

**Federação Portuguesa de Atletismo**  
**Estatística - Jovem**

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



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## MASCULINOS

### JUNIORES

#### 60 Metros ( até 7,40)

7,01	Edi	Sousa	11-07-89	SCP	3 el	Pombal	23.02
7,02		Sousa			3	Espinho	09.02
7,02		Sousa			4 mf	Pombal	23.02
7,06		Sousa			2-ex	Espinho	27.01
7,06		Sousa			2 mf	Espinho	09.02
7,07		Sousa			2 s1	Pombal	12.01
7,08		Sousa			1 el	Espinho	09.02
7,11	Oswaldo	Sousa	10-02-89	EFC-E	2 el	Espinho	09.02
7,11	Paulo	Dias	14-05-89	GS-RC	4 el	Pombal	23.02
7,12	Carlos	Veiga	22-02-89	CFB	6	Espinho	09.02
7,12	Orlando	Tungo	ANG 17-04-89	VFC	2 el	Espinho	09.02
7,12	Bruno	Ferreira	27-05-90	ACDRA	2 mf	Espinho	19.01
7,14	João	Gradiz	02-05-89	JV	5	Pombal	16.02
7,15	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	29.12.2007
7,17	Gonçalo	Ribeiro	01-01-89	JV	1 s1-ex	Espinho	02.02
7,21	Simão	Santana	89	GRECAS	2	Espinho	12.01
(10)							
7,22	Jorge	Moreira	91	VTSC	1 el	Braga	19.01
7,22	Joaquim	Rodrigues	25-03-90	CCDR	2 s1-ex	Espinho	02.02
7,23	Nuno	Baptista	10-04-91	JOMA	3 s1-ex	Espinho	02.02
7,25	Emanuel	Neves	13-03-90	FCP	4 el	Espinho	09.02
7,27	Adão	Mendes	89	CABB	2 s2	Espinho	26.01
7,27	Gil	Mendes	08-05-89	GDC	Hep	Pombal	23.02
7,28	Luís	Silva	11-07-93	ESL	1 s1-ex	Espinho	23.02
7,30	Ricardo	Vieira	01-05-90	GAF	1	Pombal	05.01
7,30	Diogo	Santos	03-05-91	FCP	3 s1-ex	Braga	10.02
7,31	André Gorba	Biveti	ANG 10-06-92	SCP	1 s1-ex	Alpiarça	16.02
(20)							
7,32	José	Viegas	01-03-93	GJPB	1 s1	Espinho	02.03
7,33	Bruno	Magalhães	29-01-90	CCDR	3 s1	Braga	08.12.2007
7,34	Ruben	Monteiro	03-08-89	JV	1 s4	Pombal	12.01
7,34	Pedro	Bernardo	12-05-89	JOMA	ex	Alpiarça	08.12.2007
7,34	Pedro	Lopes	04-07-92	SCA	2	Alpiarça	16.02
7,35	Damião	Freitas	16-04-89	CPA-S	Hep	Pombal	23.02
7,36	Cristiano	Carreira	04-03-90	JV	1 B	Pombal	05.01
7,36	Igor	Maria	ANG 02-03-89	CIAIA	4 s3	Pombal	12.01
7,36	Sérgio	Paulo	14-06-92	GRQL	3	Alpiarça	16.02
7,37	Rui	Almeida	15-11-90	CNRM	1 B	Pombal	05.01
(30)							
7,37	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	23.02
7,38	Diogo	Ribeiro	15-01-90	JUNI	4 s1	Braga	08.12.2007
7,38	André	Lima	19-04-91	GRQL	2 s4	Pombal	12.01
7,40	Rafael	Soares	22-04-91	JV	2 el	Pombal	05.01
7,40	Francisco	Correia	04-01-89	SCB	4 el	Braga	19.01
7,40	Edgar	Batista	12-07-91	ESCMOV	4 B	Braga	19.01

#### 200 Metros ( até 24,04)

22,40	Edi	Sousa	11-07-89	SCP	2 el	Pombal	24.02
22,54	Emanuel	Neves	13-03-90	FCP	1 s1	Espinho	27.01
22,54		Sousa			4	Pombal	24.02
22,71	Gonçalo	Ribeiro	01-01-89	JV	2 s1	Espinho	27.01
22,93	Cristiano	Carreira	04-03-90	JV	1 s3	Espinho	20.01
23,02	Joaquim	Rodrigues	25-03-90	CCDR	1 s1	Espinho	26.01
23,10	João	Gradiz	02-05-89	JV	1 s2	Espinho	20.01
23,10	Simão	Santana	89	GRECAS	2 s1	Espinho	10.02
23,14	André	Jordão	27-06-89	NDCG	2 s2	Espinho	20.01

