

### 60 m - 7,00 - 7,30

6,66	Francis Obikwelu	Sporting CP		22-11-78	1mf	C. Port.	Pombal	23-02	6,54i-05
6,66		Francis Obikwelu			3mf	C. Mundo	Valência	07-03	
6,70		Francis Obikwelu			1	C. Port.	Pombal	23-02	
6,70		Francis Obikwelu			2h	C. Mundo	Valência	07-03	
6,74		Francis Obikwelu			1h	C. Port.	Pombal	23-02	
6,75		Francis Obikwelu			7h	Norwich	Birmingham	16-02	
6,78	Arnaldo Abrantes	Sporting CP		27-11-86	1	CNCI-1	Espinho	02-02	6,80i-07
6,79		Arnaldo Abrantes			1 ex		Espinho	02-02	
6,79		Arnaldo Abrantes			8h	Norwich	Birmingham	16-02	
6,81		Arnaldo Abrantes			1s	CNCI-Ap	Espinho	27-01	
6,81		Arnaldo Abrantes			2	C. Port.	Pombal	23-02	
6,86		Arnaldo Abrantes			1mf	C. Port.	Pombal	23-02	
6,87		Arnaldo Abrantes			1h	C. Port.	Pombal	23-02	
6,88	Dany Gonçalves	CS Marítimo		14-03-85	2	CNCI-1	Espinho	02-02	7,00i-07
6,88	Holder da Silva	SL Benfica	GBS	22-01-88	2 ex		Espinho	02-02	
6,89		Holder da Silva			1mf	CN23	Espinho	09-02	
6,90		Holder da Silva			1	CN23	Espinho	09-02	
6,90		Holder da Silva			1h	CN23	Espinho	09-02	
6,91		Holder da Silva			3	CNCI-1	Espinho	02-02	
6,91	Ricardo Pacheco	Sporting CP		31-10-83	3	C. Port.	Pombal	23-02	6,82i-06
6,92		Holder da Silva			ex	T. FPA	Pombal	12-01	
6,92		Holder da Silva			1 ex		Espinho	26-01	
6,92	Ivo Vital	SL Benfica		09-08-88	4	Sicó	Pombal	16-02	7,02i-07
6,92		Ricardo Pacheco			2mf	C. Port.	Pombal	23-02	
6,92	Ricardo Monteiro	C Bf. Faro		02-10-85	3mf	C. Port.	Pombal	23-02	6,96i-06
6,93		Dany Gonçalves			4	C. Port.	Pombal	23-02	
6,94		Dany Gonçalves			1s	CNCI-Ap	Espinho	26-01	
6,94	Renato Moura	NA Alcabideche		14-02-78	4mf	C. Port.	Pombal	23-02	6,94i-01
6,95	Raul Veloso	CCD Ribeirão		01-10-81	5	C. Port.	Pombal	23-02	6,90i-05
6,95		Ricardo Pacheco			2h	C. Port.	Pombal	23-02	
6,95		Ivo Vital			5mf	C. Port.	Pombal	23-02	
6,95		Dany Gonçalves			6mf	C. Port.	Pombal	23-02	
6,96		Dany Gonçalves			2 ex		Espinho	26-01	
6,96		Ricardo Monteiro			1	CNCI-2	Espinho	02-02	
6,96		Ricardo Monteiro			6	C. Port.	Pombal	23-02	
6,96		Dany Gonçalves			2h	C. Port.	Pombal	23-02	
6,97	Carlos Gonçalves	CA Seia		11-07-87	3 ex		Espinho	02-02	7,02i-07
6,98		Dany Gonçalves			4 ex		Espinho	02-02	
6,98		Ivo Vital			1mf	CN23	Espinho	09-02	
6,98		Carlos Gonçalves			2mf	CN23	Espinho	09-02	
6,98		Ivo Vital			1h	Sicó	Pombal	16-02	
6,99		Raul Veloso			1s		Braga	05-01	
6,99		Dany Gonçalves			1s	T. FPA	Pombal	12-01	
6,99		Holder da Silva			1s	T. FPA	Pombal	12-01	
6,99		Ivo Vital			1h	CN23	Espinho	09-02	
6,99		Ivo Vital			7	C. Port.	Pombal	23-02	
7,00		Carlos Gonçalves			2h	CN23	Espinho	09-02	
7,01	Mário Barbosa	Gira Sol RC		26-07-77	2s	CNCI-Ap	Espinho	27-01	6,73i-98
7,01	Edi Sousa	Sporting CP		11-07-89	3h	C. Port.	Pombal	23-02	7,01i-07
7,02	António Morais Costa	CCD Ribeirão		23-12-80	4	CNCI-1	Espinho	02-02	7,07i-06
7,05	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	3	C. Beiras	Espinho	19-01	7,15i-07
7,06	Cláudio Gama	GD Cavadas		20-03-82	Hep	C. Port.	Pombal	23-02	7,09i-07
7,08	Yazaldes Nascimento	SL Benfica		17-04-86	3s	T. FPA	Pombal	12-01	6,90i-07
7,08	Luis Machado	GRECAS		07-07-86	3mf	CN23	Espinho	09-02	7,13i-05
7,09	Guilherme Amaral	Gira Sol RC		16-06-88	5	CN23	Espinho	09-02	7,21i-07
7,11	Oswaldo Sousa	Estrela V. Novas		10-02-89	2h	CN23	Espinho	09-02	
7,11	Paulo Dias	Gira Sol RC		14-05-89	4h	C. Port.	Pombal	23-02	7,07i-07
7,12	Bruno Ferreira	ACDR Arneirense		27-05-90	2mf	C. Beiras	Espinho	19-01	7,36i-07

7,12	Carlos Veiga	CF Belenenses		22-02-89	6	CN23	Espinho	09-02	
7,12	Orlando Tungo	Vitória Setúbal	ANG	17-04-89	1h	CN23	Espinho	09-02	7,10i-07
7,14	David Figueiredo	FC Porto		11-04-86	6	CNCI-1	Espinho	02-02	7,00i-07
7,14	João Gradiz	Juv. Vidigalense		02-05-89	5	Sicó	Pombal	16-02	7,29i-06
7,15	Kevin Wilson	Bairro Anjos		06-01-90	Hep		Pombal	29-12	7,22i-07
7,15	Bruno Geraldes	SL Benfica		15-05-88	1 ex		Espinho	26-01	7,13i-06
7,16	Bruno Sá	CCSJ. Madeira		24-01-87	1s	Tn. Natal	Espinho	23-12	7,09i-06
7,16	Ricardo Martins	C Bf. Faro		12-05-85	8 ex		Espinho	02-02	7,02i-07
7,16	Tiago Passos	FC Porto		01-08-86	3h	CN23	Espinho	09-02	7,17i-06
7,17	Pedro Almeida	GRECAS		30-03-84	3mf	C. Beiras	Espinho	19-01	6,97i-04
7,17	Gonçalo Ribeiro	Juv. Vidigalense		01-01-89	1 ex		Espinho	02-02	7,20i-07
7,19	Marcos Coelho	CF Belenenses		10-06-88	1h	CN23	Espinho	09-02	7,09i-06
7,21	Simão Santana	GRECAS		89	2		Espinho	12-01	
7,21	Jorge Cardoso	CCSJ. Madeira		30-10-88	1		Espinho	23-02	7,24i-06
7,21	Jony Ribeiro	SL Benfica		14-01-87	7h	C. Port.	Pombal	23-02	
7,21	Tiago Marto	GA Fátima		05-05-86	Hep	C. Port.	Pombal	23-02	7,14i-04
7,22	Jorge Moreira	Vitória Guimarães		91	1h	C. Norte	Braga	19-01	
7,22	Joaquim Rodrigues	CCD Ribeirão		25-03-90	2 ex		Espinho	02-02	7,36i-07
7,22	Diogo Marouco	CP Corroios		87	5h	CN23	Espinho	09-02	
7,22	Rui Pereira	FC Porto		17-11-85	4h	Rio Largo	Espinho	01-03	7,23i-04
7,23	André Loureiro	CA Mazarefes		11-09-86	4	C. Norte	Braga	19-01	7,16i-07
7,23	Nuno Batista	JOMA		10-04-91	3 ex		Espinho	02-02	
7,24	Simão Coroa	FC Porto		31-07-85	4s		Braga	05-01	7,22i-07
7,25	Emanuel Neves	FC Porto		13-03-90	1s		Braga	05-01	7,41i-07
7,26	Diogo Espinha	CS Marítimo		08-10-87	4s	T. FPA	Pombal	12-01	7,17i-07
7,26	Gilson Tavares	FC Porto		84	5 ex		Espinho	02-02	
7,27	Ricardo Rocha	CDUP		16-10-85	ex		Espinho	12-01	7,01i-03
7,27	Adão Mendes	CA Bx Banheira		89	2s	CNCI-Ap	Espinho	26-01	
7,27	Gil Mendes	GD Cavadas		08-05-89	Hep	C. Port.	Pombal	23-02	7,43i-07
7,28	Luis Silva	ES Serafim Leite		11-07-93	ex		Espinho	23-02	7,79i-07
7,28	Lenine Cunha	FC Porto		04-12-82	1	ANDDEM	Espinho	01-03	7,18i-04
7,29	Diogo Carvalho	CCSJ. Madeira		27-01-88	2mf		Espinho	12-01	7,37i-07
7,29	Fábio Machado	ACDR Armeirense		88	5h	Sicó	Pombal	16-02	
7,29	Pedro Santos	CP Alcanena		01-01-88	Hep	C. Port.	Pombal	23-02	7,28i-07
7,30	Ricardo Vieira	GA Fátima		01-05-90	1		Pombal	05-01	7,43i-07
7,30	Diogo Santos	FC Porto		03-05-91	3s		Braga	10-02	
7,30	Silvino Veiga	ACAPO		15-09-79	2	ANDDEM	Espinho	01-03	7,25i-04
7,31	Luis Silva	GRECAS		26-05-80	1		Espinho	13-01	7,36i-06

## 200 m– 22,50 – 23,70

21,22	Amaldo Abrantes	Sporting CP	RNi	27-11-86	1s	CNCI-Ap	Espinho	27-01	21,42i-07
21,75	Dany Gonçalves	CS Marítimo		14-03-85	1	CNCI-1	Espinho	03-02	22,23i-07
21,76		Dany Gonçalves			1	C. Port	Pombal	24-02	
21,85	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	2	C. Port	Pombal	24-02	22,58i-07
21,94		Bruno Gualberto			1	CN23	Espinho	10-02	
21,98	Bruno Sá	CCSJ. Madeira		24-01-87	1s	C. Beiras	Espinho	20-01	22,13i-07
21,99		Dany Gonçalves			1h	C. Port	Pombal	24-02	
22,01		Dany Gonçalves			1s	CNCI-Ap	Espinho	26-01	
22,04		Bruno Gualberto			1h	C. Port	Pombal	24-02	
22,08	Holder da Silva	SL Benfica	GBS	22-01-88	2	CNCI-1	Espinho	03-02	
22,14	Carlos Gonçalves	CA Seia		11-07-87	2s	C. Beiras	Espinho	20-01	22,88i-07
22,25	Renato Moura	NA Alcabideche		14-02-78	1	CNCI-2	Espinho	03-02	22,35i-03
22,28		Bruno Sá			2	CN23	Espinho	10-02	
22,33		Bruno Sá			3	C. Port	Pombal	24-02	
22,34		Carlos Gonçalves			2s	CNCI-Ap	Espinho	27-01	
22,37	Guilherme Amaral	Gira Sol RC		16-06-88	3s	C. Beiras	Espinho	20-01	22,84i-07
22,40	Edi Sousa	Sporting CP		11-07-89	2h	C. Port	Pombal	24-02	
22,41		Bruno Sá			1		Espinho	13-01	
22,42		Bruno Sá			1h	C. Port	Pombal	24-02	
22,43		Renato Moura			2s	CNCI-Ap	Espinho	26-01	

