

"Ranking" de P Coberta (Juniões) 2007 / 2008



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FEMININOS

JUNIORES

60 Metros (até 8,44)

7,73	Ungudi	Quiawacana	ANG	09-11-90	SLB	1 mf	Pombal	23.02
7,74		Quiawacana				4	Pombal	23.02
7,77		Quiawacana				1 el	Espinho	09.02
7,78		Quiawacana				2 s1	Pombal	12.01
7,79		Quiawacana				1 mf	Espinho	09.02
7,79		Quiawacana				1	Espinho	09.02
7,79		Quiawacana				1 el	Pombal	23.02
7,81	Susana	Santos		20-09-90	ACDRA	3	Pombal	16.02
7,82		Santos				1	Espinho	02.02
7,83		Santos				2	Espinho	09.02
7,84	Tânia	Duarte		15-07-90	CFB	3 mf	Pombal	23.02
7,86	Viviana	Couto		10-11-90	CARDES	3	Espinho	19.01
7,86		Santos				3 mf	Pombal	23.02
7,87		Santos				7	Pombal	23.02
7,88		Santos				2	Pombal	05.01
7,89		Couto				3	Espinho	09.02
7,90		Santos				1 el	Pombal	23.02
7,91		Couto				1 el	Espinho	19.01
7,91		Santos				1 el	Espinho	09.02
7,91		Santos				1 mf	Espinho	09.02
7,91	Sara	Esteves		24-08-92	CAMz-VC	3 el	Pombal	23.02
7,91		Duarte				8	Pombal	23.02
7,98	Eva	Vital		08-07-92	ACDRA	1	Pombal	15.12.2007
8,05	Carla	Gama *		24-11-90	GDC	4 el	Pombal	23.02
8,09	Daniela	Ferreira		22-06-89	JV	3 el	Espinho	19.01
8,09	Juliana	Campos		10-05-89	FCP	7 el	Braga	19.01
8,10	Joana	Lopes		13-10-91	GDFE	2 s1	Pombal	01.12.2007
(10)								
8,10	Catarina	Costa		03-08-89	CBF	8	Espinho	09.02
8,10	Cristiana	Cunha		17-07-91	GS-RC	5 el	Pombal	23.02
8,11	Cátia	Nunes		06-04-90	GRECAS	1	Espinho	05.01
8,13	Inês	Carmo		19-06-89	GDPN	2 s2	Pombal	12.01
8,15	Marta	Lopes		23-01-90	CDP	4 s1	Braga	22.12.2007
8,15	Carla	Santos		12-03-91	JV	5 el	Pombal	16.02
8,16	Telma	Neto		12-10-92	ACRVC	1	Alpiarça	16.02
8,17	Bruna	Monteiro		10-02-92	GCB	6 el	Pombal	23.02
8,18	Verónica	Cardoso		20-08-91	AACC	1-ex	Pombal	12.01
8,18	INF Sarah	Dias		15-02-95	JV	1 s1-ex	Espinho	23.02
(20)								
8,19	Telma	Elias		04-01-90	SLB	6 mf	Espinho	09.02
8,21	Cátia	Pereira		05-07-89	SLB	6 s2	Pombal	12.01
8,21	Catarina	Silva		03-04-90	JAM	1 s1	Espinho	23.02
8,22	Rita	Lourenço		05-08-92	SCB	5 s1	Braga	22.12.2007
8,22	Marlene	Bastos		20-08-92	CFUL	2 s1	Espinho	23.02
8,23	Ilizandra	Lopes		28-02-92	CFB	6-ex	Pombal	26.01
8,25	Diana	Relvas		12-05-89	ESL	2 mf	Espinho	12.01
8,27	Andreia	Crespo		16-10-93	NDCG	1 s1-ex	Espinho	23.02
8,28	Andreia	Pinto		16-04-93	CAMG	1 el	Pombal	07.12.2007
8,28	Shaina Anthony	Mags	NIG	11-04-92	SCP	1 s1-ex	Alpiarça	16.02
(30)								
8,29	Tânia	Garcia		24-05-89	COD	6 el	Espinho	09.02
8,30	Susana	Azevedo		04-11-91	ARCBV	3 el	Espinho	19.01
8,31	Nídia	Encarnação		13-05-91	GDE	1 s2-ex	Alpiarça	16.02
8,33	Ana Patrícia	Monteiro		22-06-89	SCB	3 el	Braga	19.01
8,35	Ana C.	Figueiredo		91	GS-RC	6	Alpiarça	16.02

8,38	Cátia	Jacinto	26-08-92	GCAD	3 el	Espinho	19.01
8,38	Camila	Carneiro	05-02-92	FCP	3 s1-ex	Braga	10.02
8,41	Diana	Nunes	01-01-92	ADRAB	1 s1	Pombal	26.01
8,42	Simone	Silva	18-01-93	GAF	4 s3-ex	Alpiarça	16.02
8,43	Cátia	Rodrigues	12-02-92	CCDR	1 s4	Braga	22.12.2007

