

60 m - 7,80 - 8,30

7,48	Carla Tavares	FC Porto		22-05-82	1	C. Port	Pombal	23-02	7,75i-06
7,50	Sónia Tavares	GCA Donas		21-03-86	1h	C. Beiras	Espinho	19-01	7,40i-07
7,56		Sónia Tavares			1mf	C. Beiras	Espinho	19-01	
7,58		Carla Tavares			1mf	C. Port	Pombal	23-02	
7,62		Carla Tavares			1	CNCl-1	Espinho	02-02	
7,62	Glória Santo	Sporting CP	STP	13-01-83	1	Sicó	Pombal	16-02	7,55i-05
7,62		Carla Tavares			1h	C. Port	Pombal	23-02	
7,63		Sónia Tavares			2	Sicó	Pombal	16-02	
7,68	Cátia Ferreira	Juv Vidigalense		18-06-83	2	C. Port	Pombal	23-02	7,73i-06
7,69		Sónia Tavares			1	C. Beiras	Espinho	19-01	
7,70		Glória Santo			2	CNCl-1	Espinho	02-02	
7,71	Susana Vieira	CA Madeira		01-02-80	3	C. Port	Pombal	23-02	7,68i-06
7,72		Glória Santo			1h	Sicó	Pombal	16-02	
7,73	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	1mf	C. Port	Pombal	23-02	7,93i-07
7,74		Ungudi Quiawacana			4	C. Port	Pombal	23-02	
7,74		Susana Vieira			2mf	C. Port	Pombal	23-02	
7,77		Glória Santo			1s	CNCl-Ap	Pombal	26-01	
7,77		Ungudi Quiawacana			1h	CN23	Espinho	09-02	
7,78		Glória Santo			1s	T. FPA	Pombal	12-01	
7,78		Ungudi Quiawacana			2s	T. FPA	Pombal	12-01	
7,79		Ungudi Quiawacana			1	CN23	Espinho	09-02	
7,79		Ungudi Quiawacana			1mf	CN23	Espinho	09-02	
7,79		Ungudi Quiawacana			1h	C. Port	Pombal	23-02	
7,80		Cátia Ferreira			3	CNCl-1	Espinho	02-02	
7,80		Cátia Ferreira			1	Sicó	Pombal	16-02	
7,81	Susana Santos	ACDR Arneirense		20-09-90	3	Sicó	Pombal	16-02	8,08i-07
7,82	Candida Bairrada	CS Marítimo		31-12-84	5	C. Port	Pombal	23-02	8,06i-06
7,83	Susana Estriga	FC Porto		16-07-75	2mf	C. Port	Pombal	23-02	7,87i-01
7,84	Tânia Duarte	CF Belenenses		15-07-90	5mf	C. Port	Pombal	23-02	8,22i-07
7,86	Viviana Couto	CARDES		10-11-90	3	C. Beiras	Espinho	19-01	8,00i-07
7,86	Artimiza Sá	CRU Raposense		29-11-84	1s	CNCl-Ap	Pombal	26-01	7,90i-01
7,86	Andreia Felisberto	JOMA		22-06-86	2s	CNCl-Ap	Pombal	26-01	7,79i-05
7,88	Patrícia Vieira	GD Estreito		18-04-79	2	CNCl-2	Espinho	02-02	7,75i-04
7,88	Ana Marques	FC Porto		19-09-80	6mf	C. Port	Pombal	23-02	7,82i-06
7,91	Sara Esteves	CA Mazarefes		24-08-92	3h	C. Port	Pombal	23-02	8,28i-07
7,93	Sónia Marques	SC Braga		06-07-86	5s	CNCl-Ap	Pombal	26-01	7,74i-07
7,95	Liliana Correia	Boavista FC		06-08-82	ex	C. Norte	Braga	19-01	7,70i-05
7,95	Tânia Freitas	CA Madeira		17-06-80	6s	CNCl-Ap	Pombal	26-01	7,70i-99
7,95	Inês Oliveira	SC Braga		15-06-86	5	CN23	Espinho	09-02	7,85i-05/06
7,96	Catarina Lopes	FC Porto		07-03-88	4h	C. Port	Pombal	23-02	7,73i-07
7,97	Ilda Martins	SL Benfica	ANG	26-11-87	1s	T. FPA	Pombal	12-01	7,90i-06
7,97	Ana Silva	Individual		11-07-79	3h	C. Port	Pombal	23-02	7,98i-05
7,98	Eva Vital	ACDR Arneirense		08-07-92	1		Pombal	15-12	8,04i-07
8,00	Ana Rita Lopes	FC Porto		07-03-88	2h	CN23	Espinho	09-02	7,98i-07
8,05	Carla Gama	GD Cavadas		24-11-90	4h	C. Port	Pombal	23-02	7,91i-07
8,09	Daniela Ferreira	Juv. Vidigalense		22-06-89	3h	C. Beiras	Espinho	19-01	8,18i-07
8,09	Juliana Campos	FC Porto		10-05-89	7h	C. Norte	Braga	19-01	8,11i-07
8,10	Catarina Costa	C Bf Faro		03-08-89	8	CN23	Espinho	09-02	8,08i-06
8,10	Cristiana Cunha	Gira Sol RC		12-07-91	5h	C. Port	Pombal	23-02	8,17i-07
8,11	Cátia Nunes	GRECAS		06-04-90	1		Espinho	05-01	8,19i-07
8,13	Inês Carmo	GD Pic-Nic		19-06-89	2s	T. FPA	Pombal	12-01	8,04i-07
8,15	Marta Lopes	CD Póvoa		23-01-90	4		Braga	22-12	8,05i-07
8,15	Carla Santos	Juv Vidigalense		12-03-91	5h	Sicó	Pombal	16-02	8,42i-07
8,16	Telma Neto	ACR Vale Cambra		12-10-92	1		Alpiarça	16-02	8,53i-07
8,17	Bruna Monteiro	GC Bragança		19-02-92	6h	C. Port	Pombal	23-02	
8,18	Verónica Cardoso	AAC Caparica		20-08-91	ex	T. FPA	Pombal	12-01	
8,18	Sarah Dias	Juv Vidigalense		15-02-95	ex		Espinho	23-02	8,85i-06
8,19	Telma Elias	SL Benfica		04-01-90	6mf	CN23	Espinho	09-02	8,24i-07

8,19	Joana Lopes	GDF Entroncamento		13-10-91	6h	C. Port	Pombal	23-02	8,33-07
8,21	Cátia Pereira	SL Benfica		05-07-89	6s	T. FPA	Pombal	12-01	
8,21	Catarina Silva	JA Mozelense		03-04-90	2		Espinho	23-02	8,45i-07
8,22	Rita Lourenço	SC Braga		05-08-92	5		Braga	22-12	8,23i-07
8,22	Marlene Bastos	CFU Lamas		28-08-92	2		Espinho	23-02	8,59i-07
8,23	Lisandra Lopes	GRECAS		07-04-88	6		Pombal	26-01	8,28i-07
8,25	Diana Relvas	ES Serafim Leite		12-05-89	2h		Espinho	12-01	7,98i-07
8,25	Ilizandra Lopes	CF Belenenses		28-02-92	2		Alpiarça	16-02	8,53i-07
8,27	Sandra Sofia Tavares	França		09-02-84	1q		Paris	25-11	8,19i-07
8,27	Andreia Crespo	NDC Gouveia		16-10-93	ex		Espinho	23-02	
8,28	Andreia Pinto	CA Mar. Grande		16-04-93	1h		Pombal	07-12	8,73i-07
8,28	Shaina Anthony Mags	Sporting CP	NGR	11-04-92	1		Alpiarça	16-02	
8,28	Rita Santos	ACD Villa Cesari		24-06-94	ex		Espinho	23-02	
8,29	Tânia Garcia	C Operário D		24-05-89	6h	CN23	Espinho	09-02	8,28i-07
8,30	Susana Azevedo	ARC Br. Valongo		04-11-91	3h	C. Beiras	Espinho	19-01	
8,31	Tânia António	GRECAS		29-12-87	2		Espinho	05-01	8,05i-07
8,31	Marta Sousa	SC Braga		31-04-83	2h	C. Norte	Braga	19-01	8,24i-06