22,49	Ricardo Monteiro	C Bf. Faro	02-10-85	1		Pombal	01-03	22,85i-06
22,54	Emanuel Neves	FC Porto	13-03-90	1s	CNCI-Ap	Espinho	27-01	23,67i-07
22,55	Ricardo Martins	C Bf. Faro	12-05-85	1s	CNCI-Ap	Espinho	26-01	22,55i-07
22,57	Mário Barbosa	Gira Sol RC	26-07-77	1s	CNCI-Ap	Espinho	27-01	21,58i-98
22,68	Vitor Jorge	Sporting CP	21-11-74	4	CNCI-1	Espinho	03-02	21,39i-95
22,70	Ivo Vital	SL Benfica	09-08-88	2h	C. Port	Pombal	24-02	23,83i-07
22,71	Gonçalo Ribeiro	Juv. Vidigalense	01-01-89	2s	CNCI-Ap	Espinho	27-01	23,29i-07
22,74	Simão Coroa	FC Porto	31-07-85	1s		Braga	05-01	22,47i-07
22,75	Ricardo Beatriz	C Bf. Faro	08-06-86	2		Pombal	01-03	23,66i-07
22,77	Bruno Lains	França	05-01-88	1		Eaubonne	19-01	22,76i-06
22,84	Tiago Passos	FC Porto	01-08-86	1		Espinho	02-03	22,79i-06
22,88	Luis Machado	GRECAS	07-07-86	1s	C. Beiras	Espinho	20-01	22,99i-06
22,93	Cristiano Carreira	Juv. Vidigalense	04-03-90	1s	C. Beiras	Espinho	20-01	23,65i-07
22,95	Naiel Santiago	JOMA	20-10-86	3	CNCI-2	Espinho	03-02	23,48i-07
22,98	Cesar Pedreira	Juv. Vidigalense	20-08-87	2s	C. Beiras	Espinho	20-01	
23,02	Joaquim Rodrigues	CCD Ribeirão	25-03-90	1s	CNCI-Ap	Espinho	26-01	24,01i-07
23,10	João Gradiz	Juv. Vidigalense	02-05-89	1s	C. Beiras	Espinho	20-01	23,22i-07
23,10	Simão Santana	GRECAS	89	8	CN23	Espinho	10-02	
23,12	Gilson Tavares	FC Porto	84	1s		Braga	10-02	
23,14	André Jordão	NDC Gouveia	27-06-89	2s	C. Beiras	Espinho	20-01	23,06i-07
23,16	Pedro Almeida	GRECAS	30-03-84	2		Espinho	13-01	22,58i-04
23,16	Marcos Coelho	CF Belenenses	10-06-88	2s	CNCI-Ap	Espinho	27-01	23,04i-07
23,17	Bruno Ferreira	ACDR Arneirese	27-05-90	3		Pombal	06-01	24,18i-07
23,18	Diogo Santos	FC Porto	03-05-91	ex		Espinho	23-02	
23,21	Silvino Veiga	ACAPO	15-09-79	1	ANDDEM	Espinho	01-03	
23,36	Diogo Carvalho	CCSJ. Madeira	27-01-88	4		Espinho	13-01	
23,43	Pedro Cardoso	AA Coimbra	06-06-90	2s	CNCI-Ap	Espinho	26-01	
23,49	Bruno Gancho	GD Estreito	14-11-79	3s	CNCI-Ap	Espinho	26-01	22,51i-98
23,50	Sérgio Paulo	GRQ Lomba	14-06-92	3s	CNCI-Ap	Espinho	26-01	
23,50	Lenine Cunha	FC Porto	04-12-82	2	ANDDEM	Espinho	01-03	
23,51	Francisco Correia	SC Braga	04-01-89	1s		Braga	05-01	24,54i-07
23,53	Nuno Couto	FC Porto	19-10-81	1s		Braga	10-02	21,98i-03
23,54	Flávio Carvalho	GRECAS	07-07-90	1s		Espinho	22-12	23,28i-07
23,56	Ricardo Almeida	C Bf. Faro	21-07-81	3h	C. Port	Pombal	24-02	22,89i-07
23,56	António Carvalho	NA Alcabideche	67	ex		Espinho	01-03	
23,57	Roberto Gonçalves	GD Estreito	24-02-89	6	CNCI-2	Espinho	03-02	
23,61	Ricardo Vieira	GA Fátima	01-05-90	3s	CNCI-Ap	Espinho	27-01	
23,62	Orlando Tungo	Vitória Setúbal	17-04-89	16	CN23	Espinho	10-02	
23,68	Abel Pereira	CCSJ. Madeira	86	3		Espinho	02-03	
23,71	Rafael Soares	Juv. Vidigalense	22-04-91	3		Pombal	16-12	24,40i-07

### 300 m – 40,00

37,27	Duarte Silva	CCD Ribeirão	81	1s		Braga	08-12	
37,28	Diogo Santos	FC Porto	03-05-91	1s	Rio Largo	Espinho	01-03	
37,54	Rafael Soares	Juv. Vidigalense	22-04-91	1s		Pombal	27-01	
38,17	Vitor Pereira	Rio Largo CE	91	1s	Rio Largo	Espinho	01-03	42,05i-06
38,26	Joaquim Rodrigues	CCD Ribeirão	25-03-90	1s		Braga	08-12	39,05i-06
38,67	John Martins	ADRE Palhaça	13-05-92	2s		Braga	08-12	40,39i-07
38,72	Rui Araújo	CCD Ribeirão	10-03-88	1s		Braga	08-12	
38,90	Kevin Gaspar	Bairro Anjos	15-03-91	1s		Pombal	27-01	
39,01	Cláudio Ferreira	FC Porto	92	2s	Rio Largo	Espinho	01-03	
39,07	Hugo Correia	CDR Quintela	20-10-91	1s		Pombal	27-01	
39,33	Bruno Magalhães	CCD Ribeirão	29-01-90	1s		Braga	08-12	
39,37	Thibaut Junqueira	Bairro Anjos	17-02-92	3s		Pombal	27-01	
39,56	Ricardo Cruz	CCD Ribeirão	31-03-83	2s		Braga	08-12	
39,63	Patrick Correia	CCSJ. Madeira	91	1	Tn. Natal	Espinho	23-12	
39,69	Tiago Neves	GRECAS	91	3s	Rio Largo	Espinho	01-03	

## 400 m– 50,20 – 52,30

47,95	António Rodrigues	Sporting CP	25-09-88	1	CNCI-1	Espinho	02-02	48,72i-07	
48,44	António Rodrigues			1s	CNCI-Ap	Espinho	27-01		
48,49	António Rodrigues			1	C. Port	Pombal	23-02		
48,52	António Rodrigues			1	T. FPA	Pombal	12-01		
48,63	Jorge Paula	SL Benfica	08-10-84	1	Sicó	Pombal	16-02	48,86i-05	
48,74	Jorge Paula			2	C. Port	Pombal	23-02		
48,81	Paulo Sérgio Ferreira	SL Benfica	20-02-81	1s	CNCI-Ap	Espinho	26-01	47,98i-05	
48,97	António Rodrigues			1		Espinho	30-12		
49,10	Paulo Sérgio Ferreira			2	T. FPA	Pombal	12-01		
49,11	Simão Coroa	FC Porto	31-07-85	2s	CNCI-Ap	Espinho	27-01	49,10i-07	
49,12	João Ferreira	Sporting CP	20-10-86	3	C. Port	Pombal	23-02	48,10i-07	
49,15	Simão Coroa			2	CNCI-1	Espinho	02-02		
49,18	Jorge Paula			3	T. FPA	Pombal	12-01		
49,50	João Ferreira			4	T. FPA	Pombal	12-01		
49,68	Sérgio Duro	GD Estreito	19-02-80	2s	CNCI-Ap	Espinho	26-01	47,26i-03	
49,70	Sérgio Duro			4	C. Port	Pombal	23-02		
49,71	Simão Coroa			5	C. Port	Pombal	23-02		
49,77	Fábio Gonçalves	SL Benfica	26-01-90	1	CN23	Espinho	09-02		
49,81	Filipe Santos	NA Alcabideche	25-06-84	1	CNCI-2	Espinho	02-02		
49,83	Paulo Sérgio Ferreira			3	CNCI-1	Espinho	02-02		
49,89	Rodolfo Varela	CA Seia	20-05-86	2	CN23	Espinho	09-02	49,34i-07	
49,98	Naiel Santiago	JOMA	STP	20-10-86	3s	CNCI-Ap	Espinho	26-01	52,10i-06
50,02	Bruno Sá	CCSJ. Madeira	24-01-87	3s	CNCI-Ap	Espinho	27-01	49,87i-07	
50,18	Carlos Teixeira	SL Benfica	02-03-86	3	CN23	Espinho	09-02	50,25i-06	
50,28	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1		Pombal	05-01	50,40i-07
50,30	Ricardo Beatriz	C Bf. Faro	08-06-86	4	CN23	Espinho	09-02	51,09i-07	
50,47	Ricardo Monteiro	C Bf. Faro	02-10-85	2	CNU	Pombal	02-03		
50,48	Mário Mendes	CCD Ribeirão	17-07-87	6	CN23	Espinho	09-02		
50,62	Cesar Pedreira	Juv. Vidigalense	20-08-87	5s	CNCI-Ap	Espinho	27-01	50,38i-06	
50,68	Kevin Wilson	Bairro Anjos	06-01-90	2s	CNCI-Ap	Espinho	26-01		
50,76	Rui Miguel Gonçalves	SC Braga	06-09-89	6s	CNCI-Ap	Espinho	27-01	52,30i-07	
50,79	Cristiano Carreira	Juv. Vidigalense	04-03-90	7	CN23	Espinho	09-02		
50,83	José Martins	Gira Sol RC	28-04-86	2		Pombal	05-01	50,67i-05	
50,95	Tiago Costa	CCD Ribeirão	08-08-86	8	CN23	Espinho	09-02	50,77-06	
51,00	Renato Silva	CCD Ribeirão	22-08-81	1h	C. Norte	Braga	19-01	50,16i-03	
51,09	Rui Gomes	CCD Ribeirão	19-06-87	3s	CNCI-Ap	Espinho	26-01	51,34i-07	
51,38	Hugo Santos	CA Riachense	05-01-91	1		Pombal	05-01		
51,55	Bruno Lains	França	05-01-88	2		Eaubonne	09-12	52,06i-07	
51,67	Bruno Santos	CS Marítimo	02-04-85	9	C. Port	Pombal	23-02	49,97i-06	
51,74	Fernando Almeida	Gira Sol RC	06-01-87	2s	C. Beiras	Espinho	19-01	51,67i-06/07	
51,82	Hermano Gouveia	CS Marítimo	21-03-81	5	CNCI-1	Espinho	02-02	50,19i-04	
51,96	Celso Pinto	SL Benfica	22-10-84	4	CNU	Pombal	24-02		
52,01	Flávio Carvalho	GRECAS	07-07-90	2		Espinho	05-01		
52,01	Helder Guerreiro	AAC Caparica	02-05-89	12	CN23	Espinho	09-02	54,78i-07	
52,13	Emanuel Neves	FC Porto	13-03-90	1s	T. FPA	Pombal	12-01	53,79i-07	
52,16	João Delgado	UA Guarda	08-01-90	13	CN23	Espinho	09-02		
52,21	Diogo Pimentel	GRECAS	20-11-89	5	CNCI-2	Espinho	02-02	52,60i-07	
52,27	André Jordão	NDC Gouveia	27-06-89	3s	C. Beiras	Espinho	19-01	52,11i-06	
52,29	Vítor Moreno	CF Belenenses	15-05-74	5s	T. FPA	Pombal	12-01	47,88i-02	