* naturalizou-se portuguesa em 08 Fev 2008

200 Metros (até 28,14)							
25,11	Ungudi	Quiawacana	ANG 09-11-90	SLB	3	Pombal	24.02
25,17		Quiawacana			2 el	Pombal	24.02
25,50		Quiawacana			1 s1	Espinho	10.02
25,60	Vera	Barbosa	13-01-89	JOMA	1 s3	Espinho	10.02
25,62		Barbosa			1 s2	Espinho	03.02
25,67		Barbosa			3 el	Pombal	24.02
25,83		Barbosa			2 s2	Pombal	26.01
25,88	Tânia	Duarte	15-07-90	CFB	3 el	Pombal	24.02
26,05		Barbosa			5	Pombal	24.02
26,14	Cátia	Nunes	06-04-90	GRECAS	2 s1	Espinho	20.01
26,14		Nunes			3 s2	Pombal	26.01
26,17	Susana	Santos	20-09-90	ACDRA	1 s2	Espinho	03.02
26,20	Carla	Santos	12-03-91	JV	3 s2	Espinho	03.02
26,21		Nunes			1 s1	Espinho	06.01
26,22		Duarte			2 s2	Espinho	03.02
26,23		Santos			1 s1	Pombal	26.01
26,24		Santos			2 s3	Pombal	06.01
26,30	Catarina	Costa	03-08-89	CBF	2 s1	Pombal	26.01
26,31		Santos			2 s2	Espinho	10.02
26,90	Juliana	Campos	10-05-89	FCP	1 s1	Espinho	22.12.2007
26,91	Catarina	Silva	03-04-90	JAM	2 s2	Espinho	20.01
27,05	Daniela	Ferreira	22-06-89	JV	3 s2	Espinho	20.01
(10)							
27,12	Cristiana	Cunha	17-07-91	GS-RC	4 s2	Espinho	20.01
27,12	Marlene	Bastos	20-08-92	CFUL	1 s3	Espinho	20.01
27,21	Camila	Carneiro	05-02-92	FCP	1 s1-ex	Espinho	23.02
27,25	Cátia	Jacinto	26-08-92	GCAD	3 el	Espinho	20.01
27,45	Telma	Neto	12-10-92	ACRVC	2 s1	Espinho	13.01
27,55	Mª Inês	Tapadas	28-11-90	ADRAB	4 s1	Pombal	26.01
27,61	Luísa	Correia	18-05-92	ESCMOV	1 s2-ex	Braga	10.02
27,64	Joana	Lopes	13-10-91	GDFE	1 s1	Pombal	06.01
27,87	Ana	Martinho	91	CAR-S	1 s2	Pombal	01.03
28,03	Leslie	Delgado	25-06-89	JV	4 s3	Espinho	20.01
(20)							
28,08	Sara	Esteves	24-08-92	CAMz-VC	1 el	Braga	20.01
28,10	Anabela	Neto	25-03-91	ACRDE	2 s2	Espinho	02.03
28,10	Ana Cláudia	Almeida	04-04-91	ADS	3 s2	Espinho	02.03
28,14	Vera	Lima	89	ADS	4 s2	Espinho	02.03

Com marcas manuais

26,8	Andreia	Pinto	16-04-93	CAMG	1 s1	Pombal	07.12.2007
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300 Metros (até 47,44)							
43,03	Cristiana	Cunha	17-07-91	GS-RC	1 s1-ex	Pombal	27.01
43,16	Carla	Santos	12-03-91	JV	1 s3	Espinho	23.12.2007
44,10	Vera	Castro	23-10-92	EBPGS	2	Braga	26.01
44,21	Kelly	Oliveira	25-01-92	ACDCVC	1	Espinho	01.03
44,37	Ana Rita	Fernandes	20-04-93	ACDRA	2 s1-ex	Pombal	27.01
44,55	Camila	Carneiro	05-02-92	FCP	2	Espinho	01.03
45,18	Ana Queiroz	Alves	07-10-94	JV	1 s3-ex	Pombal	27.01
45,36	Sara	Oliveira	28-12-93	CAMG	3 s1-ex	Pombal	27.01
45,43	Anabela	Neto	25-03-91	ACRDE	2 s3	Espinho	23.12.2007
45,86	Filipa	Beleza	05-05-92	FCP	3	Espinho	01.03
(10)							
46,47	Soraia	Lopes	10-04-92	BA	1 s2-ex	Pombal	27.01
46,77	Bruna	Silva	14-11-94	JV	1 s4-ex	Pombal	27.01
46,84	Kelly	Oliveira	25-01-92	ACDCVC	3 s3	Espinho	23.12.2007
46,87	Sara	Esteves	24-08-92	CAMz-VC	3 s1	Braga	08.12.2007
47,16	Mariana	Correia	94	NDCG	2 s2-ex	Pombal	27.01
47,32	Marlene	Bastos	20-08-92	CFUL	4 s3	Espinho	23.12.2007

47,38	Joana	Mira	04-02-92	NDCG	4 s1-ex	Pombal	27.01
47,40	Ana Patrícia	Silva	28-11-93	CAMG	3 s2-ex	Pombal	27.01