200 m– 26,00 – 28,00

24,62	Carla Tavares	FC Porto		22-05-82	1	C. Port	Pombal	24-02	24,92i-02
24,81	Carla Ratão	França		06-06-82	1		Aubiere	20-01	24,78i-07
24,84		Carla Tavares			1s	CNCl-Ap	Pombal	26-01	
24,84		Carla Tavares			1h	C. Port	Pombal	24-02	
24,87	Susana Vieira	CA Madeira		01-02-80	2	C. Port	Pombal	24-02	24,80i-06
25,11	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	3	C. Port	Pombal	24-02	
25,17		Ungudi Quiawacana			2h	C. Port	Pombal	24-02	
25,30		Susana Vieira			1h	C. Port	Pombal	24-02	
25,33		Susana Vieira			2s	CNCl-Ap	Pombal	26-01	
25,34		Susana Vieira			1	CNCl-1	Espinho	03-02	
25,40	Cátia Ferreira	Juv Vidigalense		18-06-83	1h	C. Port	Pombal	24-02	25,53i-02
25,50		Ungudi Quiawacana			1	CN23	Espinho	10-02	
25,53	Ludmila Leal	Sporting CP	STP	03-02-85	2h	C. Port	Pombal	24-02	25,74i-05
25,56	Joana Frias	GD Estreito		07-03-88	2	CN23	Espinho	10-02	25,55i-04
25,56		Cátia Ferreira			4	C. Port	Pombal	24-02	
25,60	Vera Barbosa	JOMA	CPV	13-01-89	3	CN23	Espinho	10-02	25,72i-07
25,62		Vera Barbosa			2	CNCl-1	Espinho	03-02	
25,67		Carla Tavares			3	CNCl-1	Espinho	03-02	
25,67		Vera Barbosa			3h	C. Port	Pombal	24-02	
25,79	Artimiza Sá	CRU Raposense		29-11-84	3h	C. Port	Pombal	24-02	26,45i-04
25,80		Susana Vieira			ex	C. Norte	Braga	20-01	
25,80	Glória Santo	Sporting CP	STP	13-01-83	1s	CNCl-Ap	Pombal	26-01	25,00i-05
25,81		Cátia Ferreira			1s	C. Beiras	Espinho	20-01	
25,83		Vera Barbosa			2s	CNCl-Ap	Pombal	26-01	
25,83		Joana Frias			1	CNCl-2	Espinho	03-02	
25,85	Inês Oliveira	SC Braga		15-06-86	2h	C. Port	Pombal	24-02	25,56i-05
25,88	Tânia Duarte	CF Belenenses		15-07-90	3h	C. Port	Pombal	24-02	
25,90		Cátia Ferreira			1		Pombal	06-01	
25,90		Glória Santo			4	CNCl-1	Espinho	03-02	
25,94		Inês Oliveira			4	CN23	Espinho	10-02	
26,05		Vera Barbosa			5	C. Port	Pombal	24-02	
26,07		Ludmila Leal			6	C. Port	Pombal	24-02	
26,14	Cátia Nunes	GRECAS		06-04-90	2s	C. Beiras	Espinho	20-01	26,17i-07
26,17	Susana Santos	ACDR Arneirens		20-09-90	3	CNCl-2	Espinho	03-02	27,81i-07
26,20	Carla Santos	Juv Vidigalense		12-03-91	5	CNCl-1	Espinho	03-02	27,59i-07
26,30	Catarina Costa	C Bf Faro		03-08-89	1s	CNCl-Ap	Pombal	26-01	
26,31	Ana Silva	Individual		11-07-79	1s		Braga	10-02	26,48i-07
26,40	Graciela Martins	GR Qt. Lomba	ESP	05-04-87	6	CN23	Espinho	10-02	25,90i-06
26,48	Elisa Pegado	GD Estreito		23-07-87	8	CN23	Espinho	10-02	27,01i-07
26,60	Rafaela Almeida	CA Madeira		10-11-83	2s		Braga	05-01	24,45i-05

26,77	Ana Rita Lopes	FC Porto	07-03-88	10	CN23	Espinho	10-02	27,05i-07
26,90	Juliana Campos	FC Porto	10-05-89	1s		Espinho	22-12	26,98i-07
26,91	Catarina Silva	JA Mozelense	03-04-90	2s	C. Beiras	Espinho	20-01	27,56i-06
26,91	Elda Laranja	GD Estreito	27-09-86	4s	CNCI-Ap	Pombal	26-01	26,26i-05
27,05	Daniela Ferreira	Juv. Vidigalense	22-06-89	3s	C. Beiras	Espinho	20-01	27,43i-07
27,11	Candida Bairrada	CS Marítimo	31-12-84	6	CNCI-1	Espinho	03-02	26,67i-06
27,12	Marlene Bastos	CFU Lamas	28-08-92	1s	C. Beiras	Espinho	20-01	
27,12	Cristiana Cunha	Gira Sol RC	17-07-91	4s	C. Beiras	Espinho	20-01	27,16i-07
27,21	Camila Carneiro	FC Porto	05-02-92	ex		Espinho	23-02	
27,25	Cátia Jacinto	GCA Donas	26-08-92	3s	C. Beiras	Espinho	20-01	
27,31	Raquel Cequeira	ANDDEM	83	1	ANDDEM	Espinho	01-03	28,30i-07
27,43	Catarina Lopes	FC Porto	07-03-88	14	CN23	Espinho	10-02	26,59i-07
27,45	Telma Neto	ACR Vale Cambra	12-10-92	2		Espinho	13-01	
27,55	Maria Inês Tapadas	ADR Aguas Belas	28-11-90	4s	CNCI-Ap	Pombal	26-01	
27,58	Lisandra Lopes	GRECAS	07-04-88	2		Espinho	02-03	27,06i-07
27,61	Luísa Correia	Esc. Mov	18-05-92	1s		Braga	10-02	
27,64	Joana Lopes	GDF Entroncamento	13-10-91	1		Pombal	06-01	
27,85	Ana Antunes	ACR Cambra	05-10-88	1s	C. Beiras	Espinho	20-01	
27,87	Ana Martinho	CA Riachense	91	1		Pombal	01-03	
27,97	Marisa Silva	AD Sanjoanense	85	2s	C. Beiras	Espinho	20-01	27,90i-06

300 m – 46,00

41,81	Rafaela Almeida	CA Madeira	10-11-83	1s		Braga	08-12	
42,40	Inês Oliveira	SC Braga	15-06-86	2s		Braga	08-12	42,32i-06
42,53	Susana Estriga	FC Porto	16-07-75	1s		Braga	08-12	
43,03	Cristiana Cunha	Gira Sol RC	17-07-91	1s		Pombal	27-01	
44,21	Kelly Oliveira	ACD Villa Cesari	25-01-92	1	Rio Largo	Espinho	01-03	46,37i-06
44,37	Ana Rita Fernandes	ACDR Arneirense	20-04-93	2s		Pombal	27-01	45,56i-07
44,55	Camila Carneiro	FC Porto	05-02-92	2	Rio Largo	Espinho	01-03	
44,94	Vera Castro	EP G. Sampaio	23-10-92	1s		Braga	08-12-07	
45,18	Ana Alves	Juv. Vidigalense	07-10-94	1s		Pombal	27-01	
45,36	Sara Oliveira	CA Mar. Grande	28-12-93	3s		Pombal	27-01	
45,78	Ana Rita Lopes	FC Porto	07-03-88	2s		Braga	08-12	40,39i-07
45,86	Filipa Beleza	FC Porto	05-05-92	3	Rio Largo	Espinho	01-03	

400 m– 59,00 - 63,00

54,94	Maria Carmo Tavares	Sporting CP	27-04-74	1	C. Port	Pombal	23-02	52,77i-98
55,23	Maria Carmo Tavares			1	CNCI-1	Espinho	02-02	
55,37	Sandra Teixeira	Sporting CP	13-07-78	2	C. Port	Pombal	23-02	55,29i-01
55,63	Carla Ratão	França	06-06-82	2		Aubiere	19-01	55,80i-07
55,75	Maria Carmo Tavares			1s	T. FPA	Pombal	12-01	
56,92	Artimiza Sá	CRU Raposense	29-11-84	3	C. Port	Pombal	23-02	57,60i-05
57,13	Artimiza Sá			1	Sicó	Pombal	16-02	
57,15	Vera Barbosa	JOMA	CPV 13-01-89	1	CN23	Espinho	09-02	58,66i-06
57,23	Joana Frias	GD Estreito	07-03-88	4	C. Port	Pombal	23-02	57,16i-05
57,25	Joana Frias			1	CNU	Pombal	24-02	
57,26	Sandra Teixeira			2s	T. FPA	Pombal	12-01	
57,36	Joana Frias			2	CN23	Espinho	09-02	
57,40	Tânia Freitas	GD Estreito	17-06-80	1	CNCI-2	Espinho	02-02	55,36i-03
57,49	Vera Barbosa			1s	C. Port	Pombal	23-02	
57,55	Artimiza Sá			1s	T. FPA	Pombal	12-01	
57,63	Maria Céu Nunes	SC Braga	17-09-76	2	CNCI-2	Espinho	02-02	55,28i-00
57,66	Artimiza Sá			1s	CNCI-Ap	Pombal	26-01	
57,66	Ludmila Leal	Sporting CP	STP 03-02-85	2	Sicó	Pombal	16-02	59,07i-07
58,07	Ludmila Leal			1s	C. Port	Pombal	23-02	
58,07	Maria Céu Nunes			2s	C. Port	Pombal	23-02	
58,09	Elisa Pegado	GD Estreito	23-07-87	3	Sicó	Pombal	16-02	59,87i-07