## 800 m – 1.53,0 – 2.00,0

1.50,63	Tiago Rodrigues	Sporting CP	19-06-85	7rB		Valência	09-02	1.50,64i-06
1.50,86	Tiago Rodrigues			1	C. Port	Pombal	24-02	
1.50,94	Hélio Gomes	Sporting CP	27-12-84	4	ASVO	Viena	16-02	1.49,63i-03
1.51,28	Tiago Rodrigues			1	Sicó	Pombal	16-02	1.50,64i-06
1.51,52	Renato Silva	CCD Ribeirão	22-08-81	2	C. Port	Pombal	24-02	1.49,38i-03
1.51,69	Fábio Gonçalves	SL Benfica	26-01-90	2	Sicó	Pombal	16-02	
1.51,71	Rui Silva	Sporting CP	03-08-77	ex	C. Norte	Braga	20-01	1.46,40i-99
1.52,07	Ricardo Barbosa	FC Porto	31-03-86	1rB	ASVO	Viena	16-02	1.52,18i-07

1.52,09		Renato Silva			1	C. Norte	Braga	20-01	
1.52,28		Ricardo Barbosa			2	C. Norte	Braga	20-01	
1.52,30		Rui Silva			3	C. Port	Pombal	24-02	1.46,40i-99
1.52,61		Hélio Gomes			4	C. Port	Pombal	24-02	1.49,63i-03
1.52,74		Fábio Gonçalves			5	C. Port	Pombal	24-02	
1.53,19	Carlos Teixeira	SL Benfica		02-03-86	6	C. Port	Pombal	24-02	1.54,04i-05
1.53,32	Helio Fumo	SL Benfica	MOZ	11-02-83	3	Sicó	Pombal	16-02	1.56,48i-07
1.53,84	Adelino Monteiro	Sporting CP		01-04-81	1s	C. Port	Pombal	24-02	1.55,72i-07
1.53,94	Rui Miguel Gonçalves	SC Braga		06-09-89	3	CN23	Espinho	10-02	1.59,76i-06
1.54,06	António Rodrigues	Sporting CP		25-09-88	4	CN23	Espinho	10-02	1.57,04i-06
1.54,80	João Brás	SCU Torreense		13-08-89	6	CN23	Espinho	10-02	
1.54,85	Celso Pinto	SL Benfica		22-10-84	2s	C. Port	Pombal	24-02	1.55,42i-06
1.54,95	Tulio António	CS Marítimo	ANG	24-01-83	3s	C. Port	Pombal	24-02	1.55,19i-05
1.55,32	Luis Pinto	CS Marítimo		09-11-75	2s	CNCl-Ap	Espinho	26-01	1.51,17i-01
1.55,63	Cristiano Silva	CRP Salema		10-05-85	4s	C. Port	Pombal	24-02	
1.55,64	José Silva	SC Braga		04-07-89	4	C. Norte	Braga	20-01	1.58,46i-07
1.55,93	Mário Santos Mendes	GA Fátima		28-07-88	3		Pombal	01-12	
1.56,37	David Soares	CA Seia		13-05-82	1s	CNCl-Ap	Espinho	27-01	1.52,36i-03
1.56,40	Rui Gomes	CCD Ribeirão		19-06-87	5s	C. Port	Pombal	24-02	1.55,61i-07
1.56,47	José Martins	Gira Sol RC		28-04-86	1	C. Beiras	Espinho	20-01	1.54,63i-07
1.56,86	Jorge Robalo Varela	C Bf. Faro		02-01-80	3s	CNCl-Ap	Espinho	26-01	
1.56,89	Nuno Figueiredo	CA Seia		29-12-89	6s	C. Port	Pombal	24-02	1.56,87i-07
1.57,03	Rui Silva	JU Fornos		04-01-85	3	C. Beiras	Espinho	20-01	1.57,41i-05
1.57,43	João Delgado	UA Guarda		08-01-90	10	CN23	Espinho	10-02	1.59,18i-07
1.57,51	José Araújo	CCD Ribeirão		13-01-83	7s	C. Port	Pombal	24-02	1.57,97i-05
1.57,69	Nuno Valente	FC Porto		17-10-83	2		Espinho	22-12	
1.57,96	Artur Paulino	C Operário D		06-06-85	8s	C. Port	Pombal	24-02	1.57,41i-07
1.58,23	Rodrigo Carrera	NA Alcabideche		31-07-86	11	CN23	Espinho	10-02	
1.58,27	Rafael Leite	CCSJ. Madeira		24-05-88	4	C. Beiras	Espinho	20-01	2.02,93i-07
1.58,30	Tiago Dias	AA Pego Longo		11-01-90	12	CN23	Espinho	10-02	
1.58,33	Hélio Bairrada	GRECAS		06-02-84	2		Espinho	13-01	1.56,79i-04
1.58,59	Márcio Pereira	GD Covelas		13-09-89	13	CN23	Espinho	10-02	1.57,88i-07
1.58,73	Pedro Semedo	CF Belenenses	GBS	23-09-86	3s	CNCl-Ap	Espinho	27-01	1.58,75i-07
1.58,74	Hugo Almeida	AD Sanjoanense		01-09-88	1		Espinho	06-01	1.57,94i-07
1.58,87	Fábio Santos	NA Cucujães		31-08-89	3		Espinho	13-01	
1.59,01	Nuno Dias	CA Seia		24-04-80	5	C. Beiras	Espinho	20-01	
1.59,11	Luis Abrantes	ACR S. Desterro		27-04-86	6	C. Beiras	Espinho	20-01	
1.59,17	Adelino Silva	CCSJ. Madeira		17-08-85	7	C. Beiras	Espinho	20-01	2.00,97i-07
1.59,30	Jaime Dias	Juv. Vidigalense		26-09-85	8	C. Beiras	Espinho	20-01	2.01,78i-07
1.59,50	Hugo Santos	CA Riachense		05-01-91	6		Pombal	01-12	
1.59,53	Domingos Pontes	SC Braga		86	16	CN23	Espinho	10-02	
1.59,67	Alexandre Costa	JOMA		15-02-90	5s	CNCl-Ap	Espinho	26-01	
1.59,76	Diego Manjante	CCSJ. Madeira	MOZ	16-08-91	6s	CNCl-Ap	Espinho	26-01	
1.59,90	Rui Pinto	UD Varzea		18-11-92	3		Braga	05-01	2.13,52i-07

### 1000 m – 2.40,0

2.37,94	Márcio Pereira	GD Covelas		13-09-89	1		Braga	09-02	2.32,47i-07
2.38,18	Ricardo Coroa	Ginásio Trofa		18-10-91	1 jv		Braga	09-02	2.40,68i-07
2.38,29	Stefano Pinto	SC Braga		25-10-90	2		Braga	09-02	2.41,17i-07
2.39,27	Marco Oliveira	GD Covelas		30-09-90	3		Braga	09-02	
2.39,96	Carlos Barbosa	Ginásio Trofa		16-01-91	2 jv		Braga	09-02	2.50,84i-07

### 1500 m – 3.53,0 – 4.07,0

3.38,84	Rui Silva	Sporting CP		03-08-77	4	Norwich	Birmingham	16-02	3.34,99i-99
3.41,50		Rui Silva			1	CNCl-1	Espinho	02-02	
3.45,70	Hélio Gomes	Sporting CP		27-12-84	5rB		Valência	09-02	3.46,09i-07
3.46,94	Tiago Rodrigues	Sporting CP		19-06-85	1	C. Port	Pombal	23-02	3.47,82i-06
3.47,32		Hélio Gomes			2	C. Port	Pombal	23-02	

