinho	04-02	

1000 m – 2.40,0

2.26,72	Tiago Rodrigues	FC Porto	19-06-85	1		Braga	06-01	
2.30,87	Bruno Moreira	AR Luz e Vida	08-03-87	2		Braga	06-01	
2.32,47	Márcio Pereira	GD Covelas	13-09-89	3		Braga	06-01	2.39,72i-06
2.33,34	Rui Gomes	CCD Ribeirão	19-06-87	4		Braga	06-01	
2.33,92	Paulo André Moreira	Ginásio Trofa	24-01-85	5		Braga	06-01	
2.33,96	José Araújo	CCD Ribeirão	13-01-83	6		Braga	06-01	
2.35,45	Bruno Lima	CAO Vianense	07-07-86	7		Braga	06-01	
2.36,43	André Silva	Liberdade FC	17-07-86	8		Braga	06-01	
2.37,11	Diogo Sousa	GD Estreito	28-11-83	9		Braga	06-01	
2.39,88	Nuno Vieitas	CAO Vianense	26-05-88	10		Braga	06-01	

1500 m – 3.53,0 – 4.07,0

3.40,71	Rui Silva	Sporting CP	03-08-77	4	Sparkassen	Estugarda	03-02	3.34,99i-99
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3.45,92	João Lopes	CN Rio Maior		02-01-86	1	C Port	Espinho	17-02	3.48,54i-05
3.46,09	Hélio Gomes	Sporting CP		27-12-84	2	C Port	Espinho	17-02	3.48,92i-05
3.46,29	António Travassos	Sporting CP		24-09-71	3	C Port	Espinho	17-02	3.40,76i-00
3.47,97	Adelino Monteiro	SL Benfica		01-04-81	4	C Port	Espinho	17-02	3.47,37i-04
3.49,04		Rui Silva			1	CNCI	Pombal	10-02	
3.49,65	Luis Miguel Pinto	FC Porto		05-01-83	5	C Port	Espinho	17-02	
3.50,49		António Travassos			1s	CNCI-Ap	Espinho	28-01	
3.50,91		Adelino Monteiro			2	CNCI	Pombal	10-02	
3.51,30		João Lopes			1	Sub23	Espinho	03-02	
3.51,41	Helio Fumo	JOMA	MOZ	11-02-83	6	C Port	Espinho	17-02	3.54,57i-06
3.51,42	Alexandre Silva	CA Seia		05-04-84	2s	CNCI-Ap	Espinho	28-01	3.52,23i-04
3.51,57		Alexandre Silva			3	CNCI	Pombal	10-02	
3.51,71	Tulio António	CS Marítimo	ANG	24-01-83	7	C Port	Espinho	17-02	3.57,97i-05
3.52,11	Luis Pinto	CS Marítimo		09-11-75	4	CNCI	Pombal	10-02	3.49,41i-04
3.52,14	Ricardo Barbosa	SL Benfica		31-03-86	1	CNCI-Ap	Espinho	27-01	3.53,09i-05
3.52,17		João Lopes			2s	CNCI-Ap	Espinho	27-01	
3.52,20	Tiago Rodrigues	FC Porto		19-06-85	5	CNCI	Pombal	10-02	3.47,82i-06
3.52,47	Renato Silva	CCD Ribeirão		22-08-81	3s	CNCI-Ap	Espinho	28-01	3.48,79i-06
3.53,04		Helio Fumo			6	CNCI	Pombal	10-02	
3.54,42	Eduardo Mbengani	CS Marítimo	COD	08-01-85	2	Sub23	Espinho	03-02	3.53,33i-06
3.54,74	Alberto Paulo	CS Marítimo		03-10-85	3	Sub23	Espinho	03-02	3.54,72i-06
3.55,22	Angelo Araujo	Juv. Vidigalense		10-04-85	4	Sub23	Espinho	03-02	4.00,14i-06
3.55,39	Luis Silva	ADERCUS		04-10-75	1s	C Beiras	Espinho	20-01	3.55,54i-01
3.55,52	José Carvalho	Constrolândia MC		13-02-77	8	C Port	Espinho	17-02	3.58,65i-06
3.55,60	Pedro Cruz	GRECAS		15-08-82	4s	CNCI-Ap	Espinho	28-01	3.59,60i-05
3.56,51	Luis Rações	U. Caxienses		28-01-76	9	C Port	Espinho	17-02	3.55,19i-06
3.56,74	Helder Santos	ACR Vale Cambra		06-10-83	3s	C Beiras	Espinho	20-01	
3.57,24	Nelson Oliveira	Bairro Anjos		26-08-81	5s	CNCI-Ap	Espinho	28-01	
3.57,70	Bruno Moreira	AR Luz e Vida		08-03-87	1s	C Norte	Braga	20-01	4.01,34i-05
3.58,33	José Martins	Gira Sol ADF		28-04-86	8	CNCI	Pombal	10-02	
3.58,34	Luis Abrantes	ACR S. Desterro		27-04-86	1s	C Beiras	Espinho	20-01	4.06,36i-05
3.58,61	Rui Paulo Silva	GD Estreito		20-11-84	9	CNCI	Pombal	10-02	3.56,87i-06
3.58,63	Nuno Dias	CA Seia		24-04-80	4s	C Beiras	Espinho	20-01	4.01,38i-06
3.58,79	Nuno Valente	FC Porto		17-10-83	6s	CNCI-Ap	Espinho	28-01	3.50,22i-04
3.58,89	Rui Silva	JU Fornos		04-01-85	5s	C Beiras	Espinho	20-01	3.58,50i-06
3.58,96	Manuel Ferraz	C Bf. Faro		09-12-75	5s	CNCI-Ap	Espinho	27-01	
3.59,13	Nuno Figueiredo	CA Seia		29-12-89	2s	C Beiras	Espinho	20-01	
3.59,42	Fernando Tavares	OC Lagos		24-12-83	6s	CNCI-Ap	Espinho	27-01	
3.59,47	Manuel Sousa Alves	CCSJ. Madeira		12-02-64	10	CNCI	Pombal	10-02	3.52,48i-93
3.59,81	Paulo André Moreira	Ginásio Trofa		24-01-85	2s	C Norte	Braga	20-01	4.03,77i-04
3.59,87	Sérgio Dias	CCD Ribeirão		20-03-85	7	Sub23	Espinho	03-02	4.01,55i-06
3.59,91	Bruno Saramago	GRECAS		25-01-82	1		Espinho	06-01	
4.00,03	Youssef El Kalai	SL Benfica	MAR	01-03-81	1		Braga	03-02	3.54,74i-06
4.00,89	Marco Costa	Juv. Vidigalense		23-10-81	6s	C Beiras	Espinho	20-01	3.56,92i-05
4.01,16	Pedro Fernandes	Gira Sol ADF		01-09-83	7s	C Beiras	Espinho	20-01	
4.01,77	Pedro Cime	GRECAS		03-03-88	4		Espinho	06-01	4.01,33i-05
4.01,94	Carlos Costa	NA Joane		02-03-86	2		Braga	16-12	3.57,90i-06
4.02,35	Manuel Ferreira	JU Fornos		08-11-67	4s	C Beiras	Espinho	20-01	4.03,76i-06
4.02,68	Paulo Lopes	CDSS Campo		04-01-89	4s	C Norte	Braga	20-01	4.07,79i-06
4.02,80	Ruben Bráz	Juv. Vidigalense		30-12-86	5s	C Beiras	Espinho	20-01	
4.02,98	Marco Pinto	CA Seia		11-10-86	9s	C Beiras	Espinho	20-01	4.01,28i-06
4.02,99	André Silva	Liberdade FC		17-07-86	3		Braga	16-12	
4.03,16	Helder André Correia	Liberdade FC		01-06-83	5s	C Norte	Braga	20-01	4.05,00i-06
4.03,38	Nelson Rebelo	JOMA	ANG	21-10-86	8	Sub23	Espinho	03-02	4.03,68i-06
4.03,90	Emanuel Costa	FC Vizela		25-01-86	4		Braga	16-12	
4.04,22	Marco Marques	ADERCUS		23-09-82	1	CNU	Espinho	24-02	4.04,40i-06
4.04,53	Helio Bairrada	GRECAS		06-02-84	5		Espinho	06-01	3.54,10i-04
4.04,70	Sérgio Silva	CCSJ. Madeira		15-04-78	4		Espinho	30-12	3.59,03i-06
4.04,77	Jorge Santa-Cruz	GD Covela		20-07-89	5		Espinho	30-12	
4.05,24	Ricardo Dias	CCD Ribeirão		28-03-85	11	Sub23	Espinho	03-02	
4.05,34	José Silva	SC Braga		04-07-89	1		Braga	10-02	
4.05,40	Jorge Robalo Varela	C Bf. Faro		02-01-80	12	CNCI	Pombal	10-02	3.53,70i-04
4.05,68	Nuno Guerra	ADERCUS		25-01-76	10s	C Beiras	Espinho	20-01	3.56,58i-04