400 Metros (até 64,24)

57,15	Vera	Barbosa	13-01-89	JOMA	1 s2	Espinho	09.02
57,49		Barbosa			1 s2	Pombal	23.02
58,19		Barbosa			2	Espinho	02.02
58,55		Barbosa			1 s4	Pombal	12.01
59,51	Nádia	Gaspar	07-10-90	SLB	1 s1	Espinho	09.02
60,72	M. ^a Carolina	Duarte	08-01-90	CFB	1 s1	Pombal	26.01
60,87	Cristiana	Cunha	17-07-91	GS-RC	3	Espinho	02.02
61,39	Susana	Godinho	05-07-92	CAA	1 el	Braga	19.01
61,65	Juliana	Campos	10-05-89	FCP	1 s1	Espinho	24.02
62,06	Carla	Santos	12-03-91	JV	2 s1	Pombal	05.01
62,28	Tânia	Garcia	24-05-89	COD	4 s5	Pombal	12.01
62,68	Joana	Brito	22-11-92	ACDRA	5	Espinho	02.02
63,10	Nádia	Silva	29-03-90	CAMG	4 s1	Espinho	19.01
(10)							
63,17	Leslie	Delgado	25-06-89	JV	1 s2	Espinho	19.01
63,23	Ana Cláudia	Almeida	04-04-91	ADS	2 s1	Espinho	24.02
63,29	Mónica	Simões	01-11-89	ACDCVC	2 s2	Espinho	19.01
63,42	Rosalina	Carvalho	14-05-90	CDP	1 s2	Braga	22.12.2007
63,78	Tânia	Duarte	15-07-90	CFB	3 s3	Pombal	12.01
64,06	Ana Paula	Sousa	27-04-91	GRECAS	1 s2	Espinho	24.02
64,14	Filipa	Vieites	01-08-91	CAOV	1 el	Braga	19.01
64,24	Vera	Castro	23-10-92	EBPGS	2 el	Braga	19.01

800 Metros (até 2.32,00)

2.11,70	Diana	Soares	02-08-92	ARBV	5	Pombal	24.02
2.14,26	Diana	Freitas	01-11-91	ARBV	6	Pombal	24.02
2.14,83		Soares			1-ex	Braga	10.02
2.20,07	Marisa	Borges	02-12-89	NAA	9	Pombal	24.02
2.20,20	Susana	Godinho	05-07-92	CAA	p	Braga	10.02
2.21,03	Sofia	Almeida	24-04-90	EST-Fr	3 el	Paris	23.02
2.22,95	Mónica	Simões	01-11-89	ACDCVC	4 s3	Espinho	20.01
2.23,36	Sónia Catarina	Lima	10-05-90	UDV	2	Braga	05.01
2.24,18	M. ^a Adelaide	Coimbra	12-01-90	CAOV	5 s1	Braga	20.01
2.24,77	Mariana	Brás	29-11-93	SCUT	1 s2	Espinho	22.12.2007
2.24,86	Cristina	Costa	13-09-89	CDCC	3	Braga	05.01
(10)							
2.24,93	Cátia	Dias	16-04-90	UDV	4	Braga	05.01
2.25,49	Nádia	da Silva	29-03-90	CAMG	6 s2	Pombal	26.01
2.25,52	Nadine	Leite	13-07-90	JAM	5 s3	Espinho	20.01
2.25,73	Sandra	Protássio	05-07-89	JV	1	Pombal	02.03
2.26,15	Jessica	Abranches	28-09-92	ACRSRSD	2 s2	Espinho	20.01
2.26,22	Sandra	Monteiro	05-09-92	CAA	p	Braga	10.02
2.26,30	Sara	Pitães	21-04-89	SCB	6 s1	Braga	20.01
2.26,47	Ana Paula	Sousa	27-04-91	GRECAS	3	Espinho	03.02
2.27,23	Esmeralda Manuela	Gonçalves	07-01-90	SCB	3	Braga	08.12.2007
2.27,36	Lecabela	Quaresma	STP 26-12-89	GRQL	p	Pombal	24.02
(20)							
2.27,57	Joana	Fernandes	11-09-92	SCB	2	Braga	26.01
2.27,65	Soraia	Lopes	10-04-92	BA	2 s1	Pombal	26.01
2.28,03	Ana Queiroz	Alves	07-10-94	JV	2 s2	Espinho	22.12.2007
2.28,32	Daniela	Dias	02-04-91	ACDRA	2	Pombal	16.12.2007
2.28,35	Patrícia	Monteiro	14-01-89	ADCCJ	2 s1	Espinho	20.01
2.28,38	Carla	Vieira	12-12-91	ACBU	4	Espinho	01.03
2.28,70	Filipa	Vieites	01-08-91	CAOV	2 s2	Braga	20.01
2.28,70	Sofia	Almeida	30-04-91	FCV	3	Braga	26.01
2.29,13	Joana	Brito	22-11-92	ACDRA	4 s2	Espinho	20.01
2.29,61	Ana	Pinto	23-10-91	ACDI	3 s1	Espinho	20.01
(30)							
2.29,63	Joana	Mendes	05-11-92	ADCCJ	4 s1	Espinho	20.01
2.29,63	Marta	Martins	15-01-92	ARBV	3 s2	Braga	20.01
2.29,63	Vera	Castro	23-10-92	EBPGS	p	Braga	10.02
2.30,29	Daniela	Santos	01-10-91	ARBV	5-ex	Braga	10.02
2.30,79	Vanda	Pinto	15-09-93	SCB	1	Braga	26.01
2.31,00	Francisca	Morgado	16-08-90	CFB	6	Espinho	03.02
2.31,36	Cristiana	Araújo	25-03-91	JOMA	6	Espinho	03.02
2.31,42	Maria Joaquina	Gonçalves	28-11-91	CAAV	6	Braga	05.01
2.31,50	Diana	Aguiar	02-09-94	ACDCVC	3 s2	Espinho	22.12.2007

2.31,96	Cristiana	Silva	16-08-90	ACDRA	4	Pombal	16.12.2007
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1000 Metros (até 3.10,00)