58,19		Vera Barbosa			2	CNCI-1	Espinho		02-02	
58,26		Vera Barbosa			2s	CNCI-Ap	Pombal		26-01	
58,39		Joana Frias			1s	CNCI-Ap	Pombal		26-01	
58,48	Lilian Silva		CA Madeira	30-03-82	2s	T. FPA	Pombal	12-01		59,63i-04
58,55		Vera Barbosa			1s	T. FPA	Pombal	12-01		
58,69	Rafaela Almeida		CA Madeira	10-11-83	3	CNCI-1	Espinho	02-02		57,21i-03
58,73		Maria Céu Nunes			3s	CNCI-Ap	Pombal	26-01		
58,81		Maria Céu Nunes			3s	T. FPA	Pombal	12-01		
58,82		Rafaela Almeida			3s	T. FPA	Pombal	12-01		
58,91	Ana Marques		FC Porto	19-09-80	4	CNCI-1	Espinho	02-02		56,56i-03
58,97		Rafaela Almeida			4s	CNCI-Ap	Pombal	26-01		
58,99		Ludmila Leal			2s	CNCI-Ap	Pombal	26-01		
59,19	Elda Laranja		GD Estreito	27-09-86	4	CN23	Espinho	09-02		57,39i-05
59,51	Nádia Gaspar		SL Benfica	07-10-90	5	CN23	Espinho	09-02		
59,54	Graciela Martins		GR Qt. Lomba	ESP 05-04-87	2s	C. Port	Pombal	23-02		59,12i-06
59,56	Neide Dias		SL Benfica	ANG 11-08-87	2s	T. FPA	Pombal	12-01		60,14i-06
59,66	Manuela Bernardo		GCA Donas	05-10-87	3s	C. Port	Pombal	23-02		59,90i-05
59,88	Vanessa Pereira		CS Marítimo	08-04-86	5s	C. Port	Pombal	23-02		60,26i-05
60,63	Carla Tavares		FC Porto	22-05-82	4s	T. FPA	Pombal	12-01		58,02i-01
60,72	Carolina Duarte		CF Belenenses	08-01-90	1s	CNCI-Ap	Pombal	26-01		
60,87	Cristiana Cunha		Gira Sol RC	17-07-91	3	CNCI-2	Espinho	02-02		
60,89	Tânia Caires		CS Marítimo	03-12-87	2	CNU	Pombal	02-03		
61,36	Soraia Silva		C Bf Faro	88	10	CN23	Espinho	09-02		
61,39	Susana Godinho		CA Avintes	05-07-92	1h	C. Norte	Braga	19-01		
61,65	Juliana Campos		FC Porto	10-05-89	1		Espinho	24-02		60,94i-07
61,95	Patrícia I. Pereira		Juv Vidigalense	20-04-83	6	CNCI-1	Espinho	02-02		60,34i-05
62,06	Carla Santos		Juv Vidigalense	12-03-91	2		Pombal	05-01		
62,28	Tânia Garcia		C Operário D	24-05-89	4s	T. FPA	Pombal	12-01		
62,68	Joana Brito		ACDR Arneirense	22-11-92	5	CNCI-2	Espinho	02-02		

800m - 2.15,0 - 2.25,0

2.03,59	Sandra Teixeira		Sporting CP	13-03-78	1	C. Port	Pombal	24-02		2.02,47i-01
2.04,24	Maria Carmo Tavares		Sporting CP	27-04-74	2		Valência	09-02		2.03,47i-05
2.04,28		Maria Carmo Tavares			5	Norwich	Birmingham	16-02		
2.07,09		Maria Carmo Tavares			1s	CNCI-Ap	Pombal	26-01		
2.07,15	Lilian Silva		CA Madeira	30-03-82	2s	CNCI-Ap	Pombal	26-01		2.07,76i-06
2.07,24		Maria Carmo Tavares			2	C. Port	Pombal	24-02		
2.08,14		Lilian Silva			3	C. Port	Pombal	24-02		
2.08,21		Lilian Silva			1	Sicó	Pombal	16-02		
2.09,81		Maria Carmo Tavares			1	CNCI-1	Espinho	03-02		
2.09,85		Lilian Silva			2	CNCI-1	Espinho	03-02		
2.10,21	Nédia Semedo		FC Porto	14-11-78	5		Eaubonne	08-02		2.01,11i-03
2.10,92	Maria Céu Nunes		SC Braga	17-09-76	4	C. Port	Pombal	24-02		2.05,63i-02
2.11,70	Diana Soares		ARB Valboenses	RNjv 02-08-92	5	C. Port	Pombal	24-02		2.20,35i-07
2.12,47	Joana Costa		SC Braga	12-05-88	3s	CNCI-Ap	Pombal	26-01		2.21,00i-07
2.13,21		Maria Céu Nunes			2	Sicó	Pombal	16-02		
2.14,26	Diana Freitas		ARB Valboenses	01-11-91	6	C. Port	Pombal	24-02		2.23,82i-07
2.14,83		Diana Soares			1		Braga	10-02		
2.15,09	Celma Bonfim		JOMA	STP 23-12-77	3	Sicó	Pombal	16-02		
2.15,71	Vanda Ribeiro		GRECAS	02-04-75	1	C. Beiras	Espinho	20-01		2.07,42i-99
2.15,73	Manuela Bernardo		GCA Donas	05-10-87	7	C. Port	Pombal	24-02		2.18,35i-05
2.16,50	Tânia Silva		Liberdade FC	24-05-88	8	C. Port	Pombal	24-02		2.22,40i-07
2.16,98	Lidia Sousa		FC Porto	26-08-88	1s	CNCI-Ap	Pombal	26-01		2.11,14i-06
2.17,16	Patrícia I. Pereira		Juv Vidigalense	20-04-83	2	C. Beiras	Espinho	20-01		2.13,30i-06
2.17,49	Neide Dias		SL Benfica	ANG 11-08-87	4	Sicó	Pombal	16-02		2.15,03i-07
2.18,19	Sofia Pereira		CS Marítimo	01-09-80	4s	CNCI-Ap	Pombal	26-01		2.12,11i-04
2.19,59	Olga Pinto		GD Estreito	31-05-75	2	CNCI-2	Espinho	03-02		2.13,19i-07
2.19,73	Patrícia Pereira		NA Joane	14-12-81	2		Braga	10-01		2.17,12i-05
2.20,07	Marisa Borges		NA Alcabideche	02-12-89	9	C. Port	Pombal	24-02		

2.20,19	Clarisse Cruz	Sporting CP	09-07-78	1		Espinho	22-12	2.12,67i-03
2.20,20	Susana Godinho	CA Avintes	05-07-92	Pen	C. Norte	Braga	10-02	
2.22,35	Ercilia Machado	SC Braga	24-12-86	4	CN23	Espinho	10-02	2.12,51i-07
2.22,72	Ana Rita Miranda	Juv. Vidigalense	87	4	C. Beiras	Espinho	20-01	
2.22,95	Mónica Simões	ACD Villa Cesari	01-01-89	5	C. Beiras	Espinho	20-01	2.27,28i-07
2.23,36	Filipa Almeida	SC Braga	22-08-88	2		Braga	08-12	2.23,58i-05
2.23,36	Sónia Catarina Lima	UD Varzea	10-05-90	2		Braga	05-01	
2.24,18	Adelaide Coimbra	CAO Vianense	12-01-90	5	C. Norte	Braga	20-01	2.26,66i-07
2.24,77	Mariana Brás	SCU Torreense	29-11-93	1s		Espinho	22-12	
2.24,86	Cristina Costa	CDC Codessos	13-09-89	3		Braga	05-01	
2.24,93	Cátia Dias	UD Varzea	16-04-90	4		Braga	05-01	2.25,65i-07

1000 m – 3.00,0

2.59,37	Diana Freitas	ARB Valboenses	01-11-91	1		Braga	09-02	3.05,87i-07
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1500 m – 4.35,0 - 4.50,0

4.13,31	Jessica Augusto	Maratona CP	08-11-81	1	C. Port	Pombal	23-02	4.13,98i-02
4.14,72	Sandra Teixeira	Sporting CP	13-03-78	8	GE Galan	Estocolmo	21-02	4.10,84i-05
4.18,47		Sandra Teixeira		5		Valência	09-02	
4.18,66		Sandra Teixeira		1	CNCI-1	Espinho	02-02	
4.20,57		Sandra Teixeira		1	CNCI-Ap	Pombal	26-01	
4.21,20	Lilian Silva	CA Madeira	30-03-82	2	CNCI-1	Espinho	02-02	4.25,00i-06
4.23,14		Sandra Teixeira		10h	C. Mundo	Valência	08-03	
4.23,96	Nédia Semedo	FC Porto	14-11-78	2	CNCI-Ap	Pombal	26-01	4.13,58i-03
4.25,12		Lilian Silva		2	C. Port	Pombal	23-02	4.25,00i-06
4.26,36	Ercilia Machado	SC Braga	24-12-86	3	CNCI-Ap	Pombal	26-01	4.27,46i-06
4.29,66	Vanda Ribeiro	GRECAS	02-04-75	3	C. Port	Pombal	23-02	4.18,46i-99
4.30,18		Vanda Ribeiro		1	CNCI-2	Espinho	02-02	
4.31,00		Ercilia Machado		2	CNCI-2	Espinho	02-02	4.27,46i-06
4.31,05		Nédia Semedo		3	CNCI-1	Espinho	02-02	4.13,58i-03
4.31,75	Marisa Barros	Açoreana Seg.	25-02-80	4	C. Port	Pombal	23-02	4.28,91i-07
4.32,06		Vanda Ribeiro		4	CNCI-Ap	Pombal	26-01	
4.32,46	Daniela Cunha	UD Varzea	30-04-90	1	C. Norte	Braga	19-01	4.41,60i-06
4.32,98	Madalena Carriço	CA Madeira	06-01-79	5	CNCI-Ap	Pombal	26-01	4.34,30i-00
4.33,67	Diana Freitas	ARB Valboenses	01-11-91	5	C. Port	Pombal	23-02	4.57,95i-06
4.35,18	Diana Soares	ARB Valboenses	02-08-92	2	C. Norte	Braga	19-01	4.47,4i-06
4.36,03	Solange Pereira da Cruz	Espanha	12-12-89	1		Braga	22-12	
4.37,82	Olga Pinto	GD Estreito	31-05-75	3	CNCI-2	Espinho	02-02	4.30,31i-04
4.37,89	Celma Bonfim	JOMA	STP	23-12-77	4	CNCI-1	Espinho	02-02
4.38,71	Carla Salomé Rocha	FC Vizela	25-04-90	2		Braga	22-12	4.45,84i-06
4.44,28	Marisa Borges	NA Alcabideche	02-12-89	3	CN23	Espinho	09-02	4.50,49i-07
4.44,86	Ana Mafalda Ferreira	GD Estreito	22-04-88	6	CNCI-Ap	Pombal	26-01	
4.46,01	Andreia Jesus	ACRSra. Desterro	06-03-85	ex		Espinho	12-01	4.48,65i-05
4.46,29	Cristina Ponte	CS Maritimo	24-12-72	7	CNCI-Ap	Pombal	26-01	
4.46,94	Ana Sofia Nunes	GJP Bemposta	12-11-88	5	CN23	Espinho	09-02	4.57,40i-07
4.48,36	Catarina Ribeiro	FC Vizela	31-10-90	3		Braga	22-12	
4.48,87	Marisa Ferreira	UD Varzea	20-08-92	4	C. Norte	Braga	19-01	4.57,35i-06
4.49,15	Liliana Alves	SC Braga	15-03-88	6	CN23	Espinho	09-02	