3.48,85	Tulio António	CS Marítimo	ANG	24-01-83	2	CNCI-1	Espinho	02-02	3.51,71i-07
3.49,19	Adelino Monteiro	Sporting CP		01-04-81	3	C. Port	Pombal	23-02	3.47,37i-04
3.49,96	Luis Pinto	CS Marítimo		09-11-75	4	C. Port	Pombal	23-02	3.49,41i-04
3.50,35	Ricardo Barbosa	FC Porto		31-03-86	3	CNCI-1	Espinho	02-02	3.52,14i-07
3.50,50		Hélio Gomes			1s	CNCI-Ap	Espinho	27-01	
3.51,35		Tulio António			5	C. Port	Pombal	23-02	
3.52,23	Renato Silva	CCD Ribeirão		22-08-81	4	CNCI-1	Espinho	02-02	3.48,79i-06
3.52,38	João Lopes	CN Rio Maior		02-01-86	6	C. Port	Pombal	23-02	3.45,92i-07
3.52,73	José Carvalho	Constrolândia MC		13-02-77	7	C. Port	Pombal	23-02	3.55,52i-07
3.52,96	Helio Fumo	SL Benfica	MOZ	11-02-83	9	C. Port	Pombal	23-02	3.51,41i-07
3.52,97		João Lopes			2s	CNCI-Ap	Espinho	27-01	
3.54,13	Pedro Ribeiro	FC Porto		25-03-81	3s	CNCI-Ap	Espinho	27-01	3.49,46i-04
3.54,19	Luis Miguel Pinto	Sporting CP		05-01-83	10	C. Port	Pombal	23-02	3.49,65i-07
3.54,44	Dario Garcias	C Bf. Faro		19-09-77	3s	CNCI-Ap	Espinho	26-01	3.47,96i-03
3.54,81	Bruno Albuquerque	CP Mangualde		10-01-89	2	CN23	Espinho	09-02	3.57,83i-06
3.55,28	Luis Rações	Gira Sol RC		28-01-76	4s	CNCI-Ap	Espinho	27-01	3.55,19i-06
3.55,40	Alexandre Silva	CA Seia		05-04-84	5s	CNCI-Ap	Espinho	27-01	3.51,42i-07
3.56,14	Pedro Cruz	GRECAS		15-08-82	11	C. Port	Pombal	23-02	3.55,60i-07
3.56,38	Rui Silva	JU Fornos		04-01-85	6s	CNCI-Ap	Espinho	27-01	3.58,50i-06
3.56,5	João Brás	SCU Torreense		13-08-89	2	CNU	Pombal	02-03	
3.56,98	Carlos Costa	SC Braga		02-03-86	7s	CNCI-Ap	Espinho	27-01	3.57,90i-06
3.57,44	Luis Abrantes	ACR S. Desterro		27-04-86	4	CN23	Espinho	09-02	3.58,34i-07
3.57,54	Leonel Fernandes	Cyclones AC		20-03-87	5	CN23	Espinho	09-02	
3.57,91	José Silva	SC Braga		04-07-89	6	CN23	Espinho	09-02	4.05,34i-07
3.58,11	Jorge Santa-Cruz	FC Porto		20-07-89	7	CN23	Espinho	09-02	4.04,77i-06
3.58,62	Rui Paulo Silva	GD Estreito		20-11-84	5s	CNCI-Ap	Espinho	26-01	3.56,87i-06
4.00,87	Bruno Rodrigues	CS Marítimo		24-03-88	3	CNU	Pombal	02-03	
4.01,10	Sérgio Dias	CCD Ribeirão		28-03-85	ex		Espinho	12-01	3.59,87i-07
4.01,44	Nuno Dias	CA Seia		24-04-80	4	C. Beiras	Espinho	19-01	3.58,63i-07
4.01,50	Jerónimo Oliveira	Ginásio Trofa		23-10-86	4	C. Norte	Braga	19-01	4.00,22i-06
4.01,8	Marco Gaspar	GRECAS		27-06-83	5	C. Beiras	Espinho	19-01	
4.01,89	Artur Rodrigues	NA Cucujães		23-06-75	3		Espinho	12-01	4.04,79i-05
4.02,16	Ruben Bráz	Juv. Vidigalense		30-12-86	6	C. Beiras	Espinho	19-01	4.02,80i-07
4.02,53	Jorge Miranda	SL Benfica		23-02-88	9	CN23	Espinho	09-02	3.59,19i-06
4.03,36	Pedro Fernandes	Gira Sol RC		01-09-83	7	C. Beiras	Espinho	19-01	4.01,16i-07
4.03,67	Carlos Saias	CIA Ilha Azul		27-06-73	6s	CNCI-Ap	Espinho	26-01	
4.03,88	Manuel Ferreira	JU Fornos		08-11-67	5		Espinho	12-01	4.02,35i-07
4.04,13	Nelson Silva	UD Zona Alta		25-10-82	2		Pombal	05-01	3.54,87i-03
4.04,15	Emanuel Costa	FC Vizela		25-01-86	3		Braga	22-12	4.03,90i-06
4.04,39	Jaime Dias	Juv. Vidigalense		26-09-85	9s	CNCI-Ap	Espinho	27-01	
4.04,49	Rui Gomes	CCD Ribeirão		19-06-87	4		Braga	22-12	
4.04,58	Marco Oliveira	GD Covelas		30-09-90	1		Braga	10-02	4.16,91i-07
4.05,15	Bruno Gonçalves	JA Mozelense		87	7s	CNCI-Ap	Espinho	26-01	
4.05,61	Rui Pinto	UD Varzea		18-11-92	1		Espinho	30-12	4.28,31i-07
4.06,02	Adelino Silva	CCSJ. Madeira		17-08-85	10s	CNCI-Ap	Espinho	27-01	4.04,35i-06
4.06,43	Diego Manjante	CCSJ. Madeira	MOZ	16-08-91	9	C. Beiras	Espinho	19-01	4.18,53i-07
4.07,02	Rafael Teles	GRECAS		11-06-83	6		Espinho	12-01	

### Milha/Mile – 4.40,0

4.27,86	Adelino Silva	CCSJ. Madeira		17-08-85	1		Espinho	23-02	
4.28,86	Rafael Teles	GRECAS		11-06-83	2		Espinho	23-02	
4.32,85	Diogo Pimentel	GRECAS		20-11-89	4		Espinho	23-02	
4.33,43	Bruno Gonçalves	JA Mozelense		87	5		Espinho	23-02	4.38,78i-07
4.34,59	Pedro Sousa	CA Riachense		12-04-88	1		Pombal	01-03	
4.37,11	Hugo Sousa	CA Riachense		05-01-91	2		Pombal	01-03	

## 3000 m – 8.21,0 – 8.50,0

7.45,61	Rui Silva	Sporting CP		03-08-77	9		Valência	09-02	7.39,44i-00
8.10,60	Leão Carvalho	SL Benfica		14-09-80	1	CNCI-1	Espinho	03-02	8.41,07i-04
8.11,45	Youssef El Kalai	FC Porto	MAR	01-03-81	1s	CNCI-Ap	Espinho	27-01	8.07,13i-06
8.12,02	Pedro Ribeiro	FC Porto		25-03-81	2	CNCI-1	Espinho	03-02	7.58,27i-04
8.12,45	Carlos M. Silva	Sporting CP		03-09-83	3	CNCI-1	Espinho	03-02	8.16,90i-03
8.12,65	Alberto Paulo	CS Marítimo		03-10-85	4	CNCI-1	Espinho	03-02	8.13,80i-07
8.19,25	Bruno Albuquerque	CP Mangualde		10-01-89	1	CN23	Espinho	10-02	8.21,39i-07
8.19,72		Alberto Paulo			1s	CNCI-Ap	Espinho	26-01	
8.19,76	Jorge Santa-Cruz	FC Porto		20-07-89	2	CN23	Espinho	10-02	
8.19,86	Tiago Costa	SC Braga		03-03-88	3	CN23	Espinho	10-02	
8.20,46		Carlos M. Silva			2s	CNCI-Ap	Espinho	27-01	
8.20,73	Jorge Pinto	JU Fornos		31-10-70	1	C. Beiras	Espinho	20-01	8.20,83i-07
8.21,10	António Silva	CP Mangualde		26-03-87	4	CN23	Espinho	10-02	8.21,33i-07
8.21,98	Ruben Bráz	Juv. Vidigalense		30-12-86	5	CN23	Espinho	10-02	8.37,91i-07
8.22,99	Dario Garcias	C Bf. Faro		19-09-77	1	CNCI-2	Espinho	03-02	
8.23,46	Ricardo Abreu	GD Estreito		12-08-79	3	CNCI-2	Espinho	03-02	8.19,73i-05
8.24,00	Sérgio Dias	CCD Ribeirão		28-03-85	5	CNCI-1	Espinho	03-02	8.37,93i-03
8.24,18	Artur Rodrigues	NA Cucujães		23-06-75	5s	CNCI-Ap	Espinho	27-01	8.31,07i-06
8.24,95	Nuno Dias	CA Seia		24-04-80	6s	CNCI-Ap	Espinho	27-01	8.22,52i-07
8.25,12	Helder Santos	Cyclones AC		06-10-83	ex		Espinho	13-01	8.25,34i-07
8.25,23	André Silva	EUA		21-01-85	8		Nova Iorque	08-02	8.28,71i-07
8.25,25	Jorge Robalo Varela	C Bf. Faro		02-01-80	2s	CNCI-Ap	Espinho	26-01	8.21,25i-01
8.25,72	Leonel Fernandes	Cyclones AC		20-03-87	ex		Espinho	13-01	8.46,32i-07
8.26,50	Pedro Cruz	GRECAS		15-08-82	1		Espinho	13-01	8.16,28i-07
8.30,06	José Costa	CCR Maceda		30-04-91	1		Espinho	06-01	8.43,33i-07
8.30,19	Nuno Valente	FC Porto		17-10-83	ex		Espinho	13-01	8.14,24i-04
8.30,84	Manuel Silva	SL Benfica		08-10-78	5s	CNCI-Ap	Espinho	26-01	8.06,70i-03
8.34,47	Marco Gaspar	GRECAS		26-05-83	3		Espinho	13-01	8.23,64i-04
8.35,06	Luis Ginja	OC Lagos		22-10-73	6s	CNCI-Ap	Espinho	26-01	8.31,39i-07
8.36,00	João Lopes	CN Rio Maior		02-01-86	7	CN23	Espinho	10-02	8.15,95i-07
8.36,12	Luis Rações	Gira Sol RC		28-01-76	3	C. Beiras	Espinho	20-01	8.34,69i-05
8.36,91	Pedro Fernandes	Gira Sol RC		01-09-83	4	C. Beiras	Espinho	20-01	8.40,28i-07
8.38,60	Luis Miguel Pinto	Sporting CP		05-01-83	9	C. Port	Pombal	24-02	8.12,92i-07
8.39,48	Manuel Pereira	NA Cucujães		14-06-73	8s	CNCI-Ap	Espinho	27-01	8.33,30i-06
8.42,84	Paulo Galego	NA Alcabideche		25-10-68	7s	CNCI-Ap	Espinho	26-01	8.32,88i-05
8.43,44	Jerónimo Oliveira	Ginásio Trofa		23-10-86	2	C. Norte	Braga	20-01	8.38,12i-07
8.43,50	André Aniceto Marques	ACR Vale Cambra		16-06-86	8	CN23	Espinho	10-02	8.29,60i-06
8.44,13	Ricardo Dias	CCD Ribeirão		28-03-85	3	C. Norte	Braga	20-01	8.45,29i-07
8.45,05	Carlos Costa	SC Braga		02-03-86	4	C. Norte	Braga	20-01	8.40,40i-04
8.45,66	Carlos Saias	CIA Ilha Azul		27-06-73	8s	CNCI-Ap	Espinho	26-01	
8.46,03	Ricardo Mendes	Liberdade FC		19-08-85	5	C. Norte	Braga	20-01	8.39,69i-05
8.46,78	Carlos Oliveira	CCD Ribeirão		22-07-69	6	C. Norte	Braga	20-01	8.20,73i-01
8.47,06	José Miguel Silva	SC Braga		04-07-89	1		Braga	08-12	
8.47,72	Pedro Carrasco	CCD Ribeirão		02-02-72	7	C. Norte	Braga	20-01	8.13,33i-95
8.48,97	Ricardo Silva	EC+S Lavra		06-05-79	2		Braga	26-01	

## 60 m B – 8,30 – 9,30

8,02	João Almeida	Sporting CP		05-04-88	2	ASVO	Viena	16-02	8,11i-07
8,03	Luis Sá	FC Porto		17-03-81	1	CNCI-1	Espinho	02-02	7,79i-03
8,03		Luis Sá			3rB		Valência	09-02	
8,06		João Almeida			1	C. Port	Pombal	24-02	
8,11	Nykola Skorokhod	Sporting CP	UKR	03-03-76	1 ex		Espinho	26-01	8,03i-05
8,13		João Almeida			1s	CNCI-Ap	Espinho	27-01	
8,16	Rui Palma	Sporting CP		04-01-78	1h	C. Port	Pombal	24-02	7,86i-02
8,18		João Almeida			1s	T. FPA	Pombal	12-01	
8,19	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1	CNCI-2	Espinho	02-02	8,36i-07
8,20		Luis Sá			2s	CNCI-Ap	Espinho	27-01	
8,21		Luis Sá			1h	Sicó	Pombal	16-02	