2.59,37	Diana	Freitas	01-11-91	ARBV	1	Braga	09.02
3.00,30	Marta	Pen Freitas	31-07-93	EBMDS	1	Pombal	01.03
3.01,51	Ana Queiroz	Alves	07-10-94	JV	2	Pombal	01.03
3.02,25	Susana	Godinho	05-07-92	CAA	2	Braga	09.02
3.05,78	Marisa	Ferreira	20-08-92	UDV	3	Braga	09.02
3.06,71	Sandra	Monteiro	05-09-92	CAA	4	Braga	09.02
3.08,53	Eugénia	Peixoto	10-06-93	UDV	1 s1	Braga	09.02
3.08,54	Sueli	Gomes	31-10-94	UDV	2 s1	Braga	09.02
3.09,00	Vanda	Pinto	15-09-93	SCB	1	Braga	08.12.2007
3.09,10	Ana Rita	Fernandes	20-04-93	ACDRA	3	Pombal	01.03

1500 Metros (até 5.05,00)

4.32,46	Daniela	Cunha	30-04-90	UDV	1 s1	Braga	19.01
4.33,67	Diana	Soares	02-08-92	ARBV	5	Pombal	23.02
4.36,03	Solange	Pereira da Cruz	12-12-89	MOJA-Esp	1	Braga	22.12.2007
4.38,71	Carla Salomé	Rocha	25-04-90	FCV	2	Braga	22.12.2007
4.39,49	Diana	Freitas	01-11-91	ARBV	3 s1	Braga	19.01
4.44,28	Marisa	Borges	02-12-89	NAA	3	Espinho	09.02
4.48,36	Sara Catarina	Ribeiro	31-05-90	FCV	3	Braga	22.12.2007
4.48,87	Marisa	Ferreira	20-08-92	UDV	4 s1	Braga	19.01
4.52,50	Liliana	Miranda	07-02-89	CRUR	8	Pombal	26.01
4.55,18	Cristina	Costa	13-09-89	CDCC	4	Braga	22.12.2007
(10)							
4.56,44	Sandra	Protássio	05-07-89	JV	2	Espinho	19.01
4.57,41	Sara	Pitães	21-04-89	SCB	1 s2	Braga	19.01
4.57,54	Jessica	Abranches	28-09-92	ACRSD	3	Espinho	19.01
4.58,61	Anais	Moniz	23-04-89	CFB	4	Espinho	02.02
4.58,74	Marta	Martins	15-01-92	ARBV	2 s2	Braga	19.01
4.58,83	Nadine	Leite	13-07-90	JAM	5	Espinho	12.01
4.58,83	Raquel	Pereira	23-07-89	SCB	7	Espinho	09.02
4.59,13	Cátia	Dias	16-04-90	UDV	8 s2	Espinho	30.12.2007
5.00,39	Patrícia	Monteiro	14-01-89	ADCCJ	5	Espinho	19.01
5.02,25	Catarina	Vieira	08-05-91	CAMG	10	Pombal	26.01
(20)							
5.02,34	Lúcia	Ribeiro	03-01-91	CAOV	8 s1	Braga	19.01
5.03,14	Sónia Catarina	Lima	10-05-90	UDV	9 s2	Espinho	30.12.2007
5.04,65	Diana	Aguiar	02-09-94	ACDCVC	1 s3	Espinho	30.12.2007

3000 Metros (até 11.20,00)

9.46,16	Solange	Pereira da Cruz	12-12-89	MOJA-Esp	2	Corunha	19.01
9.54,98		Pereira da Cruz			1	Braga	08.12.2007
9.54,81	Carla Salomé	Rocha	25-04-90	FCV	3	Espinho	10.02
9.55,21		Rocha			1	Braga	20.01
9.58,72	Diana	Soares	02-08-92	ARBV	2	Braga	20.01
9.59,05	Sara Catarina	Ribeiro	31-05-90	FCV	4	Espinho	10.02
10.10,04	Lúcia	Ribeiro	03-01-91	CAOV	5	Braga	20.01
10.22,18	Anais	Moniz	23-04-89	CFB	8	Pombal	26.01
10.24,05	Raquel	Pereira	23-07-89	SCB	6	Espinho	10.02
10.26,53	Cristina	Costa	13-09-89	CDCC	6	Braga	20.01
10.32,90	Diana	Freitas	01-11-91	ARBV	3	Braga	08.12.2007
10.35,80	Marta	Martins	15-01-92	ARBV	2	Espinho	01.03
(10)							
10.47,95	Catarina	Carvalho	01-03-92	CAMG	10	Pombal	26.01
10.57,14	Nadine	Leite	13-07-90	JAM	2	Espinho	13.01
10.59,79	Daniela	Santos	01-10-91	ARBV	3	Espinho	01.03
11.03,94	Ana P.	Rodrigues	12-05-91	CAR-S	2	Pombal	06.01
11.16,30	Sónia	Lourenço	10-09-90	GRECAS	4	Espinho	13.01

60 Metros Barreiras(0,84) (até 10,74)

8,93	Eva	Vital	08-07-92	ACDRA	4 s3	Pombal	26.01
9,00		Vital			2 s1	Pombal	12.01
9,02		Vital			2	Espinho	02.02
9,05		Vital			1	Espinho	20.01
9,10		Vital			6	Pombal	24.02
9,13	Débora	Encarnação	06-09-89	CAM	7 s3	Pombal	26.01
9,16		Encarnação			4-ex	Pombal	26.01