3000 m – 9.50,0 - 11.00,0

8.46,29	Jessica Augusto	Maratona CP	08-11-81	2	Norwich	Birmingham	16-02	8.57,65i-05
8.48,81		Jessica Augusto		5h	C. Mundo	Valência	07-03	
8.49,78		Jessica Augusto		8	C. Mundo	Valência	08-03	
8.55,18		Jessica Augusto		3		Valência	09-02	
9.09,41	Sara Moreira	Maratona CP	17-10-85	1	C. Port	Pombal	24-02	9.23,64i-07

9.09,88		Sara Moreira			6		Valência		09-02	
9.28,66	Sandra Teixeira	Sporting CP		13-03-78	1	CNCI-1	Espinho		03-02	
9.30,87	Ana Dulce Felix	SC Braga		23-10-82	1	CNCI-Ap	Pombal		26-01	10.03,63i-00
9.42,34	Marisa Barros	Açoreana Seg.		25-02-80	2	C. Port	Pombal		24-02	9.26,44i-07
9.43,26	Ercilia Machado	SC Braga		24-12-86	1	CN23	Espinho		10-02	
9.44,95	Leopoldina Silveira	França		18-06-75	4	CN Fra	Bordeus		16-02	9.46,24i-07
9.48,78	Clarisse Cruz	Sporting CP		09-07-78	2	CNCI-Ap	Pombal		26-01	9.25,22i-02
9.48,97		Ercilia Machado			1	CNCI-2	Espinho		03-02	
9.48,97	Celma Bonfim	JOMA	STP	23-12-77	2	CNCI-1	Espinho		03-02	
9.51,05	Sónia Fernandes	FC Porto		03-05-83	3	CNCI-1	Espinho		03-02	9.30,52i-01
9.52,36	Solange Jesus	ADERCUS		07-01-87	2	CN23	Espinho		10-02	10.08,07i-07
9.52,95	Sara Pinho	CA Madeira		06-08-81	3	CNCI-Ap	Pombal		26-01	9.33,54i-07
9.54,81	Carla Salomé Rocha	FC Vizela		25-04-90	3	CN23	Espinho		10-02	10.18,12i-07
9.54,98	Solange Pereira da Cruz	Espanha		12-12-89	1		Braga		08-12	
9.58,72	Diana Soares	ARB Valboenses		02-08-92	2	C. Norte	Braga		20-01	
9.59,05	Sara Catarina Ribeiro	FC Vizela		31-05-90	4	CN23	Espinho		10-02	10.22,30i-06
9.59,05	Vanda Ribeiro	GRECAS		02-04-75	3	C. Port	Pombal		24-02	10.24,42i-07
9.59,64	Cristina Ponte	CS Marítimo		24-12-72	4	CNCI-1	Espinho		03-02	
10.02,18	Rita Simões	Sporting CP		02-06-82	4	C. Port	Pombal		24-02	9.46,63i-03
10.02,35	Ana Mafalda Ferreira	GD Estreito		22-04-88	3	CNCI-2	Espinho		03-02	
10.02,65	Olga Pinto	GD Estreito		31-05-75	5	C. Port	Pombal		24-02	10.00,20i-07
10.10,04	Lúcia Ribeiro	CAO Vianense		03-01-91	5	C. Norte	Braga		20-01	
10.14,06	Liliana Alves	SC Braga		15-03-88	5	CN23	Espinho		10-02	10.39,50i-05
10.22,18	Anais Moniz	CF Belenenses		23-04-89	8	CNCI-Ap	Pombal		26-01	
10.22,65	Adelina Moreiras	Juv. Vidigalense		08-10-79	9	CNCI-Ap	Pombal		26-01	
10.24,05	Raquel Pereira	SC Braga		23-07-89	6	CN23	Espinho		10-02	10.25,12i-06
10.26,53	Cristina Costa	CDC Codessos		85	6	C. Norte	Braga		20-01	10.57,25i-05
10.28,78	Mónica Moreiras	Juv Vidigalense		08-10-79	2	C. Beiras	Espinho		20-01	10.30,89i-98
10.32,90	Diana Freitas	ARB Valboenses		01-11-91	3		Braga		08-12	10.49,64i-07
10.35,80	Marta Martins	ARB Valboenses		15-01-92	2	Rio Largo	Espinho		01-03	
10.38,41	Ana Nunes	GJP Bemposta		12-11-88	8	CN23	Espinho		10-02	10.33,94i-07
10.40,90	Telma Silva	GDAC Bouça		83	2	C. Beiras	Espinho		20-01	
10.41,43	Marina Agostinho	Juv Vidigalense		06-03-82	1		Pombal		16-12	10.24,02i-07
10.47,95	Catarina Carvalho	CA Mar. Grande		92	10	CNCI-Ap	Pombal		26-01	
10.51,30	Tânia Silva	Liberdade FC		24-05-88	5		Braga		08-12	10.36,02i-05
10.51,85	Silvia Costa	UD Zona Alta		31-03-84	1		Pombal		06-01	
10.57,14	Nadine Leite	JA Mozelense		13-07-90	2		Espinho		13-01	11.04,36i-07
10.57,18	Tânia Ferreira	GJP Bemposta		17-10-87	1		Espinho		06-01	
10.57,38	Liliana Silva	Liberdade FC		18-03-85	6		Braga		08-12	10.18,45i-05
10.59,79	Daniela Santos	ARB Valboenses		01-10-91	3	Rio Largo	Espinho		01-03	

60 m B – 9,00 - 10,50

8,61	Patrícia Vieira	GD Estreito		18-04-79	1	C. Port	Pombal		24-02	8,33i-05
8,68		Patrícia Vieira			1s	CNCI-Ap	Pombal		20-01	
8,69		Patrícia Vieira			1h	C. Port	Pombal		24-02	
8,70		Patrícia Vieira			1	CNCI-2	Espinho		02-02	
8,70	Mónica Lopes	Sporting CP		18-01-86	2	C. Port	Pombal		24-02	8,73i-06
8,74		Mónica Lopes			1h	C. Port	Pombal		24-02	
8,76	Fernanda Borba	C Operario D		02-03-81	2h	C. Port	Pombal		24-02	8,76i-01
8,78		Patrícia Vieira			1s	T. FPA	Pombal		12-01	
8,88		Mónica Lopes			1	CNCI-1	Espinho		02-02	
8,89		Mónica Lopes			2s	CNCI-Ap	Pombal		26-01	
8,90	Andreia Felisberto	JOMA		22-06-86	1		Pombal		26-01	9,09i-05
8,90		Fernanda Borba			3s	CNCI-Ap	Pombal		26-01	
8,93		Fernanda Borba			2		Pombal		26-01	
8,93	Eva Vital	ACDR Arneirense		08-07-92	4s	CNCI-Ap	Pombal		26-01	
8,94		Fernanda Borba			3	C. Port	Pombal		24-02	
8,95	Susana Estriga	FC Porto		16-07-75	4	C. Port	Pombal		24-02	9,03i-07
9,00		Eva Vital			2s	T. FPA	Pombal		12-01	