4.06,94	José Araújo	CCD Ribeirão	13-01-83	6		Espinho	30-12	
4.06,98	Márcio Pereira	GD Covelas	13-09-89	7		Espinho	30-12	4.22,36i-06

Milha/Mile – 4.38,0

4.28,20	Fábio Gonçalves	SL Benfica	26-01-90	1		Pombal	17-02	
4.33,44	Nuno Varela	AC Marinhense	83	2		Pombal	17-02	
4.34,26	Mário Henrique	AC Marinhense	69	3		Pombal	17-02	
4.35,15	Hugo Almeida	AD Sanjoanense	01-09-88	1		Espinho	03-03	
4.35,94	Rui Gonçalves	CA Marinha Grande	11-09-90	4		Pombal	17-02	
4.38,78	Bruno Gonçalves	JA Mozelense	87	2		Espinho	03-03	

3000 m – 8.21,0 – 8.50,0

7.54,05	Rui Silva	Sporting CP	03-08-77	1	CNCI	Pombal	11-02	7.39,44i-00
7.55,62		Rui Silva		9	GE Galan	Estocolmo	20-02	
7.59,73		Rui Silva		5	Norw Uni	Birmingham	17-02	
8.09,18	Youssef El Kalai	SL Benfica	MAR 01-03-81	2	CNCI	Pombal	11-02	8.07,13i-06
8.10,22		Youssef El Kalai		1	Rio Largo	Espinho	14-02	
8.11,44	António Travassos	Sporting CP	24-09-71	1	C Port	Espinho	18-02	7.58,25i-04
8.12,47	Pedro Ribeiro	FC Porto	25-03-81	2	C Port	Espinho	18-02	7.58,27i-04
8.12,74	Eduardo Mbengani	CS Marítimo	COD 08-01-85	3	CNCI	Pombal	11-02	8.15,22i-06
8.12,83	Bruno Saramago	GRECAS	25-01-82	3	C Port	Espinho	18-02	8.31,45i-01
8.12,92	Luis Miguel Pinto	FC Porto	05-01-83	4	C Port	Espinho	18-02	8.42,71i-03
8.12,98	Mário Teixeira	Sporting CP	20-09-74	5	C Port	Espinho	18-02	8.03,27i-04
8.13,53	Sérgio Silva	Juv. Vidigalense	03-04-83	4	CNCI	Pombal	11-02	8.19,15i-02
8.13,80	Alberto Paulo	CS Marítimo	03-10-85	6	C Port	Espinho	18-02	8.21,78i-05
8.13,87	Alexandre Silva	CA Seia	05-04-84	7	C Port	Espinho	18-02	8.17,65i-06
8.14,04		Eduardo Mbengani		1	Sub23	Espinho	04-02	
8.15,19		Bruno Saramago		1		Espinho	07-01	
8.15,95	João Lopes	CN Rio Maior	02-01-86	2	Sub23	Espinho	04-02	8.50,75i-03
8.16,21		Sérgio Silva		1	CNCI-Ap	Espinho	28-01	
8.16,28	Pedro Cruz	GRECAS	15-08-82	8	C Port	Espinho	18-02	8.26,16i-05
8.16,87		João Lopes		1ex		Espinho	07-01	
8.18,19		Youssef El Kalai		1	CNCI-Ap	Espinho	27-01	
8.19,78		Bruno Saramago		2	CNCI-Ap	Espinho	28-01	
8.20,14		Pedro Cruz		2		Espinho	07-01	
8.20,79		Pedro Ribeiro		5	CNCI	Pombal	11-02	
8.20,83	Jorge Pinto	JU Fornos	31-10-70	1s	C Beiras	Espinho	21-01	
8.21,33	António Silva	CP Mangualde	26-03-87	3	Sub23	Espinho	04-02	
8.21,39	Bruno Albuquerque	CP Mangualde	10-01-89	2ex		Espinho	07-01	8.32,16i-06
8.21,58	Marco Pinto	CA Seia	11-10-86	5	Sub23	Espinho	04-02	8.29,73i-06
8.22,37	Carlos M. Silva	Sporting CP	03-09-83	9	C Port	Espinho	18-02	8.16,90i-03
8.22,52	Nuno Dias	CA Seia	24-04-80	10	C Port	Espinho	18-02	8.29,78i-06
8.25,34	Helder Santos	ACR Vale Cambra	06-10-83	1		Braga	13-01	8.38,65i-06
8.26,96	Pedro Cirne	GRECAS	03-03-88	3		Espinho	07-01	
8.28,71	André Silva	EUA	21-01-85	1r3	New Bal	Nova Iorque	03-02	
8.29,15	Hugo Santos	Liberdade FC	23-01-83	6	CNCI-Ap	Espinho	28-01	8.27,56i-06
8.29,53	José Moreira	Cyclones AC	05-05-80	13	C Port	Espinho	18-02	8.31,59i-04
8.30,35	Ricardo Abreu	GD Estreito	12-08-79	3	CNCI-Ap	Espinho	27-01	8.19,73i-05
8.31,25	Tiago Silva	SC Braga	17-05-88	7	CNCI-Ap	Espinho	28-01	
8.31,38	Luis Silva	ADERCUS	04-10-75	4		Espinho	07-01	8.37,21i-05
8.31,39	Luis Ginja	OC Lagos	22-10-73	4	CNCI-Ap	Espinho	27-01	
8.36,77	Paulo Galego	NA Alcabideche	25-10-68	5	CNCI-Ap	Espinho	27-01	8.32,88i-05
8.37,26	Jorge Robalo Varela	C Bf. Faro	02-01-80	8	CNCI	Pombal	11-02	8.21,25i-01
8.37,91	Ruben Bráz	Juv. Vidigalense	30-12-86	4s	C Beiras	Espinho	21-01	8.45,29i-06
8.38,12	Jerónimo Oliveira	Ginásio Trofa	23-10-86	2	C Norte	Braga	21-01	8.44,18i-06
8.39,24	Helder André Correia	Liberdade FC	01-06-83	3	C Norte	Braga	21-01	8.45,46i-05
8.39,48	Fernando Pinho	ACR Vale Cambra	12-01-73	5		Espinho	07-01	8.25,2i-98
8.39,92	Bruno Ferreira	Ginásio Trofa	23-06-85	4	C Norte	Braga	21-01	