9,20		Encarnação			4	Espinho	02.02
9,20		Vital			3 el	Pombal	24.02
9,24	Telma	Elias	04-01-90	SLB	7	Pombal	24.02
9,26		Elias			1	Espinho	10.02
9,27		Encarnação			6 s1	Pombal	12.01
9,28		Elias			4 el	Pombal	24.02
9,33		Vital			1	Pombal	16.12.2007
9,33		Elias			7 s1	Pombal	12.01
9,33		Elias			1 el	Espinho	10.02
9,34	Vanessa	Rocha	02-01-90	GDE	2	Espinho	10.02
9,35	Lecabela	Quaresma	STP 26-12-89	GRQL	1 s2	Pombal	26.01
9,35	Nádia	Gaspar	07-10-90	SLB	2 el	Espinho	10.02
9,43	Carla	Gama *	GBS 24-11-90	GDC	p	Pombal	13.01
9,47	Cristiana	Cunha	17-07-91	GS-RC	4 el	Pombal	24.02
9,54	Márcia	Vieira	04-01-91	Lavra	5 el	Pombal	24.02
9,62	Ana Patrícia	Monteiro	14-01-89	SCB	2	Braga	20.01
(10)							
9,67	Carmezinda	Nascimento	21-12-89	SCP	5 el	Espinho	10.02
9,68	Anabela	Neto	25-03-91	ACRDE	1 s1	Espinho	23.02
9,74	Irina	Rodrigues	05-02-91	JV	3	Espinho	20.01
9,74	Daniela	Ferreira	22-06-89	JV	3 s2	Pombal	26.01
9,84	Catarina	Costa	03-08-89	CBF	p	Pombal	24.02
9,87	Cláudia	Rodrigues	11-11-89	COD	p	Pombal	13.01
10,01	Diana	Morgado	16-11-89	BA	1 s1	Pombal	26.01
10,01	Patrícia	Loureiro	20-07-90	Lavra	p	Braga	10.02
10,02	Rosalina	Carvalho	14-05-90	CDP	p	Braga	10.02
10,24	Joana	Araújo	05-01-90	SCB	1	Braga	26.01
(20)							
10,31	Ana Catarina	Neves	25-10-89	ADRAB	p	Pombal	24.02
10,34	Leslie	Delgado	25-06-89	JV	3	Pombal	16.12.2007
10,34	Marlene	Bastos	20-08-92	CFUL	3	Espinho	13.01
10,42	Rute	Limpo	23-12-90	JDN	p	Pombal	13.01
10,45	Mariana	Morgado	16-11-89	BA	p	Pombal	13.01
10,47	Anna Maria	Rosa	24-12-92	CBF	3 s1	Pombal	26.01
10,58	Andreia	Carvalho	22-07-90	JAM	4	Espinho	13.01
10,62	Cátia	Costa	29-04-91	CRUR	3 s3	Pombal	12.01

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Como portuguesa:

9,46	Carla	Gama	24-11-90	GDC	p	Pombal	24.02
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Com marcas manuais

8,9	Eva	Vital	08-07-92	ACDRA	1	Pombal	06.01
9,0	Mariana	Morgado	16-11-89	BA	4	Pombal	16.02

Altura (até 1,48)							
1,70	Irina	Rodrigues	05-02-91	JV	2	Pombal	13.01
1,70		Rodrigues			t	Alpiarça	02.02
1,68		Rodrigues			2	Pombal	24.02
1,68	Joana	Flores	08-10-89	CAT	3	Pombal	24.02
1,66		Rodrigues			1	Pombal	16.12.2007
1,66		Rodrigues			3	Pombal	26.01
1,65	Cláudia	Rodrigues	11-11-89	COD	p	Pombal	13.01
1,65		Flores			3	Espinho	10.02
1,61	Ana Rita	Pereira	14-05-91	SCB	t	Braga	05.01
1,61	Anabela	Neto	25-03-91	ACRDE	1	Espinho	06.01
1,61	Iolanda	Ribeiro	24-04-89	GDPN	4	Pombal	13.01
1,59	Ana Paula	Furtado	26-01-89	JOMA	4	Espinho	10.02
1,58	Marcia	Gonçalves	09-03-89	JOMA	5	Pombal	13.01
1,58	Marta	Onofre	28-01-91	CFB	t	Alpiarça	02.02
1,57	Catarina	Costa	03-08-89	CBF	6	Pombal	26.01
(10)							
1,55	Albertina	Pereira	26-08-90	CAOV	1	Anha-VC	01.03
1,54	Eva	Vital	08-07-92	ACDRA	t	Pombal	30.12.2007
1,54	Rute	Lopes	17-02-92	GS-RC	t	Alpiarça	02.02
1,54	Alexandra	Marques	91	ESJD	1	Espinho	23.02
1,54	Daniela	Ferreira	22-06-89	JV	p	Pombal	24.02

1,53	Ana	Vasconcelos	18-07-92	ACDRA	2	Pombal	06.01
1,53	Ana	Costa	09-11-89	GRECAS	2	Espinho	13.01
1,53	Lecabela	Quaresma	STP 26-12-89	GRQL	p	Pombal	13.01
1,52	Ana	Monjane	01-01-93	SCB	2	Braga	22.12.2007
1,50	Catarina	Rosa	20-07-89	CAMG	6	Espinho	20.01
(20)							
1,50	Cátia	Costa	29-04-91	CRUR	t	Alpiarça	02.02
1,50	Rosalina	Carvalho	14-05-90	CDP	p	Braga	10.02
1,50	Liliana	Jorge	03-01-91	JV	3	Pombal	01.03
1,50	INF Ana M.	Fartaria Oliveira	18-07-95	GAF	ex	Pombal	01.03
1,48	Andreia	Nicolau	01-02-91	UAG	t	Pombal	27.01
1,48	Liliana	Ferreira	05-06-92	ADS	2	Espinho	23.02