9,00		Mónica Lopes			3		Pombal	26-01	
9,05	Catarina Bastos	Sporting CP	28-09-86	5	C. Port	Pombal	24-02	9,28i-04	
9,13	Debora Encarnação	CA Madeira	06-09-89	7s	CNCI-Ap	Pombal	26-01	9,09i-07	
9,24	Telma Elias	SL Benfica	04-01-90	7	C. Port	Pombal	24-02	9,29i-07	
9,28	Carina Gomes	EC+S Lavra	05-06-81	Pen	C. Port	Pombal	24-02	9,14i-05	
9,33	Witiney Barata	ARC Br. Valongo	31-01-88	Pen	C. Port	Pombal	24-02	9,27i-07	
9,34	Vanessa Rocha	GD Estreito	02-01-90	2	CN23	Espinho	10-02	9,65i-06	
9,35	Lecabela Quaresma	GR Qt. Lomba	STP 26-12-89	1s	CNCI-Ap	Pombal	26-01	9,88i-07	
9,35	Nádia Gaspar	SL Benfica	07-10-90	2h	CN23	Espinho	10-02		
9,43	Carla Gama	GD Cavadas	24-11-90	Pen	T. FPA	Pombal	13-01	10,13i-07	
9,45	Sofia Pires	CA Terceira	01-10-86	5	CN23	Espinho	10-02	9,20i-07	
9,45	Tânia Caires	CS Marítimo	03-12-87	3h	CN23	Espinho	10-02	9,33i-06	
9,47	Cristiana Cunha	Gira Sol RC	12-07-91	4h	C. Port	Pombal	24-02		
9,54	Márcia Vieira	EC+S Lavra	04-01-91	5h	C. Port	Pombal	24-02	10,22i-07	
9,62	Patrícia Monteiro	SC Braga	22-06-89	2	C. Norte	Braga	20-01	9,75i-07	
9,63	Marisa Vieira	CA Madeira	30-12-79	Pen	T. FPA	Pombal	13-01	9,09i-05	
9,67	Carmezinda Nascimento	Sporting CP	21-12-89	5	CN23	Espinho	10-02	9,92i-07	
9,68	Anabela Neto	ACRD Escapães	25-03-91	1		Espinho	23-02	10,37i-07	
9,74	Irina Rodrigues	Juv Vidigalense	05-02-91	3	C. Beiras	Espinho	20-01		
9,74	Daniela Ferreira	Juv. Vidigalense	22-06-89	3s	CNCI-Ap	Pombal	26-01	10,28i-06	
9,81	Elisa Pegado	GD Estreito	23-07-87	2		Alpiarça	24-11	9,70i-07	
9,84	Catarina Costa	C Bf Faro	03-08-89	Pen	C. Port	Pombal	24-02	9,89i-07	
9,87	Cláudia Rodrigues	C Operario D	11-11-89	Pen	T. FPA	Pombal	13-01	10,24i-07	
9,97	Ana Abreu	GRECAS	13-06-88	5	CNCI-2	Espinho	02-02	9,83i-06	
10,01	Diana Morgado	Bairro Anjos	16-11-89	1s	CNCI-Ap	Pombal	26-01	10,17i-07	
10,01	Patrícia Loureiro	EC+S Lavra	20-07-90	Pen	C. Norte	Braga	10-02	10,23i-07	
10,02	Rosalina Carvalho	CD Póvoa	14-05-90	Pen	C. Norte	Braga	10-02	10,25i-06	
10,09	Teresa Ribeiro	FC Porto	23-08-88	3h	C. Norte	Braga	20-01	9,79i-07	
10,20	Sandra Borges	Gira Sol RC	15-11-83	5s	T. FPA	Pombal	12-01	9,13i-06	
10,24	Joana Araújo	SC Braga	05-01-90	3		Braga	26-01	10,12i-06	
10,31	Ana Catarina Neves	ADR Aguas Belas	25-10-89	Pen	C. Port	Pombal	24-02	10,50i-07	
10,34	Leslie Delgado	Juv. Vidigalense	25-06-89	3		Pombal	16-12	9,57i-07	
10,34	Marlene Bastos	CFU Lamas	28-08-92	3		Espinho	13-01		
10,37	Marisa Anselmo	Sporting CP	06-09-87	Pen		Pombal	29-12	9,51i-03	
10,42	Rute Limpo	JD Neves	23-12-90	Pen	T. FPA	Pombal	13-01		
10,45	Mariana Morgado	Bairro Anjos	16-11-89	Pen	T. FPA	Pombal	13-01	9,77i-06	
10,47	Anna Rosa	C Bf Faro	24.12.92	3s	CNCI-Ap	Pombal	26-01		

Altura/High Jump – 1,60 - 1,50

1,79	Marisa Anselmo	Sporting CP	06-09-87	1	C. Port	Pombal	24-02	1,83i-06
1,76	Marisa Anselmo			1	T. FPA	Pombal	13-01	
1,75	Marisa Anselmo			Pen		Pombal	29-12	
1,75	Marisa Anselmo			1	CNCI-Ap	Pombal	26-01	
1,75	Marisa Anselmo			1	CNCI-1	Espinho	03-02	
1,75	Sofia Pires	CA Terceira	01-10-86	Pen	C. Norte	Pombal	24-02	1,78i-06
1,74	Marisa Anselmo			1	CNU	Pombal	02-03	
1,71	Marisa Anselmo			1	CN23	Espinho	10-02	
1,70	Irina Rodrigues	Juv Vidigalense	05-02-91	2	T. FPA	Pombal	13-01	1,60i-07
1,70	Irina Rodrigues			TT	TTJ Nac	Alpiarça	02-02	
1,68	Sofia Pires			Pen	T. FPA	Pombal	13-01	
1,68	Sofia Pires			2	CN23	Espinho	10-02	
1,68	Irina Rodrigues			2	C. Port	Pombal	24-02	
1,68	Joana Flores	CA Terceira	08-10-89	3	C. Port	Pombal	24-02	1,70i-07
1,68	Liliana Viana	FC Porto	14-08-85	2	CNU	Pombal	02-03	1,74i-04
1,66	Irina Rodrigues			1		Pombal	16-12	
1,66	Liliana Viana			2	CNCI-Ap	Pombal	26-01	
1,66	Irina Rodrigues			3	CNCI-Ap	Pombal	26-01	
1,66	Liliana Viana			2	CNCI-1	Espinho	03-02	
1,65	Liliana Viana			ex		Pombal	06-01	

1,65	Cláudia Rodrigues	C Operario D	11-11-89	Pen	T. FPA	Pombal	13-01	1,64i-07	
1,65	Joana Flores			3	CN23	Espinho	10-02		
1,64	Liliana Viana			3	T. FPA	Pombal	13-01		
1,64	Irina Rodrigues			TT		Pombal	27-01		
1,63	Cláudia Rodrigues			Pen	C. Norte	Pombal	24-02		
1,62	Irina Rodrigues			1		Pombal	06-01		
1,62	Marisa Vieira	CA Madeira	30-12-79	4	CNCI-Ap	Pombal	26-01	1,65i-04	
1,61	Ana Rita Pereira	SC Braga	14-05-91	1		Braga	05-01	1,62i-07	
1,61	Anabela Neto	ACRD Escapães	25-03-91	1		Espinho	06-01	1,64i-07	
1,61	Anabela Neto			1		Espinho	13-01		
1,61	Iolanda Ribeiro	GD Pic-Nic	24-04-89	4	T. FPA	Pombal	13-01	1,59i-05	
1,60	Ana Rita Pereira			1		Braga	22-12		
1,60	Anabela Neto			1		Espinho	22-12		
1,60	Irina Rodrigues			1		Alpiarça	22-12		
1,60	Anabela Neto			1	D. Esc.	Espinho	28-01		
1,60	Anabela Neto			1		Espinho	24-02		
1,60	Anabela Neto			4	C. Port	Pombal	24-02		
1,60	Anabela Neto			1		Pombal	01-03		
1,59	Ana Paula Furtado	JOMA	26-01-89	4	CN23	Espinho	10-02	1,48i-07	
1,58	Marcia Gonçalves	JOMA	09-03-89	5	T. FPA	Pombal	13-01	1,60i-07	
1,58	Marta Onofre	CF Belenenses	28-01-91	TT	TTJ Nac	Alpiarça	02-02		
1,57	Catarina Costa	C Bf Faro	03-08-89	6	CNCI-Ap	Pombal	26-01	1,60i-05	
1,56	Witiney Barata	ARC Br. Valongo	31-01-88	Pen	T. FPA	Pombal	13-01		
1,56	Carina Gomes	EC+S Lavra	05-06-81	Pen	C. Norte	Braga	10-02	1,61i-03	
1,54	Rute Lopes	Gira Sol RC	17-02-92	TT	TTJ Nac	Alpiarça	02-02	1,45i-07	
1,54	Alexandra Marques	ES Julio Dinis	91	1		Espinho	23-02		
1,54	Daniela Ferreira	Juv. Vidigalense	22-06-89	Pen	C. Norte	Pombal	24-02	1,56i-06	
1,53	Ana Vasconcelos	ACDR Arneirense	18-07-92	2		Pombal	06-01	1,56i-07	
1,53	Ana Costa	GRECAS	09-11-89	2		Espinho	13-01	1,53i-07	
1,53	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	Pen	T. FPA	Pombal	13-01	
1,52	Ana Monjane	SC Braga	01-01-93	2		Braga	22-12	1,50i-07	
1,50	Anabela Enes	Sporting CP	18-02-86	1		Alcanena	02-12	1,59i-04/05	
1,50	Cátia Costa	CRU Raposense	29-04-91	TT	TTJ Nac	Alpiarça	02-02	1,48i-07	
1,50	Rosalina Carvalho	CD Póvoa	14-05-90	Pen	C. Norte	Braga	10-02	1,52i-07	
1,50	Liliana Jorge	Juv Vidigalense	03-01-91	3		Pombal	01-03	1,45i-07	
1,50	Ana Oliveira	GA Fátima	95	ex		Pombal	01-03		