8.40,28	Pedro Fernandes	Gira Sol ADF	01-09-83	5s	C Beiras	Espinho	21-01	8.49,26i-06	
8.40,33	André Silva	Liberdade FC	17-07-86	5	C Norte	Braga	21-01	8.44,98i-06	
8.40,45	Artur Rodrigues	NA Cucujães	23-06-75	3	Rio Largo	Espinho	14-02	8.31,07i-06	
8.40,69	José Carvalho	Constrolândia MC	13-02-77	2		Braga	13-01	8.20,37i-06	
8.40,85	Nelson Rebelo	JOMA	ANG	21-10-86	7	Sub23	Espinho	04-02	8.43,01i-06
8.40,93	Luis Abrantes	ACRS Desterro	27-04-86	1s	C Beiras	Espinho	21-01		
8.41,72	Luis Mendes	CDSS Campo	10-06-90	6	C Norte	Braga	21-01	8.56,77i-06	
8.41,95	Emanuel Costa	FC Vizela	25-01-86	1		Braga	30-12		
8.42,77	Nuno Couto	Liberdade FC	04-12-84	7	C Norte	Braga	21-01		
8.43,33	José Costa	CCR Maceda	30-04-91	2s	C Beiras	Espinho	21-01		
8.43,42	Filipe Crisostomo	NA Joane	21-11-85	8	C Norte	Braga	21-01		
8.44,58	Manuel Sousa Alves	CCSJ. Madeira	12-02-64	1		Espinho	25-02		
8.45,01	Marco Gaspar	GRECAS	26-05-83	6s	C Beiras	Espinho	21-01	8.23,64i-04	
8.45,29	Ricardo Dias	CCD Ribeirão	28-03-85	9	C Norte	Braga	21-01		
8.46,32	Leonel Fernandes	Cyclones AC	20-03-87	5ex		Espinho	07-01		
8.47,84	André Aniceto Marques	CCR Maceda	16-06-86	10	Sub23	Espinho	04-02	8.29,60i-06	
8.47,85	Manuel Ferreira	JU Fornos	08-11-67	2		Espinho	25-02	8.24,17i-99	

60 m B – 8,30 – 9,30

7,96	Rui Palma	Sporting CP	04-01-78	1s	CNCI-Ap	Espinho	28-01	7,86i-02	
7,99		Rui Palma		1	C Port	Espinho	18-02		
8,03		Rui Palma		1		Alpiarça	14-01		
8,05	Luis Sá	FC Porto	17-03-81	1	C Norte	Braga	21-01	7,79i-03	
8,05	João Ferreira	SL Benfica	20-10-86	2	C Port	Espinho	18-02	7,98i-06	
8,07		Luis Sá		1ex		Espinho	27-01		
8,08		Luis Sá		3	C Port	Espinho	18-02		
8,09		João Ferreira		1h	C Port	Espinho	18-02		
8,09		Rui Palma		1h	C Port	Espinho	18-02		
8,10		João Ferreira		1s	T FPA	Espinho	13-01		
8,11	João Almeida	Sporting CP	RNJ	05-04-88	4	C Port	Espinho	18-02	8,37i-06
8,14		Luis Sá		2s	CNCI-Ap	Espinho	28-01		
8,17	Nykola Skorokhod	Sporting CP	UKR	03-03-76	2		Alpiarça	14-01	8,03i-05
8,17		Luis Sá		1h	C Port	Espinho	18-02		
8,18		Luis Sá		1h	C Norte	Braga	21-01		
8,18		João Almeida		1	Sub23	Espinho	04-02		
8,19		João Ferreira		1h	Sub23	Espinho	04-02		
8,21		Luis Sá		1s	CNCI	Pombal	10-02		
8,28	Rodrigo Dionisio	SL Benfica	25-06-85	2	Sub23	Espinho	04-02	8,25i-05	
8,30		João Ferreira		1s	CNCI-Ap	Espinho	27-01		
8,30		João Almeida		2h	C Port	Espinho	18-02		
8,34	Luis Fernandes	C Bf. Faro	31-05-82	1ex	T FPA	Espinho	13-01	8,08i-05	
8,36	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	2s	CNCI	Pombal	10-02	8,47i-06
8,40	Tiago Marto	GA Fátima	05-05-86	P Tec		Alpiarça	30-12	8,54i-03/06	
8,40	Diogo Fernando	CF Belenenses	21-12-72	5	C Port	Espinho	18-02	8,24i-97	
8,43	Tiago Ferreira	FC Porto	22-07-87	4	Sub23	Espinho	04-02	8,52i-06	
8,48	Ricardo Lima	Sporting CP	02-01-85	2h	Sub23	Espinho	04-02	8,56i-04	
8,48	Pedro Silva	C Bf. Faro	04-03-85	2h	C Port	Espinho	18-02	8,47i-05	
8,49	Bruno Costa	CA Seia	17-03-80	2ex		Espinho	28-01	8,29i-05	
8,49	Marcos Chuva	SL Benfica	08-08-89	3h	Sub23	Espinho	04-02	8,85i-06	
8,52	Rodolfo Varela	CA Seia	20-05-86	2	C Beiras	Espinho	21-01	8,71i-06	
8,53	Helder Pato	Gira Sol ADF	22-01-80	3	C Beiras	Espinho	21-01	8,44i-06	
8,54	Jorge Paula	JOMA	08-10-84	1s	CNCI-Ap	Espinho	27-01	8,25i-04	
8,55	Damião Freitas	CP Alcanena	16-04-89	Hep	C Port	Espinho	18-02	9,15i-06	
8,57	Pedro Santos	CP Alcanena	01-01-88	Hep	C Port	Espinho	18-02	8,71i-06	
8,68	Amancio Santos	GD Estreito	31-01-77	2s	CNCI	Pombal	10-02	7,93i-01	
8,73	Jorge Santos	NA Cucujães	25-03-85	5	C Beiras	Espinho	21-01	8,53i-05	
8,74	André Jordão	NDC Gouveia	27-06-89	4h	Sub23	Espinho	04-02	9,27i-06	
8,77	Carlos Santos	CP Alcanena	10-05-86	4h	Sub23	Espinho	04-02	8,89i-06	
8,77	Carlos Custodio	CS Marítimo	14-12-73	5h	C Port	Espinho	18-02	8,94i-00	
8,79	Daniel Gaspar	Bairro Anjos	07-11-87	4h	C Beiras	Espinho	21-01	8,82i-06	

8,80	Jorge Marcos	Juv. Vidigalense		15-01-84	6	C Beiras	Espinho	21-01	8,55i-06
8,84	Paulo Gonçalves	GD Estreito		05-03-85	5s	CNCI-Ap	Espinho	27-01	8,58i-06
8,84	David Anselmo	NDC Gouveia		26-05-89	5h	Sub23	Espinho	04-02	9,26i-06
8,89	Luis Ferreira	CCSJ. Madeira		23-04-85	4		Espinho	23-12	8,84i-06
8,89	Luis Silva	GRECAS		26-05-80	Hep	C Port	Espinho	18-02	8,79i-06
8,93	Ricardo Pereira	CCD Ribeirão		13-11-88	4s	CNCI	Pombal	10-02	8,97i-06
8,95	João Raposo	C Operário D		14-02-85	5h	Sub23	Espinho	04-02	9,08i-06
8,96	Roberto Gonçalves	CDC Porto Moniz		24-02-89	5h	Sub23	Espinho	04-02	
9,00	Rasul Dabo	JOMA		14-02-89	6h	Sub23	Espinho	04-02	
9,02	Ricardo Martins	C Bf. Faro		12-05-85	2s	CNCI-Ap	Espinho	27-01	
9,02	Ricardo Nunes	NA Alcabideche		12-05-89	2s	CNCI-Ap	Espinho	27-01	
9,02	Ernesto Couto	Aguaia CD		21-06-88	5h	C Port	Espinho	18-02	9,24i-06
9,07	Rafael Gonçalves	SL Benfica		12-05-77	Hep		Espinho	30-12	
9,13	Peribaldo Martins	CA Bx Banheira	ANG	01-11-83	3s	CNCI-Ap	Espinho	27-01	
9,14	Claudio Gama	GD Cavadas		20-03-82	Hep	C Port	Espinho	18-02	8,78i-05
9,22	Flávio Ramos	GDA Donas		24-04-89	4h	C Port	Espinho	18-02	