8,22	Rodrigo Dionísio		GD Estreito	25-06-85	2	CNCI-2	Espinho	02-02	8,25i-05	
8,23	Tiago Marto		GA Fátima	05-05-86	1	CN23	Espinho	10-02	8,40i-06	
8,24		Rui Palma			2	C. Port	Pombal	24-02		
8,25		Bruno Gualberto			3s	CNCI-Ap	Espinho	27-01		
8,25		Tiago Marto			Hep	C. Port	Pombal	24-02		
8,26		João Almeida			2	CNCI-1	Espinho	02-02		
8,27	Luis Fernandes		GD Cavadas	31-05-82	2s	T. FPA	Pombal	12-01	8,08i-05	
8,28		Bruno Gualberto			1	C. Beiras	Espinho	20-01		
8,39	Marcos Chuva		SL Benfica	08-08-89	2	CN23	Espinho	10-02	8,49i-07	
8,44	Pedro Santos		CP Alcanena	01-01-88	3	CN23	Espinho	10-02	8,57i-07	
8,45	Bruno Costa		CA Seia	17-03-80	4	CNCI-1	Espinho	02-02	8,29i-05	
8,51	Ricardo Nobre		Espanha	02-11-83	5	Sicó	Pombal	16-02	8,36i-05	
8,55	Rasul Dabo		JOMA	14-02-89	2s	CNCI-Ap	Espinho	26-01	9,00i-07	
8,61	Damião Freitas		CP Alcanena	16-04-89	2h	CN23	Espinho	10-02	8,55i-07	
8,63	Claudio Gama		GD Cavadas	20-03-82	Hep	C. Port	Pombal	24-02	8,78i-05	
8,66	Tiago Ferreira		FC Porto	22-07-87	5s	T. FPA	Pombal	12-01	8,40i-06	
8,66	Carlos Santos		CP Alcanena	10-05-86	3h	CN23	Espinho	10-02	8,77i-07	
8,66	Roberto Gonçalves		GD Estreito	24-02-89	4h	CN23	Espinho	10-02	8,96i-07	
8,72	Jorge Santos		NA Cucujães	25-03-85	3	C. Beiras	Espinho	20-01	8,53i-05	
8,73	David Palma		BNS Conceição	20-07-81	6	Sicó	Pombal	16-02		
8,73	Pedro Carreira		GA Fátima	27-02-89	4	C. Port	Pombal	24-02		
8,76	Ricardo Nunes		NA Alcabideche	12-05-89	6	C. Port	Pombal	24-02	9,02i-07	
8,77	Daniel Gaspar		Bairro Anjos	07-11-87	1s	CNCI-Ap	Espinho	26-01	8,72i-06	
8,78	Edgar Carrolo		CAS Manique	30-01-91	3h	C. Port	Pombal	24-02		
8,80	André Jordão		NDC Gouveia	27-06-89	2h	C. Beiras	Espinho	20-01	8,74i-07	
8,85	Fernando Semedo		C Bf. Faro	CPV	02-10-90	4s	CNCI-Ap	Espinho	26-01	
8,86	Arlindo Pinheiro		CS Marítimo	STP	27-03-72	2s	CNCI-Ap	Espinho	26-01	8,46i-03
8,88	João Raposo		C Operário D		14-02-85	6s	T. FPA	Pombal	12-01	8,95i-07
8,89	Ricardo Jaquité		C Bf. Faro		17-08-89	7s	T. FPA	Pombal	12-01	
8,92	Frederic Bernardo		França		29-12-82	4		Eaubonne	16-12	8,75i-04
8,92	Paulo Gonçalves		SL Benfica		05-03-85	8s	T. FPA	Pombal	12-01	8,58i-06
8,99	João Fontela		ES Serafim Leite		07-08-91	2		Espinho	13-01	
9,00	Kevin Wilson		Bairro Anjos		06-01-90	Hep	T. FPA	Pombal	13-01	
9,00	Ricardo Pereira		CCD Ribeirão		13-11-88	6	CNCI-1	Espinho	02-02	8,93i-07
9,01	Helder Pato		Gira Sol RC		22-01-80	6	C. Beiras	Espinho	20-01	8,44i-06
9,05	Flávio Ramos		GDA Donas		24-04-89	5h	CN23	Espinho	10-02	9,22i-07
9,05	Ricardo Amaro		JD Neves		09-08-90	Hep	C. Port	Pombal	24-02	
9,06	Gil Mendes		GD Cavadas		08-05-89	Hep	T. FPA	Pombal	13-01	
9,07	Luis Silva		GRECAS		26-05-80	3		Espinho	13-01	8,79i-06
9,08	Peribaldo Martins		CA Bx Banheira	ANG	01-11-83	6s	CNCI-Ap	Espinho	26-01	9,13i-07
9,09	Luis Ferreira		CCSJ. Madeira		23-04-85	7	C. Beiras	Espinho	20-01	8,84i-06
9,16	Victor Vilovskiy		SL Benfica	RUS	12-02-90	3s	CNCI-Ap	Espinho	26-01	
9,19	José Gomes		CF Belenenses	GBS	25-04-83	1s	CNCI-Ap	Espinho	27-01	
9,19	Miguel Martins		Juv. Vidigalense		07-12-90	6h	CN23	Espinho	10-02	
9,22	Alexandre Sousa		Bairro Anjos		13-11-87	Hep		Pombal	30-12	
9,26	José Rosa		GD Cavadas	CPV	12-01-90	Hep	T. FPA	Pombal	13-01	

### 60 m B (1,00) – 8,30 – 9,30

8,17	David Bernardo		França	26-01-90	7		Paris	24-02		
8,22		David Bernardo			3mf		Paris	24-02		
8,25		David Bernardo			3h		Paris	24-02		
8,48	Rasul Dabo		JOMA	14-02-89	1		Pombal	12-01		
8,56	Damião Freitas		CP Alcanena	16-04-89	1		Alpiarça	22-12	8,85i-06	
8,71	Fernando Semedo		C Bf. Faro	CPV	02-10-90	2		Alpiarça	22-12	
8,81	Gonçalo Ribeiro		Juv. Vidigalense		01-01-89	1		Pombal	16-12	
8,82	Paulo Dias		Gira Sol RC		14-05-89	Hep		Pombal	30-12	8,82i-06
8,84	Miguel Martins		Juv. Vidigalense		07-12-90	3		Pombal	12-01	
8,87	Kevin Wilson		Bairro Anjos		06-01-90	2		Pombal	16-12	
8,93	Ricardo Jaquité		C Bf. Faro		17-08-89	3		Alpiarça	22-12	9,20i-07
9,03	Victor Vilovskiy		SL Benfica	RUS	12-02-90	5		Pombal	12-01	
9,26	Márcio Quintela		EC+S Lavra		31-05-90	Hep	C. Norte	Braga	10-02	



## Altura/High Jump – 2.00 –1,82

2,21	Paulo Gonçalves	SL Benfica	RNi	05-03-85	1 ex	CNU	Pombal	02-03	2,13i-07
2,19	Paulo Gonçalves				1	C. Port	Pombal	23-02	
2,18	Paulo Gonçalves				1	ASVO	Viena	16-02	
2,16	Paulo Gonçalves				1s	CNCI-Ap	Espinho	26-01	
2,16	Roman Guliy	Sporting CP	UKR	07-04-79	1	CNCI-1	Espinho	02-02	2,14i-07
2,14	Roman Guliy				1	T. FPA	Pombal	13-01	
2,14	Roman Guliy				1s	CNCI-Ap	Espinho	27-01	
2,14	Paulo Gonçalves				2	CNCI-1	Espinho	02-02	
2,13	Roman Guliy				2	C. Port	Pombal	23-02	
2,12	Carlos Pires	FC Porto		21-12-82	3	CNCI-1	Espinho	02-02	2,10i-07
2,11	Paulo Gonçalves				2	T. FPA	Pombal	13-01	
2,11	Carlos Pires				3	C. Port	Pombal	23-02	
2,10	Paulo Gonçalves				ex	C. Norte	Braga	19-01	
2,10	Roman Guliy				1	Sicó	Pombal	16-02	
2,07	Carlos Pires				2s	CNCI-Ap	Espinho	27-01	
2,07	Jonas Mattes	JOMA		21-12-76	1	CNCI-2	Espinho	02-02	2,15i-00
2,05	Carlos Pires				3	T. FPA	Pombal	13-01	
2,05	Carlos Pires				2	Sicó	Pombal	16-02	
2,03	Carlos Pires				1		Espinho	22-12	
2,03	Carlos Pires				1	C. Norte	Braga	19-01	
2,03	João Almeida	CS Marítimo		14-07-88	1	CN23	Espinho	09-02	1,96i-06
2,02	João Almeida				4	C. Port	Pombal	23-02	
2,00	Jonas Mattes				2s	CNCI-Ap	Espinho	26-01	
2,00	João Almeida				4	CNCI-1	Espinho	02-02	
2,00	João Almeida				3	Sicó	Pombal	16-02	
2,00	Ricardo Nunes	NA Alcabideche		12-05-89	4	Sicó	Pombal	16-02	2,00i-07
2,00	Ricardo Nunes				2 ex	CNU	Pombal	02-03	
1,99	Luis Silva	GRECAS		26-05-80	Hep	C. Port	Pombal	23-02	2,00i-07
1,98	Hedson Trindade	Gira Sol RC	STP	23-10-89	1		Pombal	05-01	1,95i-06/07
1,98	Victor Vilovskiy	SL Benfica	RUS	12-02-90	5	C. Port	Pombal	23-02	
1,97	Marcos Chuva	SL Benfica		08-08-89	2	CN23	Espinho	09-02	1,91i-07
1,97	Marcos Caldeira	SL Benfica		27-02-88	1	CNU	Pombal	02-03	1,96i-05
1,96	Pedro Mossamedes	SUO Vais		03-02-91	TT	TTJ Nac	Alpiarça	02-02	1,95i-07
1,96	Tiago Marto	GA Fátima		05-05-86	Hep	C. Port	Pombal	23-02	1,96i-02
1,95	João Alexandre	Juv. Vidigalense		01-09-90	2		Pombal	05-01	1,89i-07
1,95	Sérgio Costa	CCD Ribeirão		14-10-82	3s	CNCI-Ap	Espinho	26-01	2,04i-07
1,95	Rodrigo Dionísio	GD Estreito		25-06-85	3	CNCI-2	Espinho	02-02	2,02i-06/07
1,95	Rodolfo Brites	Juv. Vidigalense		27-03-91	1		Alpiarça	16-02	1,76i-07
1,91	Ricardo Amaro	JD Neves		09-08-90	5	CN23	Espinho	09-02	
1,91	André Matos	ACD Ilhavos		18-03-86	1		Espinho	23-02	1,85i-07
1,90	Daniel Gaspar	Bairro Anjos		07-11-87	4		Pombal	05-01	1,83i-06
1,90	Danilo Pereira	EMD. Saraiva	GBS	09-09-91	TT	TTJ Nac	Espinho	02-02	
1,89	Márcio Lima	CIA Ilha Azul		22-03-79	7s	CNCI-Ap	Espinho	26-01	2,06i-04
1,89	Gonçalo Lopes	CA Seia		14-03-88	5s	CNCI-Ap	Espinho	27-01	1,87i-06
1,89	Márcio Quintela	EC+S Lavra		31-05-90	Hep	C. Norte	Braga	09-02	1,80i-07
1,88	José Rosa	GD Cavadas	CPV	12-01-90	Hep		Pombal	29-12	1,84i-07
1,88	Sérgio Silva	CCD Ribeirão		22-11-85	2	C. Norte	Braga	19-01	1,88i-07
1,87	Pedro Santos	CP Alcanena		01-01-88	Hep	C. Port	Pombal	23-02	1,86i-05
1,85	André Barreira	CAM Grande		02-12-87	6		Pombal	05-01	
1,85	Kevin Wilson	Bairro Anjos		06-01-90	Hep	T. FPA	Pombal	12-01	1,90i-07
1,85	Bruno Andrade	FC Porto		04-05-90	7	T. FPA	Pombal	13-01	1,85i-07
1,84	Flávio Nogueira	GJP Bemposta		21-07-87	8	CN23	Espinho	09-02	1,85i-07
1,84	Carlos Santos	CP Alcanena		10-05-86	Hep	C. Port	Pombal	23-02	1,93i-05
1,84	Claudio Gama	GD Cavadas		20-03-82	Hep	C. Port	Pombal	23-02	1,79i-07
1,84	João Fontela	ES Serafim Leite		07-08-91	1		Espinho	02-03	1,78i-07
1,83	Joaquim Cabral	C Bf. Faro		17-04-88	9s	CNCI-Ap	Espinho	26-01	
1,83	Tiago Boucela	GRECAS		09-12-92	5	CNCI-2	Espinho	02-02	1,65i-07
1,83	Carlos Pereira	ACRA Seixas		26-01-63	ex		Espinho	24-02	1,72i-07