Vara (até 2,00)

3,10	Marta	Onofre	28-01-91	CFB	1	Alpiarça	22.12.2007
2,90	Joana	Flores	08-10-89	CAT	7	Pombal	23.02
2,80	Ana	Costa	09-11-89	GRECAS	2	Espinho	12.01
2,78	Carla	Macedo	22-10-90	GDE	5	Espinho	09.02
2,66	Sara	Ramalho	19-04-89	GDC	6	Espinho	09.02
2,60	Nanci	Sousa	28-09-90	JV	2	Pombal	16.02
2,40	Fabiana	Mota	23-03-90	JV	6	Pombal	13.01
2,40	Sarina	Santos	24-09-91	CAR-S	2	Alpiarça	16.02
2,30	Claudia	Ramoá	01-04-90	SCB	3	Braga	19.01
2,20	Mariana	Pandeirada	90	GRECAS	3	Espinho	12.01
(10)							
2,20	Catarina	Nunes	01-01-93	ADRAB	10	Pombal	26.01
2,20	Catarina	Silva	25-10-94	GDIS	3	Alpiarça	16.02
2,20	Cristiana	Cardoso	13-07-91	JAM	2	Espinho	23.02
2,10	Daniella	Olivier	21-11-94	ADRAP	4	Alpiarça	16.02
2,00	Ana Filipa	Silva	09-03-93	CAMG	1	Pombal	07.12.2007
2,00	Vanessa	Nora	02-03-93	CAMG	2	Pombal	07.12.2007
2,00	Ana	Vasconcelos	18-07-92	ACDRA	7	Espinho	19.01
2,00	Ana Paula	Furtado	26-01-89	JOMA	12	Pombal	26.01
2,00	Verónica	Jerónimo	14-01-91	ACDRA	4	Espinho	02.02

Comprimento (até 4,95)

5,67	Vanessa	Rocha	02-01-90	GDE	1	Espinho	02.02
5,59	Eva	Vital	08-07-92	ACDRA	2	Espinho	02.02
5,48	Carla	Gama*	24-11-90	GDC	3	Espinho	09.02
5,45	Ungudi	Quiawacana	ANG 09-11-90	SLB	4	Espinho	09.02
5,43	Sara	Esteves	24-08-92	CAMz-VC	p	Braga	10.02
5,39	Cláudia	Rodrigues	11-11-89	COD	p	Pombal	24.02
5,17	Claudina	Borges	CPV 14-08-91	EBMDS	1	Alpiarça	16.02
5,16	Lecabela	Quaresma	STP 26-12-89	GRQL	p	Pombal	24.02
5,12	Ana Paula	Furtado	26-01-89	JOMA	7	Espinho	09.02
5,08	Débora	Encarnação	06-09-89	CAM	6	Espinho	02.02
(10)							
5,08	Rute	Lopes	17-02-92	GS-RC	2	Alpiarça	16.02
5,02	Carla	Pinhão	21-04-90	GRECAS	4	Espinho	02.02
5,01	Ana	Borges	12-09-90	SCB	8	Espinho	09.02
5,00	Rute	Limpo	23-12-90	JDN	p	Pombal	13.01
5,00	Isabel	Vieira	25-02-93	FCP	t	Alpiarça	02.02
4,99	Catarina	Costa	03-08-89	CBF	p	Pombal	24.02
4,95	Teresa	Paulo	ANG 21-07-92	GRECAS	1	Espinho	23.02

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Triplo (até 10,00)

12,29	Vanessa	Rocha	02-01-90	GDE	1	Espinho	03.02
12,22		Rocha			1	Espinho	10.02
12,16		Rocha			3	Pombal	24.02
11,99	Carla	Pinhão	21-04-90	GRECAS	1	Espinho	23.02
11,98		Rocha			3	Pombal	16.02
11,93		Rocha			2	Pombal	26.01
11,83	Carmezinda	Nascimento	21-12-89	SCP	5	Pombal	24.02
11,73		Nascimento			2	Espinho	10.02
11,72		Pinhão			7	Pombal	24.02
11,70		Rocha			4	Pombal	13.01
11,41	Liliana	Jorge	03-01-91	JV	ex	Espinho	23.02
11,41	Joana	Flores	08-10-89	CAT	8	Pombal	24.02