60 m B (1,00) – 8,30 – 9,30

8,19	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1	T FPA	Espinho	13-01	
8,51	André Jordão	NDC Gouveia		27-06-89	2	T FPA	Espinho	13-01	
8,56	Pedro Santos	CP Alcanena		01-01-88	1		Alpiarça	09-12	
8,65	Nuno Martins Alves	França		20-11-88	3		Poitiers-Voun.	10-02	
8,73	David Anselmo	NDC Gouveia		26-05-89	3	T FPA	Espinho	13-01	
8,82	Paulo Dias	Gira Sol ADF		14-05-89	Hep		Espinho	31-12	
8,85	Damião Freitas	CP Alcanena		16-04-89	2		Alpiarça	09-12	
9,02	Nelson Martins	SC Braga		15-07-89	2		Braga	13-01	
9,05	Ricardo Pereira	CCD Ribeirão		13-11-88	4	T FPA	Espinho	13-01	
9,14	Pedro Carreira	GA Fátima		27-02-89	3		Alpiarça	09-12	
9,15	Marco Ferreira	Gira Sol ADF		11-05-88	1		Alpiarça	14-01	
9,20	Ricardo Jaquité	C Bf. Faro		17-08-89	5	T FPA	Espinho	13-01	
9,21	André Saltão	Juv. Vidigalense		02-12-89	3		Espinho	23-12	

Altura/High Jump – 2,00 – 1,82

2,16	Rafael Gonçalves	SL Benfica		12-05-77	ex		Espinho	24-02	2,20i-02
2,15	Rafael Gonçalves				1	C Port	Espinho	17-02	
2,14	Roman Guliy	Sporting CP	UKR	07-04-79	1	T Saltos	Alpiarça	14-01	2,12i-06
2,14	Roman Guliy				1	CNCI	Pombal	10-02	
2,13	Rafael Gonçalves				1	CNCI-Ap	Espinho	27-01	
2,13	Paulo Gonçalves	GD Estreito	RN23	05-03-85	1	Rio Largo	Espinho	14-02	2,09i-05
2,13	Rafael Gonçalves				2	Rio Largo	Espinho	14-02	
2,12	Paulo Gonçalves				2	CNCI	Pombal	10-02	
2,11	Paulo Gonçalves				2	C Port	Espinho	17-02	
2,11	Roman Guliy				3	C Port	Espinho	17-02	
2,10	Rafael Gonçalves				1ex		Espinho	06-01	
2,10	Roman Guliy				1	CNCI-Ap	Espinho	28-01	
2,10	Carlos Pires	FC Porto		21-12-82	2s	CNCI-Ap	Espinho	28-01	2,07i-06
2,08	Rafael Gonçalves				Hep		Espinho	30-12	
2,08	Paulo Gonçalves				1	Sub23	Espinho	03-02	
2,07	Paulo Gonçalves				2	CNCI-Ap	Espinho	27-01	
2,06	Paulo Gonçalves				ex	C Norte	Braga	20-01	
2,06	Carlos Pires				ex		Espinho	24-02	
2,06	Paulo Gonçalves				rx		Espinho	24-02	
2,05	Carlos Pires				4	C Port	Espinho	17-02	
2,04	Sérgio Costa	CCD Ribeirão		14-10-82	3	CNCI	Pombal	10-02	2,03i-04
2,03	Carlos Pires				2ex		Espinho	06-01	
2,02	Rafael Gonçalves				2	T Saltos	Alpiarça	14-01	
2,02	Paulo Gonçalves				3	T Saltos	Alpiarça	14-01	
2,02	Rodrigo Dionisio	SL Benfica		25-06-85	4	T Saltos	Alpiarça	14-01	2,02i-06

2,02	Jonas Mattes		Sporting CP	21-12-76	5	C Port	Espinho	17-02	2,15i-00
2,02		Rodrigo Dionisio			6	C Port	Espinho	17-02	
2,00	Ricardo Nunes		NA Alcabideche	12-05-89	1		Alcanena	26-11	1,95i-06
2,00		Carlos Pires			1		Espinho	23-12	
2,00	Patrick Marques		CCSJ. Madeira	09-02-84	1		Espinho	06-01	2,00i-06
2,00		Carlos Pires			1	C Norte	Braga	20-01	
2,00		Ricardo Nunes			2	Sub23	Espinho	03-02	
2,00		Carlos Pires			4	CNCI	Pombal	10-02	
2,00		Rafael Gonçalves			5	CNCI	Pombal	10-02	
2,00	Luis Silva		GRECAS	26-05-80	Hep	C Port	Espinho	17-02	1,99i-06
2,00		Rodrigo Dionisio			1	CNU	Espinho	24-02	
2,00		Patrick Marques			2	CNU	Espinho	24-02	
2,00		Rodrigo Dionisio			1		Espinho	03-03	
1,95	Tiago Marto		GA Fátima	05-05-86	1		Alpiarça	06-01	1,96i-02
1,95	Hedson Trindade		AA Coimbra	STP 23-10-89	3	CNCI-Ap	Espinho	28-01	1,95i-06
1,95	Pedro Mossamedes		SUO Vais	03-02-91	1		Pombal	23-02	1,75i-06
1,94	Márcio Lima		CIA Ilha Azul	22-03-79	1		Horta	11-11	2,06i-04
1,94	João Almeida		Juv. Vidigalense	14-07-88	8	C Port	Espinho	17-02	1,96i-06
1,92	Diogo Espinha		CS Marítimo	08-10-87	2		Pombal	23-02	1,95i-05
1,91	Marcos Chuva		SL Benfica	08-08-89	5	Sub23	Espinho	03-02	1,90i-06
1,90	Kevin Wilson		Bairro Anjos	06-01-90	2		Marinha Grande	10-03	1,83i-06
1,89	Carlos Cabral		OC Lagos	20-06-82	4	CNCI-Ap	Espinho	27-01	1,91i-01
1,89	Vítor Viveiros		C Bf. Faro	18-03-84	6	CNCI-Ap	Espinho	27-01	
1,89	João Alexandre		Juv. Vidigalense	01-09-90	1		Marinha Grande	03-03	1,87i-06
1,88	Sérgio Silva		CCD Ribeirão	22-11-85	3	C Norte	Braga	20-01	1,82i-04
1,87	Carlos Araujo		CDC Codessos	27-01-88	1		Braga	10-02	
1,85	André Almeida		EMD. Saraiva	28-02-89	2		Alcanena	26-11	1,80i-06
1,85	Carlos Santos		CP Alcanena	10-05-86	P Tec		Alpiarça	30-12	1,93i-05
1,85	Pedro Santos		CP Alcanena	01-01-88	P Tec		Alpiarça	30-12	1,86i-05
1,85	Vítor Rodrigues		Gira Sol ADF	25-02-84	Hep	T FPA	Espinho	13-01	1,97i-05
1,85	Luis Ferreira		CCSJ. Madeira	23-04-85	5	C Beiras	Espinho	20-01	1,91i-03
1,85	André Matos		ACD Ilhavos	18-03-86	1		Espinho	24-02	
1,85	Flávio Nogueira		GJP Bemposta	21-07-87	3	CNU	Espinho	24-02	
1,85	Bruno Andrade		ESJD	90	3		Marinha Grande	10-03	1,73i-06
1,84	José Rosa		GD Cavadas	CPV 12-01-90	TT		Alpiarça	03-02	
1,83	Emanuel Neves		FC Porto	13-03-90	1		Braga	06-01	
1,83	Nuno Alcobia		SC Braga	13-07-86	2		Braga	07-01	1,90i-05
1,83	Pedro Freitas		CS Marítimo	10-05-89	7	CNCI-Ap	Espinho	27-01	1,89i-06
1,83	Rui Pereira		CA Seia	17-11-85	5	CNCI-Ap	Espinho	28-01	1,93i-04
1,83	Nelson Martins		SC Braga	15-07-89	9	CNCI-Ap	Espinho	28-01	1,86i-06
1,83	Marco Ferreira		Gira Sol ADF	11-05-88	9	CNCI	Pombal	10-02	1,86i-05