23,17	Bruno	Ferreira	27-05-90	ACDRA	3 s7	Pombal	06.01
23,18	Diogo	Santos	03-05-91	FCP	3 s1-ex	Espinho	23.02
(10)							
23,43	Pedro	Cardoso	06-06-90	AAC	2 s2	Espinho	26.01
23,50	Sérgio	Paulo	14-06-92	GRQL	3 s3	Espinho	26.01
23,51	Francisco	Correia	04-01-89	SCB	1 s2	Braga	05.01
23,54	Flávio	Carvalho	07-07-90	GRECAS	1 s8	Espinho	22.12.2007
23,57	Roberto	Gonçalves	24-02-89	GDE	3 s2	Espinho	03.02
23,61	Ricardo	Vieira	01-05-90	GAF	3 s2	Espinho	27.01
23,62	Orlando	Tungo	ANG 17-04-89	VFC	4 s3	Espinho	10.02
23,71	Rafael	Soares	22-04-91	JV	3 s1	Pombal	16.12.2007
23,81	João	Lopes Rocha	15-04-92	BA	1 s4	Pombal	01.03
23,82	João	Oliveira	08-04-90	BA	2 s4	Pombal	01.03
(20)							
23,87	Miguel	Martins	07-12-90	JV	1 s6	Pombal	06.01
23,89	Ricardo	Vieira	01-05-90	GAF	2 s6	Pombal	06.01
23,91	Jorge	Moreira	91	VTSC	2 s3	Braga	05.01
23,98	Helder	Guerreiro	02-05-89	AACC	4 s5	Pombal	01.03
23,99	Micael	Gonçalves	02-09-91	ACCAR	3 s4	Pombal	01.03

### 300 Metros ( até 40,64)

37,28	Diogo	Santos	03-05-91	FCP	1 s2	Espinho	01.03
37,54	Rafael	Soares	22-04-91	JV	1 s1-ex	Pombal	27.01
38,17	Victor	Pereira	91	ADRLCE	1 s1	Espinho	01.03
38,26	Joaquim	Rodrigues	25-03-90	CCDR	1 s2	Braga	08.12.2007
38,67	John	Martins	13-05-92	ADREP	2 s2	Braga	08.12.2007
38,90	Kevin	Gaspar	15-03-91	BA	1 s2-ex	Pombal	27.01
39,01	Cláudio	Ferreira	24-08-92	FCP	2 s2	Espinho	01.03
39,07	Hugo	Correia	20-10-91	CDRQ	2 s1-ex	Pombal	27.01
39,33	Bruno	Magalhães	29-01-90	CCDR	1 s3	Braga	08.12.2007
39,37	Thibaut	Junqueira	17-02-92	BA	3 s1-ex	Pombal	27.01
(10)							
39,63	Patrick	Correia	12-10-91	CCSJM	1 s2	Espinho	23.12.2007
39,69	Tiago	Neves	09-07-91	GRECAS	3 s2	Espinho	01.03
39,88	Francisco	Mouraz	30-04-92	GS-RC	4 s1-ex	Pombal	27.01
40,22	João	Ritto	23-08-92	BA	1 s3-ex	Pombal	27.01
40,24	André	Nazaré	28-08-91	ACDRA	5 s1-ex	Pombal	27.01
40,29	David	Melo	11-07-89	JUNI	3 s4	Braga	08.12.2007
40,31	Nuno	Sousa	14-01-89	JUNI	3 s3	Braga	08.12.2007
40,37	Artur	Koshchuk	UKR 05-03-94	JV	2 s2-ex	Pombal	27.01
40,42	Paulo	Araújo	92	SCB	1 s6	Braga	08.12.2007
40,50	Volodymyr	Strokov	UKR 23-04-91	JV	1 s5-ex	Pombal	27.01

### 400 Metros ( até 53,84)

49,77	Fábio	Gonçalves	26-01-90	SLB	1 s2	Espinho	09.02
50,68	Kevin	Carricho Wilson	06-01-90	BA	2 s3	Espinho	26.01
50,76	Rui Miguel	Gonçalves	06-09-89	SCB	6 s3	Espinho	27.01
50,79	Cristiano	Carreira	04-03-90	JV	1 s1	Espinho	09.02
51,38	Hugo	Santos	05-01-91	CAR-S	1 s1	Pombal	05.01
52,01	Flávio	Carvalho	07-07-90	GRECAS	2 s1	Espinho	05.01
52,01	Helder	Guerreiro	02-05-89	AACC	5 s1	Espinho	09.02
52,13	Emanuel	Neves	13-03-90	FCP	1 s6	Pombal	12.01
52,16	João	Delgado	08-01-90	UAG	5 s2	Espinho	09.02
52,21	Diogo	Pimentel	20-11-89	GRECAS	5	Espinho	02.02
(10)							
52,27	André	Jordão	27-06-89	NDCG	3 s2	Espinho	19.01
52,46	Alexandre	Costa	15-02-90	JOMA	1 s4	Pombal	12.01
52,49	André	Carvalho	22-07-90	JAM	4 s2	Espinho	19.01
52,50	André	Costa	05-01-90	FCP	1 s1	Espinho	23.12.2007
52,88	Luís	Phalempin	12-11-90	FCP	1 s2	Espinho	24.02
52,89	Fábio	Santos	31-08-89	NAC	1 s1	Espinho	27.01
53,08	Nuno	Figueiredo	29-12-89	CAS	3 s6	Pombal	12.01
53,14	Joni	Rodrigues	10-10-89	CNC	1 el	Braga	19.01
53,27	Carlos	Figueiredo	05-05-90	FCP	2 el	Braga	19.01
53,50	Gonçalo	Salgado	05-02-90	JOMA	3 s7	Pombal	12.01
(20)							
53,63	João	Gois	22-02-90	ASCV	3 s1	Espinho	19.01
53,72	João	Oliveira	08-04-90	BA	4 s7	Pombal	12.01
53,79	Jorge	Batista	06-06-91	ADREP	3 s2	Espinho	12.01
53,82	Márcio	Pereira	13-09-89	GDGOV	2 el	Braga	19.01
53,82	David	Melo	11-07-89	JUNI	2 s2	Espinho	26.01
53,83	John	Martins	13-05-92	ADREP	4 s2	Espinho	12.01