11,35	Ana Paula	Furtado	26-01-89	JOMA	4	Espinho	10.02
11,26	Ana	Borges	12-09-90	SCB	5	Espinho	10.02
11,15	Lecabela	Quaresma	STP 26-12-89	GRQL	7	Pombal	26.01
10,85	Marta	Onofre	28-01-91	CFB	3	Espinho	03.02
10,82	Leida	Fernandes	CPV 10-11-89	JOMA	9	Espinho	10.02
(10)							
10,67	Ana Sofia	Campião	11-04-90	GDPN	10	Pombal	13.01
10,48	Cátia	Gaspar	12-04-90	JV	2	Pombal	16.12.2007
10,38	Catarina	Amorim	03-05-92	GDL	1	Espinho	02.03
10,18	Teresa	Paulo	ANG 21-07-92	GRECAS	4	Espinho	13.01
10,18	Benvinda	Costa	29-12-89	CRUR	14	Pombal	26.01
10,18	Marlene	Bastos	20-08-92	CFUL	2	Espinho	23.02
10,15	Vera	Lima	89	ADS	2	Espinho	02.03
10,14	Carolina	Josefa	01-07-92	SCA	1	Alpiarça	08.12.2007
10,10	Patrícia	Loureiro	20-07-90	Lavra	2	Braga	20.01
10,08	Susana	Gameiro	28-12-89	CAR-S	2	Pombal	06.01
(20)							
10,01	Soraia	Ruas	07-01-92	ADREP	6	Espinho	20.01
10,00	Ana	Vasconcelos	18-07-92	ACDRA	2	Pombal	07.12.2007

Peso (4) (até 9,00)

12,99	Irina	Rodrigues	05-02-91	JV	1	Pombal	05.01
12,62	Ir.	Rodrigues			6	Pombal	26.01
12,52	Ir.	Rodrigues			1	Pombal	15.12.2007
12,02	Ir.	Rodrigues			2	Espinho	19.01
11,99	Lecabela	Quaresma	STP 26-12-89	GRQL	1	Espinho	09.02
11,24	Cláudia	Rodrigues	11-11-89	COD	3	Espinho	09.02
10,79	Catarina	Rosa	20-07-89	CAMG	2	Pombal	05.01
10,54	Ana Patrícia	Inácio	11-02-91	CAMG	3	Pombal	05.01
10,35	Ana Rita	Henriques	25-11-92	ACDRA	5	Espinho	19.01
10,17	Carolina	Rodrigues	07-02-91	NSC	1	Alpiarça	08.12.2007
10,15	Soraia	Ruas	07-01-92	ADREP	3	Espinho	12.01
9,63	Marta	Monteiro	02-01-90	CAA	1-ex	Braga	10.02
9,61	Sara	Santos	19-03-91	ADRLCE	1	Espinho	24.02
(10)							
9,59	Carla	Gama	24-11-90	GDC	p	Pombal	24.02
9,56	Benvinda	Costa	29-12-89	CRUR	13	Pombal	26.01
9,47	Cristiana	Cruz	15-06-90	CCDR	1-ex	Espinho	12.01
9,47	Andreia	Gomes	14-02-89	NAA	14	Pombal	26.01
9,38	Tânia	Martins	10-01-89	ARCBV	8	Espinho	19.01
9,31	Bárbara	Lopes	26-01-90	ACRSD	9	Espinho	19.01
9,20	Claudia	Ramoa	01-04-90	SCB	1	Braga	05.01
9,09	Patrícia	Loureiro	20-07-90	Lavra	p	Pombal	24.02

Pentatlo

60 Bar(0,84)=altura=Peso(4)=Comp=800m.

3352	Lecabela	Quaresma	STP 26-12-89	GRQL	3	Pombal	24.02
			9,49-1,45-11,78-5,16-2.27,36				
3316	Cláudia	Rodrigues	11-11-89	COD	2	Pombal	13.01
			9,87-1,65-9,82-5,32-2.36,14				
3118	Carla	Gama	24-11-90	GDC	5	Pombal	24.02
			9,46-1,45-9,59-5,18-2.35,64				
3005	Catarina	Costa	03-08-89	CBF	6	Pombal	24.02
			9,84-1,51-8,86-4,99-2.36,04				
2859	Rosalina	Carvalho	14-05-90	CDP	1	Braga	10.02
			10,023-1,50-8,61-4,67-2.36,08				
2770	Daniela	Ferreira	22-06-89	JV	1	Pombal	29.12.2007
			9,95-1,51-8,63-4,93-2.52,61				
2685	Patrícia	Loureiro	20-07-90	Lavra	2	Braga	10.02
			10,01-1,38-9,08-4,87-2.47,41				
2672	Ana Catarina	Neves	25-10-89	ADRAB	2	Pombal	29.12.2007
			10,35-1,42-8,46-4,75-2.40,35				
2514	Carla Raquel	Silva	17-02-90	CAA	3	Braga	10.02
			10,86-1,41-7,61-4,45-2.34,20				
2471	Rute	Limpo	23-12-90	JDN	8	Pombal	13.01
			10,42-1,32-7,09-5,00-2.45,98				
(10)							
2385	Mariana	Morgado	16-11-89	BA	9	Pombal	13.01
			10,45-1,44-7,83-4,64-3.01,92				
2357	Joana	Araújo	05-01-90	SCB	4	Braga	10.02
			10,98-1,47-8,16-4,76-3.04,61				

2352	Bobbie	Batista	10-04-90	OCL	10	Pombal	13.01
			10,88-1,38-7,20-4,60-2.45,71				
2225	Cátia	Gaspar	12-04-90	BA	5	Pombal	29.12.2007
			11,48-1,33-8,42-4,63-2.52,54				
2154	Ana	Costa	09-11-89	GRECAS	2	Espinho	30.12.2007
			10,98-1,48-7,54-4,41-3.14,89				
2013	Nanci	Sousa	28-09-90	BA	6	Pombal	29.12.2007
			11,14-1,39-6,81-4,51-3.14,39				
2009	Cristiana	Cruz	15-06-90	CCDR	5	Braga	10.02
			11,09-1,41-8,80-4,12-3.23,69				
1975	Catarina	Silva	03-04-90	JAM	3	Espinho	30.12.2007
			11,98-1.39-6,08-4,81-3.07,06				
1929	Diana	Morgado	16-11-89	BA	7	Pombal	29.12.2007
			10,41-1,36-6,91-4,24-3.31,38				
1923	Célia	Silva	22-09-89	FCP	6	Braga	10.02
			11,85-1,20-7,16-4,36-2.49,61				
(20)							
1904	M ^a Inês	Tapadas	28-11-90	ADRAB	8	Pombal	29.12.2007
			12,05-1,30-7,24-4,12-2.53,12				
1890	Patrícia	Marques	11-11-89	JAM	4	Espinho	30.12.2007
			12,29-1,39-6,66-3,99-2.53,79				