Vara/Pole vault – 4,50 – 3,50

4,98	Hugo Serra		SL Benfica	12-06-77	1	C Port	Espinho	18-02	5,10i-02
4,97	João André		Sporting CP	28-05-76	1	CNCI	Pombal	11-02	5,51i-01
4,90	Rui Pereira		CA Seia	17-11-85	2	C Port	Espinho	18-02	4,60i-06
4,87		João André			1	CNCI-Ap	Espinho	28-01	
4,87		Rui Pereira			2	CNCI	Pombal	11-02	
4,80		João André			1	T Saltos	Alpiarça	14-01	
4,70		Rui Pereira			1	Sub23	Espinho	04-02	
4,70		Rui Pereira			1	Rio Largo	Espinho	14-02	
4,70	Edi Maia		GDi Setubal	10-11-87	3	C Port	Espinho	18-02	4,45i-06
4,67	Helder Fernandes		CS Marítimo	02-03-77	3	CNCI	Pombal	11-02	4,85i-05
4,67		Hugo Serra			4	CNCI	Pombal	11-02	
4,60	Filipe Gonçalves		Sporting CP	31-05-85	2	T Saltos	Alpiarça	14-01	4,75i-05
4,60		Filipe Gonçalves			4	C Port	Espinho	18-02	
4,60		Helder Fernandes			5	C Port	Espinho	18-02	
4,54		Filipe Gonçalves			2	Sub23	Espinho	04-02	
4,50	Luis Silva		GRECAS	26-05-80	Hep	C Port	Espinho	18-02	4,62i-03
4,47	Filipe Lara Ramos		C Bf. Faro	10-09-78	5	CNCI	Pombal	11-02	4,65i-04

4,35	Angelo Dias	CA Bx Banheira	12-08-78	2	CNCI-Ap	Espinho	27-01	4,47i-06
4,34	André Carvalho	Esc Movimento	05-09-88	2	Rio Largo	Espinho	14-02	4,04i-06
4,30	Claudio Gama	GD Cavadas	20-03-82	Hep	C Port	Espinho	18-02	4,20i-03
4,26	Diogo Branco	CS Marítimo	10-03-85	4	Sub23	Espinho	04-02	4,36i-06
4,20	Ricardo Ventura	JOMA	08-12-81	3	CNCI-Ap	Espinho	27-01	4,55i-06
4,20	Jaime Areias	FC Porto	18-11-84	3	CNCI-Ap	Espinho	28-01	4,75i-06
4,20	Paulo Jardim	GD Estreito	15-01-77	7	CNCI	Pombal	11-02	4,25i-98
4,05	George Silva	Juv. Vidigalense	05-01-76	5	CNCI-Ap	Espinho	28-01	4,25i-98
4,00	João Abrantes	Sporting CP	22-05-90	5	T Saltos	Alpiarça	14-01	3,60i-06
4,00	Damião Freitas	CP Alcanena	16-04-89	Hep	C Port	Espinho	18-02	3,15i-06
4,00	Tiago Marto	GA Fátima	05-05-86	Hep	C Port	Espinho	18-02	3,90i-05
3,90	David Bernardo	França	26-01-90	Hep		Eaubonne	03-02	2,50i-06
3,80	Pedro Santos	CP Alcanena	01-01-88	Hep	T FPA	Espinho	14-01	3,60i-06
3,80	Nuno Martins Alves	França	20-11-88	Hep		Orleans	20-01	3,70i-05
3,70	Ricardo Ferreira	AA Coimbra	19-03-82	4	C Beiras	Espinho	21-01	3,65i-06
3,70	Ruben Monteiro	Juv. Vidigalense	03-08-89	5	C Beiras	Espinho	21-01	3,50i-06
3,65	Diogo Silva	SC Braga	16-04-89	2	C Norte	Braga	21-01	3,20i-06
3,65	Hugo Valente	CCSJ. Madeira	13-12-82	6	CNCI-Ap	Espinho	28-01	4,00i-05
3,65	Rafael Lopes	SL Benfica	21-02-88	6	Sub23	Espinho	04-02	4,05i-06
3,65	Filipe Sousa	CCD Ribeirão	06-07-81	11	CNCI	Pombal	11-02	3,90i-00
3,60	Rafael Gonçalves	SL Benfica	12-05-77	Hep		Espinho	31-12	3,60i-03
3,60	Vasco Guedes	CN Rio Maior	01-11-77	2		Alpiarça	06-01	3,80i-00
3,60	Gil Mendes	GD Cavadas	08-05-89	Hep	T FPA	Espinho	14-01	