### 800 Metros ( até 2.02,64)

1.51,69	Fábio	Gonçalves	26-01-90	SLB	2 s1	Pombal	16.02
1.52,74		Gonçalves			5 s2	Pombal	24.02

1.53,29		Gonçalves			2 s4	Espinho	10.02
1.53,94	Rui Miguel	Gonçalves	06-09-89	SCB	1 s3	Espinho	10.02
1.54,36		Gonçalves			1 s2	Espinho	26.01
1.54,80	João	Brás	13-08-89	SCUT	3 s3	Espinho	10.02
1.55,64	José Miguel	Silva	04-07-89	SCB	4 s1	Braga	20.01
1.56,89	Nuno	Figueiredo	29-12-89	CAS	6 s1	Pombal	24.02
1.57,43	João	Delgado	08-01-90	UAG	5 s3	Espinho	10.02
1.58,30	Tiago	Dias	11-01-90	AAPGL	4 s4	Espinho	10.02
1.58,59	Márcio	Pereira	13-09-89	GDCOV	3 s2	Espinho	10.02
1.58,87	Fábio	Santos	31-08-89	NAC	3 s1	Espinho	13.01
1.59,50	Hugo	Santos	05-01-91	CAR-S	6 s1	Pombal	01.12.2007
<b>(10)</b>							
1.59,67	Alexandre	Costa	15-02-90	JOMA	5 s2	Espinho	26.01
1.59,76	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	6 s2	Espinho	26.01
1.59,90	Rui	Pinto	18-11-92	UDV	3 s1	Braga	05.01
2.00,05	Jorge	Batista	06-06-91	ADREP	4 s2	Espinho	20.01
2.00,23	Jorge	Teixeira Oliveira	18-10-90	FCP	7 s1	Braga	20.01
2.00,86	Luís	Macau	24-02-89	CIAIA	4 s2	Espinho	10.02
2.00,87	Rui	Sousa	21-11-89	JDAL	1 s2	Pombal	16.02
2.01,02	Sérgio	Furtado	14-02-89	NSSMSM	4 s1	Espinho	10.02
2.01,21	Diogo	Pimentel	20-11-89	GRECAS	3 s1	Espinho	06.01
2.01,24	José	Costa	30-04-91	CCRM	1 s2	Espinho	22.12.2007
<b>(20)</b>							
2.01,33	Paulo	Pinto	03-05-91	CBF	2	Espinho	03.02
2.01,85	André	Carvalho	22-07-90	JAM	2 s2	Espinho	01.03
2.02,40	Abílio	Gonçalves	04-12-89	ACRC	2 s1	Espinho	20.01
2.02,46	Márcio	Marques	26-08-89	BA	7 s2	Espinho	20.01
2.02,56	Tiago	Gamelas	01-11-90	CENAP	4 s1	Espinho	06.01

#### 1000 Metros ( até 2.48,00)

2.37,94	Márcio	Pereira	13-09-89	GDCOV	1	Braga	09.02
2.38,18	Ricardo	Coroa	18-10-91	GT	1 s1	Braga	09.02
2.38,29	Stefano	Pinto	25-10-90	SCB	2	Braga	09.02
2.39,27	Marco	Oliveira	30-09-90	GDCOV	3	Braga	09.02
2.39,96	Carlos	Barbosa	06-01-91	GT	2 s1	Braga	09.02
2.40,36	João	Ramos	23-01-92	CAAV	3 s1	Braga	09.02
2.40,79	Luís	Silva	23-12-92	ARBV	4 s1	Braga	09.02
2.42,44	João	Antunes	12-03-89	GDCOV	5	Braga	09.02
2.42,95	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	24.02
2.43,53	André	Silva	31-05-92	LFC-F	5 s1	Braga	09.02
<b>(10)</b>							
2.45,69	David	Cunha	91	UDV	6 s1	Braga	09.02
2.45,73	Henrique	Cunha Antunes	01-01-89	GDCOV	8	Braga	09.02
2.45,94	José	Martins	10-02-92	AMFC	7 s1	Braga	09.02
2.45,97	Manuel	Costa	91	GDUC	8 s1	Braga	09.02
2.47,43	João	Pedrosa	24-03-91	FCV	9 s1	Braga	09.02

#### 1500 Metros ( até 4.14,00)

3.54,81	Bruno	Albuquerque	10-01-89	CPMg	2	Espinho	09.02
3.56,5	João	Brás	13-08-89	SCUT	2 s1	Pombal	02.03
3.57,91	José Miguel	Silva	04-07-89	SCB	6	Espinho	09.02
3.58,11	Jorge	Santa-Cruz	20-07-89	FCP	7	Espinho	09.02
4.04,58	Marco	Oliveira	30-09-90	GDCOV	1-ex	Braga	10.02
4.05,61	Rui	Pinto	18-11-92	UDV	1 s4	Espinho	30.12.2007
4.06,43	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	1 s1	Espinho	19.01
4.07,47	Jorge	Batista	06-06-91	ADREP	1 s1	Espinho	24.02
4.08,54	Rúben	Felizardo	17-06-91	UAG	2 s1	Espinho	19.01
4.08,87	Filipe	Ferreira	02-04-89	JOBRA	4 s1	Espinho	05.01
<b>(10)</b>							
4.09,17	Ricardo	Costa	28-06-90	FCV	8 s1	Braga	22.12.2007
4.10,74	Pedro	Vieira	22-02-89	NAJ	9 s1	Braga	19.01
4.10,94	Rui	Sousa	21-11-89	JDAL	5 s1	Pombal	05.01
4.11,43	Ricardo	Coroa	18-10-91	GT	10 s1	Braga	19.01
4.11,57	José Pedro	Ferreira	10-07-90	ARLVG	4-ex	Braga	10.02
4.12,06	João	Delgado	08-01-90	UAG	4 s1	Espinho	19.01
4.12,19	José	Campos	ANG 12-07-90	CFB	3 s1	Espinho	27.01
4.12,87	Fábio	Silva	11-11-91	ACDCVC	2 s1	Espinho	24.02
4.13,78	Carlos	Barbosa	06-01-91	GT	1 s2	Braga	19.01

