

"Ranking" de P Ar Livre (Juniões) 2007 / 2008



Largo da Lagoa, 15 B
2799-538 Linda a Velha
telf: 214 146 020
fax: 214 146 021
e-mail:
casquinha.costa@fpatletismo.pt

Linda-a-Velha, 13 Novembro de 2008



Qualquer comentário ou correção a este ranking enviar a: casquinha.costa@fpatletismo.pt

Atualizado em 13.11.2008

MASCULINOS

JUNIORES

| 60 Metros (até 7,40) | | | | | | | | |
|-----------------------|--------|--------------|----------------|--------------|--------|---------|------------|------------|
| 6,97 | (0,8) | Edi | Sousa | 11-07-89 | SCP | 1 el | Lisboa (I) | 19.01 |
| 7,00 | (0,0) | | Sousa | | | 3 | Lisboa (I) | 19.01 |
| 7,11 | (pc) | Osvaldo | Sousa | 10-02-89 | EFC-E | 2 el | Espinho | 09.02 |
| 7,11 | (pc) | Paulo | Dias | 14-05-89 | GS-RC | 4 el | Pombal | 23.02 |
| 7,12 | (pc) | Carlos | Veiga | 22-02-89 | CFB | 6 | Espinho | 09.02 |
| 7,12 | (pc) | Orlando | Tungo | ANG 17-04-89 | VFC | 2 el | Espinho | 09.02 |
| 7,12 | (pc) | Bruno | Ferreira | 27-05-90 | ACDRA | 2 mf | Espinho | 19.01 |
| 7,14 | (pc) | João | Gradiz | 02-05-89 | JV | 5 | Pombal | 16.02 |
| 7,15 | (pc) | Kevin | Carriço Wilson | 06-01-90 | BA | Hep | Pombal | 29.12.2007 |
| 7,17 | (pc) | Gonçalo | Ribeiro | 20-03-89 | JV | 1 s1-ex | Espinho | 02.02 |
| 7,21 | (pc) | Simão | Santana | 28-12-89 | GRECAS | 2 | Espinho | 12.01 |
| (10) | | | | | | | | |
| 7,22 | (pc) | Jorge | Moreira | 10-05-91 | VTSC | 1 el | Braga | 19.01 |
| 7,22 | (pc) | Joaquim | Rodrigues | 25-03-90 | CCDR | 2 s1-ex | Espinho | 02.02 |
| 7,23 | (0,4) | Nuno | Baptista | 10-04-91 | JOMA | 2 B | Lisboa (I) | 19.01 |
| 7,25 | (pc) | Emanuel | Neves | 13-03-90 | FCP | 4 el | Espinho | 09.02 |
| 7,25 | (0,9) | André Gorba | Biveti | ANG 10-06-92 | SCP | 1 s1 | Lisboa (U) | 08.03 |
| 7,26 | (0,5) | André | Lima | 19-04-91 | GRQL | 2 mf | Seixal | 05.01 |
| 7,26 | (1,8) | Diogo Filipe | Santos | 03-05-91 | FCP | 1 s2 | Maia | 26.01 |
| 7,27 | (pc) | Adão | Mendes | GBS 30-12-89 | | 2 s2 | Espinho | 26.01 |
| 7,27 | (pc) | Gil | Mendes | 08-05-89 | GDC | Hep | Pombal | 23.02 |
| 7,28 | (pc) | Luís | Silva | 11-07-93 | ESL | 1 s1-ex | Espinho | 23.02 |
| 7,29 | (1,8) | Pedro | Pinto Machado | 14-11-91 | ESCMOV | 2 s2 | Maia | 26.01 |
| 7,30 | (pc) | Ricardo | Vieira | 01-05-90 | GAF | 1 | Pombal | 05.01 |
| (20) | | | | | | | | |
| 7,30 | (0,1) | Gonçalo | Almeida | 30-04-91 | CBF | 3 | Lagos | 19.01 |
| 7,32 | (pc) | José | Viegas | 01-03-93 | GJPB | 1 s1 | Espinho | 02.03 |
| 7,32 | (1,8) | José Miguel | Pereira | 22-07-91 | FCP | 3 s2 | Maia | 26.01 |
| 7,33 | (pc) | Bruno | Magalhães | 29-01-90 | CCDR | 3 s1 | Braga | 08.12.2007 |
| 7,33 | (2,0) | Francisco | Casegas | 07-12-92 | CASM | 1 s3 | Lisboa (U) | 08.03 |
| 7,34 | (pc) | Pedro | Bernardo | 12-05-89 | JOMA | ex | Alpiarça | 08.12.2007 |
| 7,34 | (1,9) | Davide | Anselmo | 26-05-89 | NDCG | 1 | Guarda | 22.12.2007 |
| 7,34 | (0,2) | Rasul | Dabo | 14-02-89 | JOMA | 2 s2 | Lisboa (U) | 05.01 |
| 7,34 | (pc) | Ruben | Monteiro | 03-08-89 | JV | 1 s4 | Pombal | 12.01 |
| 7,34 | (pc) | Pedro | Lopes | 04-07-92 | SCA | 2 | Alpiarça | 16.02 |
| (30) | | | | | | | | |
| 7,35 | (0,3) | José David | Pires | 08-02-91 | CDQ | 1 s1 | Quarteira | 02.12.2007 |
| 7,35 | (-0,7) | Roberto | Gonçalves | 24-02-89 | GDE | 1 | Machico | 05.01 |
| 7,35 | (0,6) | João Pedro | Abrantes | 22-05-90 | SCP | 4 s1 | Lisboa (U) | 05.01 |
| 7,35 | (0,4) | David | Cardeira | 02-03-89 | SCP | 2 el | Lisboa (I) | 19.01 |
| 7,35 | (0,6) | André | Saltão | 02-12-89 | JOMA | 4 el | Lisboa (I) | 19.01 |
| 7,35 | (pc) | Damião | Freitas | 16-04-89 | CPA-S | Hep | Pombal | 23.02 |
| 7,36 | (pc) | Cristiano | Carreira | 04-03-90 | JV | 1 B | Pombal | 05.01 |
| 7,36 | (pc) | Igor | Maria | ANG 02-03-89 | CIAIA | 4 s3 | Pombal | 12.01 |
| 7,36 | (pc) | Sérgio | Paulo | 14-06-92 | GRQL | 3 | Alpiarça | 16.02 |
| 7,37 | (pc) | Rui | Almeida | 15-11-90 | CNRM | 1 B | Pombal | 05.01 |
| (40) | | | | | | | | |
| 7,37 | (-0,7) | Afonso | Fernandes | 07-05-90 | ADRAP | 2 | Machico | 05.01 |
| 7,37 | (pc) | José | Rosa | CPV 12-01-90 | GDC | Hep | Pombal | 23.02 |
| 7,38 | (pc) | Diogo | Ribeiro | 15-01-90 | JUNI | 4 s1 | Braga | 08.12.2007 |
| 7,40 | (pc) | Rafael | Soares | 22-04-91 | JV | 2 el | Pombal | 05.01 |
| 7,40 | (pc) | Francisco | Correia | 04-01-89 | SCB | 4 el | Braga | 19.01 |
| 7,40 | (0,4) | Elvander | Loureiro | STP 02-04-90 | ACRM | 5 B | Lisboa (I) | 19.01 |
| 7,40 | (pc) | Edgar | Batista | 12-07-91 | ESCMOV | 4 B | Braga | 19.01 |

Ao ar Livre:

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|------|-------|--------|-------|----------|-----|-----|------------|-------|
| 7,16 | (0,4) | Carlos | Veiga | 22-02-89 | CFB | 1 B | Lisboa (I) | 19.01 |
|------|-------|--------|-------|----------|-----|-----|------------|-------|

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|------|-------|---------|----------|-----|----------|------|------|------------|-------|
| 7,17 | (0,2) | Orlando | Tungo | ANG | 17-04-89 | VFC | 1 s1 | Sobreda | 19.01 |
| 7,29 | (0,9) | Nuno | Baptista | | 10-04-91 | JOMA | 2 s1 | Lisboa (U) | 08.03 |
| 7,37 | (0,6) | Gil | Mendes | | 08-05-89 | GDC | 2 mf | Seixal | 05.01 |

Com vento favorável > 2 m /s

| | | | | | | | | | |
|------|-------|----------|-----------|-----|----------|-------|------|------------|-------|
| 7,26 | (3,0) | Afonso | Fernandes | | 07-05-90 | ADRAP | 3 | Machico | 19.01 |
| 7,32 | (3,0) | Pedro | Bernardo | | 12-05-89 | JOMA | 2 s3 | Lisboa (U) | 05.01 |
| 7,38 | (3,2) | Énio | Pimenta | | 20-07-89 | CAM | 2 el | Machico | 19.01 |
| 7,39 | (3,0) | Elvander | Loureiro | STP | 02-04-90 | ACRM | 4 s3 | Lisboa (U) | 05.01 |
| 7,39 | (3,2) | João | Gonçalves | | 24-05-91 | AJS | 3 el | Machico | 19.01 |