Comprimento/Long Jump – 7,15 – 6,50

7,67	Gaspar Araújo	Sporting CP	17-12-81	1	C Port	Espinho	18-02	8,00i-05
7,62	Nelson Évora	SL Benfica	20-04-84	2	C Port	Espinho	18-02	8,08i-06
7,58	Marcos Caldeira	SL Benfica	RNJ 27-02-88	1	Sub23	Espinho	04-02	7,31i-06
7,58	Hildeberto Almeida	Espanha	08-08-78	3	C Port	Espinho	18-02	7,48i-01
7,54		Nelson Évora		1	CNCI	Pombal	10-02	
7,52		Gaspar Araújo		1	CNCI-Ap	Espinho	28-01	
7,49		Gaspar Araújo		1	Rio Largo	Espinho	14-02	
7,49		Gaspar Araújo		ex		Espinho	25-02	
7,48		Marcos Caldeira		4	C Port	Espinho	18-02	
7,46		Gaspar Araújo		1	T Saltos	Alpiarça	14-01	
7,46		Gaspar Araújo		2	CNCI	Pombal	10-02	
7,46		Gaspar Araújo		6	SEAT	Paris	23-02	
7,36		Marcos Caldeira		1	CNU	Espinho	24-02	
7,33		Marcos Caldeira		1		Pombal	23-02	
7,30		Hildeberto Almeida		1		Corunha	21-01	
7,29	Patrick Marques	CCSJ. Madeira	09-02-84	2	CNU	Espinho	24-02	6,98i-06
7,25	Diogo Espinha	CS Marítimo	08-10-87	5	C Port	Espinho	18-02	6,89i-06
7,24		Marcos Caldeira		2	T Saltos	Alpiarça	14-01	
7,23	Pedro Santos	CP Alcanena	01-01-88	2		Pombal	23-02	6,91i-06
7,18	Marcos Chuva	SL Benfica	08-08-89	2	Sub23	Espinho	04-02	
7,17		Pedro Santos		Hep	C Port	Espinho	17-02	
7,11	Carlos Santos	CP Alcanena	10-05-86	5	Sub23	Espinho	04-02	6,77i-06
6,99	Pedro Oliveira	CA Seia	22-07-80	4	CNCI	Pombal	10-02	7,27i-00
6,98	Lenine Cunha	FC Porto	04-12-82	1	ANDDEM	Espinho	03-03	7,11i-06
6,97	Artur Augusto	JOMA	MOZ 01-01-87	6	Sub23	Espinho	04-02	7,28i-06
6,94	João Dias	FC Porto	01-06-84	3	CNCI-Ap	Espinho	28-01	7,16i-06
6,94	Américo Castelbranco	Sporting CP	24-04-74	7	C Port	Espinho	18-02	
6,93	Jorge Santos	NA Cucujães	25-03-85	7	Sub23	Espinho	04-02	6,81i-06
6,91	Claudio Gama	GD Cavadas	20-03-82	Hep	C Port	Espinho	17-02	6,87i-06
6,89	Sérgio Silva	CCD Ribeirão	22-11-85	2	C Norte	Braga	21-01	6,62i-06
6,88	António Morais	CCD Ribeirão	23-12-80	6	CNCI	Pombal	10-02	6,78i-06
6,84	Bruno Carmo	GD Estreito	21-02-81	2	CNCI-Ap	Espinho	27-01	7,25i-02
6,83	Mário Silva	SC Braga	18-04-87	5	CNCI-Ap	Espinho	28-01	6,51i-06
6,83	Luis Bernardo	Gira Sol ADF	15-02-86	8	Sub23	Espinho	04-02	6,85i-05
6,82	Pedro Pinto	CA Seia	25-07-84	2	C Beiras	Espinho	21-01	6,87i-05

6,81	Luis Silva	GRECAS	26-05-80	Hep	C Port	Espinho	17-02	7,13i-06
6,76	Kevin Wilson	Bairro Anjos	06-01-90	1		Alpiarça	07-01	
6,75	Tiago Marto	GA Fátima	05-05-86	P Tec		Alpiarça	30-12	6,96i-06
6,68	Rodrigo Dionisio	SL Benfica	25-06-85	9	Sub23	Espinho	04-02	7,18i-06
6,68	Simão Coroa	FC Porto	31-07-85	3	CNU	Espinho	24-02	6,69i-06
6,65	João Alexandre	Juv. Vidigalense	01-09-90	6	C Beiras	Espinho	21-01	
6,65	Daniel Gaspar	Bairro Anjos	07-11-87	9	CNCI-Ap	Espinho	28-01	
6,55	Gil Mendes	GD Cavadas	08-05-89	3	T FPA	Espinho	13-01	
6,54	Luis Ferreira	CCSJ. Madeira	23-04-85	6	Rio Largo	Espinho	14-02	

Triplo/Triple jump – 14,20 – 13,00

17,17	Nelson Évora	SL Benfica	20-04-84	1	Sparkassen	Estugarda	03-02	17,19i-06
16,97		Nelson Évora		5	C. Europa	Birmingham	03-03	
16,88		Nelson Évora		1	T Saltos	Alpiarça	14-01	
16,78		Nelson Évora		4q	C. Europa	Birmingham	02-03	
16,61		Nelson Évora		1	C Port	Espinho	17-02	
15,65	Marcos Caldeira	SL Benfica	27-02-88	2	C Port	Espinho	17-02	14,75i-06
15,62	Américo Castelbranco	Sporting CP	24-04-74	3	C Port	Espinho	17-02	15,30i-00/06
15,28		Marcos Caldeira		1	CNCI	Pombal	11-02	
14,94		Marcos Caldeira		1	Sub23	Espinho	03-02	
14,94		Américo Castelbranco		2	CNCI	Pombal	11-02	
14,85	Bruno Carmo	GD Estreito	21-02-81	3	CNCI	Pombal	11-02	15,15i-03
14,79		Américo Castelbranco		1	CNCI-Ap	Espinho	28-01	
14,78	Iuri Santos	CA Bx Banheira	11-04-85	2	Sub23	Espinho	03-02	15,12i-06
14,73		Bruno Carmo		4	C Port	Espinho	17-02	
14,70	Diogo Espinha	CS Marítimo	08-10-87	3	Sub23	Espinho	03-02	13,12i-04
14,68	João Dias	FC Porto	01-06-84	2	CNCI-Ap	Espinho	28-01	15,27i-06
14,64	Gonçalo Santos	SL Benfica	07-05-86	4	Sub23	Espinho	03-02	14,50i-06
14,62		Iuri Santos		5	C Port	Espinho	17-02	
14,61		Diogo Espinha		6	C Port	Espinho	17-02	
14,51		Bruno Carmo		1	CNCI-Ap	Espinho	27-01	
14,50		João Dias		2	T Saltos	Alpiarça	14-01	
14,49		Gonçalo Santos		7	C Port	Espinho	17-02	
14,42		Iuri Santos		3	T Saltos	Alpiarça	14-01	
14,34	Nelson Martins	CN Rio Maior	15-01-79	2	CNCI-Ap	Espinho	27-01	15,05i-01
14,23	Pedro Freitas	CS Marítimo	10-05-89	8	C Port	Espinho	17-02	14,09i-06
14,13	Lenine Cunha	FC Porto	04-12-82	9	C Port	Espinho	17-02	14,56i-04
14,07	Luis Silva	GRECAS	26-05-80	3	CNCI-Ap	Espinho	28-01	13,16i-06
14,07	Ricardo Jaquité	C Bf. Faro	17-08-89	5	CNCI	Pombal	11-02	
13,92	David Cardeira	Sporting CP	02-03-89	6	Sub23	Espinho	03-02	13,84i-06
13,90	Sérgio Costa	CCD Ribeirão	14-10-82	2	C Norte	Braga	20-01	14,54i-02
13,90	Jorge Almeida	SL Benfica	26-10-74	4	CNCI-Ap	Espinho	27-01	15,17i-02
13,88	Sérgio Silva	CCD Ribeirão	22-11-85	3	C Norte	Braga	20-01	14,21i-06
13,81	Claudio Resende	NA Cucujães	15-08-86	1		Espinho	24-02	13,42i-06
13,73	Vítor Viveiros	C Bf. Faro	18-03-84	5	CNCI-Ap	Espinho	27-01	13,97i-02
13,68	Edi Fernandes	AC Carnide	03-06-90	1		Alpiarça	06-01	13,15i-06
13,64	Jorge Santos	NA Cucujães	25-03-85	2		Espinho	24-02	13,34i-05
13,50	Mário Silva	SC Braga	18-04-87	5	CNCI-Ap	Espinho	28-01	
13,37	Luis Gonçalo Almeida	JOMA	10-07-89	8	CNCI	Pombal	11-02	
13,36	Carlos Oliveira	CA Seia	24-05-79	6	CNCI-Ap	Espinho	28-01	13,64i-01
13,34	Carlos Gomes	JOMA	29-11-89	10	Sub23	Espinho	03-02	
13,32	Kevin Wilson	Bairro Anjos	06-01-90	6	T Saltos	Alpiarça	14-01	13,80i-06
13,32	Carlos Santos	CP Alcanena	10-05-86	2		Alpiarça	20-01	
13,32	Célio Khibo	NA Alcabideche	ANG 27-06-86	6	CNCI-Ap	Espinho	27-01	13,49i-05
13,28	Luis Bernardo	Gira Sol ADF	15-02-86	10	CNCI	Pombal	11-02	13,00i-06
13,21	Leandro Barreira	CAM Grande	02-12-87	4	C Beiras	Espinho	20-01	
13,03	Pedro Pires	EC+S Lavra	04-01-91	4	C Norte	Braga	20-01	