#### Milha

4.32,85	Diogo	Pimentel	20-11-89	GRECAS	4 s1-ex	Espinho	23.02
4.37,11	Hugo	Santos	05-01-91	CAR-S	2	Pombal	01.03
4.43,74	Pedro	Santos	09-10-92	JV	3	Pombal	01.03
4.46,54	André	Nazaré	91	ACDRA	4	Pombal	01.03
4.47,73	Homilzio	Santos	STP 10-07-92	ACDRA	5	Pombal	01.03
4.51,46	José Manuel	Silva	04-11-89	GRECAS	8 s1-ex	Espinho	23.02
4.56,59	Pedro	Teixeira	04-05-89	ADS	9 s1-ex	Espinho	23.02
4.58,06	José	Neves	92	JV	6	Pombal	01.03

4.58,33	Nuno	Pinho	25-09-92	JAM	3 s2-ex	Espinho	23.02
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### 3000 Metros ( até 9,10,00)

8.19,25	Bruno	Albuquerque	10-01-89	CPMg	1	Espinho	10.02
8.19,76	Jorge	Santa-Cruz	20-07-89	FCP	2	Espinho	10.02
8.25,50		Albuquerque			3	Pombal	24.02
8.30,06	José	Costa	30-04-91	CCRM	1	Espinho	06.01
8.47,06	José Miguel	Silva	04-07-89	SCB	1	Braga	08.12.2007
8.50,94	Luís	Mendes	10-06-90	NAJ	8 s1	Braga	20.01
8.52,93	João	Antunes	12-03-89	GDCOV	3	Braga	26.01
8.53,73	Filipe	Ferreira	02-04-89	JOBRA	3	Espinho	06.01
8.55,98	Rúben	Felizardo	17-06-91	UAG	2	Espinho	01.03
8.56,75	Ricardo	Pereira	12-08-90	ACRC	7	Espinho	20.01
8.56,85	Fábio	Silva	11-11-91	ACDCVC	8	Espinho	20.01
(10)							
8.57,30	Hugo	Daniel	25-07-90	LFC-F	10 s1	Braga	20.01
8.57,83	Rui	Gonçalves	11-09-90	CAMG	9	Espinho	20.01
9.02,27	Diogo	Lourenço	23-01-92	CAOV	1 s2	Braga	20.01
9.02,68	Daniel	Gregório	07-09-89	SUOV	11	Espinho	20.01
9.06,04	Marco	Oliveira	30-09-90	GDCOV	2 s2	Braga	20.01

### 50 Metros Barreiras (1/0,99)

7,27	David	Bernardo	26-01-90	AS PF-Fr	1	Eaubonne	21.11.2007
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### 60 Metros Barreiras (1/0,99) ( até 10,00)

8,17	David	Bernardo	26-01-90	AS PF-Fr	7	Paris	24.02
8,22		Bernardo			3 mf	Paris	24.02
8,25		Bernardo			3 el	Paris	24.02
8,31		Bernardo			3 B	Eaubonne	20.01
8,35		Bernardo			2 el	Eaubonne	20.01
8,38		Bernardo			Hep	Vittel	10.02
8,41		Bernardo			Hep	Paris	27.01
8,48	Rasul	Dabo	* 14-02-89	JOMA	1-ex	Pombal	12.01
8,56	Damião	Freitas	16-04-89	CPA-S	1	Alpiarça	22.12.2007
8,71	Fernando	Semedo	CPV 02-10-90	CBF	2	Alpiarça	22.12.2007
8,81	Gonçalo	Ribeiro	01-01-89	JV	1	Pombal	16.12.2007
8,82	Paulo	Dias	14-05-89	GS-RC	3	Pombal	16.12.2007
8,84	Miguel	Martins	07-12-90	JV	3-ex	Pombal	12.01
8,87	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	30.12.2007
8,93	Ricardo	Jaquité	07-08-89	CBF	3	Alpiarça	22.12.2007
9,03	Victor	Vilovskiy	RUS 12-02-90	SLB	5-ex	Pombal	12.01
(10)							
9,26	Márcio	Quintela	31-05-90	Lavra	Hep	Braga	10.02
9,67	Rui	Fontes	05-11-90	GDC	Hep	Pombal	30.12.2007
9,70	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	30.12.2007
9,77	Ruben	Monteiro	03-08-89	JV	Hep	Pombal	30.12.2007
9,77	Manuel Ernesto	Veloso	30-01-89	CDM-VC	Hep	Braga	10.02
9,82	Rui	Machado	89	SCB	4	Alpiarça	22.12.2007
9,85	Rui	Jerónimo	11-11-90	BA	Hep	Pombal	30.12.2007

### Com marcas manuais

9,0	Emanuel	Neves	13-03-90	FCP	2	Braga	05.01
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### 60 Metros Barreiras (1,06) ( até 10,00)