1,82	Gil Mendes	GD Cavadas	08-05-89	Hep	T. FPA	Pombal	12-01	
1,82	Elton Ingres	CA Marinha Grande	02-04-91	TT		Pombal	27-01	1,72i-07

### Vara/Pole vault – 4,50 – 3,50

5,17	Edi Maia	Sporting CP	RNi23	10-11-87	1	Sicó	Pombal	16-02	4,70i-07
5,16		Edi Maia	RNi23		1	CN23	Espinho	10-02	
5,15		Edi Maia	RNi23		1	CNCI-1	Espinho	03-02	
5,01		Edi Maia	RNi23		1	T. FPA	Pombal	13-01	
5,00		Edi Maia			1	C. Port	Pombal	24-02	
4,87		Edi Maia			1s	CNCI-Ap	Espinho	27-01	
4,77	Rui Pereira	FC Porto		17-11-85	2s	CNCI-Ap	Espinho	27-01	4,90i-07
4,77		Rui Pereira			2	CNCI-1	Espinho	03-02	
4,70	Helder Fernandes	CS Maritimo		02-03-77	2	C. Port	Pombal	24-02	4,85i-05
4,60		Rui Pereira			2	T. FPA	Pombal	13-01	
4,60	Filipe Gonçalves	Sporting CP		31-05-85	2	Sicó	Pombal	16-02	4,75i-05
4,60		Rui Pereira			3	Sicó	Pombal	16-02	
4,60		Rui Pereira			3	C. Port	Pombal	24-02	
4,57		Helder Fernandes			3	CNCI-1	Espinho	03-02	
4,55	Luis Silva	GRECAS		26-05-80	1	C. Beiras	Espinho	20-01	4,62i-03
4,55		Filipe Gonçalves			ex	C. Beiras	Espinho	20-01	
4,50	Filipe Lara Ramos	C Bf. Faro		10-09-78	4	T. FPA	Pombal	13-01	4,65i-04
4,47	Gonçalo Pacheco	Gira Sol RC		17-02-78	3s	CNCI-Ap	Espinho	27-01	4,45i-06
4,47	Hugo Serra	SL Benfica		12-06-77	4	CNCI-1	Espinho	03-02	5,10i-02
4,45	Diogo Ferreira	JOMA		30-07-90	4	Sicó	Pombal	16-02	
4,40	João Abrantes	Sporting CP		22-05-90	6	T. FPA	Pombal	13-01	4,00i-07
4,35	Tiago Marto	GA Fátima		05-05-86	5s	CNCI-Ap	Espinho	27-01	4,00i-07
4,30	André Carvalho	Esc Movimento		05-09-88	7	T. FPA	Pombal	13-01	4,34i-07
4,30	Diogo Branco	CS Maritimo		10-03-85	4	C. Port	Pombal	24-02	4,36i-06
4,30	Angelo Dias	CA Bx Banheira		12-08-78	6	C. Port	Pombal	24-02	4,47i-06
4,30	Claudio Gama	GD Cavadas		20-03-82	Hep	C. Port	Pombal	24-02	4,30i-07
4,30	Carlos Gomes	JOMA		29-11-89	ex	CNU	Pombal	02-03	
4,26	Ruben Monteiro	Juv. Vidigalense		03-08-89	4	CN23	Espinho	10-02	3,70i-07
4,20	Ricardo Ventura	JOMA		08-12-81	3s	CNCI-Ap	Espinho	26-01	4,55i-06
4,16	José Rosa	GD Cavadas	CPV	12-01-90	5	CN23	Espinho	10-02	
4,05	Gonçalo Lopes	CA Seia		14-03-88	7s	CNCI-Ap	Espinho	27-01	3,95i-06
4,00	Pedro Santos	CP Alcanena		01-01-88	Hep	C. Port	Pombal	24-02	3,80i-07
3,95	George Silva	Juv. Vidigalense		05-01-76	2	C. Beiras	Espinho	20-01	4,25i-98
3,92	Damião Freitas	CP Alcanena		16-04-89	7	CN23	Espinho	10-02	4,00i-07
3,90	Rafael Lopes	SL Benfica		21-02-88	4s	CNCI-Ap	Espinho	26-01	4,05i-06
3,90	Paulo Jardim	GD Estreito		15-01-77	6s	CNCI-Ap	Espinho	26-01	4,25i-98
3,90	Diogo Silva	CCD Ribeirão		16-04-89	6	CNCI-1	Espinho	03-02	3,65i-07
3,80	Kevin Wilson	Bairro Anjos		06-01-90	Hep	T. FPA	Pombal	13-01	
3,80	David Bernardo	França		26-01-90	Hep		Paris	26-01	3,90i-07
3,80	Gil Mendes	GD Cavadas		08-05-89	9	CN23	Espinho	10-02	3,60i-07
3,65	Hugo Valente	CCSJ. Madeira		13-12-82	8s	CNCI-Ap	Espinho	27-01	4,00i-05
3,65	Dilson Belfort	NA Alcabideche		80	6	CNCI-2	Espinho	03-02	
3,65	Paulo Santos	CS Maritimo		16-02-87	11	CN23	Espinho	10-02	3,50i-04
3,55	Ivo Moraes	Juv. Vidigalense		13-08-86	4	C. Beiras	Espinho	20-01	3,92i-06
3,55	Cristovão Afonso	GCA Donas		08-02-88	5	C. Beiras	Espinho	20-01	3,00i-04
3,50	André Santos	DO Rangel		87	11	T. FPA	Pombal	13-01	
3,50	Isaac Lopes	FC Porto		90	2	C. Norte	Braga	20-01	

### Comprimento/Long Jump – 7,15 – 6,50

8,02	Nelson Évora	SL Benfica		20-04-84	1	CNCI-1	Espinho	02-02	8,08i-06
8,00		Nelson Évora			1	C. Port	Pombal	24-02	
7,65		Nelson Évora			1s	CNCI-Ap	Espinho	26-01	
7,53	Marcos Caldeira	SL Benfica		27-02-88	1	CN23	Espinho	10-02	7,58i-07
7,49	Gaspar Araújo	Sporting CP		17-12-81	2	CNCI-1	Espinho	02-02	8,00i-05

7,45	Pedro Santos		CP Alcanena	01-01-88	2	CN23	Espinho	10-02	7,23i-07
7,41		Gaspar Araújo			1	CNU	Pombal	02-03	
7,39		Gaspar Araújo			1	T. FPA	Pombal	13-01	
7,39	Hildeberto Almeida		Sporting CP	08-08-78	2	T. FPA	Pombal	13-01	7,58i-07
7,35		Gaspar Araújo			1	Sicó	Pombal	16-02	
7,30		Pedro Santos			Hep	C. Port	Pombal	23-02	
7,29		Marcos Caldeira			2	C. Port	Pombal	24-02	
7,28	Marcos Chuva		SL Benfica	08-08-89	3	C. Port	Pombal	24-02	7,18i-07
7,27		Gaspar Araújo			4	C. Port	Pombal	24-02	
7,27		Marcos Caldeira			2	CNU	Pombal	02-03	
7,26		Marcos Caldeira			3	T. FPA	Pombal	13-01	
7,23	Tiago Marto		GA Fátima	05-05-86	3	CN23	Espinho	10-02	6,96i-06
7,22	António Morais		CCD Ribeirão	23-12-80	5	C. Port	Pombal	24-02	6,88i-07
7,21		Gaspar Araújo			1s	CNCI-Ap	Espinho	27-01	
7,20	Pedro Oliveira		CA Seia	22-07-80	6	C. Port	Pombal	24-02	7,27i-00
7,19		Pedro Santos			Hep	T. FPA	Pombal	12-01	
7,16		Tiago Marto			Hep	C. Port	Pombal	23-02	
7,15	Lenine Cunha		FC Porto	04-12-82	3	CNCI-1	Espinho	02-02	7,11i-06
7,01	Pedro Pinto		CA Seia	25-07-84	1	C. Beiras	Espinho	20-01	6,87i-05
6,97	Carlos Santos		CP Alcanena	10-05-86	5	CN23	Espinho	10-02	7,11i-07
6,88	Jorge Cardoso		CCSJ. Madeira	30-10-88	1		Espinho	13-01	
6,87	João Dias		FC Porto	01-06-84	2	C. Norte	Braga	20-01	7,16i-06
6,82	Claudio Gama		GD Cavadas	20-03-82	Hep	C. Port	Pombal	23-02	6,91i-07
6,75	Kevin Wilson		Bairro Anjos	06-01-90	Hep		Pombal	29-12	6,76i-07
6,75	Luis Silva		GRECAS	26-05-80	Hep	C. Port	Pombal	23-02	7,13i-06
6,74	Sérgio Costa		CCD Ribeirão	14-10-82	ex		Espinho	13-01	7,14i-02
6,72	Carlos Veiga		CF Belenenses	22-02-89	5s	CNCI-Ap	Espinho	27-01	
6,70	Carlos Oliveira		CA Seia	24-05-79	9	Sicó	Pombal	16-02	6,97i-02
6,69	Bruno Carmo		GD Estreito	21-02-81	1	CNCI-2	Espinho	02-02	7,25i-02
6,68	Ricardo Amaro		JD Neves	09-08-90	Hep	T. FPA	Pombal	12-01	
6,68	Diogo Espinha		CS Marítimo	08-10-87	4s	CNCI-Ap	Espinho	26-01	7,25i-07
6,66	José Miguel Pereira		FC Porto	22-07-91	11	Sicó	Pombal	16-02	6,37i-07
6,65	Luis Almeida		JOMA	28-03-84	2	CNCI-2	Espinho	02-02	
6,60	Sérgio Silva		CCD Ribeirão	22-11-85	4	C. Norte	Braga	20-01	6,89i-07
6,57	Jorge Santos		NA Cucujães	25-03-85	2		Espinho	13-01	6,93i-07
6,57	Edi Fernandes		Juv. Vidigalense	03-06-90	3	CNCI-2	Espinho	02-02	6,49i-07
6,56	Rui Pereira		FC Porto	17-11-85	1	Rio Largo	Espinho	01-03	
6,56	Mário Silva		SC Braga	18-04-87	3	CNU	Pombal	02-03	6,83i-07
6,55	Pedro Almeida		GRECAS	30-03-84	1		Espinho	22-12	6,92i-02/04
6,54	Paulo Massinga		CIA Ilha Azul	19-04-78	6s	CNCI-Ap	Espinho	26-01	7,17i-98