Peso/Shot Put – 14,00 – 11,00

18,33	Marco Fortes	Sporting CP		26-09-82	1	CNCI	Pombal	11-02	18,60i-02
17,86	Marco Fortes				1	C Port	Espinho	18-02	
17,57	António Vital e Silva	SL Benfica	RNJ	23-01-88	2	C Port	Espinho	18-02	16,35i-06
17,16	Herédio Costa	Sporting CP		30-10-71	3	C Port	Espinho	18-02	16,98i-00/05
16,83	António Vital e Silva				1	Sub23	Espinho	04-02	
16,37	Herédio Costa				1	CNCI-Ap	Espinho	28-01	
15,98	Bruno André	JOMA		13-10-86	4	C Port	Espinho	18-02	15,40i-05
15,97	António Vital e Silva				2	CNCI	Pombal	11-02	
15,58	Filipe Vital e Silva	Individual		27-01-83	1		Braga	10-02	15,33i-04
15,39	Bruno André				3	CNCI	Pombal	11-02	
15,30	Filipe Vital e Silva				1	C Norte	Braga	21-01	
15,16	André Gonçalves	CS Marítimo		14-04-86	5	C Port	Espinho	18-02	15,12i-05
15,08	André Vital e Silva	GD Estreito		13-02-80	1	CNCI-Ap	Espinho	27-01	16,12i-05
15,07	Bruno André				2	Sub23	Espinho	04-02	
14,95	André Gonçalves				4	CNCI	Pombal	11-02	
14,91	Paulo Pereira	FC Porto		12-02-84	5	CNCI	Pombal	11-02	15,25i-06
14,87	Nuno Serra	Gira Sol ADF		27-06-74	6	CNCI	Pombal	11-02	16,76i-98
14,77	Paulo Pereira				6	C Port	Espinho	18-02	
14,76	Bruno André				2	CNCI-Ap	Espinho	27-01	
14,53	Paulo Pereira				1	Rio Largo	Espinho	14-02	
14,48	André Gonçalves				3	Sub23	Espinho	04-02	
14,47	António Vital e Silva				3	CNCI-Ap	Espinho	27-01	
14,38	Nuno Lopes	C Bf. Faro		24-10-82	7	CNCI	Pombal	11-02	15,14i-06
14,30	André Gonçalves				4	CNCI-Ap	Espinho	27-01	
14,28	Paulo Pereira				1		Espinho	23-12	
14,27	Paulo Pereira				2	CNCI-Ap	Espinho	28-01	
14,08	Paulo Pereira				1ex		Espinho	07-01	
13,99	Luis Melo	CDE Lages Pico		18-01-87	4	Sub23	Espinho	04-02	14,21i-06
13,66	Dine Sousa	Juv. Vidigalense		26-03-76	1	C Beiras	Espinho	21-01	13,62i-05
13,51	Ivo Cardoso	CA Seia		04-03-80	2	C Beiras	Espinho	21-01	14,10i-01
13,50	Juan Rosete	Juv. Vidigalense		12-05-79	3	C Beiras	Espinho	21-01	16,47i-00
13,39	Rui Fernandes	Gira Sol ADF		08-05-80	5	C Beiras	Espinho	21-01	13,67i-05
13,32	Vítor Rodrigues	Gira Sol ADF		25-02-84	Hep	T FPA	Espinho	13-01	14,02i-05
13,14	Steve Patricio	Juv. Vidigalense		17-09-88	6	C Beiras	Espinho	21-01	11,53i-06
12,83	Bruno Abel Martins	Gira Sol ADF		09-01-82	7	C Beiras	Espinho	21-01	13,26i-03
12,66	Tiago Marto	GA Fátima		05-05-86	Hep	C Port	Espinho	17-02	12,70i-06
12,45	Paulo Gonçalves	CS Marítimo		27-09-88	5	Sub23	Espinho	04-02	
12,35	Luis Assunção	CCSJ. Madeira		03-09-78	3	Rio Largo	Espinho	14-02	13,01i-06
12,27	Paulo Soares	CCD Ribeirão		25-06-72	6	CNCI-Ap	Espinho	28-01	13,17i-03
12,22	Hedson Trindade	AA Coimbra	STP	23-10-89	8	C Beiras	Espinho	21-01	
12,01	Juan Pinho	GRECAS		20-05-86	9	CNCI-Ap	Espinho	28-01	12,35i-05
11,91	Abel Pereira Dias	França		05-05-66	10		Paris	14-01	12,74i-05
11,72	Luis Gavina	OC Lagos		14-03-77	6	CNCI-Ap	Espinho	27-01	14,24i-98
11,61	Nelson Dantas	CP Pontevel		02-07-82	1		Alpiarça	09-12	11,85i-06
11,57	Luis Silva	GRECAS		26-05-80	Hep		Espinho	30-12	12,22i-06
11,56	Libanio Cá	GR Qt. Lomba		18-05-83	7	CNCI-Ap	Espinho	27-01	
11,43	Luis Ferreira	CCSJ. Madeira		23-04-85	Hep		Espinho	30-12	11,98i-03
11,42	António Sustelo	Bélgica		06-04-88	5q		Gand	27-01	
11,40	Claudio Gama	GD Cavadas		20-03-82	Hep	T FPA	Espinho	13-01	12,20i-06
11,31	Ricardo Azevedo	Cl. Gaia		85	1	ANDDEM	Braga	28-01	
11,10	Ricardo Gomes	CDRC Amarense		21-04-87	2		Braga	03-02	
11,00	Ricardo Cruz	CCD Ribeirão		31-03-83	4		Braga	30-12	11,99i-05

Peso/Shot Put (6 Kg) – 14,00 – 11,00

18,13	António Vital e Silva	SL Benfica	RNJ	23-01-88	1		Braga	10-02	16,00i-05
17,69	António Vital e Silva				1		Braga	07-01	
14,07	Steve Patricio	Juv. Vidigalense		17-09-88	1		Espinho	23-12	12,82i-05
12,39	Marco Ferreira	Gira Sol ADF		11-05-88	Hep		Espinho	30-12	12,75i-05

12,21	Claudio Morais	CDE Lages Pico	03-02-89	ex		Alpiarça	09-12	
12,03	Bruno Ferreira	CP Pontevel	17-05-89	1		Alpiarça	09-12	
11,53	Paulo Dias	Gira Sol ADF	14-05-89	Hep		Espinho	30-12	
11,20	Damião Freitas	CP Alcanena	16-04-89	2		Alpiarça	09-12	
11,19	Marco Oliveira	ACD Ilhavos	04-12-88	1		Espinho	04-03	
11,14	Nuno Martins Alves	França	20-11-88	Hep		Orleans	20-01	10,74i-05