Vara/Pole Vault – 3,80 - 2,50

4,40	Elisabete Tavares-Ansel	Sporting CP	07-03-80	1	C. Port	Pombal	23-02	4,32i-06
4,35	Elisabete Tavares-Ansel			1		Paris	26-01	
4,34	Elisabete Tavares-Ansel			1	CNCI-1	Espinho	02-02	
4,31	Sandra Helena Tavares	FC Porto	29-05-82	4		Epinal	09-02	4,21i-05
4,31	Sandra Helena Tavares			6		Aubiere	26-02	
4,25	Elisabete Tavares-Ansel			1		Aulnay-sous-bois	08-12	
4,25	Elisabete Tavares-Ansel			12q	C. Mundo	Valência	07-03	
4,20	Elisabete Tavares-Ansel			2		Oyonnax	12-01	
4,20	Sandra Helena Tavares			2		Oyonnax	12-01	
4,20	Elisabete Tavares-Ansel			1		Eaubonne	19-01	
4,20	Elisabete Tavares-Ansel			2	CN Fra	Bordeus	16-02	
4,20	Sandra Helena Tavares			3	CN Fra	Bordeus	16-02	
4,20	Sandra Helena Tavares			2	C. Port	Pombal	23-02	
4,15	Sandra Helena Tavares			2		Paris	26-01	
4,11	Elisabete Tavares-Ansel			6		Epinal	09-02	
4,10	Eleonor Tavares	França	24-09-85	2		Eaubonne	19-01	4,15i-07
4,10	Eleonor Tavares			3	C. Port	Pombal	23-02	
4,02	Sandra Helena Tavares			2	CNCI-1	Espinho	02-02	
4,01	Sandra Helena Tavares			4		Aulnay-sous-bois	08-12	
4,00	Sandra Helena Tavares			3		Eaubonne	19-01	
4,00	Elisabete Tavares-Ansel			1q	CN Fra	Bordeus	15-02	

4,00	Sandra Helena Tavares			2q	CN Fra	Bordeus		15-02	
4,00	Eleonor Tavares			5q	CN Fra	Bordeus		15-02	
4,00	Eleonor Tavares			6	CN Fra	Bordeus		16-02	
3,96	Eleonor Tavares			11		Epinal		09-02	
3,90	Eleonor Tavares			3		Paris		26-01	
3,87	Eleonor Tavares			13		Oyonnax		12-01	
3,78	Januária Silva Pereira	CS Maritimo	10-04-79	3	CNCI-1	Espinho		02-02	3,86i-05
3,50	Vera Lavrador	Sporting CP	03-10-88	1	Sicó	Pombal		16-02	3,54i-06
3,40	Tânia António	GRECAS	29-12-87	1	C. Beiras	Espinho		19-01	3,30i-07
3,38	Marisa Vieira	CA Madeira	30-12-79	4	CNCI-1	Espinho		02-02	3,85i-02
3,10	Marta Onofre	CF Belenenses	28-01-91	1		Alpiarça		22-12	2,90i-06
3,00	Tânia Vieira	Juv. Vidigalense	29-07-85	5	CNCI-1	Espinho		02-02	3,40i-04
2,90	Teresa Ribeiro	FC Porto	23-08-88	1	C. Norte	Braga		19-01	2,66i-07
2,90	Joana Flores	CA Terceira	08-10-89	7	C. Port	Pombal		23-02	3,10i-05
2,80	Ana Costa	GRECAS	09-11-89	2		Espinho		12-01	2,66i-07
2,80	Liliana Manhente	CDUP	30-03-85	2	C. Norte	Braga		19-01	2,66i-07
2,78	Carla Macedo	GD Estreito	22-10-90	5	CN23	Espinho		09-02	
2,66	Sara Ramalho	GD Cavadas	19-04-89	6	CN23	Espinho		09-02	
2,60	Nanci Sousa	Juv Vidigalense	28-09-90	2	Sicó	Pombal		16-02	2,20i-07

Comprimento/Long Jump – 5,60 - 5,00

7,00	Naide Gomes	Sporting CP	RNi	10-11-79	1	C. Mundo	Valência	09-03	6,89i-07
6,93	Naide Gomes		RNi		2	GE Galan	Estocolmo	21-02	
6,91	Naide Gomes				1		Chemnitz	29-02	
6,90	Naide Gomes		RNi		1		Valência	09-02	
6,79	Naide Gomes				1	CNCI-1	Espinho	02-02	
6,72	Naide Gomes				1q	C. Mundo	Valência	08-03	
6,60	Naide Gomes				1	CNCI-Ap	Pombal	26-01	
6,53	Naide Gomes				1	C. Port	Pombal	23-02	
6,04	Patrícia Mamona	JOMA		21-11-88	9		Gainesville - USA	26-01	5,94i-06
6,02	Marta Godinho	FC Porto		24-06-80	2	CNCI-1	Espinho	02-02	6,39i-04
5,99	Patrícia Mamona				2		Blacksburg - USA	09-02	
5,92	Patrícia Mamona				1		Clemson	18-01	
5,88	Cátia Ferreira	Juv Vidigalense		18-06-83	2	C. Port	Pombal	23-02	5,81i-06
5,86	Cátia Ferreira				3	CNCI-1	Espinho	02-02	
5,81	Januária Silva Pereira	CS Maritimo		10-04-79	4	CNCI-1	Espinho	02-02	5,72i-07
5,80	Cátia Ferreira				2	CNCI-Ap	Pombal	26-01	
5,76	Patrícia Mamona				2		Lexington - USA	12-01	
5,76	Januária Silva Pereira				3	CNCI-Ap	Pombal	26-01	
5,76	Sofia Pires	CA Terceira		01-10-86	1	CN23	Espinho	09-02	5,71i-06
5,75	Januária Silva Pereira				1	T. FPA	Pombal	13-01	
5,73	Januária Silva Pereira				3	C. Port	Pombal	23-02	
5,72	Cátia Ferreira				1	C. Beiras	Espinho	19-01	
5,70	Cátia Ferreira				1		Pombal	05-01	
5,70	Cátia Ferreira				ex	CNU	Pombal	02-03	
5,67	Vanessa Rocha	GD Estreito		02-01-90	1	CNCI-2	Espinho	02-02	5,12i-07
5,65	Sofia Pires				Pen	C. Port	Pombal	24-02	5,71i-06
5,60	Cátia Ferreira				2	T. FPA	Pombal	13-01	
5,59	Eva Vital	ACDR Arneirense		08-07-92	2	CNCI-2	Espinho	02-02	5,08i-07
5,53	Carla Tavares	FC Porto		22-05-82	4	CNCI-Ap	Pombal	26-01	5,78i-07
5,52	Marlene Ferreira	JOMA		09-06-81	5	CNCI-1	Espinho	02-02	5,62i-03
5,48	Carla Gama	GD Cavadas		24-11-90	3	CN23	Espinho	09-02	
5,45	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	4	CN23	Espinho	09-02	
5,43	Sara Esteves	CA Mazarefes		24-08-92	Pen	C. Norte	Braga	10-02	5,10i-07
5,42	Carina Gomes	EC+S Lavra		05-06-81	1	C. Norte	Braga	19-01	5,74i-04
5,39	Cláudia Rodrigues	C Operario D		11-11-89	Pen	C. Port	Pombal	24-02	5,36i-07
5,38	Sónia Marques	SC Braga		06-07-86	3	CNCI-2	Espinho	02-02	5,63i-06
5,26	Tânia Caires	CS Maritimo		03-12-87	1	CNU	Pombal	02-03	5,22i-07
5,24	Witiney Barata	ARC Br. Valongo		31-01-88	3	C. Beiras	Espinho	19-01	5,37i-06

5,17	Claudina Borges	EMD. Saraiva	CPV	14-08-91	1		Alpiarça	16-02	
5,16	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	Pen	C. Port	Pombal	24-02	
5,15	Marisa Vieira	CA Madeira		30-12-79	Pen	T. FPA	Pombal	13-01	5,66i-03
5,14	Lisandra Lopes	GRECAS		07-04-88	9	CNCI-Ap	Pombal	26-01	5,09i-07
5,12	Ana Paula Furtado	JOMA		26-01-89	7	CN23	Espinho	09-02	5,34i-07
5,08	Natércia Lopes	Juv Vidigalense		14-09-76	5	C. Beiras	Espinho	19-01	5,29i-02
5,08	Debora Encarnação	CA Madeira		06-09-89	6	CNCI-1	Espinho	02-02	
5,08	Rute Lopes	Gira Sol RC		17-02-92	2		Alpiarça	16-02	4,63i-07
5,02	Carla Pinhão	GRECAS		21-04-90	4	CNCI-2	Espinho	02-02	5,01i-07
5,01	Ana Borges	SC Braga		12-09-90	8	CN23	Espinho	09-02	5,21i-07
5,00	Rute Limpo	JD Neves		23-12-90	Pen	T. FPA	Pombal	13-01	
5,00	Isabel Vieira	FC Porto		25-02-93	TT	TTJ Nac	Alpiarça	02-02	4,69i-07