100 Metros (até 11,54) CNJ 11,2/11,44

| | | | | | | | | | | |
|-------|--------|---------|--------------|---------------|----------|----------|--------|---------------|---------------|-------|
| 10,67 | (0,3) | Edi | Sousa | | 11-07-89 | SCP | 1 | Luso | 14.06 | |
| 10,72 | (0,8) | | Sousa | | | | 1 el | Luso | 14.06 | |
| 10,78 | (0,8) | | Sousa | | | | 6 A | Mannheim | 21.06 | |
| 10,79 | (1,9) | | Sousa | | | | 2 s5 | Lisboa (U) | 17.05 | |
| 10,79 | (-0,2) | | Sousa | | | | 5 s2 | Leiria | 13.06 | |
| 10,84 | (1,1) | | Sousa | | | | 3 | Lisboa (U) | 28.06 | |
| 10,84 | (1,6) | Bruno | Ferreira | | 27-05-90 | ACDRA | 1 el | Cáceres | 12.07 | |
| 10,84 | (1,2) | | Sousa | | | | 3 s1 | Lisboa (AL) | 16.07 | |
| 10,89 | (1,9) | | Sousa | | | | 2 | Aveiro | 01.05 | |
| 10,89 | (-0,8) | | Sousa | | | | 2 el | Mannheim | 21.06 | |
| 10,91 | (0,8) | | Ferreira | | | | 2 s2 | Luso | 10.06 | |
| 10,91 | (1,5) | | Ferreira | | | | 1 el | Coimbra (ECC) | 02.07 | |
| 10,92 | (1,8) | Gonçalo | Ribeiro | | 20-03-89 | JV | 1 el | Luso | 14.06 | |
| 10,94 | (0,3) | | Ferreira | | | | 2 | Luso | 14.06 | |
| 10,96 | (-2,6) | A | Ferreira | | | | 2 el | Guarda | 05.07 | |
| 10,96 | (-0,6) | | Sousa | | | | 2 el | Seixal | 19.07 | |
| 10,98 | (0,6) | | Ferreira | | | | 1 el | Luso | 14.06 | |
| 11,00 | (-2,0) | A | Paulo | Dias | 14-05-89 | GS-RC | 4 | Guarda | 05.07 | |
| 11,05 | (0,8) | | André Gorba | Biveti | ANG | 10-06-92 | SCP | 2 el | Luso | 14.06 |
| 11,07 | (1,8) | | João | Gradiz | | 02-05-89 | JV | 2 el | Luso | 14.06 |
| 11,09 | (0,6) | | Jorge | Moreira | | 10-05-91 | VTSC | 3 el | Luso | 14.06 |
| 11,10 | (1,8) | | Joaquim | Rodrigues | | 25-03-90 | CCDR | 3 el | Luso | 14.06 |
| 11,11 | (0,8) | | Carlos | Veiga | | 22-02-89 | CFB | 3 el | Luso | 14.06 |
| 11,13 | (1,7) | | Kevin | Cariço Wilson | | 06-01-90 | BA | 1 s1 | Luso | 10.06 |
| (10) | | | | | | | | | | |
| 11,21 | (1,4) | | Luis | Silva | | 11-07-93 | ESL | 1 | Luso | 26.04 |
| 11,23 | (1,1) | | Rasul | Dabo | | 14-02-89 | JOMA | 2 s2 | Massamá | 10.05 |
| 11,23 | (0,8) | | Nuno | Baptista | | 10-04-91 | JOMA | 4 el | Luso | 14.06 |
| 11,24 | (1,8) | | Pedro | Pinto Machado | | 14-11-91 | ESCMOV | 4 el | Luso | 14.06 |
| 11,25 | (1,8) | | Orlando | Tungo | ANG | 17-04-89 | VFC | 5 el | Luso | 14.06 |
| 11,26 | (1,5) | | José David | Pires | | 08-02-91 | CDQ | 1 s1 | Beja | 18.06 |
| 11,27 | (0,9) | | Emanuel | Neves | | 13-03-90 | FCP | 1 | Maia | 05.04 |
| 11,27 | (0,8) | | Simão | Santana | | 28-12-89 | GRECAS | 5 el | Luso | 14.06 |
| 11,29 | (1,8) | | João Pedro | Abrantes | | 22-05-90 | SCP | 6 el | Luso | 14.06 |
| 11,30 | (0,6) | | Diogo Filipe | Santos | | 03-05-91 | FCP | 4 el | Luso | 14.06 |
| (20) | | | | | | | | | | |
| 11,30 | (1,1) | | Elvander | Loureiro | STP | 02-04-90 | ACRM | 7 | Lisboa (U) | 28.06 |
| 11,31 | (0,8) | | Pedro | Bernardo | | 12-05-89 | JOMA | 6 el | Luso | 14.06 |
| 11,35 | (0,8) | | Pedro | Lopes | | 04-07-92 | SCA | 1 | Rio Maior | 27.04 |
| 11,35 | (1,9) | | Cristiano | Carreira | | 04-03-90 | JV | 4 s4-ex | Lisboa (U) | 17.05 |
| 11,38 | (1,7) | | Ricardo | Amaro | | 09-08-90 | JDN | d | Luso | 31.05 |
| 11,40 | (0,9) | | Ivânio | Moreira | | 18-01-91 | SCP | 3 | Lisboa (U) | 27.04 |
| 11,40 | (0,0) | | Francisco | Casegas | | 07-01-92 | CASM | 2 | V.Novas | 23.05 |
| 11,42 | (-1,6) | | João | Frias | | 09-01-91 | ADRAP | 1 | Ribeira Brava | 23.02 |
| 11,42 | (1,1) | | Bruno | Magalhães | | 29-01-90 | CCDR | 1 s3 | Maia | 09.07 |
| 11,43 | (1,3) | | Davide | Anselmo | | 26-05-89 | NDCG | 1-ex | Guarda | 02.04 |
| (30) | | | | | | | | | | |
| 11,45 | (-1,6) | | Roberto | Gonçalves | | 24-02-89 | GDE | 2 | Ribeira Brava | 23.02 |
| 11,45 | (1,4) | | José | Viegas | | 01-03-93 | GJPB | 2 | Luso | 26.04 |
| 11,45 | (1,9) | | Matheus | Monteiro | BRA | 03-08-91 | ESSCP | 1 el | Lisboa (U) | 07.06 |
| 11,45 | (1,1) | | Edgar | Baptista | | 12-07-91 | ESCMOV | 2 s3 | Maia | 09.07 |
| 11,49 | (1,7) | | Afonso | Fernandes | | 07-05-90 | ADRAP | 3 s1 | Ribeira Brava | 29.03 |
| 11,49 | (0,9) | | Edgar | Carrolo | | 30-01-91 | CASM | 5 | Lisboa (U) | 27.04 |
| 11,49 | (0,1) | | Sérgio | Paulo | | 14-06-92 | GRQL | 3 el | Leiria | 18.05 |
| 11,49 | (0,9) | | Rui | Jerónimo | | 11-11-90 | BA | 8 | Faro | 07.06 |
| 11,50 | (0,8) | | Samuel | Remédios | | 24-02-92 | GAF | 2 | Rio Maior | 27.04 |
| 11,51 | (2,0) | | José | Rosa | CPV | 12-01-90 | GDC | 2 s1 | Setúbal | 29.03 |
| (40) | | | | | | | | | | |
| 11,51 | (1,4) | | Rui | Oliveira | | 26-02-91 | ACDCVC | 3 | Luso | 26.04 |
| 11,51 | (0,0) | | Rui | Esteves | | 03-06-91 | AAC | 3 | V.Novas | 23.05 |
| 11,51 | (1,7) | | Pedro | Marques | | 24-01-89 | CPMg | 3 s1 | Luso | 10.06 |
| 11,52 | (-2,1) | | André | Lima | | 19-04-91 | GRQL | Oc | Seixal | 12.04 |
| 11,53 | (0,6) | | Carlos | Pacheco | | 04-01-90 | SCP | 5 el | Luso | 14.06 |

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|-------|-------|-------------|---------|--|----------|-----|------|-----------------|-------|
| 11,54 | (0,2) | José Miguel | Pereira | | 22-07-91 | FCP | Oc | Guimarães | 19.04 |
| 11,54 | (0,4) | Hugo | Silva | | 04-01-91 | CSM | 3 el | Vieux-Habitants | 28.05 |

Com marcas manuais

| | | | | | | | | | |
|------|--------|-------|-------------|--|----------|-------|------|---------------|-------|
| 10,4 | (-0,1) | Bruno | Ferreira | | 27-05-90 | ACDRA | 1 | Coimbra (ECC) | 02.07 |
| 10,6 | (-0,1) | Paulo | Dias | | 14-05-89 | GS-RC | 1 | Coimbra (ECC) | 02.07 |
| 11,1 | (-0,1) | Ruben | Monteiro | | 03-08-89 | JV | 3 | Coimbra (ECC) | 02.07 |
| 11,2 | (-0,1) | João | Lopes Rocha | | 15-04-92 | BA | 4 | Coimbra (ECC) | 02.07 |
| 11,2 | (-0,1) | Rui | Esteves | | 03-06-91 | AAC | 4 | Coimbra (ECC) | 02.07 |
| 11,3 | (-2,6) | Luís | Galveias | | 21-08-90 | GDPAV | 1 s2 | V.Novas | 09.02 |

Sem controlo de anemómetro

| | | | | | | | | | |
|-------|--|---------|-------|--|----------|-------|------|---------|------------|
| 11,53 | | Oswaldo | Sousa | | 10-02-89 | EFC-E | 1 s2 | V.Novas | 02.12.2007 |
|-------|--|---------|-------|--|----------|-------|------|---------|------------|