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3.000 Metros-Marcha (até 20.00,0)

13.44,48	Ana Cláudia	Conceição	31-01-89	SCB	4	Pombal	26.01
13.49,71		Conceição			1	Braga	19.01
13.52,33		Conceição			1	Espinho	02.02
13.56,97		Conceição			1	Espinho	09.02
14.07,72	Catarina	Godinho	03-02-89	CAFZ	6	Pombal	23.02
15.01,86	Liliana	Martins	20-07-90	GCAD	10	Pombal	23.02
15.32,03	Hanna	Shershneva	UKR 05-11-89	CAMG	1	Pombal	05.01
15.35,93	Andreia	Coelho	25-10-91	GDL	4	Espinho	19.01
15.45,57	Sandra	Costa Monteiro	05-09-92	CAA	4	Braga	19.01
16.04,32	Ana	Hurlebaus	UKR 18-06-94	CNRM	2	Pombal	27.01
16.16,06	Daniela Cristina	Vasconcelos	16-04-92	CAA	5	Braga	19.01
16.29,44	Andreia	Monteiro	17-12-90	CAFZ	4	Pombal	05.01
17.05,53	M. ^a João	Brito	13-05-90	JAM	2	Espinho	05.01
(10)							
17.08,17	Ana Bárbara	Canadas	19-11-93	CNRM	3	Pombal	27.01
17.14,23	Luciana	de Jesus	11-04-93	CAMG	4	Pombal	27.01
17.19,85	Daniela	Cardoso	15-12-91	BA	5	Pombal	27.01
17.35,91	Rita	Rosa	15-03-92	ADRAB	6	Pombal	27.01
17.43,26	Eva Maria	Santos	24-03-89	CPP	6	Pombal	05.01
17.47,68	Marisa	de Jesus	11-04-93	CAMG	7	Pombal	27.01
17.52,98	Ana Vanessa	Leitão	28-11-90	BA	2	Pombal	05.01
18.51,93	Bárbara	Carapeto	26-05-92	CNRM	7	Pombal	05.01
19.23,20	Ania	Marouco	07-05-93	CAMG	8	Pombal	27.01
19.28,59	Joana	Fortuna	91	CSGaia	7	Braga	19.01

4x200 metros

1.48,69		SLB	3 s2	Pombal	12.01
	Cátia Pereira (89); Telma Elias(90); Nádia Gaspar; Ungudi Quiawacana* (90)				
1.52,92		ACDRA	4 s1	Pombal	12.01
	Susana Santos(90); Joana Brito(92); Ana C. Faria(90); Eva Vital(92)				
1.52,99		JV	1	Pombal	16.02
	Fabiana Mota(90); Daniela Ferreira(89); Irina Rodrigues(89); Irina Rodrigues(91); Carla Santos(91)				
1.53,23		JAM	1	Espinho	23.02
	Andreia Carvalho(90); Patrícia Marques(89); Nádia Santos(91); Catarina Silva(90)				
1.53,57		GRECAS	2	Espinho	23.02
	Teresa Paulo*(92);Ana Costa(89); Carla Pinhão(90); Cátia Nunes(90)				
1.54,65		CFB	4 s2	Pombal	12.01
	Francisca Morgado(90); Laura Câmara(90); Ilizandra Lopes(92); Tânia Duarte(90)				
1.56,92		ADRAB	2	Pombal	16.02
	Catarina Nunes(92); Cláudia Godinho(91); Ana C. Neves(89); Maria Tapadas(90)				
1.58,17		BA	3	Pombal	16.02
	Sara Dias(92); Daniela Cardoso(91); Rita Gonçalves(92); Soaraia Lopes(92)				

4x400 metros

4.17,30	CFB	5	Espinho	03.02
	Carolina Duarte(90); Ilizandra Lopes(92); Francisca Morgado(90); Tânia Duarte(90)			
4.17,64	JAM	4	Pombal	24.02
	Catarina Silva(90); Nádia Santos(91) ;Patrícia Marques(89); Nadine Leite(90)			
4.28,88	ACDRA	6	Espinho	03.02
	Andreia André(91); Joana Brito(92);Ana Ferreira(91); Ana C. Faria(90)			
4.29,84	ADRAB	1 s2	Pombal	26.01
	Diana Nunes(92); M.ª Inês Tapadas(90); Claudia Godinho(91); Ana Catarina Neves(89)			
4.35,65	SSSJM	5 s2	Pombal	26.01
	Diana Costa(90); Cátia Xara(92); Cátia Ferreira(92); Luísa Andrade(90)			
4.37,37	ADS	2	Espinho	06.01
	Ana Almeida(91);Vânia Santos(91);Joana Pessoa(90);Vera Lima(89)			