Triplo/Triple Jump – 11,80 - 10,00

13,77	Susana Costa	Sporting CP	RNi	22-09-84	1	C. Port	Pombal	24-02	13,49i-07
13,50		Susana Costa	RNi		1	T. FPA	Pombal	13-01	
13,46		Susana Costa			1	Sicó	Pombal	16-02	
13,45	Marta Godinho	FC Porto		24-06-80	2	C. Port	Pombal	24-02	12,88i-04
13,43		Susana Costa			1	CNCI-1	Espinho	03-02	
13,39		Marta Godinho			2	CNCI-1	Espinho	03-02	
13,21	Patrícia Mamona	JOMA		21-11-88	2		Blacksburg - USA	09-02	13,11i-07
13,05		Marta Godinho			2	T. FPA	Pombal	13-01	
13,03		Marta Godinho			2	Sicó	Pombal	16-02	
12,66		Patrícia Mamona			2		Clemson - USA	19-01	
12,60	Sandra Sofia Tavares	França		09-02-84	5		Eaubonne	03-02	12,86i-07
12,55		Patrícia Mamona			3		Chapel Hill - USA	01-02	
12,29	Vanessa Rocha	GD Estreito		02-01-90	1	CNCI-2	Espinho	03-02	11,38i-07
12,25		Sandra Sofia Tavares			6		Paris	12-01	
12,22		Vanessa Rocha			1	CN23	Espinho	10-02	
12,16		Vanessa Rocha			3	C. Port	Pombal	24-02	
12,16	Januária Silva Pereira	CS Marítimo		10-04-79	4	C. Port	Pombal	24-02	12,02i-07
12,12	Marlene Ferreira	JOMA		09-06-81	3	CNCI-1	Espinho	03-02	12,10i-03
12,09	Cláudia Jardim	CS Marítimo		31-12-80	1	CNCI-Ap	Pombal	26-01	12,00i-03
12,07		Sandra Sofia Tavares			6q	CN Fra	Bordeus	16-02	
12,06		Marlene Ferreira			1		Braga	10-01	
12,03		Marlene Ferreira			ex	C. Norte	Braga	20-01	
11,99		Sandra Sofia Tavares			2		Paris	25-11	
11,99	Carla Pinhão	GRECAS		21-04-90	1		Espinho	23-02	11,25i-06
11,98		Cláudia Jardim			ex	C. Beiras	Espinho	20-01	
11,98		Vanessa Rocha			3	Sicó	Pombal	16-02	
11,96		Cláudia Jardim			4	CNCI-1	Espinho	03-02	
11,93		Vanessa Rocha			2	CNCI-Ap	Pombal	26-01	
11,85		Cláudia Jardim			ex	C. Norte	Braga	20-01	
11,83	Carmezinda Nascimento	Sporting CP		21-12-89	5	C. Port	Pombal	24-02	11,35i-07
11,48	Marisa Anselmo	Sporting CP		06-09-87	4	Sicó	Pombal	16-02	11,07i-03
11,46	Vânia Silva	Juv Vidigalense		08-06-80	5	CNCI-Ap	Pombal	26-01	11,38i-07
11,41	Liliana Jorge	Juv Vidigalense		03-01-91	ex		Espinho	23-02	10,54i-06
11,41	Joana Flores	CA Terceira		08-10-89	8	C. Port	Pombal	24-02	11,69i-07
11,35	Ana Paula Furtado	JOMA		26-01-89	4	CN23	Espinho	10-02	11,49i-07
11,26	Ana Borges	SC Braga		12-09-90	5	CN23	Espinho	10-02	10,49i-07
11,18	Natércia Lopes	Juv Vidigalense		14-09-76	2	C. Beiras	Espinho	20-01	11,12i-03
11,15	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	7	CNCI-Ap	Pombal	26-01	11,08i-06
11,14	Sónia Marques	SC Braga		06-07-86	6	CN23	Espinho	10-02	11,28i-07
11,05	Candida Bairrada	CS Marítimo		31-12-84	8	T. FPA	Pombal	13-01	11,01i-07
11,04	Lisandra Lopes	GRECAS		07-04-88	1		Espinho	13-01	10,29i-07
11,00	Liliana Viana	FC Porto		24-08-85	8	CNCI-Ap	Pombal	26-01	11,77i-04
10,85	Marta Onofre	CF Belenenses		28-01-91	3	CNCI-2	Espinho	03-02	
10,84	Sylvia Pereira	SC Braga		21-11-88	1		Braga	22-12	11,21i-06
10,83	Neide Vieira	CA Madeira		30-12-79	9	CNCI-Ap	Pombal	26-01	10,80i-07

10,82	Leida Fernandes	JOMA	CPV	10-11-89	9	CN23	Espinho	10-02	
10,67	Ana Sofia Campião	GD Pic-Nic		11-04-90	10	T. FPA	Pombal	13-01	10,40i-07
10,55	Ana Filipa Neves	CA Mar. Grande		15-06-85	11	CNCI-Ap	Pombal	26-01	11,45i-07
10,48	Cátia Gaspar	Juv. Vidigalense		12-04-90	2		Pombal	16-12	10,38i-07
10,41	Ana Lopes	NA Cucujães		31-08-88	3		Espinho	13-01	10,43i-07
10,39	Cátia Silva	CFU Lamas		28-12-88	5	C. Beiras	Espinho	20-01	10,54i-05
10,38	Catarina Amorim	GD Lourocoope		03-05-92	1		Espinho	02-03	
10,35	Martina Gomes	S Viseu Bf		29-12-88	12	CNCI-Ap	Pombal	26-01	10,21i-07
10,18	Teresa Paulo	GRECAS	ANG	21-07-92	4		Espinho	13-01	
10,18	Benvinda Costa	CRU Raposense		29-12-89	14	CNCI-Ap	Pombal	26-01	
10,18	Marlene Bastos	CFU Lamas		28-08-92	2		Espinho	23-02	
10,15	Vera Lima	AD Sanjoanense		89	2		Espinho	02-03	
10,14	Carolina Josefa	SC Abrantes		01-07-92	1		Alpiarça	08-12	9,63i-07
10,10	Patrícia Loureiro	EC+S Lavra		20-07-90	2	C. Norte	Braga	20-01	10,04i-06i07
10,08	Susana Gameiro	CP Alcanena		28-12-89	2		Pombal	06-01	
10,01	Soraia Ruas	ADRE Palhaça		07-01-92	6	C. Beiras	Espinho	20-01	
10,00	Ana Vasconcelos	ACDR Arneirense		18-07-92	2		Pombal	07-12	9,62i-07

Peso/Shot Put – 13,50 – 10,00

15,09	Antónia Borges	Sporting CP		11-10-83	1	C. Port	Pombal	23-02	15,92i-06
14,94	Antónia Borges				1	CNCI-1	Espinho	02-02	
14,92	Antónia Borges				1	Sicó	Pombal	16-02	
14,84	Silvia Cruz	Sporting CP		29-12-80	2	C. Port	Pombal	23-02	14,76i-07
14,65	Vanda Rodrigues	CS Maritimo		17-10-84	2	Sicó	Pombal	16-02	13,74i-07
14,53	Vanda Rodrigues				3	C. Port	Pombal	23-02	
14,49	Silvia Cruz				3	Sicó	Pombal	16-02	
14,37	Antónia Borges				1	CNCI-Ap	Pombal	26-01	
14,17	Vanda Rodrigues				2	CNCI-Ap	Pombal	26-01	
14,06	Cristiana Oliveira	JOMA		30-06-84	4	Sicó	Pombal	16-02	14,16i-07
13,71	Vanda Rodrigues				2	CNCI-1	Espinho	02-02	
13,70	Cristiana Oliveira				3	CNCI-1	Espinho	02-02	
13,68	Cristiana Oliveira				4	C. Port	Pombal	23-02	
13,17	Sónia Grácio	FC Porto		26-03-74	4	CNCI-1	Espinho	02-02	15,24i-00
13,11	Sónia Borges	Sporting CP		26-08-85	2	CNU	Pombal	02-03	13,53i-06
12,99	Irina Rodrigues	Juv Vidigalense		05-02-91	1		Pombal	05-01	11,34i-07
12,80	Alexandra Gonçalves	SC Braga		06-11-79	1	CNCI-2	Espinho	02-02	12,09i-04
12,72	Fernanda Angélica Martins	CA Madeira		02-04-75	5	CNCI-1	Espinho	02-02	12,85i-03
12,62	Dulce Cá	GR Qt. Lomba		28-03-84	4	CNCI-Ap	Pombal	26-01	14,49i-06
12,41	Marisela Silva	GD Estreito		21-05-85	2	CNCI-2	Espinho	02-02	11,81i-06
12,32	Vânia Silva	Juv Vidigalense		08-06-80	6	CNCI-1	Espinho	02-02	11,80i-01
12,14	Inês Fernandes	ADC Lovelhe		28-06-88	1	ANDDEM	Braga	13-01	11,66i-07
11,99	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	1	CN23	Espinho	09-02	11,53i-07
11,33	Tânia Pinhão	GRECAS		01-06-88	3	C. Beiras	Espinho	19-01	11,41i-06
11,30	Carine Gomes	EC+S Lavra		05-06-81	Pen	C. Port	Pombal	24-02	11,16i-06
11,24	Cláudia Rodrigues	C Operario D		11-11-89	3	CN23	Espinho	09-02	9,57i-07
11,18	Sofia Pires	CA Terceira		01-10-86	Pen	T. FPA	Pombal	13-01	11,97i-06
10,83	Candida Cristina	GRECAS		23-03-74	2		Espinho	12-01	10,28i-07
10,79	Catarina Rosa	CA Mar. Grande		20-07-89	2		Pombal	05-01	10,22i-07
10,61	Maria Céu Cunha	CV Coimbra		13-12-62	1		Espinho	05-01	11,52i-05
10,55	Ana Esteves	SUO Vais		15-04-86	5	CNU	Pombal	02-03	11,61i-03
10,54	Ana Patrícia Inácio	CA Mar. Grande		11-02-91	3		Pombal	05-01	10,43i-07
10,35	Ana Rita Henriques	ACDR Arneirense		25-11-92	5	C. Beiras	Espinho	19-01	
10,25	Soraia Ruas	ADRE Palhaça		07-01-92	3		Espinho	12-01	
10,17	Carolina Rodrigues	NS Cartaxo		07-02-91	1		Alpiarça	08-12	
10,10	Marisa Pão Alvo	CN Rio Maior		13-08-79	2		Pombal	05-01	13,40i-97
10,09	Ana Patrícia Inácio	CA Mar. Grande		11-02-91	10	CNCI-Ap	Pombal	26-01	10,43i-07
10,07	Teresa Ribeiro	FC Porto		23-08-88	3	C. Norte	Braga	19-01	10,36i-07