Com vento favorável > 2 m/s

| | | | | | | | | | |
|-------|-------|--------------|---------------|-----|----------|--------|------|---------------|------------|
| 10,70 | (5,7) | André Gorba | Bivetí | ANG | 10-06-92 | SCP | 1 | Abrantes | 28.06 |
| 10,74 | (5,7) | Nuno | Baptista | | 10-04-91 | JOMA | 2 | Abrantes | 28.06 |
| 10,74 | (2,6) | Bruno | Ferreira | | 27-05-90 | ACDRA | 2 | Cáceres | 12.07 |
| 10,81 | (5,7) | Jorge | Moreira | | 10-05-91 | VTSC | 3 | Abrantes | 28.06 |
| 10,87 | (7,3) | Orlando | Tungo | ANG | 17-04-89 | VFC | 4 | Seixal | 12.07 |
| 10,89 | (6,0) | Emanuel | Neves | | 13-03-90 | FCP | 1 el | Maia | 12.07 |
| 10,91 | (2,9) | Paulo | Dias | | 14-05-89 | GS-RC | 4 | Coimbra (ECC) | 12.07 |
| 10,96 | (5,8) | Joaquim | Rodrigues | | 25-03-90 | CCDR | 2 | P.Varzim | 31.05 |
| 10,97 | (5,7) | José David | Pires | | 08-02-91 | CDQ | 4 | Abrantes | 28.06 |
| 10,99 | (4,1) | Carlos | Veiga | | 22-02-89 | CFB | 3 | Lisboa (U) | 31.05 |
| 10,99 | (5,7) | Pedro | Pinto Machado | | 14-11-91 | ESCMOV | 5 | Abrantes | 28.06 |
| 11,01 | (5,7) | Samuel | Remédios | | 24-02-92 | GAF | 6 | Abrantes | 28.06 |
| 11,02 | (5,7) | Pedro | Lopes | | 04-07-92 | SCA | 7 | Abrantes | 28.06 |
| 11,03 | (5,7) | Sérgio | Paulo | | 14-06-92 | GRQL | 8 | Abrantes | 28.06 |
| 11,08 | (4,1) | Rasul | Dabo | | 14-02-89 | JOMA | 4 | Lisboa (U) | 31.05 |
| 11,08 | (5,8) | Fábio | Oliveira | | 25-06-91 | MAC | 6A | Maia | 12.07 |
| 11,11 | (5,4) | Simão | Santana | | 28-12-89 | GRECAS | 2 s1 | Aveiro | 28.06 |
| 11,13 | (5,8) | Diogo Filipe | Santos | | 03-05-91 | FCP | 3 | P.Varzim | 31.05 |
| 11,13 | (4,1) | Ricardo | Vieira | | 01-05-90 | GAF | 1 | Abrantes | 12.07 |
| 11,22 | (3,4) | Edgar | Carolo | | 30-01-91 | CASM | 3 el | Lisboa (U) | 31.05 |
| 11,24 | (4,7) | Elvander | Loureiro | STP | 02-04-90 | ACRM | 4 el | Lisboa (U) | 31.05 |
| 11,27 | (4,8) | Bruno | Magalhães | | 29-01-90 | CCDR | 2 el | Maia | 12.07 |
| 11,28 | (5,4) | Ruben | Monteiro | | 03-08-89 | JV | 2 el | M.Grande | 10.05 |
| 11,28 | (2,3) | Francisco | Casegas | | 07-01-92 | CASM | 4 el | Abrantes | 28.06 |
| 11,29 | (6,1) | Francisco | Correia | | 04-01-89 | SCB | 2 el | P.Varzim | 31.05 |
| 11,29 | (2,4) | Matheus | Monteiro | BRA | 03-08-91 | ESSCP | 4 el | Abrantes | 28.06 |
| 11,32 | (5,0) | João | Lopes Rocha | | 15-04-92 | BA | Oc | M.Grande | 05.07 |
| 11,33 | (2,5) | Edgar | Baptista | | 12-07-91 | ESCMOV | 3 el | Maia | 12.07 |
| 11,1 | (2,2) | Ariel | Pereira | | 30-01-92 | ADREP | 1 B | Luso | 10.05 |
| 11,36 | (5,8) | Rui | Leite | | 31-12-89 | FCP | 6 | P.Varzim | 31.05 |
| 11,36 | (5,0) | Bruno Miguel | Ferreira | | 17-05-89 | CPP | 3 el | Abrantes | 12.07 |
| 11,40 | (5,7) | Gonçalo | Carvalho | | 02-09-91 | CPC | 2 el | Seixal | 12.07 |
| 11,41 | (2,9) | Germano | Oliveira | | 02-02-89 | ADRAP | 1 s2 | Ribeira Brava | 29.03 |
| 11,41 | (5,5) | Roberto | Antunes | | 21-04-92 | JDN | 1 s | Beja | 11.05 |
| 11,43 | (2,7) | Afonso | Fernandes | | 07-05-90 | ADRAP | 1 | Machico | 21.06 |
| 11,44 | (2,8) | Oswaldo | Sousa | | 10-02-89 | EFC-E | 1 s2 | V.Novas | 24.11.2007 |
| 11,44 | (8,8) | Lukeny | Ribeiro | ANG | 07-11-89 | CFUL | 3 s1 | Aveiro | 22.03 |
| 11,2 | (2,2) | António | Brandão | | 08-09-92 | ACBU | 2 B | Luso | 10.05 |
| 11,2 | (2,2) | Flávio | Gravato | | 11-04-91 | ACDI | 3 B | Luso | 10.05 |
| 11,44 | (4,1) | Paulo | Oliveira | | 16-10-91 | JDAL | 3 | Abrantes | 10.05 |
| 11,2 | (3,1) | Diogo | Martins | | 10-03-91 | BNSC | 1 | Beja | 06.06 |
| 11,46 | (3,8) | Gonçalo | Almeida | | 30-04-91 | CBF | Oc | Lagos | 12.04 |
| 11,47 | (5,4) | João | Portela | | 92 | HCM | 3 s1 | Aveiro | 28.06 |
| 11,48 | (2,2) | Miguel | Santos | | 23-01-90 | CFB | 2 el | Lisboa (U) | 31.05 |
| 11,49 | (2,9) | Hugo | Silva | | 04-01-91 | CSM | 2 s2 | Ribeira Brava | 29.03 |
| 11,49 | (5,1) | Rui | Jerónimo | | 11-11-90 | BA | 2 el | M.Grande | 10.05 |
| 11,49 | (5,0) | Rodolfo | Brites | | 27-03-91 | BA | Oc | M.Grande | 05.07 |
| 11,50 | (4,7) | Paulo | Pinto | | 13-05-91 | CBF | 3 | Lagos | 10.05 |
| 11,51 | (8,8) | André | Oliveira | | 10-06-89 | GCDS | 4 s1 | Aveiro | 22.03 |
| 11,51 | (2,9) | Pedro | Cardoso | | 06-06-90 | AAC | 4 | Luso | 10.05 |
| 11,53 | (2,2) | José Miguel | Pereira | | 22-07-91 | FCP | 6 s1 | P.Varzim | 04.06 |
| 11,3 | (2,2) | Francisco | Mouraz | | 30-04-92 | GS-RC | 4 B | Luso | 10.05 |
| 11,54 | (2,2) | João | Martins | | 25-02-92 | CASM | 3 el | Lisboa (U) | 31.05 |
| 11,3 | (3,2) | Rafael | Soares | | 22-04-91 | JV | 2 el | Coimbra (ECC) | 02.07 |
| 11,54 | (5,7) | Fábio | Paulo | | 10-04-91 | GRQL | 3 el | Seixal | 12.07 |

150 Metros (até 18,00)

| | | | | | | | | | |
|-------|-------|---------|-----------|-----|----------|------|------|---------|-------|
| 16,61 | (0,8) | Orlando | Tungo | ANG | 17-04-89 | VFC | 3 s1 | Sobreda | 20.01 |
| 16,98 | (0,8) | Helder | Guerreiro | | 02-05-89 | AACC | 4 s1 | Sobreda | 20.01 |
| 17,02 | (0,8) | Adão | Mendes | GBS | 30-12-89 | CABB | 5 s1 | Sobreda | 20.01 |

| | | | | | | | | |
|-------|--------|--------------|---------------|----------|--------|------|-----------|------------|
| 17,46 | (1,4) | Gonçalo | Almeida | 30-04-91 | CBF | 1 | Quarteira | 23.12.2007 |
| 17,60 | (1,6) | André | Almeida | 27-04-90 | GDRCC | 1 s3 | Sobreda | 20.01 |
| 17,82 | (-2,0) | Diogo Filipe | Santos | 03-05-91 | FCP | 1 s3 | Maia | 08.12.2007 |
| 17,84 | (1,6) | Sérgio | Guerreiro | 19-08-89 | AAPL | 2 s3 | Sobreda | 20.01 |
| 17,94 | (1,9) | André | Rodrigues | 10-05-89 | GDRCC | 2 s2 | Sobreda | 20.01 |
| 17,97 | (-0,4) | Pedro | Pinto Machado | 14-11-91 | ESCMOV | 1 s4 | Maia | 08.12.2007 |
| 17,99 | (-2,0) | Edgar | Baptista | 12-07-91 | ESCMOV | 2 s3 | Maia | 08.12.2007 |
| (10) | | | | | | | | |
| 18,00 | (1,6) | José David | Pires | 08-02-91 | CDQ | 2 s2 | Quarteira | 02.12.2007 |
| 18,00 | (1,6) | Afonso | Matias | 21-02-93 | JDN | 1 | Beja | 25.06 |

Sem controlo de anemómetro

| | | | | | | | | |
|-------|--|---------|-------|----------|-----|------|------|------------|
| 17,36 | | Emanuel | Neves | 13-03-90 | FCP | 2 s1 | Maia | 08.12.2007 |
|-------|--|---------|-------|----------|-----|------|------|------------|

200 Metros (até 23,60) CNJ 22,9/23,14

| | | | | | | | | |
|-------|--------|--------------|---------------|--------------|--------|--------|---------------|------------|
| 21,73 | (1,4) | Edi | Sousa | 11-07-89 | SCP | 3 s2 | Mannheim | 22.06 |
| 22,13 | (0,6) | | Sousa | | | 1 | Lisboa (U) | 01.06 |
| 22,18 | (-0,1) | | Sousa | | | 1 el | Lisboa (U) | 20.01 |
| 22,19 | (0,5) | | Sousa | | | 2 | Lisboa (U) | 20.01 |
| 22,22 | (2,0) | | Sousa | | | 1 el | Lisboa (U) | 01.06 |
| 22,28 | (-1,3) | Edgar | Carolo | 30-01-91 | CASM | 1 el | Lisboa (U) | 08.06 |
| 22,31 | (-1,5) | Bruno | Ferreira | 27-05-90 | ACDRA | 1 | Luso | 15.06 |
| 22,43 | (1,6) | Gonçalo | Ribeiro | 20-03-89 | JV | 2 s-ex | Lisboa (U) | 29.06 |
| 22,47 | (0,9) | Carlos | Veiga | 22-02-89 | CFB | 4 | Lisboa (U) | 13.07 |
| 22,54 | (pc) | Emanuel | Neves | 13-03-90 | FCP | 1 s1 | Espinho | 27.01 |
| 22,55 | (-0,5) | Diogo Filipe | Santos | 03-05-91 | FCP | 1 | Maia | 13.07 |
| 22,57 | (1,3) | André Gorba | Biveti | ANG 10-06-92 | SCP | 2 el | Lisboa (U) | 13.07 |
| 22,63 | (1,6) | Cristiano | Carreira | 04-03-90 | JV | 3 s-ex | Lisboa (U) | 29.06 |
| 22,74 | (2,0) | Joaquim | Rodrigues | 25-03-90 | CCDR | 2 s2 | Braga | 26.04 |
| (10) | | | | | | | | |
| 22,74 | (1,4) | Simão | Santana | 28-12-89 | GRECAS | 3 | Luso | 09.07 |
| 22,74 | (-0,5) | Jorge | Moreira | 10-05-91 | VTSC | 2 | Maia | 13.07 |
| 22,76 | (-1,3) | Matheus | Monteiro | BRA 03-08-91 | ESSCP | 2 el | Lisboa (U) | 08.06 |
| 22,77 | (1,3) | André | Jordão | 27-06-89 | NDCG | 2 | Coimbra (ECC) | 13.07 |
| 22,78 | (-0,1) | Gonçalo | Almeida | 30-04-91 | CBF | 1 el | Luso | 15.06 |
| 22,80 | (2,0) | Ivânio | Moreira | 18-01-91 | SCP | 2 el | Lisboa (U) | 01.06 |
| 22,86 | (0,7) | João | Gradiz | 02-05-89 | JV | ex | Lisboa (U) | 29.06 |
| 22,86 | (1,3) | Elvander | Loureiro | STP 02-04-90 | ACRM | 5 | Lisboa (U) | 29.06 |
| 22,92 | (2,0) | Miguel | Besouro | 08-09-90 | EBMDS | 3 el | Lisboa (U) | 01.06 |
| 23,01 | (2,0) | David | Ferreira | 04-04-89 | JOMA | 4 el | Lisboa (U) | 01.06 |
| (20) | | | | | | | | |
| 23,09 | (1,2) | Pedro | Pinto Machado | 14-11-91 | ESCMOV | 4 s1 | Maia | 18.06 |
| 23,10 | (1,6) | Sérgio | Paulo | 14-06-92 | GRQL | 1 s1 | Seixal | 22.06 |
| 23,12 | (1,1) | Pedro | Lopes | 04-07-92 | SCA | ex | Leiria | 18.06 |
| 23,16 | (-1,1) | Orlando | Tungo | ANG 17-04-89 | VFC | 1 el | Sobreda | 01.06 |
| 23,25 | (1,0) | Fábio | Oliveira | 25-06-91 | MAC | 2 el | Maia | 13.07 |
| 23,32 | (0,7) | Francisco | Correia | 04-01-89 | SCB | 2 s1 | Braga | 11.05 |
| 23,32 | (2,0) | Miguel | Santos | 23-01-90 | CFB | 5 el | Lisboa (U) | 01.08 |
| 23,32 | (-0,3) | Ricardo | Garcia | 21-01-89 | CAS | 3 s1 | Luso | 25.06 |
| 23,33 | (1,1) | João | Lopes Rocha | 15-04-92 | BA | 4 | Leiria | 09.07 |
| 23,35 | (0,8) | José David | Pires | 08-02-91 | CDQ | 2 | Lagos | 22.06 |
| (30) | | | | | | | | |
| 23,37 | (1,0) | Paulo | Dias | 14-05-89 | GS-RC | 1 | Leiria | 09.07 |
| 23,38 | (-0,5) | A Davide | Anselmo | 26-05-89 | NDCG | 1 | Guarda | 29.03 |
| 23,39 | (0,7) | Francisco | Casegas | 07-01-92 | CASM | 2 el | Lisboa (U) | 08.06 |
| 23,40 | (-3,1) | Roberto | Gonçalves | 24-02-89 | GDE | 1 s2 | Ribeira Brava | 04.05 |
| 23,41 | (-0,2) | João | Caracol | 20-12-89 | CBF | 3 el | V.R.S.António | 04.05 |
| 23,41 | (0,1) | Rui | Oliveira | 26-02-91 | ACDCVC | 1 | Luso | 11.05 |
| 23,43 | (pc) | Pedro | Cardoso | 06-06-90 | AAC | 2 s2 | Espinho | 26.01 |
| 23,43 | (1,3) | Diogo Tomás | Peixoto | 05-10-90 | SLB | 7 | Lisboa (U) | 29.06 |
| 23,45 | (-1,3) | Filipe | Cunha | 15-07-94 | CFB | 3 el | Lisboa (U) | 08.06 |
| 23,45 | (1,9) | Nuno | Baptista | 10-04-91 | JOMA | 2 el | Lisboa (U) | 13.07 |
| (40) | | | | | | | | |
| 23,51 | (1,1) | Filipe | Oliveira | 31-01-91 | BA | 5 | Leiria | 09.07 |
| 23,53 | (1,0) | Roberto | Nóbrega | 31-05-92 | ADRAP | 1-ex | Machico | 06.01 |
| 23,53 | (0,0) | João Pedro | Abrantes | 22-05-90 | SCP | 1 s5 | Lisboa (I) | 16.02 |
| 23,54 | (pc) | Flávio | Carvalho | 07-07-90 | GRECAS | 1 s8 | Espinho | 22.12.2007 |
| 23,56 | (-0,5) | Rui | Leite | 31-12-89 | FCP | 6 | Maia | 13.07 |
| 23,60 | (-0,7) | André | Lima | 19-04-91 | GRQL | 3 s1 | Seixal | 06.01 |
| 23,60 | (0,0) | Joni | Rodrigues | 10-10-89 | CNC | 1 s1 | A.Valdevez | 08.03 |