### Triplo/Triple jump – 14,20 – 13,00

17,33	Nelson Évora		SL Benfica	RNi	20-04-84	1	BW Bank	Karlsruhe	10-02	17,19i-06
17,32		Nelson Évora		RNi		1	CNCI-1	Espinho	03-02	
17,27		Nelson Évora				3	C. Mundo	Valência	09-03	
17,11		Nelson Évora				1	T. FPA	Pombal	13-01	
16,93		Nelson Évora				7q	C. Mundo	Valência	07-03	
16,89		Nelson Évora				1	C. Port	Pombal	23-02	
16,85		Nelson Évora				1s	CNCI-Ap	Espinho	26-01	
15,32	Américo Castelbranco		Sporting CP		24-04-74	2	T. FPA	Pombal	13-01	15,62i-07
15,32	Marcos Caldeira		SL Benfica		27-02-88	2	C. Port	Pombal	23-02	15,65i-07
15,28		Marcos Caldeira				3	T. FPA	Pombal	13-01	
15,22	João Dias		FC Porto		01-06-84	2	CNCI-1	Espinho	03-02	15,27i-06
15,20		João Dias				3	C. Port	Pombal	23-02	
15,09		Américo Castelbranco				4	C. Port	Pombal	23-02	
14,98		Américo Castelbranco				3	CNCI-1	Espinho	03-02	
14,88		Marcos Caldeira				1	CN23	Espinho	09-02	
14,85		João Dias				1s	CNCI-Ap	Espinho	27-01	
14,76		Américo Castelbranco				2s	CNCI-Ap	Espinho	27-01	15,62i-07
14,73	David Cardeira		Sporting CP		02-03-89	4	T. FPA	Pombal	13-01	13,92i-07

14,69		João Dias			5	T. FPA	Pombal	13-01	
14,68	Sérgio Costa	CCD Ribeirão		14-10-82	1		Braga	22-12	14,54i-02
14,51	Lenine Cunha	FC Porto		04-12-82	5	C. Port	Pombal	23-02	14,56i-04
14,42		Sérgio Costa			ex		Espinho	12-01	14,54i-02
14,42	Luis Silva	GRECAS		26-05-80	1	C. Beiras	Espinho	19-01	14,07i-07
14,38		Sérgio Costa			1	C. Norte	Braga	19-01	
14,36	Diogo Espinha	CS Marítimo		08-10-87	6	C. Port	Pombal	23-02	14,70i-07
14,19	Ricardo Jaquité	C Bf. Faro		17-08-89	6	T. FPA	Pombal	13-01	14,07i-07
14,17	Bruno Carmo	GD Estreito		21-02-81	1	CNCI-2	Espinho	03-02	15,15i-03
14,10	Carlos Oliveira	CA Seia		24-05-79	4	CNCI-1	Espinho	03-02	13,64i-01
14,06	Célio Khibo	NA Alcabideche	ANG	27-06-86	2	CN23	Espinho	09-02	13,49i-05
14,01	Diogo Ferreira	JOMA		30-07-90	3	CN23	Espinho	09-02	
13,99	Jorge Almeida	SL Benfica		26-10-74	7	T. FPA	Pombal	13-01	15,17i-02
13,95	Edi Fernandes	Juv. Vidigalense		03-06-90	2	C. Beiras	Espinho	19-01	13,68i-07
13,91	Pedro Freitas	CS Marítimo		10-05-89	5	CNCI-1	Espinho	03-02	14,23i-07
13,61	Sérgio Silva	CCD Ribeirão		22-11-85	6	CNCI-1	Espinho	03-02	14,21i-06
13,55	Jorge Cardoso	CCSJ. Madeira		30-10-88	3	C. Beiras	Espinho	19-01	
13,50	Jorge Santos	NA Cucujães		25-03-85	2		Espinho	12-01	13,64i-07
13,50	Mário Silva	SC Braga		18-04-87	5s	CNCI-Ap	Espinho	27-01	13,50i-07
13,42	Carlos Gomes	JOMA		29-11-89	12	T. FPA	Pombal	13-01	13,34i-07
13,41	Miguel Lucas	Bairro Anjos		04-05-71	7s	CNCI-Ap	Espinho	26-01	15,23i-99
13,33	João Frias	ADR Agua Pena		09-01-91	1		Alpiarça	16-02	
13,26	Pedro Santos	CP Alcanena		01-01-88	1		Pombal	05-01	
13,10	José Miguel Pereira	FC Porto		22-07-91	1		Braga	10-01	12,90i-07
13,10	Luis Bernardo	Gira Sol RC		15-02-86	4	C. Beiras	Espinho	19-01	13,28i-07
13,07	Elton Ingres	CA Marinha Grande		91	2		Alpiarça	16-02	
13,05	Ruben Silva	Juv. Vidigalense		07-05-91	8s	CNCI-Ap	Espinho	27-01	
13,02	Isaac Lopes	FC Porto		90	4	C. Norte	Braga	19-01	12,61i-07
13,00	João Miguel Silva	CP Pontevel		09-01-89	1		Alpiarça	08-12	12,90i-07

### Peso/Shot Put – 14,00 – 11,00

20,08	Marco Fortes	Sporting CP	RN	26-09-82	2		Valência	09-02	18,60i-02
19,51		Marco Fortes	RN		1s	CNCI-Ap	Espinho	27-01	
18,72		Marco Fortes			1	Sicó	Pombal	16-02	
18,54		Marco Fortes			1	C. Port	Pombal	24-02	
18,51		Marco Fortes			1	CNCI-1	Espinho	03-02	
17,96		Marco Fortes			20q	C. Mundo	Valência	07-03	
17,02	António Vital e Silva	SL Benfica		23-01-88	1	CN23	Espinho	10-02	17,57i-07
16,83	Herédio Costa	Sporting CP		30-10-71	2	C. Port	Pombal	24-02	17,16i-07
16,68		António Vital e Silva			2	CNCI-1	Espinho	03-02	
16,34		António Vital e Silva			1s	CNCI-Ap	Espinho	26-01	
15,87	Filipe Vital e Silva	JOMA		27-01-83	1	CNCI-2	Espinho	03-02	15,58i-07
15,74		Filipe Vital e Silva			1	CNU	Pombal	02-03	
15,73		António Vital e Silva			3	C. Port	Pombal	24-02	
15,70		Filipe Vital e Silva			4	C. Port	Pombal	24-02	
15,56		Filipe Vital e Silva			2s	CNCI-Ap	Espinho	26-01	
15,02	André Gonçalves	CS Marítimo		14-04-86	5	C. Port	Pombal	24-02	15,16i-07
14,90		André Gonçalves			2	CN23	Espinho	10-02	
14,79	André Vital e Silva	GD Estreito		13-02-80	3s	CNCI-Ap	Espinho	26-01	16,12i-05
14,78		André Vital e Silva			2	CNCI-2	Espinho	03-02	16,12i-05
14,65	Carlos Silva	Andorra		14-06-73	1		Braga	22-12	15,10i-03
14,64	Nuno Serra	Gira Sol RC		27-06-74	1	C. Beiras	Espinho	20-01	16,76i-98
14,62	Paulo Pereira	FC Porto		12-02-84	2s	CNCI-Ap	Espinho	27-01	15,25i-06
14,61		Paulo Pereira			1	C. Norte	Braga	20-01	
14,57		André Gonçalves			4s	CNCI-Ap	Espinho	26-01	
14,48		Paulo Pereira			3	CNCI-1	Espinho	03-02	
14,47	Luis Melo	CDE Lages Pico		18-01-87	3	CN23	Espinho	10-02	14,21i-06
14,43		Paulo Pereira			6	C. Port	Pombal	24-02	
14,34	Steve Patrício	Juv. Vidigalense		17-09-88	7	C. Port	Pombal	24-02	13,14i-07
14,33		Nuno Serra			1		Pombal	06-01	

14,32		André Gonçalves			4	CNCI-1	Espinho	03-02	
14,26		Steve Patrício			2		Pombal	16-02	
14,23		Luis Melo			8	C. Port	Pombal	24-02	
14,04		Nuno Serra			3s	CNCI-Ap	Espinho	27-01	
13,99	Nuno Lopes	C Bf. Faro	24-10-82	3	CNCI-2	Espinho	03-02	15,14i-06	
13,68	Christophe Correia	ADC Lovelhe	08-09-90	4	CN23	Espinho	10-02		
13,47	Ivo Cardoso	CA Seia	04-03-80	5	CNCI-1	Espinho	03-02	14,10i-01	
13,43	Bruno Abel Martins	Gira Sol RC	09-01-82	2		Pombal	06-01	13,26i-03	
13,28	Paulo Soares	CCD Ribeirão	25-06-72	5s	CNCI-Ap	Espinho	26-01	13,17i-03	
13,19	Dine Sousa	Juv. Vidigalense	26-03-76	9	C. Port	Pombal	24-02	13,66i-07	
13,13	Juan Pinho	GRECAS	20-05-86	4s	CNCI-Ap	Espinho	27-01	12,35i-05	
13,10	Hedson Trindade	Gira Sol RC	STP 23-10-89	4		Pombal	06-01	12,22i-07	
13,09	Tiago Marto	GA Fátima	05-05-86	Hep	T. FPA	Pombal	12-01	12,70i-06	
12,75	Libanio Cá	GR Qt. Lomba	18-05-83	7s	CNCI-Ap	Espinho	26-01	11,56i-07	
12,71	Rui Fernandes	Gira Sol RC	08-05-80	6	C. Beiras	Espinho	20-01	13,67i-05	
12,69	Marçal Rodrigues	CS Marítimo	10-07-90	7	CN23	Espinho	10-02		
12,64	Luis Assunção	CCSJ. Madeira	03-09-78	1	Rio Largo	Espinho	01-03	13,01i-06	
12,38	Renato Gomes	CA Bx Banheira	30-01-76	8s	CNCI-Ap	Espinho	26-01	12,99i-05	
12,29	Nelson Dantas	CP Pontevel	02-07-82	7s	CNCI-Ap	Espinho	27-01	11,85i-06	
12,14	Claudio Gama	GD Cavadas	20-03-82	Hep	C. Port	Pombal	23-02	12,20i-06	
11,98	Daniel Leandro	20KmA	04-07-84	2		Pombal	06-01		
11,98	Tiago Palma	NA Alcabideche	30-04-76	6	CNCI-2	Espinho	03-02		
11,63	Claudio Morais	CIA Ilha Azul	03-02-89	9s	CNCI-Ap	Espinho	26-01		
11,57	Luis Silva	GRECAS	26-05-80	Hep	C. Port	Pombal	23-02	12,22i-06	
11,54	Nuno Gonçalves	SC Braga	80	2		Braga	10-02		
11,28	Abel Pereira Dias	França	05-05-66	1		Reims	25-11	12,74i-05	
11,27	Hugo Simões	AA Coimbra	79	6		Pombal	06-01		
11,21	Tiago Costa	CP Mangualde	04-06-90	9	CN23	Espinho	10-02		
11,18	Ricardo Marques	CA Centro	31-07-78	1	ANDDEM	Espinho	01-03	11,65i-05	
11,13	Pedro Santos	CP Alcanena	01-01-88	Hep	C. Port	Pombal	23-02	9,48i-07	