8,39	Marcos	Chuva	08-08-89	SLB	2	Espinho	10.02
8,40		Chuva			3	Espinho	02.02
8,50		Chuva			1 el	Espinho	10.02
8,55	Rasul	Dabo	14-02-89	JOMA	2 s2	Espinho	26.01
8,61	Damião	Freitas	16-04-89	CPA-S	2 el	Espinho	10.02
8,61		Dabo			4	Pombal	24.02
8,66	Roberto	Gonçalves	24-02-89	GDE	4 el	Espinho	10.02
8,73	Pedro	Carreira	27-02-89	GAF	5	Pombal	24.02
8,76	Ricardo	Nunes	12-05-89	NAA	6	Pombal	24.02
8,78	Edgar	Carrolo	30-01-91	CASM	3 el	Pombal	24.02
8,80	André	Jordão	27-06-89	NDCG	2 el	Espinho	20.01
8,85	Fernando	Semedo	CPV 02-10-90	CBF	4 s2	Espinho	26.01
8,89	Ricardo	Jaquité	07-08-89	CBF	7 s1	Pombal	12.01
(10)							
8,99	João	Fontela	07-08-91	ESL	2	Espinho	13.01
9,00	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	13.01
9,05	Flávio	Ramos	24-04-89	GCAD	5 el	Espinho	10.02
9,05	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	24.02

9,06	Gil	Mendes	08-05-89	GDC	Hep	Pombal	13.01
9,16	Victor	Vilovskiy	RUS 12-02-90	SLB	3 s1	Espinho	26.01
9,19	Miguel	Martins	07-12-90	JV	6 el	Espinho	10.02
9,26	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	13.01
9,68	Renato	Vieira	20-04-91	SCB	3	Braga	26.01
9,68	Márcio	Quintela	31-05-90	Lavra	Hep	Pombal	24.02
(20)							
9,76	Rui	Fontes	05-11-90	GDC	Hep	Pombal	13.01

#### Altura ( até 1,78)

2,00	Ricardo	Nunes	12-05-89	NAA	4	Pombal	16.02
2,00		Nunes			2-ex	Pombal	02.03
1,98	Hedson	Trindade	STP 23-10-89	GS-RC	1	Pombal	05.01
1,98	Victor	Vilovskiy	RUS 12-02-90	SLB	5	Pombal	23.02
1,97	Marcos	Chuva	08-08-89	SLB	2	Espinho	09.02
1,96	Danilo	Pereira	GBS 09-09-91	EBMDS	t	Alpiarça	02.02
1,96	Pedro	Mossamedes	03-02-91	SUOV	t	Alpiarça	02.02
1,95	João	Alexandre	01-01-90	JV	2	Pombal	05.01
1,95	Rodolfo	Brites	27-03-91	BA	1	Alpiarça	16.02
1,91	Ricardo	Amaro	09-08-90	JDN	5	Espinho	09.02
1,89	Márcio	Quintela	31-05-90	Lavra	Hep	Braga	09.02
(10)							
1,88	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	29.12.2007
1,85	Kevin	Carricho Wilson	06-01-90	BA	Hep	Pombal	12.01
1,85	Bruno	Andrade	04-05-90	FCP	7	Pombal	13.01
1,84	João	Fontela	07-08-91	ESL	1	Espinho	02.03
1,83	Tiago	Boucela	09-12-92	GRECAS	5	Espinho	02.02
1,82	Gil	Mendes	08-05-89	GDC	Hep	Pombal	12.01
1,82	Elton	Ingrês	02-04-91	CAMG	t	Pombal	27.01
1,81	João	Bernardo	09-08-92	CFB	t	Alpiarça	22.12.2007
1,81	Miguel	Lopes	07-06-92	CAFZ	t	Alpiarça	19.01
1,80	Damião	Freitas	16-04-89	CPA-S	2	Alpiarça	17.11.2007
(20)							
1,80	Ruben	Silva	07-05-91	JV	4	Pombal	15.12.2007
1,80	Miguel	Almeida	28-02-91	CPQR	10	Pombal	13.01
1,80	Miguel	Machado	04-03-91	COD	11	Pombal	13.01
1,80	Diogo	Santos	03-05-91	FCP	t	Braga	19.01
1,80	Sérgio	Araújo Cardoso	02-01-91	GT	t	Braga	19.01
1,80	Paulo	Dias	14-05-89	GS-RC	Hep	Braga	09.02
1,80	Tiago	Ribeiro	25-09-89	CARDES	1	Viseu	10.02
1,80	Stephane	Varela	CPV 30-09-90	NAA	1	Lisboa (L)	23.02