Ao ar Livre:

| | | | | | | | | |
|-------|-------|---------|---------|----------|-----|------|--------|-------|
| 22,85 | (1,2) | Emanuel | Neves | 13-03-90 | FCP | 2 s1 | Maia | 06.04 |
| 23,59 | (1,0) | Pedro | Cardoso | 06-06-90 | AAC | 2 | Leiria | 09.07 |

Sem controlo de anemómetro

| | | | | | | | | | |
|-------|--|-------|----------|--|----------|----------|------|-----------------|-------|
| 23,42 | | David | Bernardo | | 26-01-90 | AS PF-Fr | 1 s7 | Cergy-Pontoise | 01.06 |
| 23,50 | | Hugo | Silva | | 04-01-91 | CSM | 1A | Vieux-Habitants | 29.05 |

Com marcas manuais

| | | | | | | | | | |
|------|--------|---------|--------|--|----------|-------|------|-------|-------|
| 22,2 | (-0,6) | Claudio | Morais | | 03-02-89 | CIAIA | 1 s1 | Horta | 27.06 |
|------|--------|---------|--------|--|----------|-------|------|-------|-------|

Com vento favorável > 2 m /s

| | | | | | | | | | | |
|-------|-------|---|--------------|---------------|-----|----------|--------|---------|---------------|-------|
| 21,88 | (3,9) | A | Bruno | Ferreira | | 27-05-90 | ACDRA | 2 | Guarda | 06.07 |
| 22,18 | (3,9) | A | Gonçalo | Ribeiro | | 20-03-89 | JV | 5 | Guarda | 06.07 |
| 22,38 | (3,6) | | André Gorba | Biveti | ANG | 10-06-92 | SCP | 1 | Abrantes | 29.06 |
| 22,41 | (4,1) | | Jorge | Moreira | | 10-05-91 | VTSC | 1 | P.Varzim | 01.06 |
| 22,49 | (3,3) | | Cristiano | Carreira | | 04-03-90 | JV | 2 | M.Grande | 11.05 |
| 22,60 | (4,1) | | Joaquim | Rodrigues | | 25-03-90 | CCDR | 2 | P.Varzim | 01.06 |
| 22,75 | (3,3) | | Kevin | Cariço Wilson | | 06-01-90 | BA | 4 | M.Grande | 11.05 |
| 22,82 | (4,1) | | Emanuel | Neves | | 13-03-90 | FCP | 4 | P.Varzim | 01.06 |
| 22,94 | (2,8) | | Pedro | Pinto Machado | | 14-11-91 | ESCMOV | 1 el | P.Varzim | 08.06 |
| 23,02 | (2,8) | | Elvander | Loureiro | STP | 02-04-90 | ACRM | 3 s1 | Lisboa (U) | 13.04 |
| 23,10 | (3,5) | | Pedro | Lopes | | 04-07-92 | SCA | 1 | Abrantes | 11.05 |
| 23,10 | (4,1) | | Samuel | Remédios | | 24-02-92 | GAF | 1 | Abrantes | 31.05 |
| 23,10 | (2,3) | | Paulo | Oliveira | | 16-10-91 | JDAL | 2 | Abrantes | 13.07 |
| 23,16 | (3,0) | | José David | Pires | | 08-02-91 | CDQ | 3 el | Abrantes | 29.06 |
| 23,26 | (2,1) | | Francisco | Correia | | 04-01-89 | SCB | 1 s2 | Guimarães | 17.05 |
| 23,28 | (3,7) | | Nuno | Baptista | | 10-04-91 | JOMA | 2 el | Abrantes | 29.06 |
| 23,32 | (3,7) | | Volodymyr | Strokov | UKR | 23-04-91 | JV | 3 el | Abrantes | 29.06 |
| 23,34 | (2,3) | | Bruno Miguel | Ferreira | | 17-05-89 | CPP | 3 el | Abrantes | 13.07 |
| 23,35 | (4,7) | | Rui | Oliveira | | 26-02-91 | ACDCVC | 3 el | Coimbra (ECC) | 13.07 |
| 23,39 | (2,3) | | Ricardo | Vieira | | 01-05-90 | GAF | 4 | Abrantes | 13.07 |
| 23,41 | (3,1) | | João | Alexandre | | 01-01-90 | JV | 2 el | M.Grande | 11.05 |
| 23,42 | (3,5) | | Henrique | Pego | | 14-07-91 | CPP | 4 | Abrantes | 11.05 |
| 23,49 | (3,2) | | Igor | Maria | ANG | 02-03-89 | CIAIA | 2 el-ex | Seixal | 13.07 |
| 23,50 | (2,8) | | Fábio | Gonçalves | | 26-01-90 | SLB | 4 s1 | Lisboa (U) | 13.04 |
| 23,51 | (3,1) | | Paulo | Pinto | | 13-05-91 | CBF | 2 | Lagos | 11.05 |
| 23,52 | (4,1) | | José Ricardo | Torres | | 02-05-89 | CCDR | 7 | P.Varzim | 01.06 |
| 23,54 | (2,6) | | Pedro | Cardoso | | 06-06-90 | AAC | 5 s1 | M.Grande | 25.05 |
| 23,58 | (3,2) | | Diogo | Silva | | 07-11-91 | CBF | 6 s4 | Lagos | 20.01 |
| 23,59 | (3,5) | | Luis | Crisóstomo | | 22-02-90 | CNRM | 5 | Abrantes | 11.05 |