### Peso/Shot Put ( 6 Kg) – 14,00 – 11,00

14,75	Hedson Trindade	Gira Sol RC	STP 23-10-89	1		Pombal	16-12	12,47i-05
14,32	Christophe Correia	ADC Lovelhe	08-09-90	1		Braga	05-01	
12,62	Bruno Ferreira	CP Pontevel	17-05-89	1		Alpiarça	08-12	12,03i-06
12,54	Pedro Mossamedes	SUO Vais	03-02-91	2		Pombal	16-12	
12,42	Damião Freitas	CP Alcanena	16-04-89	2		Alpiarça	08-12	11,20i-06
11,86	Kevin Wilson	Bairro Anjos	06-01-90	Hep		Pombal	29-12	
11,61	Luis Marques	Juv. Vidigalense	21-09-89	3		Pombal	16-12	
11,61	David Bernardo	França	26-01-90	Hep		Vittel - Fra	09-02	
11,53	Tiago Pereira	Juv. Vidigalense	15-01-91	4		Pombal	16-12	
11,03	Fábio Santos	NA Cucujães	31-08-89	Hep		Espinho	30-12	10,89i-06

### Heptatlo - 4000 - 3000

5.504	Tiago Marto	GA Fátima	05-05-86	1	C. Port	Pombal	24-02	5149i-07
5.354		Tiago Marto		1	T. FPA	Pombal	13-01	
5.245	Claudio Gama	GD Cavadas	20-03-82	2	C. Port	Pombal	24-02	5074i-07
5.102	Pedro Santos	CP Alcanena	01-01-88	3	C. Port	Pombal	24-02	4961i-07
4.782		Pedro Santos		2	T. FPA	Pombal	13-01	
4.757	Kevin Wilson	Bairro Anjos	06-01-90	3	T. FPA	Pombal	13-01	
4.646	Carlos Santos	CP Alcanena	10-05-86	4	C. Port	Pombal	24-02	4609i-07
4.641	Ricardo Amaro	JD Neves	09-08-90	5	C. Port	Pombal	24-02	
4.567		Pedro Santos		1		Pombal	30-12	
4.413		Carlos Santos		4	T. FPA	Pombal	13-01	
4.407	José Rosa	GD Cavadas	CPV 12-01-90	5	T. FPA	Pombal	13-01	
4.373	Luis Silva	GRECAS	26-05-80	1		Espinho	30-12	5156i-07
4.371		Ricardo Amaro		6	T. FPA	Pombal	13-01	
4.363	Damião Freitas	CP Alcanena	16-04-89	7	T. FPA	Pombal	13-01	4696i-07

4.242		Carlos Santos			2		Pombal	30-12	
4.196	Gil Mendes	GD Cavadas		08-05-89	6	C. Port	Pombal	24-02	4284i-07
3.893	Nuno Marques	Bairro Anjos		15-12-83	3		Pombal	30-12	
3.806	Márcio Quintela	EC+S Lavra		31-05-90	8	C. Port	Pombal	24-02	
3.762	Luis Ferreira	CCSJ. Madeira		23-04-85	2		Espinho	30-12	4456i-06
3.730	Alexandre Sousa	Bairro Anjos		13-11-87	4		Pombal	30-12	
3.665	Jorge Santos	NA Cucujães		25-03-85	3		Espinho	30-12	3841i-06
3.587	Frederic Bernardo	França		29-12-82	13		Eaubonne	08-12	2924i-06
3.530	Rui Fontes	GD Cavadas		05-11-90	8	T. FPA	Pombal	13-01	
3.481	Tiago Lopes	GD Cavadas		02-02-84	9	T. FPA	Pombal	13-01	3551i-06
3.425	Vitor Miguel	OC Lagos		89	10	T. FPA	Pombal	13-01	
3.359	Pedro Gomes	GR Qt. Lomba		13-11-90	11	T. FPA	Pombal	13-01	
3.203	André Matos	ACD Ilhavos		18-03-86	4		Espinho	30-12	
3.001	Miguel Jorge	OC Lagos		76	12	T. FPA	Pombal	13-01	

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

4.798	Kevin Wilson	Bairro Anjos		06-01-90	1		Pombal	30-12	
4.703	David Bernardo	França		26-01-90	9		Vittel - Fra	10-02	
4.623		David Bernardo			2		Paris	26-01	
4.425	Paulo Dias	Gira Sol RC		14-05-89	1	C. Norte	Braga	10-02	4415i-06
4.313		Paulo Dias			2		Pombal	30-12	
4.169	José Rosa	GD Cavadas	CPV	12-01-90	3		Pombal	30-12	
3.962	Victor Vilovski	SL Benfica	RUS	12-02-90	4		Pombal	30-12	
3.907	Márcio Quintela	EC+S Lavra		31-05-90	2	C. Norte	Braga	10-02	
3.648	Ruben Monteiro	Juv. Vidigalense		03-08-89	5		Pombal	30-12	
3.333	Fábio Santos	NA Cucujães		31-08-89	1		Espinho	30-12	3161i-06
3.329	Manuel Ernesto Veloso	CD Mouriminho		30-01-89	3	C. Norte	Braga	10-02	
3.316	Rui Fontes	GD Cavadas		05-11-90	6		Pombal	30-12	
3.292	Rui Jeronimo	Bairro Anjos		11-11-90	7		Pombal	30-12	
3.249	João Oliveira	Bairro Anjos		01-01-90	8		Pombal	30-12	

### 5000 m M/W – 25.00,0

20.06,38	João Vieira	CN Rio Maior		20-02-76	1	C. Port	Pombal	23-02	19.04,74i-07
20.11,68	Sérgio Vieira	CN Rio Maior		20-02-76	2	C. Port	Pombal	23-02	19.20,77i-99
20.36,73	António Pereira	JOMA		10-07-75	1s	CNCI-Ap	Espinho	26-01	20.43,68i-06
20.55,38	Diogo Martins	Sporting CP		14-08-84	4	C. Port	Pombal	23-02	20.56,62i-06
21.01,04	Pedro Martins	CA Seia		12-01-68	5	C. Port	Pombal	23-02	20.45,47i-99
21.03,74	Augusto Cardoso	FC Porto		13-12-70	1s	CNCI-Ap	Espinho	27-01	20.10,50i-03
21.05,47	Dionisio Ventura	CIA Ilha Azul		13-12-79	2s	CNCI-Ap	Espinho	26-01	21.06,13i-02
21.06,88	Pedro Isidro	SL Benfica		17-07-85	3s	CNCI-Ap	Espinho	26-01	21.15,92i-06
21.14,67	Mário Contreiras	GRECAS		26-12-67	3s	CNCI-Ap	Espinho	27-01	20.51,8i-92
21.30,19	Luis Gil	CS Marítimo		06-04-75	4s	CNCI-Ap	Espinho	26-01	21.33,54i-07
21.59,33	Luis Lopes	CN Rio Maior		01-01-90	7	C. Port	Pombal	23-02	
22.15,91	Pedro Santos	CA Seia		25-04-86	1	CN23	Espinho	09-02	21.39,73i-07
22.26,60	Luis Correia	JD Almansor		09-10-78	3		Pombal	05-01	21.42,88i-98
22.37,63	Gonçalo Beijinha	NA Alcabideche		25-08-86	5s	CNCI-Ap	Espinho	26-01	22.22,55i-04
22.40,38	Luis Silva	Individual - Lx		26-08-70	8	C. Port	Pombal	23-02	21.05,64i-07
22.51,69	Jaime Santos	GD Lourocoope		22-05-72	9	C. Port	Pombal	23-02	22.32,33i-05
23.36,57	Helder Conceição	C Bf. Faro		09-06-83	3	CNCI-2	Espinho	02-02	21.36,01i-06
23.37,14	Nuno Valente	CCSJ. Madeira		06-01-88	4	CN23	Espinho	09-02	23.42,34i-06
23.39,52	Nuno Santos	SL Benfica		29-11-88	5	cn23	Espinho	09-02	
24.01,99	José Magalhães	AC Alfenense		30-10-54	2	C. Norte	Braga	19-01	20.23,21i-92
24.04,44	Nuno Silva	CCD Ribeirão		03-01-90	3	C. Norte	Braga	19-01	24.56,12i-06
24.13,53	Flávio Silva	GDE Navais		92	4	C. Norte	Braga	19-01	
24.25,98	Diogo Duarte Henriques	CN Rio Maior		28-05-92	4		Pombal	05-01	
24.29,49	José Silva	NA Cucujães		16-01-85	3	C. Beiras	Espinho	19-01	23.08,12i-06
24.51,06	Carlos Paiva	CA Galinheiras		21-03-69	3		Espinho	05-01	
24.51,86	João Oliveira	JD Almansor		76	4		Pombal	05-01	

## 4 x 400 m – 3.25,0 – 3.30,0

3.15,75	Sporting CP	V. Jorge, J. Ferreira, E. Monteiro, A. Rodrigues	1	CNCI-1	Espinho	03-02	3.13,56i-00
3.19,55	Sporting CP	V. Jorge, J. Ferreira, E. Monteiro, A. Rodrigues	1s	CNCI-Ap	Espinho	27-01	
3.22,26	SL Benfica	J. Paula, F. Gonçalves, H. Fumo, P. Ferreira	*	1s	CNCI-Ap	Espinho	3.16,21i-95
3.23,20	Juventude Vidigalense	C. Correia, C. Pedreira, J. Gradiz, B. Gualberto	*	1	CNCI-2	Espinho	3.22,60i-01
3.23,57	SL Benfica	C. Pinto, C. Teixeira, H. Fumo, F. Gonçalves	*	1	C. Port	Pombal	24-02
3.24,42	Juventude Vidigalense	C. Correia, C. Pedreira, J. Gradiz, B. Gualberto	*	2s	CNCI-Ap	Espinho	3.22,60i-01
3.24,74	FC Porto	E. Neves, C. Figueiredo, A. Costa, S. Coroa	2	CNCI-1	Espinho	03-02	3.18,68i-05
3.24,98	CCD Ribeirão	T. Costa, R. Gomes, J. Araujo, R. Silva	3	CNCI-1	Espinho	03-02	3.25,22i-07
3.25,09	CA Seia	R. Varela, B. Costa, N. Figueiredo, D. Soares	4	CNCI-1	Espinho	03-02	3.21,45i-07
3.25,28	Casa Benfica Faro	R. Beatriz, R. Almeida, R. Martins, R. Monteiro	2	C. Port	Pombal	24-02	3.24,25i-07
3.28,95	CS Marítimo	H. Gouveia, L. Pinto, T. António, A. Pinheiro	*	6	CNCI-1	Espinho	3.21,90i-06
3.30,03	CF Belenenses	J. Gomes, M. Coelho, J. Campos, P. Semedo	*	1s	CNCI-Ap	Espinho	3.19,94i-98
3.30,21	Gira Sol - Febres	G. Amaral, F. Almeida, H. Pato, J. Martins	1	C. Beiras	Espinho	20-01	3.22,55i-07
3.30,38	NA Alcabideche	R. Moura, C. Fradão, F. Santos, R. Carrera	1s	CNCI-Ap	Espinho	26-01	
3.30,49	GA Fátima	R. Vieira, A. Verissimo, M. Mendes, T. Marto	2s	CNCI-Ap	Espinho	27-01	
3.30,74	GD Estreito	R. Gonçalves, R. Silva, D. Sousa, S. Duro	4s	CNCI-Ap	Espinho	26-01	3.20,16i-03

(\*) com atletas estrangeiros