#### Vara ( até 3,00)

4,45	Diogo	Ferreira	30-07-90	JOMA	4	Pombal	16.02
4,40	João Pedro	Abrantes	22-05-90	SCP	6	Pombal	13.01
4,36		Ferreira			2	Espinho	10.02
4,30		Ferreira			8	Pombal	13.01
4,30		Ferreira			7	Pombal	24.02
4,30	Carlos	Gomes	24-11-89	JOMA	1-ex	Pombal	02.03
4,26	Ruben	Monteiro	03-08-89	JV	4	Espinho	10.02
4,20		Monteiro			6	Espinho	27.01
4,16	José	Rosa	CPV 12-01-90	GDC	5	Espinho	10.02
4,15		Monteiro			1	Pombal	06.01
4,15		Monteiro			9	Pombal	13.01
3,92	Damião	Freitas	16-04-89	CPA-S	7	Espinho	10.02
3,90	Diogo	Silva	16-04-89	CCDR	6	Espinho	03.02
3,80	Kevin	Carricho Wilson	06-01-90	BA	Hep	Pombal	13.01
3,80	David	Bernardo	26-01-90	AS PF-Fr	Hep	Paris	26.01
3,80	Gil	Mendes	08-05-89	GDC	9	Espinho	10.02
(10)							
3,50	André	F. Santos	04-04-91	OCL	11	Pombal	13.01
3,50	Isaac	Lopes	08-02-90	FCP	2	Braga	20.01
3,40	Sérgio	Teixeira	10-01-91	ESCMOV	4	Braga	22.12.2007
3,40	Paulo	Dias	14-05-89	GS-RC	Hep	Pombal	30.12.2007
3,30	Rui	Jerónimo	11-11-90	BA	4	Pombal	06.01
3,20	Vitor	Miguel	07-03-89	OCL	Hep	Pombal	13.01
3,20	Vitor	Mendes	22-02-92	JV	7	Espinho	20.01
3,20	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	24.02
3,20	Stephane	Gonçalves	25-06-92	ACBB-Fr	3	Nogent-sur-Oise	02.03
3,10	Herculano	Jesus	09-01-90	ADRAP	13	Pombal	13.01
(20)							
3,10	Armando Miguel	Angelo	10-01-92	ESCMOV	1-ex	Espinho	23.02
3,00	Ricardo	António	26-10-91	BA	1	Pombal	01.12.2007

#### Comprimento ( até 6,15)

7,28	Marcos	Chuva	08-08-89	SLB	3	Pombal	24.02
7,14		Chuva			3-ex	Pombal	02.03
7,01		Chuva			4	Espinho	10.02
6,75	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	29.12.2007
6,72	Carlos	Veiga	22-02-89	CFB	5	Espinho	27.01
6,68	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	12.01
6,66	José Miguel	Pereira	22-07-91	FCP	11	Pombal	16.02
6,65	Luís F.	G. Almeida	10-07-89	JOMA	2	Espinho	02.02
6,57	Edi	Fernandes	03-06-90	JV	3	Espinho	02.02
6,47	Gil	Mendes	08-05-89	GDC	Hep	Pombal	12.01
6,44	Pedro	Mossamedes	03-02-91	SUOV	7	Espinho	20.01
6,36	Ruben	da Silva	07-05-91	JV	1	Pombal	01.12.2007
(10)							
6,36	João	Lopes Rocha	15-04-92	BA	8	Espinho	20.01
6,35	Pedro	Bernardo	12-05-89	JOMA	8	Pombal	13.01
6,30	Victor	Vilovskiy	RUS 12-02-90	SLB	Hep	Pombal	29.12.2007
6,28	Rodolfo	Brites	27-03-91	BA	2	Pombal	01.03
6,26	Damião	Freitas	16-04-89	CPA-S	Hep	Pombal	12.01
6,26	João	Alexandre	01-01-90	JV	9	Pombal	13.01
6,26	David	Bernardo	26-01-90	AS PF-Fr	Hep	Paris	27.01
6,24	Roberto	Nóbrega	31-05-92	ADRAP	10	Pombal	13.01
6,22	Ricardo	Jaquité	07-08-89	CBF	4	Alpiarça	22.12.2007
6,16	Paulo	Dias	14-05-89	GS-RC	Hep	Pombal	29.12.2007

### Tripla ( até 12,50)

14,73	David	Cardeira	02-03-89	SCP	4	Pombal	13.01
14,19	Ricardo	Jaquité	07-08-89	CBF	6	Pombal	13.01
14,01	Diogo	Ferreira	30-07-90	JOMA	3	Espinho	09.02
13,95	Edi	Fernandes	03-06-90	JV	2	Espinho	19.01
13,91	Pedro	Freitas	10-05-89	CSM	5	Espinho	03.02
13,42	Carlos	Gomes	29-11-89	JOMA	12	Pombal	13.01
13,33	João	Frias	09-01-91	ADRAP	1	Alpiarça	16.02
13,10	José Miguel	Pereira	22-07-91	FCP	ex	Braga	10.02
13,07	Elton	Ingrês	02-04-91	CAMG	2	Alpiarça	16.02
13,05	Ruben	da Silva	07-05-91	JV	8	Espinho	27.01
(10)							
13,02	Isaac	Lopes	08-02-90	FCP	4	Braga	19.01
13,00	João Miguel	Silva	09-01-89	CPP	1	Alpiarça	08.12.2007
12,95	João	Lopes Rocha	15-04-92	BA	3	Pombal	05.01
12,84	Pedro	Pires	04-01-91	Lavra	6	Braga	19.01
12,79	Pedro	Mossamedes	03-02-91	SUOV	2	Pombal	07.12.2007
12,65	Francisco	Casegas	07-01-92	CASM	3	Alpiarça	16.02
12,65	Hélio	Vaz	01-05-91	NDCG	ex	Espinho	23.02
12,64	Fábio	Godinho	21-09-90	ADRAB	11	Espinho	27.01
12,52	Ruben	Ventura	28-12-89	COD	8	Espinho	09.02