300 Metros (até 38,44)

| | | | | | | | | | |
|-------|------|--------------|-------------|-----|----------|-------|---------|--------------------|------------|
| 35,47 | | Diogo Filipe | Santos | | 03-05-91 | FCP | 1 s1 | Abrantes | 28.06 |
| 35,65 | | Paulo | Pinto | | 13-05-91 | CBF | 2 s1 | Abrantes | 28.06 |
| 35,90 | | José | Miranda | | 22-08-91 | SLB | 3 s1 | Abrantes | 28.06 |
| 35,95 | | Ivânio | Moreira | | 18-01-91 | SCP | 1 s1 | Lisboa (U) | 21.06 |
| 36,05 | | Cristiano | Carreira | | 04-03-90 | JV | 2 s3-ex | Lisboa (U) | 17.05 |
| 36,06 | | Emanuel | Neves | | 13-03-90 | FCP | 2 s1 | Maia | 19.07 |
| 36,16 | | Roberto | Gonçalves | | 24-02-89 | GDE | 1-ex | Machico | 19.04 |
| 36,27 | | Bruno | Ferreira | | 27-05-90 | ACDRA | 8 s1-ex | Lisboa (U) | 17.05 |
| 36,38 | | João | Frias | | 09-01-91 | ADRAP | 1 s3 | Machico | 19.04 |
| 36,42 | | André Gorba | Biveti | ANG | 10-06-92 | SCP | 1 s3 | Amadora (M.Galega) | 22.05 |
| (10) | | | | | | | | | |
| 36,48 | | Alexandre | Costa | | 15-02-90 | JOMA | 1 s2 | Lisboa (U) | 17.05 |
| 36,60 | | Roberto | Nóbrega | | 31-05-92 | ADRAP | 1 s2 | Ribeira Brava | 10.05 |
| 36,73 | | Hugo | Santos | | 05-01-91 | CAR-S | ex | Leiria | 19.04 |
| 36,75 | | Sérgio | Paulo | | 14-06-92 | GRQL | 4 s3 | Leiria | 17.05 |
| 36,78 | | José Miguel | Pereira | | 22-07-91 | FCP | Oc | Lisboa (U) | 03.05 |
| 36,79 | | Hugo | Silva | | 04-01-91 | CSM | 2 s2 | Ribeira Brava | 10.05 |
| 36,81 | | Elvander | Loureiro | STP | 02-04-90 | ACRM | 2 s2 | Lisboa (U) | 17.05 |
| 36,85 | | Ricardo | Garcia | | 21-01-89 | CAS | 1-ex | Seia | 10.05 |
| 36,86 | | Samuel | Remédios | | 24-02-92 | GAF | Oc | M.Grande | 05.07 |
| 36,92 | | David | Santinho | | 28-08-91 | VFC | 1 s2 | Abrantes | 28.06 |
| (20) | | | | | | | | | |
| 36,96 | | Nuno | Baptista | | 10-04-91 | JOMA | 3 s1 | Lisboa (U) | 26.04 |
| 37,02 | | Roberto | Antunes | | 21-04-92 | JDN | 1 s2 | Leiria | 17.05 |
| 37,05 | | Ricardo | Fernandes | CPV | 14-03-91 | JOMA | 4 s1 | Lisboa (U) | 26.04 |
| 37,08 | | João | Lopes Rocha | | 15-04-92 | BA | Oc | M.Grande | 05.07 |
| 37,10 | | Volodymyr | Strokov | UKR | 23-04-91 | JV | 2 s2 | Abrantes | 28.06 |
| 37,19 | | David | Ferreira | | 04-04-89 | JOMA | 1 s5 | Lisboa (U) | 17.05 |
| 37,28 | | Paulo | Oliveira | | 16-10-91 | JDAL | 1 s3 | Lisboa (U) | 21.06 |
| 37,29 | | Hélio | Vaz | | 01-05-91 | NDCG | Oc | Lisboa (U) | 03.05 |
| 37,35 | | João | Caracol | | 20-12-89 | CBF | 2 | Quarteira | 15.03 |
| 37,41 | | Nuno | Figueiredo | | 29-12-89 | CAS | 2-ex | Seia | 10.05 |
| (30) | | | | | | | | | |
| 37,45 | | Fábio | Gonçalves | | 26-01-90 | SLB | 2 s1 | Lisboa (I) | 15.12.2007 |
| 37,47 | | Bruno | Andrade | CPV | 28-02-92 | UAP | 3 s1 | Lisboa (U) | 21.06 |
| 37,49 | | Rodolfo | Brites | | 27-03-91 | BA | 7 s3 | Leiria | 17.05 |
| 37,50 | | Jorge | Batista | | 06-06-91 | ADREP | 2 s2 | Leiria | 17.05 |
| 37,50 | | José David | Pires | | 08-02-91 | CDQ | 1 | Lagos | 14.06 |
| 37,51 | | Vasco | Agostinho | | 31-05-91 | CBF | 2 s2 | Lagos | 19.04 |
| 37,54 | (pc) | Rafael | Soares | | 22-04-91 | JV | 1 s1-ex | Pombal | 27.01 |

| | | | | | | | | |
|-------------|------|-------------|-----------|--------------|---------|---------|------------------|------------|
| 37,56 | | Diogo | Silva | 07-11-91 | CBF | 7 s1 | Abrantes | 28.06 |
| 37,59 | | André | Piriquito | 10-11-92 | EFC-E | 4 s2 | Abrantes | 28.06 |
| 37,63 | | John | Martins | 13-05-92 | ADREP | Oc | Lisboa (U) | 03.05 |
| (40) | | | | | | | | |
| 37,65 | | André | Lima | 19-04-91 | GRQL | Oc | Lisboa (U) | 03.05 |
| 37,66 | | João | Mosca | 30-10-91 | QFC | 2 s1 | Sobreda | 26.04 |
| 37,67 | | Helder | Guerreiro | 02-05-89 | AACC | 4 s3-ex | Lisboa (U) | 17.05 |
| 37,68 | | Eliseu | Ribeiro | 08-02-92 | GJPB | 1 s1 | Luso | 26.04 |
| 37,73 | | António | Jesus | 23-03-92 | ADRPD | 1-ex | Ribeira Brava | 14.06 |
| 37,77 | | Diogo | Martins | 10-03-91 | BNSC | 4 s1 | Lisboa (U) | 21.06 |
| 37,77 | | Kevin | Gaspar | 15-03-91 | BA | Oc | M.Grande | 05.07 |
| 37,77 | | Rui | Leite | 31-12-89 | FCP | 1 s2 | Maia | 19.07 |
| 37,81 | | Filipe | Santos | 17-04-93 | JOMA | 1 s3 | Abrantes | 28.06 |
| 37,83 | | Miguel | Martins | 07-12-90 | JV | 4 s4-ex | Lisboa (U) | 17.05 |
| (50) | | | | | | | | |
| 37,85 | | Diogo Tomás | Peixoto | 05-10-90 | SLB | 5 s2 | Lisboa (U) | 17.05 |
| 37,87 | | Volodymyr | Strokov | UKR 23-04-91 | JV | 5 s3-ex | Lisboa (U) | 17.05 |
| 37,89 | | Paulo | Gomes | 19-09-91 | GCB | Oc | Lisboa (U) | 03.05 |
| 37,98 | | Henrique | Pego | 14-07-91 | CPP | 1 s2 | Abrantes | 22.05 |
| 38,01 | | Diogo | Miranda | 31-07-92 | CCDR | 1 s4 | Abrantes | 28.06 |
| 38,02 | | João | Fernandes | 03-03-91 | SLB | Oc | Lisboa (U) | 03.05 |
| 38,03 | | João | Gonçalves | 24-05-91 | AJS | Oc | Machico | 12.04 |
| 38,04 | | Tiago | Carvalho | 08-07-92 | CASM | 1 s2 | Lisboa (U) | 26.04 |
| 38,04 | A | Hugo | Correia | 20-10-91 | CDRQT | 1 s2 | Guarda | 27.04 |
| 38,06 | | Miguel | Machado | 04-03-91 | COD | Oc | Lisboa (U) | 03.05 |
| (60) | | | | | | | | |
| 38,08 | | Francisco | Évora | 11-12-91 | Lavra | 2 s4 | Abrantes | 28.06 |
| 38,10 | | Marco | Carvalho | 13-07-91 | CPC | 1 s2 | Sobreda | 26.04 |
| 38,11 | | Johny | Machado | 03-09-91 | ADA | Oc | Guimarães | 19.04 |
| 38,13 | | Vitor | Pereira | 05-08-91 | ADRLCE | 3 s1 | Luso | 26.04 |
| 38,15 | | Bruno | Taveira | 19-01-92 | CFB | 5 s1 | Lisboa (U) | 26.04 |
| 38,18 | | Miguel | Semião | 93 | AAPL | 4 s1 | Seixal | 21.06 |
| 38,18 | | Guilherme | Soares | 27-09-92 | CIAIA | 5 s2 | Abrantes | 28.06 |
| 38,19 | | Gonçalo | Almeida | 30-04-91 | CBF | Oc | Lagos | 12.04 |
| 38,20 | | João | Azevedo | 03-08-89 | ACVA-Fr | 2 s2 | Villeneuve d'Asq | 01.05 |
| 38,21 | A | Ricardo | Gomes | 09-01-92 | NDCG | 2 s2 | Guarda | 27.04 |
| (70) | | | | | | | | |
| 38,26 | (pc) | Joaquim | Rodrigues | 25-03-90 | CCDR | 1 s2 | Braga | 08.12.2007 |
| 38,27 | | Tiago | Rodrigues | 19-07-92 | AACC | 3 s4 | Abrantes | 28.06 |
| 38,28 | | Rodrigo | Ferreira | 23-10-92 | CDEM | 4 s3 | Abrantes | 28.06 |
| 38,31 | | Miguel | Carvalho | 06-04-91 | CASM | 2 s5 | Abrantes | 28.06 |
| 38,34 | | João | Costa | 07-03-91 | ADLA | 5 s4 | Lisboa (U) | 17.05 |
| 38,40 | | João | Fernandes | 03-03-91 | SLB | Hep | Lisboa (U) | 05.04 |
| 38,43 | | Luis | Santos | 14-05-92 | NACV | Oc | Guimarães | 19.04 |

Ao ar Livre:

| | | | | | | | | |
|-------|--|--------|--------|----------|----|------|----------|-------|
| 38,39 | | Rafael | Soares | 22-04-91 | JV | 7 s2 | Abrantes | 28.06 |
|-------|--|--------|--------|----------|----|------|----------|-------|

Com marcas manuais

| | | | | | | | | |
|------|--|---------|----------|----------|------|------|---------------|-------|
| 37,9 | | Diogo | Cavaco | 23-05-91 | AAC | 1 s1 | Coimbra (ECC) | 09.06 |
| 37,9 | | Rodrigo | Ferreira | 23-10-92 | CDEM | 1 s | A.Heroísmo | 21.06 |

400 Metros (até 52,64) CNJ 51,5/51,64

| | | | | | | | | |
|-------------|------|--------------|----------------|----------|-------|---------|---------------|-------|
| 49,46 | | Emanuel | Neves | 13-03-90 | FCP | 1 s3 | Luso | 14.06 |
| 49,59 | | | Neves | | | 4 s4 | Mannheim | 21.06 |
| 49,60 | | Fábio | Gonçalves | 26-01-90 | SLB | 1 s1 | Lisboa (U) | 28.06 |
| 49,75 | | José | Miranda | 22-08-91 | SLB | 4 s1 | Lisboa (U) | 09.07 |
| 49,77 | (pc) | | Gonçalves | | | 1 s2 | Espinho | 09.02 |
| 49,80 | | | Gonçalves | | | 2 s1 | Lisboa (I) | 19.01 |
| 49,95 | | Paulo | Pinto | 13-05-91 | CBF | 1 s2-ex | Faro | 31.05 |
| 50,06 | | Cristiano | Carreira | 04-03-90 | JV | 3 s3 | Luso | 14.06 |
| 50,32 | | Alexandre | Costa | 15-02-90 | JOMA | 1 s1 | Lisboa (U) | 31.05 |
| 50,50 | | Rui Miguel | Gonçalves | 06-09-89 | SCB | 1 s3 | Guimarães | 17.05 |
| 50,57 | | João | Caracol | 20-12-89 | CBF | 1 s2 | Faro | 21.06 |
| 50,68 | (pc) | Kevin | Carriço Wilson | 06-01-90 | BA | 2 s3 | Espinho | 26.01 |
| 50,94 | | Diogo Filipe | Santos | 03-05-91 | FCP | 1 s2 | Maia | 09.07 |
| (10) | | | | | | | | |
| 51,05 | | Germano | Oliveira | 02-02-89 | ADRAP | 3 s4-ex | Machico | 17.05 |
| 51,19 | | Hugo | Silva | 04-01-91 | CSM | 2-ex | Machico | 05.07 |
| 51,19 | | Roberto | Nóbrega | 31-05-92 | ADRAP | 3-ex | Machico | 05.07 |
| 51,28 | | Roberto | Gonçalves | 24-02-89 | GDE | 1 s3 | Machico | 21.06 |
| 51,31 | | Joni | Rodrigues | 10-10-89 | CNC | 1 s1 | P.Varzim | 31.05 |
| 51,31 | A | Carlos | Figueiredo | 05-05-90 | FCP | 4 | Guarda | 11.07 |
| 51,37 | | Gonçalo | Salgado | 05-02-90 | JOMA | 1 s2 | Lisboa (U) | 28.06 |
| 51,38 | (pc) | Hugo | Santos | 05-01-91 | CAR-S | 1 s1 | Pombal | 05.01 |
| 51,41 | | João | Brás | 13-08-89 | SCUT | 3 s1 | Lisboa (U) | 31.05 |
| 51,45 | | André | Jordão | 27-06-89 | NDCG | 3 s1 | Coimbra (ECC) | 12.07 |
| (20) | | | | | | | | |