Pentatlo - 2500

3.750	Sofia Pires	CA Terceira	01-10-86	1	C. Port	Pombal	24-02	3872i-06
3.574	Sofia Pires			1	T. FPA	Pombal	13-01	
3.473	Carina Gomes	EC+S Lavra	05-06-81	2	C. Port	Pombal	24-02	3691i-04
3.352	Lecabela Quaresma	GR Qt. Lomba	STP 26-12-89	4	C. Port	Pombal	24-02	3101i-07
3.327	Carina Gomes			1	C. Norte	Braga	10-02	
3.316	Cláudia Rodrigues	C Operario D	11-11-89	2	T. FPA	Pombal	13-01	3236i-07
3.307	Cláudia Rodrigues			4	C. Port	Pombal	24-02	
3.271	Lecabela Quaresma			3	T. FPA	Pombal	13-01	
3.248	Marisa Vieira	CA Madeira	30-12-79	4	T. FPA	Pombal	13-01	3648i-04
3.118	Carla Gama	GD Cavadas	24-11-90	5	C. Port	Pombal	24-02	
3.108	Witiney Barata	ARC Br. Valongo	31-01-88	5	T. FPA	Pombal	13-01	
3.005	Catarina Costa	C Bf Faro	03-08-89	6	C. Port	Pombal	24-02	3022i-07
2.864	Catarina Costa			6	T. FPA	Pombal	13-01	
2.859	Rosalina Carvalho	CD Póvoa	14-05-90	1 jr	C. Norte	Braga	10-02	
2.770	Daniela Ferreira	Juv. Vidigalense	22-06-89	1		Pombal	29-12	2552i-07
2.685	Patrícia Loureiro	EC+S Lavra	20-07-90	2 jr	C. Norte	Braga	10-02	
2.672	Ana Catarina Neves	ADR Aguas Belas	25-10-89	2		Pombal	29-12	2545i-07
2.634	Ana Catarina Neves			7	C. Port	Pombal	24-02	
2.633	Daniela Ferreira			8	C. Port	Pombal	24-02	
2.616	Patrícia Loureiro			9	C. Port	Pombal	24-02	
2.514	Raquel Silva	CA Avintes	07-02-90	3 jr	C. Norte	Braga	10-02	
2.512	Witiney Barata			10	C. Port	Pombal	24-02	
2.490	Lisandra Lopes	GRECAS	07-04-88	1		Espinho	30-12	2671i-07

3.000 m M/W - 16.00,0

12.29,52	Inês Henriques	CN Rio Maior	01-05-80	1	C. Port	Pombal	23-02	12.32,57i-07
12.37,03	Vera Santos	JOMA	03-12-81	1	CNCI-1	Espinho	02-02	12.55,36i-04
12.46,35	Susana Feitor	CN Rio Maior	28-01-75	1		Pombal	05-01	12.21,7i-94
13.19,7	Maribel Gonçalves	CS Marítimo	01-04-78	3	C. Port	Pombal	23-02	12.47,71i-04
13.43,60	Sofia Avoila	Sporting CP	30-07-76	3	CNCI-Ap	Pombal	26-01	13.13,24i-01
13.44,48	Ana Cláudia Conceição	SC Braga	31-01-89	4	CNCI-Ap	Pombal	26-01	14.37,64i-07
13.54,00	Sandra Vieira Leitão	FC Porto	01-11-75	5	C. Port	Pombal	23-02	13.38,54i-04
14.07,72	Catarina Godinho	CAF Zezere	03-02-89	6	C. Port	Pombal	23-02	14.15,23i-06
14.08,63	Fátima Rodrigues	Gira Sol RC	13-05-86	7	C. Port	Pombal	23-02	14.28,92i-05
14.09,22	Sandra Silva	GRECAS	21-09-75	8	C. Port	Pombal	23-02	14.13,39i-07
14.27,21	Mónica Jones	AA Pinhalnovense	07-02-81	6	CNCI-Ap	Pombal	26-01	
14.31,09	Cristiana Vaz	CP Corroios	24-03-87	3	CN23	Espinho	09-02	14.53,56i-04
14.37,39	Marisa Soares	FC Porto	16-09-80	3	C. Norte	Braga	19-01	14.54,40i-04
14.48,20	Andreia Freitas	CA Madeira	02-04-83	9	CNCI-Ap	Pombal	26-01	14.47,92i-07
14.59,41	Teresa Costa	CF Belenenses	08-07-82	10	CNCI-Ap	Pombal	26-01	14.25,18i-02
15.01,86	Liliana Martins	GCA Donas	20-07-90	10	C. Port	Pombal	23-02	15.07,91i-07
15.06,18	Alice Fernandes	GD Lourocoope	26-03-52	11	C. Port	Pombal	23-02	14.50,36i-99
15.19,17	Ana Raquel Marques	NA Alcabideche	21-09-83	11	CNCI-Ap	Pombal	26-01	14.51,81i-06
15.32,03	Hanna Shershneva	CA Mar. Grande	UCR 05-11-89	1		Pombal	05-01	14.50,00i-07
15.35,93	Andreia Coelho	GD Lourocoope	25-10-91	4	C. Beiras	Espinho	19-01	16.52,70i-07
15.45,57	Sandra Monteiro	CA Avintes	05-09-92	4	C. Norte	Braga	19-01	

4 x 400 m – 4.05,0 - 4.31,0

3.52,50	GD Estreito	T. Freitas, E. Pegado, E. Laranja, J. Frias	1	C. Port	Pombal	24-02	3.56,44i-06	
3.53,41	Sporting CP	G. Santo, C. Bastos, L. Leal, MC. Tavares	*	1	CNCI-1	Espinho	03-02	3.43,97i-01
3.54,10	Sporting CP	L. Leal, C. Bastos, S. Teixeira, MC. Tavares	*	1s	CNCI-Ap	Pombal	26-01	
3.54,18	GD Estreito	E. Laranja, J. Frias, T. Freitas, E. Pegado	1	CNCI-2	Espinho	03-02		
3.54,70	CA Madeira	R. Almeida, N. Vieira, L. Silva, S. Vieira	2s	CNCI-Ap	Pombal	26-01	3.48,44i-02	
3.54,88	GD Estreito	E. Laranja, T. Freitas, J. Frias, E. Pegado	3s	CNCI-Ap	Pombal	26-01		
3.55,48	CA Madeira	R. Almeida, N. Vieira, S. Vieira, L. Silva	2	CNCI-1	Espinho	03-02		
4.00,71	GD Estreito	E. Laranja, E. Pegado, J. Gouveia, J. Frias	1	CN23	Espinho	10-02		
4.04,32	SC Braga	I. Oliveira, J. Costa, E. Machado, MC. Nunes	1s	CNCI-Ap	Pombal	26-01	4.01,96i-01	
4.05,69	FC Porto	AR. Lopes, A. Marques, J. Campos, L. Azevedo	4s	CNCI-Ap	Pombal	26-01	3.57,23i-98	
4.07,36	JO Monte Abraão	A. Felisberto, A. Furtado, V. Barbosa, L. Santos	*	3	CNCI-1	Espinho	03-02	3.49,84i-06
4.08,36	Juventude Vidigalense	P. Pereira, C. Santos, L. Delgado, C. Ferreira	4	CNCI-1	Espinho	03-02	4.00,55i-05	
4.11,67	Sport Lisboa e Benfica	C. Pereira, N. Dias, T. Elias, N. Gaspar	*	2	CN23	Espinho	10-02	3.47,64i-96
4.13,60	GRECAS	L. Barbosa, L. Lopes, T. António, V. Ribeiro	2s	CNCI-Ap	Pombal	26-01	4.05,96i-05	
4.15,35	CS Marítimo	T. Caires, V. Pereira, S. Pereira, C. Ponte	3s	CNCI-Ap	Pombal	26-01	4.16,84i-07	
4.15,39	Gira Sol RC	S. Borges, A. Silva, R. Lopes, C. Cunha	3	CNCI-2	Espinho	03-02	4.11,13i-06	
4.16,30	Bairro dos Anjos	C. Gonçalves, S. Lopes, A. Matias, D. Cardoso	3	C. Port	Pombal	24-02	4.22,39i-01	
4.17,30	CF Belenenses	C. Duarte, I. Lopes, F. Morgado, T. Duarte	Jun	5	CNCI-2	Espinho	03-02	
4.17,64	JA Mozelense	C. Silva, N. Santos, P. Marques, N. Leite	Jun	4	C. Port	Pombal	24-02	
4.20,79	AD Sanjoanense	A. Claudia, J. Pessoa, V. Lima, M. Silva	4	C. Beiras	Espinho	20-01		
4.22,25	GR Quinta da Lomba	G. Martins, C. Simões, C. Miranda, C. Simões	*	4s	CNCI-Ap	Pombal	26-01	4.10,92i-06
4.28,88	ACDR Amieirense	A. André, J. Brito, A. Ferreira, A. Faria	juv	6	CNCI-2	Espinho	03-02	
4.29,54	GJ Pinheiro da Bemposta	A. Bastos, T. Ferreira, A. Oliveira, A. Nunes	6	CN23	Espinho	10-02	4.24,32i-05	
4.29,84	ADR Águas Belas	D. Nunes, I. Tapadas, C. Godinho, C. Neves	Jun	1s	CNCI-Ap	Pombal	26-01	
4.31,26	Casa Benfca Faro	C. Costa, E. Cruz, S. Silva, H. Neto	2s	CNCI-Ap	Pombal	26-01	4.10,97i-06	

(*) com atletas estrangeiros