### Peso (6) ( até 10,50)

14,75	Hedson	Trindade	STP 23-10-89	GS-RC	1	Pombal	16.12.2007
14,32	Christophe	Correia	08-09-90	ADCL	1	Braga	05.01
12,62	Bruno	Ferreira	17-05-89	CPP	1	Alpiarça	08.12.2007
12,54	Pedro	Mossamedes	03-02-91	SUOV	2	Pombal	16.12.2007
12,42	Damião	Freitas	06-04-89	CPA-S	2	Alpiarça	08.12.2007
11,86	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	29.12.2007
11,61	Luís	Marques	21-09-89	JV	3	Pombal	16.12.2007
11,61	David	Bernardo	26-01-90	AS PF-Fr	Hep	Vittel	09.02
11,53	Tiago	Pereira	15-01-91	JV	4	Pombal	16.12.2007
11,03	Fábio	Santos	31-08-89	NAC	Hep	Espinho	29.12.2007
(10)							
10,79	Paulo	Dias	14-05-89	GS-RC	Hep	Braga	09.02
10,68	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	29.12.2007
10,64	João	Pita	89	AAC	5	Pombal	16.12.2007

### Peso (7,26) ( até 10,00)

13,68	Christophe	Correia	08-09-90	ADCL	4	Espinho	10.02
13,10	Hedson	Trindade	STP 23-10-89	GS-RC	4	Pombal	06.01
12,69	Marçal	Rodrigues	10-07-90	CSM	7	Espinho	10.02
11,63	Claudio	Morais	03-02-89	CIAIA	9	Espinho	26.01
10,65	José	Rosa	CPV 12-01-90	GDC	Hep	Pombal	12.01
11,21	Tiago	Costa	04-06-90	CPMg	9	Espinho	10.02
10,46	Luís	Orfão	05-09-90	SLB	5	Pombal	02.03
10,43	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	23.02
10,38	Kevin	Cariço Wilson	06-01-90	BA	Hep	Pombal	12.01
10,27	Luís	Marques	21-09-89	JV	9	Pombal	06.01
(10)							
10,16	Rafael	Damião	90	CAMz-VC	7	Braga	20.01
10,13	Márcio	Quintela	31-05-90	Lavra	Hep	Pombal	23.02

10,04	Damião	Freitas	06-04-89	CPA-S	Hep	Pombal	23.02
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**Atletas Juniores até 31-12-2007**

14,06	Steve	Patrício	17-09-88	JV	1-ex	Pombal	16.12.2007
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**Pentatlo Técnico Junior**

60 m=Comp.=Peso(6)=60 Bar(1-0,99)=altura

**Heptatlo Junior (até 3100) com barreiras de 1/0,99**

60 m=Comp.=Peso(6)=altura=60 Bar(1-0,99)=Vara=1000 m

4798	Kevin	Cariço Wilson	06-01-90	BA	1	Pombal	30.12.2007
			7,15-6,75-11,86-1,84-8,95-3,70-3,00,21				
4703	David	Bernardo	26-01-90	AS PF-Fr	9	Vittel	10.02
			7,44-6,05-11,61-1,77-8,38-3,70-2,49,94				
4623		Bernardo			2	Paris	27.01
			7,45-6,26-11,02-1,71-8,41-3,80-2,56,55				
4425	Paulo	Dias	14-05-89	GS-RC	1	Braga	10.02
			7,15-6,06-10,79-1,80-8,96-3,30-3,01,57				
4169	José	Rosa	CPV 12-01-90	GDC	3	Pombal	30.12.2007
			7,48-6,01-10,68-1,88-9,70-3,80-3,20,60				
3962	Victor	Vilovski	RUS 12-02-90	SLB	4	Pombal	30.12.2007
			7,61-6,30-9,05-1,84-9,05-2,60-3,12,94				
3907	Márcio	Quintela	31-05-90	Lavra	2	Braga	10.02
			7,54-5,81-10,27-1,89-9,26-x-2,50,11				
3648	Ruben	Monteiro	03-08-89	JV	5	Pombal	30.12.2007
			7,40-5,95-8,53-1,60-9,77-3,90-3,45,28				
3333	Fábio	Santos	31-08-89	NAC	1	Espinho	30.12.2007
			7,96-5,30-11,03-1,73-10,58-x-2,49,82				
3329	Manuel Ernesto	Veloso	30-01-89	CDM-VC	3	Braga	10.02
			7,92-5,66-8,17-1,65-9,77-x-2,49,85				
3316	Rui	Fontes	05-11-90	GDC	6	Pombal	30.12.2007
			8,29-5,34-8,91-1,60-9,67-2,70-3,05,19				
(10)							
3292	Rui	Jerónimo	11-11-90	BA	7	Pombal	30.12.2007
			7,48-5,70-9,75-1,72-9,85-x-3,23,88				
3249	João	Oliveira	89	BA	8	Pombal	30.12.2007
			7,75-5,70-7,99-1,56-10,01-1,90-3,03,31				
2914	André	Carvalho	22-07-90	JAM	2	Espinho	30.12.2007
			7,72-5,80-6,73-1,52-11,21-x-2,56,78				