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|-------------|------|--------------|------------|--------------|--------|------|---------------|------------|
| 51,46 | | João | Delgado | 08-01-90 | UAG | 1 | Seia | 21.06 |
| 51,50 | | Diogo | Pimentel | 20-11-89 | GRECAS | 2 s2 | Luso | 20.06 |
| 51,64 | | Diogo | Reis | 05-12-89 | SLB | 2 s2 | Lisboa (U) | 28.06 |
| 51,71 | | João | Oliveira | 08-04-90 | BA | 7 | Faro | 07.06 |
| 51,74 | | Vasco | Agostinho | 31-05-91 | CBF | 1 | Lagos | 12.04 |
| 51,96 | | Ricardo | Amaro | 09-08-90 | JDN | d | Luso | 31.05 |
| 51,97 | | André | Carvalho | 22-07-90 | JAM | 1 s1 | Luso | 02.07 |
| 52,00 | | Joaquim | Rodrigues | 25-03-90 | CCDR | 2 s2 | Guimarães | 17.05 |
| 52,01 | (pc) | Flávio | Carvalho | 07-07-90 | GRECAS | 2 s1 | Espinho | 05.01 |
| 52,01 | (pc) | Helder | Guerreiro | 02-05-89 | AACC | 5 s1 | Espinho | 09.02 |
| (30) | | | | | | | | |
| 52,03 | | Jorge | Batista | 06-06-91 | ADREP | 2 s1 | Luso | 16.07 |
| 52,06 | | David | Santinho | 28-08-91 | VFC | 2 | Setúbal | 18.07 |
| 52,11 | A | Nuno | Figueiredo | 29-12-89 | CAS | 2 | Guarda | 27.04 |
| 52,19 | | Rodolfo | Lacerda | 25-09-89 | BA | 1 s2 | Coimbra (ECC) | 12.07 |
| 52,23 | | Fábio | Santos | 31-08-89 | NAC | 2 | Beja | 07.06 |
| 52,26 | | José Ricardo | Torres | 02-05-89 | CCDR | 3 s2 | Guimarães | 17.05 |
| 52,28 | | Luís | Cebola | 10-12-90 | GRQL | 1 s1 | Setúbal | 24.05 |
| 52,29 | | Ricardo | Garcia | 21-01-89 | CAS | 6 s3 | Luso | 14.06 |
| 52,32 | | Tiago | Gamelas | 01-11-90 | CENAP | 1 | Aveiro | 28.06 |
| 52,34 | | Fernando | Semedo | CPV 02-10-90 | CBF | 4 s3 | Lagos | 19.01 |
| (40) | | | | | | | | |
| 52,44 | | Luís | Phalenspim | 12-11-90 | FCP | 1 s2 | Maia | 16.02 |
| 52,50 | (pc) | André | Costa | 05-01-90 | FCP | 1 s1 | Espinho | 23.12.2007 |

Ao ar Livre:

| | | | | | | | | |
|-------|--|--------|---------------|----------|-------|------|----------|-------|
| 51,57 | | Kevin | Cariço Wilson | 06-01-90 | BA | d | Luso | 31.05 |
| 52,00 | | Hugo | Santos | 05-01-91 | CAR-S | 1 s1 | M.Grande | 30.03 |
| 52,18 | | Helder | Guerreiro | 02-05-89 | AACC | 2 s1 | Luso | 14.06 |

Com marcas manuais

| | | | | | | | | |
|------|--|--------|-----------|----------|------|------|------------|-------|
| 51,5 | | Helder | Guerreiro | 02-05-89 | AACC | 2 s1 | Lisboa (U) | 02.02 |
|------|--|--------|-----------|----------|------|------|------------|-------|

500 Metros

| | | | | | | | | |
|-------------|--|----------------|----------------|--------------|-------|----|---------------|------------|
| 1.05,08 | | Fábio | Gonçalves | 26-01-90 | SLB | 1 | Lisboa (I) | 15.12.2007 |
| 1.05,66 | | João | Delgado | 08-01-90 | UAG | 1 | Guarda | 26.07 |
| 1.06,24 | | André | Jordão | 27-06-89 | NDCG | 2 | Guarda | 26.07 |
| 1.07,12 | | Vasco | Agostinho | 31-05-91 | CBF | 1 | Quarteira | 02.12.2007 |
| 1.08,52 | | Helder | Guerreiro | 02-05-89 | AACC | 3 | Sobreda | 19.01 |
| 1.08,77 | | Paulo | Pinto | 13-05-91 | CBF | 1 | V.R.S.António | 15.12.2007 |
| 1.09,93 | | David | Santinho | 28-08-91 | VFC | 4 | Sobreda | 19.01 |
| 1.11,23 | | Gil | Machado | 25-02-89 | CDP | 2 | Maia | 05.01 |
| 1.11,41 | | José | Campos | ANG 12-07-90 | CFB | 2 | Lisboa (I) | 15.12.2007 |
| 1.12,65 | | Nuno | Bilhó da Silva | 28-09-90 | ACRM | 3 | Lisboa (I) | 15.12.2007 |
| (10) | | | | | | | | |
| 1.12,82 | | Gonçalo | Salgado | 05-02-90 | JOMA | 4 | Lisboa (I) | 15.12.2007 |
| 1.13,12 | | João | Eusébio | 15-12-89 | GRQL | 7 | Sobreda | 19.01 |
| 1.13,83 | | Diogo Mesquita | Santos | 27-09-92 | AACC | 9 | Sobreda | 19.01 |
| 1.14,05 | | Ricardo | Nicolau | 04-01-89 | COP | 2 | V.R.S.António | 15.12.2007 |
| 1.15,02 | | Tiago | Bolinhas | 28-12-91 | AAPL | 11 | Sobreda | 19.01 |
| 1.15,23 | | Gonçalo | Almeida | 30-04-91 | CBF | 3 | Quarteira | 02.12.2007 |
| 1.15,61 | | Daniel | Almeida | 25-03-89 | CBF | 4 | Quarteira | 02.12.2007 |
| 1.15,61 | | André | Ferreira | 18-01-92 | CRCDL | 3 | V.R.S.António | 15.12.2007 |

600 Metros

| | | | | | | | | |
|-------------|-----|----------------|------------|--------------|-------|------|---------|------------|
| 1.29,77 | | Gil | Machado | 25-02-89 | CDP | 3 s2 | Maia | 08.12.2007 |
| 1.30,75 | | Misael | Semedo | CPV 11-09-90 | AVEPG | 1 | Sobreda | 20.01 |
| 1.31,51 | | Diogo Mesquita | Santos | 27-09-92 | AACC | 2 | Sobreda | 20.01 |
| 1.31,77 | | Pedro | Silvestre | 18-12-91 | GDC | 3 | Sobreda | 20.01 |
| 1.32,34 | | Pedro | Quina | 19-12-91 | Ind-S | 4 | Sobreda | 20.01 |
| 1.32,67 | | Micael | Bandeira | 04-12-90 | ARLVG | 6 s2 | Maia | 08.12.2007 |
| 1.33,40 | | Ricardo | Vicente | 09-06-91 | CSSPF | 5 | Sobreda | 20.01 |
| 1.32,98 | INF | Francisco | Rodrigues | 24-05-95 | GRAC | 1 s1 | Braga | 26.04 |
| 1.32,99 | INF | José Rafael | Vilas Boas | 01-02-95 | SCB | 2 s1 | Braga | 26.04 |
| 1.33,62 | | Daniel | Sousa | 15-10-90 | CAA | 7 s2 | Maia | 08.12.2007 |
| (10) | | | | | | | | |
| 1.33,84 | | Daniel | Fortes | 29-05-91 | GRQL | 6 | Sobreda | 20.01 |
| 1.34,63 | | Tiago | Bolinhas | 28-12-91 | AAPL | 8 | Sobreda | 20.01 |

800 Metros (até 2.02,00) CNJ 2.00,00

| | | | | | | | | |
|---------|------|-------|-----------|----------|-----|------|-------------|-------|
| 1.49,96 | | Fábio | Gonçalves | 26-01-90 | SLB | 1 s1 | Lisboa (U) | 17.05 |
| 1.50,53 | | | Gonçalves | | | 7 s1 | Mannheim | 22.06 |
| 1.50,95 | | | Gonçalves | | | 1 | Lisboa (AL) | 16.07 |
| 1.51,64 | | | Gonçalves | | | 6 | Lisboa (U) | 10.06 |
| 1.51,69 | (pc) | | Gonçalves | | | 2 s1 | Pombal | 16.02 |