Heptatlo - 4000 - 3000

5.156	Luis Silva	GRECAS	26-05-80	1	C Port	Espinho	18-02	5145i-06
5.149	Tiago Marto	GA Fátima	05-05-86	2	C Port	Espinho	18-02	5128i-05
5.074	Claudio Gama	GD Cavadas	20-03-82	3	C Port	Espinho	18-02	4926i-05
4.961	Pedro Santos	CP Alcanena	01-01-88	4	C Port	Espinho	18-02	4606i-06
4.837		Claudio Gama		1	T FPA	Espinho	14-01	
4.703		Luis Silva		1		Espinho	31-12	
4.696		Pedro Santos		2	T FPA	Espinho	14-01	
4.696	Damião Freitas	CP Alcanena	16-04-89	5	C Port	Espinho	18-02	
4.634	Rafael Gonçalves	SL Benfica	12-05-77	2		Espinho	31-12	
4.609	Carlos Santos	CP Alcanena	10-05-86	6	C Port	Espinho	18-02	4493i-06
4.397	Luis Ferreira	CCSJ. Madeira	23-04-85	3		Espinho	31-12	4456i-06
4.322		Damião Freitas		3	T FPA	Espinho	14-01	
4.322		Luis Ferreira		7	C Port	Espinho	18-02	
4.284	Gil Mendes	GD Cavadas	08-05-89	4	T FPA	Espinho	14-01	
3.841	Jorge Santos	NA Cucujães	25-03-85	4		Espinho	31-12	
3.536	Jorge Pinto	NA Cucujães	06-04-85	5		Espinho	31-12	

Heptatlo – 4000 - 3000 (60m B 1,00 - Peso 6 Kg - Disco 1,75 Kg)

4.415	Paulo Dias	Gira Sol ADF	14-05-89	1		Espinho	31-12	
4.220	Nuno Martins Alves	França	26-11-88	3		Orleans	21-01	4279i-06
3.161	Fábio Santos	NA Cucujães	31-08-89	2		Espinho	31-12	

5000 m M/W – 25.00,0

19.04,74	João Vieira	CN Rio Maior	20-02-76	1	C Port	Espinho	17-02	19.15,59i-06
20.32,87	Augusto Cardoso	FC Porto	13-12-70	2	C Port	Espinho	17-02	20.10,50i-03
20.42,59	Sérgio Vieira	CN Rio Maior	20-02-76	3	C Port	Espinho	17-02	19.20,77i-99
20.47,22	António Pereira	JOMA	10-07-75	1	CNCI	Pombal	10-02	20.43,68i-06
21.00,13	Diogo Martins	Sporting CP	14-08-84	4	C Port	Espinho	17-02	20.56,62i-06
21.01,63	Pedro Martins	CA Seia	12-01-68	3	CNCI	Pombal	10-02	20.45,47i-99
21.05,64	Luis Silva	CA Galinheiras	26-08-70	5	C Port	Espinho	17-01	22.02,27i-01
21.27,27	Rui Correia	CO Pechão	25-02-82	6	C Port	Espinho	17-02	21.48,17i-06
21.30,11	Mário Contreiras	GRECAS	26-12-67	7	C Port	Espinho	17-02	20.51,8i-92
21.33,54	Luis Gil	CS Marítimo	06-04-75	8	C Port	Espinho	17-02	21.47,21i-03
21.39,73	Pedro Santos	CA Seia	25-04-86	1	C Beiras	Espinho	20-01	21.53,00i-06
21.45,02	Pedro Isidro	SL Benfica	17-07-85	4	CNCI-Ap	Espinho	27-01	21.15,92i-06
22.15,38	Rui Vilarinho	Gira Sol ADF	16-12-85	3	C Beiras	Espinho	20-01	23.12,41i-03
22.35,67	Jaime Santos	GD Lourocoope	22-05-72	4	CNCI-Ap	Espinho	28-01	22.32,33i-05
23.00,08	Bruno Araujo	FC Porto	24-02-83	2	C Norte	Braga	20-01	22.23,43i-05
23.29,63	José Magalhães	AC Alfenense	30-10-54	3	C Norte	Braga	20-01	20.23,21i-92
23.41,22	Helder Conceição	C Bf. Faro	09-06-83	7	CNCI	Pombal	10-02	21.36,01i-06
23.44,43	Rui Macedo	ACD Tunes	16-05-89	4	Sub23	Espinho	03-02	
23.59,25	Vitor Xavier	Juv. Vidigalense	22-04-86	5	C Beiras	Espinho	20-01	22.16,42i-06
24.01,12	Tiago Miguel	CAF Zezere	20-08-88	ex	C Norte	Braga	20-01	
24.22,50	Helder Malheiro	CAF Zezere	26-06-85	5	Sub23	Espinho	03-02	23.17,62i-05
24.34,75	Nuno Valente	CCSJ. Madeira	06-01-88	6	C Beiras	Espinho	20-01	23.42,34i-06

4 x 400 m – 3.25,0 – 3.30,0

3.16,89	SL Benfica	M. Silva-J. Ferreira-C. Pinheiro-P. Ferreira	1s	CNCI	Pombal	11-02	3.16,21i-95
3.19,70	SC Portugal	R. Lima-V. Moreno-V. Jorge-A. Rodrigues	1s	CNCI-Ap	Espinho	28-01	3.13,56i-00
3.20,42	FC Porto	T. Ferreira-S. Coroa-P. Costa-T. Rodrigues	1s	T FPA	Espinho	13-01	3.18,68i-05
3.20,47	FC Porto	T. Ferreira-S. Coroa-L. Sá-P. Costa	2s	CNCI-Ap	Espinho	28-01	
3.20,48	SL Benfica	F. Novo-C. Pinheiro-C. Teixeira-P. Ferreira	2s	T FPA	Espinho	13-01	
3.21,45	CA Seia	R. Varela-C. Figueiredo-V. Ferreira-R. Garcia	2s	CNCI	Pombal	11-02	3.26,04i-06
3.21,76	FC Porto	S. Coroa-T. Ferreira-P. Costa-T. Rodrigues	3s	CNCI	Pombal	11-02	
3.22,55	Gira Sol - Febres	H. Pato-F. Almeida-H. Simões-J. Martins	1s	CNCI	Pombal	11-02	3.23,68i-06
3.22,76	Juventude Vidigalense	M. Ganhão-C. Pedreira-B. Gualberto-E. Dongoxe	* 2s	CNCI	Pombal	11-02	3.22,60i-01
3.24,09	CA Seia	R. Varela-C. Figueiredo-V. Ferreira-R. Garcia	1	C Port	Espinho	18-02	
3.24,14	GD Estreito	B. Gancho-R. Silva-N. Couto-S. Duro	3s	CNCI	Pombal	11-02	3.20,16i-03
3.24,25	Casa Benfica Faro	P. Silva-R. Martins-V. Tavares-R. Beatriz	4s	CNCI	Pombal	11-02	3.27,41i-05
3.24,62	Juventude Vidigalense	B. Gualberto-C. Pedreira-M. Ganhão-E. Dongoxe	* 3s	CNCI-Ap	Espinho	28-01	
3.24,66	Gira Sol - Febres	P. Dias-H. Simões-J. Martins-H. Pato	1	C Beiras	Espinho	21-01	
3.24,89	SL Benfica	M. Silva-C. Pinheiro-R. Gonçalves-J. Ferreira	1s	CNCI-Ap	Espinho	27-01	
3.25,22	CCD Ribeirão	T. Costa-J. Araujo-R. Silva-R. Gomes	5s	CNCI	Pombal	11-02	3.26,39i-06
3.25,93	CS Marítimo	H. Gouveia-B. Santos-I. Graça-J. Alves	4s	CNCI	Pombal	11-02	3.21,90i-06
3.26,17	JO Monte Abrão	J. Paula, C. Nascimento-Y. Nascimento-H. Fumo	* 3s	CNCI-Ap	Espinho	27-01	3.19,88i-06

(*) com atletas estrangeiros