**Heptatlo Senior (até 3100) com barreiras de 1,06**

60 m=Comp.=Peso(7)=altura=60 Bar(1,06)=Vara=1000 m

4757	Kevin	Cariço Wilson	06-01-90	BA	3	Pombal	13.01
			7,18-6,73-10,38-1,85-9,00-3,80-2,56,17				
4641	Ricardo	Amaro	09-08-90	JDN	5	Pombal	24.02
			7,41-6,59-10,43-1,87-9,05-3,20-2,42,95				
4407	José	Rosa	CPV 12-01-90	GDC	5	Pombal	13.01
			7,40-6,09-10,65-1,85-9,26-4,10-3,14,84				
4363	Damião	Freitas	16-04-89	CPA-S	7	Pombal	13.01
			7,44-6,26-9,89-1,79-8,84-3,90-3,15,77				
4196	Gil	Mendes	08-05-89	GDC	6	Pombal	24.02
			7,27-6,27-9,89-1,78-10,04-3,00-2,48,40				
3806	Márcio	Quintela	31-05-90	Lavra	8	Pombal	24.02
			7,65-5,95-10,13-1,87-9,68-x-2,48,48				
3530	Rui	Fontes	05-11-90	GDC	8	Pombal	13.01
			8,14-5,82-7,82-1,70-9,76-2,90-3,02,29				
3425	Vitor	Miguel	07-03-89	OCL	10	Pombal	13.01
			7,81-5,82-8,59-1,64-11,32-3,20-3,02,60				
3359	Pedro	Gomes	13-11-90	GRQL	11	Pombal	13.01
			7,94-5,47-8,38-1,64-10,11-2,50-3,00,45				

**5.000 Metros-Marcha ( até 32.00,00)**

21.59,33	Luis	Lopes	01-01-90	CNRM	7	Pombal	23.02
22.17,03		Lopes			2	Pombal	05.01
22.20,24		Lopes			2	Espinho	09.02
22.47,99		Lopes			5	Espinho	27.01
24.04,44	Nuno	Silva	03-01-90	CCDR	3	Braga	19.01
24.13,53	Flávio	Silva	24-06-92	GDEN	4	Braga	19.01
24.25,98	Diogo Duarte	Henriques	28-05-92	CNRM	4	Pombal	05.01
25.09,05	Artur	Vasconcelos	09-09-89	GDE	8	Espinho	26.01



25.49,23	Eduardo	Cardoso	09-03-92	ARES	5	Braga	19.01
26.45,51	Bruno	Gomes Pedro	12-10-93	GACV	ex	Pombal	15.12.2007
27.20,37	Diogo	Barreiros	05-11-92	CUAB	6	Pombal	05.01
27.22,67	Ricardo	Fernandes	10-07-92	JV	10	Espinho	27.01
28.06,78	David	Mendes	30-07-91	CFB	11	Espinho	27.01
(10)							
28.57,32	Tiago	Reis	29-10-90	OCL	10	Espinho	26.01
30.51,98	Samuel	Leal	12-09-92	NAC	5	Espinho	12.01
31.40,37	João	Santos	21-04-89	AAC	11	Espinho	26.01

#### 4x200 metros

1.32,18		JV		1 s2-ex	Espinho	23.02	RN
	Rafael Soares(91); Gonalo Ribeiro(89); Miguel Martins(90); Cristiano Carreira(90)						
1.35,36		FCP		2 s2-ex	Espinho	23.02	
	Emanuel Neves(90); Lu�s Phalempim(90); Diogo Santos(91); Andr� Costa(90)						
1.37,86		ADREP		3	Espinho	23.02	
	Ariel Pereira(92); Jorge Batista(91); John Martins(92); F�bio Rodrigues(92)						
1.38,26		ADRAP		2 s4	Pombal	12.01	
	Jo�o Frias(91); Roberto N�brega(92); Germano Oliveira(89); Helder Santos(90)						
1.39,17		BA		3 s4	Pombal	12.01	
	Jo�o Rocha(92); Jo�o Ritto(92); Rodolfo Brites(91); Kevin Gaspar(91)						
1.44,86		ACDRA		2	Pombal	16.02	
	Jo�o Tavares(92); Homilzio Santos(92); Ant�nio Mota(91); Jo�o Sousa(91)						

#### 4x400 metros

3.33,59		JV		4 s2	Espinho	10.02	
	Gonalo Ribeiro(89); Jo�o Gradiz(89); Miguel Martins(90); Cristiano Carreira(90)						
3.34,02		SCB		2 s1	Espinho	10.02	
	Francisco Correia(89); Jos� Silva(89); Stefano Pinto(90); Miguel Gonalves(89)						
3.43,54		ADREP		4 s2	Espinho	13.01	
	Ariel Pereira(92); John Martins(92); F�bio Rodrigues(92); Jorge Batista(91)						
3.47,95		ASCV		3 s1	Espinho	20.01	
	Emanuel Oliveira(91); Telmo Carreira(89); Pedro Morgado(91); Jo�o Gois(90)						
3.49,38		BA		1	Pombal	16.12.2007	
	Jo�o Oliveira(90); M�rcio Marques(89); Kevin Gaspar(91); Jo�o Rocha(92)						
3.51,64		GJPB		5	Espinho	06.01	
	Rui Alves(90); Ricardo Oliveira(90); Eliseu Ribeiro(92); Tiago Nunes(90)						
3.53,39		RIOLA		4 s1	Espinho	20.01	
	F�bio Pais(92); Pedro Sousa(91); Guilherme N'Gola(90); Vitor Pereira(91)						
3.57,61		SSSJM		5 s1	Espinho	20.01	
	Bruno Gomes(92); Tiago Batista(92); Jos� Silv�rio(92); Pedro Vieira(92)						
3.58,68		AAPL		4 s1	Espinho	26.01	
	Jo�o Bal�o Jesus(90); S�rgio Guerreiro(89); Filipe Costa(92); Andr� Pedralva(90)						
3.58,91		ACBU		3 s1	Espinho	13.01	
	Andr� Santos(91); Diogo Silva(91); Roberto Padeiro(90); Jo�o Silva(90)						