| | | | | | | | | |
|-------------|------|-------------|-------------------|--------------|--------|------------|---------------|------------|
| 1.52,61 | | Gonçalves | | | 7 el | Bydgoszcz | 08.07 | |
| 1.52,74 | (pc) | Gonçalves | | | 5 s2 | Pombal | 24.02 | |
| 1.52,86 | | Gonçalves | | | 1 s2 | Setúbal | 25.05 | |
| 1.53,55 | | Bruno | Albuquerque | 10-01-89 | CPMg | 1 | Luso | 10.06 |
| 1.53,56 | | Gonçalves | | | 1 s1 | Lisboa (U) | 20.01 | |
| 1.53,94 | (pc) | Rui Miguel | Gonçalves | 06-09-89 | SCB | 1 s3 | Espinho | 10.02 |
| 1.53,95 | | Gonçalves | | | 2 | Faro | 08.06 | |
| 1.54,39 | | João | Brás | 13-08-89 | SCUT | 2 s3 | Luso | 15.06 |
| 1.54,53 | | João | Delgado | 08-01-90 | UAG | 2 | Luso | 10.06 |
| 1.55,01 | | Fábio | Rebelo | 11-04-91 | AAPGL | 1 s1 | Lisboa (U) | 01.06 |
| 1.55,34 | | Tiago | Dias | 11-01-90 | AAPGL | 3 s1 | Lisboa (U) | 01.06 |
| 1.55,39 | | Nuno | Figueiredo | 29-12-89 | CAS | 1 s1 | Luso | 18.05 |
| 1.55,64 | (pc) | José Miguel | Silva | 04-07-89 | SCB | 4 s1 | Braga | 20.01 |
| 1.55,68 | | Paulo | Pinto | 03-05-91 | CBF | 4 s2 | Setúbal | 25.05 |
| (10) | | | | | | | | |
| 1.55,86 | | Diogo | Reis | 05-12-89 | SLB | 5 s1 | Lisboa (U) | 17.05 |
| 1.55,99 | | Miguel | Moreira | 04-02-91 | AAPGL | 4 s1 | Lisboa (U) | 01.06 |
| 1.56,16 | | Diego | Mateus Manjate | MOZ 16-08-91 | SSSJM | 3 | Guimarães | 25.05 |
| 1.56,3 | | Márcio | Pereira | 13-09-89 | GDCOV | 1 | Braga | 07.06 |
| 1.56,47 | | Jorge | Batista | 06-06-91 | ADREP | 4 s1 | Abrantes | 29.06 |
| 1.56,76 | | Rui | Pinto | 18-11-92 | UDV | 1-ex | Braga | 12.04 |
| 1.57,04 | | Diogo | Pimentel | 20-11-89 | GRECAS | 5 | Faro | 08.06 |
| 1.57,14 | | Fábio | Santos | 31-08-89 | NAC | 5 s1 | Luso | 25.06 |
| 1.57,63 | | Ruben | Severino | 05-11-91 | SLB | 5 s1 | Lisboa (U) | 01.06 |
| 1.57,96 | | José | Campos | ANG 12-07-90 | CFB | 6 s1 | Lisboa (U) | 01.06 |
| (20) | | | | | | | | |
| 1.58,58 | | Tiago | Gamelas | 01-11-90 | CENAP | 6 | Guimarães | 25.05 |
| 1.58,62 | A | Rúben | Felizardo | 17-06-91 | UAG | 6 | Guarda | 11.07 |
| 1.58,71 | | Joni | Rodrigues | 10-10-89 | CNC | 2 s1 | Luso | 15.06 |
| 1.58,72 | | Ricardo | Oliveira | ANG 28-07-89 | AAPGL | 7 s1 | Lisboa (U) | 01.06 |
| 1.58,83 | | Rui | Sousa | 21-11-89 | JDAL | 8 | Luso | 10.06 |
| 1.58,90 | | Paulo | Lopes | 04-01-89 | NAJ | 2-ex | Braga | 12.04 |
| 1.58,98 | | Thibaut | Junqueira | 17-02-92 | BA | 5 s1 | Abrantes | 29.06 |
| 1.59,13 | | Pedro | Oliveira | 11-01-90 | QFC | 3 s1 | Luso | 15.06 |
| 1.59,15 | | Germano | Oliveira | 02-02-89 | ADRAP | 9 | Luso | 10.06 |
| 1.59,44 | | Raffik | Baldé | GBS 19-05-90 | AAPGL | 6 | Lisboa (U) | 02.07 |
| (30) | | | | | | | | |
| 1.59,50 | (pc) | Hugo | Santos | 05-01-91 | CAR-S | 6 s1 | Pombal | 01.12.2007 |
| 1.59,67 | (pc) | Alexandre | Costa | 15-02-90 | JOMA | 5 s2 | Espinho | 26.01 |
| 1.59,77 | | Ricardo | Coroa | 18-10-91 | GT | 1 s1 | Maia | 27.04 |
| 1.59,84 | | Fábio | Silva | 11-11-91 | ACDCVC | 2 | Luso | 27.04 |
| 1.59,96 | | Dinarte | Gomes | 11-05-91 | AJS | 1 | Ribeira Brava | 26.04 |
| 1.59,97 | | Pedro | Gamelas | 01-11-90 | CENAP | 2 s2 | Luso | 09.07 |
| 1.59,99 | | João | Ramos | 23-01-92 | CAAV | 6 s1 | Abrantes | 29.06 |
| 2.00,10 | | José | Costa | 30-04-91 | CCRM | 3 s1 | Aveiro | 13.04 |
| 2.00,23 | (pc) | Jorge | Teixeira Oliveira | 18-10-90 | FCP | 7 s1 | Braga | 20.01 |
| 2.00,37 | | Eusébio | Oliveira | 20-07-93 | ADAM | 1 s2 | Abrantes | 29.06 |
| (40) | | | | | | | | |
| 2.00,86 | (pc) | Luís | Macau | 24-02-89 | CIAIA | 4 s2 | Espinho | 10.02 |
| 2.00,96 | | Marco | Oliveira | 30-09-90 | GDCOV | 3-ex | Braga | 12.04 |
| 2.01,02 | (pc) | Sérgio | Furtado | 14-02-89 | NSSMSM | 4 s1 | Espinho | 10.02 |
| 2.01,37 | | Luís | Silva | 23-12-92 | ARBV | 2 s1 | Leiria | 18.05 |
| 2.01,46 | | Kevin | Gaspar | 15-03-91 | BA | 1 | Leiria | 09.07 |
| 2.01,49 | | Abílio | Gonçalves | 04-12-89 | ACRC | ex | Guarda | 01.06 |
| 2.01,59 | | Bruno | Taveira | 19-01-92 | CFB | 1 s | Lisboa (R) | 13.06 |
| 2.01,62 | | José | Martins | 10-02-92 | AMFC | 3 s1 | Maia | 11.05 |
| 2.01,68 | | David | Santinho | 28-08-91 | VFC | 2 s2 | Abrantes | 29.06 |
| 2.01,85 | (pc) | André | Carvalho | 22-07-90 | JAM | 2 s2 | Espinho | 01.03 |
| (50) | | | | | | | | |
| 2.01,9 | | José | Miranda | 22-08-91 | SLB | 1 s1 | Lisboa (U) | 08.06 |
| 2.01,92 | | Rui | Gonçalves | 11-09-90 | CAMG | 1 | M.Grande | 11.05 |
| 2.01,94 | | Luís | Mendes | 10-06-90 | NAJ | 4-ex | Braga | 12.04 |
| 2.01,98 | | Vasco | Agostinho | 31-05-91 | CBF | 1 s2 | Lagos | 20.01 |

Ao ar Livre:

| | | | | | | | |
|---------|-------------|-------------------|----------|-------|------|------------|-------|
| 1.55,15 | João | Brás | 13-08-89 | SCUT | 2 s1 | Lisboa (U) | 01.06 |
| 1.57,80 | José Miguel | Silva | 04-07-89 | SCB | 5 | Guimarães | 25.05 |
| 1.58,55 | Rui Miguel | Gonçalves | 06-09-89 | SCB | 1 | Braga | 11.05 |
| 1.59,84 | Alexandre | Costa | 15-02-90 | JOMA | 8 | Faro | 08.06 |
| 2.00,00 | Márcio | Pereira | 13-09-89 | GDCOV | 1 | Guimarães | 17.05 |
| 2.01,21 | Hugo | Santos | 05-01-91 | CAR-S | 2-ex | Leiria | 20.04 |
| 2.01,59 | Jorge | Teixeira Oliveira | 18-10-90 | FCP | 4 | Guimarães | 17.05 |
| 2.01,7 | Rui | Sousa | 21-11-89 | JDAL | 2 s1 | Seixal | 20.04 |

1000 Metros (até 2.42,00)

| | | | | | | | |
|---------|---------|------------|----------|-------|------|--------|-------|
| 2.30,84 | Nuno | Figueiredo | 29-12-89 | CAS | 1 | Viseu | 25.04 |
| 2.32,18 | Emanuel | Rolim | 03-01-93 | NSL | 1 | Leiria | 18.05 |
| 2.33,48 | João | Delgado | 08-01-90 | UAG | 4 | Viseu | 25.04 |
| 2.34,39 | Jorge | Batista | 06-06-91 | ADREP | 1 s1 | Luso | 10.06 |
| 2.34,67 | Rui | Pinto | 18-11-92 | UDV | 2 s1 | Luso | 10.06 |

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|-------------|----------------|----------------|--------------|--------|---------|------------|------------|
| 2.35,01 | Fábio | Santos | 31-08-89 | NAC | 1 | Luso | 29.03 |
| 2.35,14 | Rui | Sousa | 21-11-89 | JDAL | 1 s2 | Rio Maior | 29.03 |
| 2.35,23 | Rui | Gonçalves | 11-09-90 | CAMG | 3 | Alcanena | 04.05 |
| 2.35,38 | Rúben | Felizardo | 17-06-91 | UAG | 3 s1 | Luso | 10.06 |
| 2.35,80 | Ricardo | Pereira | 12-08-90 | ACRC | 5 | Viseu | 25.04 |
| (10) | | | | | | | |
| 2.35,94 | Diogo | Pimentel | 20-11-89 | GRECAS | 2 | Luso | 29.03 |
| 2.36,34 | Vitor | Carranca | 03-06-91 | FCALV | 1 s2-ex | Rio Maior | 29.03 |
| 2.36,64 | Abílio | Gonçalves | 04-12-89 | ACRC | 1 | Viseu | 29.03 |
| 2.37,17 | Diego | Mateus Manjate | MOZ 16-08-91 | SSSJM | 1 s3 | Luso | 29.03 |
| 2.37,55 | Tiago | Gamelas | 01-11-90 | CENAP | 3 | Luso | 29.03 |
| 2.37,62 | João | Leal | 04-04-91 | JV | 4 s1 | Luso | 10.06 |
| 2.37,94 | (pc) Márcio | Pereira | 13-09-89 | GDCOV | 1 | Braga | 09.02 |
| 2.38,02 | José | Martins | 10-02-92 | AMFC | 2 | Covilhã | 10.05 |
| 2.38,05 | Vasco | Agostinho | 31-05-91 | CBF | 1 | Quarteira | 14.03 |
| 2.38,15 | Ruben | Severino | 05-11-91 | SLB | 5 s1 | Luso | 10.06 |
| 2.38,18 | (pc) Ricardo | Coroa | 18-10-91 | GT | 1 s1 | Braga | 09.02 |
| (20) | | | | | | | |
| 2.38,29 | (pc) Stefano | Pinto | 25-10-90 | SCB | 2 | Braga | 09.02 |
| 2.38,57 | Paulo | Pinto | 13-05-91 | CBF | Oc | Lisboa (U) | 04.05 |
| 2.38,62 | David | Baião | 03-06-90 | GRECAS | 4 | Luso | 29.03 |
| 2.38,83 | Fábio | Silva | 11-11-91 | ACDCVC | 2 s3 | Luso | 29.03 |
| 2.39,08 | André | Silva | 31-05-92 | LFC-F | 6 s1 | Luso | 10.06 |
| 2.39,13 | Eusébio | Oliveira | 20-07-93 | ADAM | 1 | Maia | 11.05 |
| 2.39,27 | (pc) Marco | Oliveira | 30-09-90 | GDCOV | 3 | Braga | 09.02 |
| 2.39,51 | Carlos | Barbosa | 16-01-91 | GT | 2 s2 | Maia | 22.12.2007 |
| 2.39,91 | Luis | Oliveira | 22-03-90 | ACRC | 7 | Viseu | 25.04 |
| 2.39,14 | João | Ramos | 23-01-92 | CAAV | 7 s1 | Luso | 10.06 |
| (30) | | | | | | | |
| 2.40,20 | Tiago André | Pereira | 21-10-92 | CBF | 8 s1 | Luso | 10.06 |
| 2.40,48 | Hugo | Santos | 05-01-91 | CAR-S | 2 s2 | Rio Maior | 29.03 |
| 2.40,66 | Diogo Mesquita | Santos | 27-09-92 | AACC | 9 s1 | Luso | 10.06 |
| 2.40,79 | (pc) Luis | Silva | 23-12-92 | ARBV | 4 s1 | Braga | 09.02 |
| 2.40,80 | Samuel | Barata | 19-07-93 | GDACB | 2 s2 | Luso | 10.06 |
| 2.40,98 | Henrique | Vilaça | 07-04-90 | ADS | 5 | Luso | 29.03 |
| 2.41,66 | Paulo | Gomes | 19-09-91 | GCB | Oc | Lisboa (U) | 04.05 |
| 2.41,67 | Pedro | Gamelas | 01-11-90 | CENAP | 6 | Luso | 29.03 |
| 2.41,8 | Thibaut | Junqueira | 17-02-92 | BA | 1 | Nazaré | 29.03 |
| 2.41,80 | Luis | Fernandes | 11-12-93 | LPSC | 2 s1 | Lisboa (U) | 27.04 |

1500 Metros (até 4.10,00) CNJ 4.09,00

| | | | | | | | |
|-------------|------------------|----------------|--------------|--------|-------|---------------|------------|
| 3.49,12 | Bruno | Albuquerque | 10-01-89 | CPMg | 1 s1 | Maia | 18.06 |
| 3.49,50 | | Albuquerque | | | 4 | Mannheim | 21.06 |
| 3.49,90 | | Albuquerque | | | 12-ex | Barcelona | 01.06 |
| 3.51,93 | | Albuquerque | | | 1 | Luso | 14.06 |
| 3.54,86 | Rui | Pinto | 18-11-92 | UDV | 1 s1 | Maia | 09.07 |
| 3.55,94 | (pc) José Miguel | Silva | 04-07-89 | SCB | 3 s1 | Maia | 09.07 |
| 3.56,5 | João | Brás | 13-08-89 | SCUT | 2 s1 | Pombal | 02.03 |
| 3.57,09 | Fábio | Gonçalves | 26-01-90 | SLB | 4 s1 | Lisboa (I) | 11.05 |
| 3.57,89 | Jorge | Santa-Cruz | 20-07-89 | FCP | 5 | Faro | 07.06 |
| 3.58,57 | Paulo | Lopes | 04-01-89 | NAJ | 2 | Guarda | 05.07 |
| 3.59,11 | Paulo | Pinheiro | 09-07-89 | LPSC | 4 | Lisboa (U) | 28.06 |
| 3.59,65 | Luis | Mendes | 10-06-90 | NAJ | 8 s1 | Maia | 18.06 |
| 4.00,11 | Rúben | Felizardo | 17-06-91 | UAG | 4 | Luso | 14.06 |
| (10) | | | | | | | |
| 4.00,68 | Miguel | Moreira | 04-02-91 | AAPGL | 5 | Luso | 14.06 |
| 4.01,61 | Pedro | Vieira | 22-02-89 | NAJ | 7 s1 | Maia | 09.07 |
| 4.02,40 | Fábio | Rebello | 11-04-91 | AAPGL | 2 | Lisboa (U) | 31.05 |
| 4.03,15 | Tiago | Dias | 11-01-90 | AAPGL | 8 | Lisboa (U) | 12.07 |
| 4.03,16 | Márcio | Pereira | 13-09-89 | GDCOV | 8 | Luso | 14.06 |
| 4.04,58 | (pc) Marco | Oliveira | 30-09-90 | GDCOV | 1-ex | Braga | 10.02 |
| 4.04,75 | João | Leal | 04-04-91 | JV | 9 | Leiria | 13.06 |
| 4.04,89 | Rui | Gonçalves | 11-09-90 | CAMG | 10 | Leiria | 13.06 |
| 4.05,25 | Diego | Mateus Manjate | MOZ 16-08-91 | SSSJM | 4 | Luso | 16.07 |
| 4.05,39 | Raffik | Baldé | GBS 19-05-90 | AAPGL | 9 | Luso | 14.06 |
| (20) | | | | | | | |
| 4.05,58 | Olivier | Pedroso | 14-12-90 | JV | 7 | Coimbra (ECC) | 12.07 |
| 4.05,90 | Nuno | Figueiredo | 29-12-89 | CAS | 8 | Faro | 07.06 |
| 4.06,01 | Stefano | Pinto | 25-10-90 | SCB | 10 s1 | Maia | 09.07 |
| 4.06,77 | (pc) Ricardo | Figueiredo | 01-07-89 | CAS | 11 s1 | Maia | 09.07 |
| 4.07,47 | Jorge | Batista | 06-06-91 | ADREP | 1 s1 | Espinho | 24.02 |
| 4.07,81 | Ricardo | Pereira | 12-08-90 | ACRC | 2 | Viseu | 07.06 |
| 4.07,96 | Filipe | Ferreira | 02-04-89 | JOBRA | 13 s1 | Maia | 09.07 |
| 4.08,27 | Ricardo | Coroa | 18-10-91 | GT | 3 s1 | P.Varzim | 31.05 |
| 4.08,75 | Celso | Graciano | 27-06-89 | BAC | 7 | Setúbal | 24.05 |
| 4.08,80 | Pedro | Conceição | 02-03-89 | LPSC | 7 | Lisboa (I) | 19.01 |
| (30) | | | | | | | |
| 4.09,17 | (pc) Ricardo | Costa | 28-06-90 | FCV | 8 s1 | Braga | 22.12.2007 |
| 4.09,27 | Rui | Sousa | 21-11-89 | JDAL | 12 | Leiria | 13.06 |
| 4.09,45 | Fábio | Silva | 11-11-91 | ACDCVC | 2 s1 | Luso | 02.07 |

Ao ar Livre:

| | | | | | | | | |
|---------|-------|----------------|-----|----------|-------|----|------------|-------|
| 3.57,60 | João | Brás | | 13-08-89 | SCUT | 2 | Lisboa (U) | 28.06 |
| 4.06,62 | Diego | Mateus Manjate | MOZ | 16-08-91 | SSSJM | 6 | Guimarães | 24.05 |
| 4.09,38 | Marco | Oliveira | | 30-09-90 | GDCOV | 11 | Luso | 14.06 |

Milha

| | | | | | | | | |
|-------------|------|----------------|-----------|----------|--------|---------|---------|-------|
| 4.32,85 | (pc) | Diogo | Pimentel | 20-11-89 | GRECAS | 4 s1-ex | Espinho | 23.02 |
| 4.37,11 | (pc) | Hugo | Santos | 05-01-91 | CAR-S | 2 | Pombal | 01.03 |
| 4.43,74 | (pc) | Pedro | Santos | 09-10-92 | JV | 3 | Pombal | 01.03 |
| 4.44,6 | | Celso | Graciano | 27-06-89 | BAC | 1 s4 | Beja | 01.05 |
| 4.46,54 | (pc) | André | Nazaré | 28-08-91 | ACDRA | 4 | Pombal | 01.03 |
| 4.47,46 | | David | Fernandes | 12-10-90 | ARLVG | 1 | Maia | 26.01 |
| 4.47,73 | (pc) | Homilzio | Santos | 10-07-92 | ACDRA | 5 | Pombal | 01.03 |
| 4.48,15 | | Diogo Mesquita | Santos | 27-09-92 | AACC | 1 | Sobreda | 04.07 |
| 4.48,57 | | Misaël | Semedo | 11-09-90 | AVEPG | 1 | Sobreda | 19.01 |
| 4.49,81 | | Tiago | Arvelos | 17-08-90 | AVEPG | 2 | Sobreda | 19.01 |
| (10) | | | | | | | | |
| 4.51,46 | (pc) | José Manuel | Silva | 04-11-89 | GRECAS | 8 s1-ex | Espinho | 23.02 |
| 4.52,14 | | Pedro | Quina | 19-12-91 | Ind-S | 5 | Sobreda | 19.01 |
| 4.52,64 | | Flávio | Costa | 08-02-91 | CABB | 6 | Sobreda | 19.01 |
| 4.55,14 | | Nelson | Taia | 22-05-93 | CSSPF | 3 | Sobreda | 04.07 |
| 4.55,46 | | Ivanildo | Borges | 07-04-89 | GRQL | 7 | Sobreda | 19.01 |
| 4.56,18 | | Tiago | Baião | 13-11-92 | BAC | 1 s3 | Beja | 01.05 |

2000 Metros

| | | | | | | | | |
|---------|--|------------|-----------|----------|-------|---|-----------|------------|
| 6.12,92 | | José Pedro | Ferreira | 10-07-90 | ARLVG | 1 | Maia | 05.01 |
| 6.17,64 | | Fábio | Jesus | 16-12-90 | CAO-F | 4 | Quarteira | 23.12.2007 |
| 6.17,94 | | David | Fernandes | 12-10-90 | ARLVG | 2 | Maia | 05.01 |

3000 Metros (até 9.06,00) CNJ 8.58,00

| | | | | | | | | |
|-------------|------|-------------|-------------|----------|--------|-------|-----------------|------------|
| 8.19,25 | (pc) | Bruno | Albuquerque | 10-01-89 | CPMg | 1 | Espinho | 10.02 |
| 8.19,76 | (pc) | Jorge | Santa-Cruz | 20-07-89 | FCP | 2 | Espinho | 10.02 |
| 8.25,50 | (pc) | | Albuquerque | | | 3 | Pombal | 24.02 |
| 8.26,74 | | José | Costa | 30-04-91 | CCRM | 1 | Leiria | 17.05 |
| 8.28,03 | | Fábio | Rebelo | 11-04-91 | AAPGL | 2 | Leiria | 17.05 |
| 8.31,6 | | Pedro | Vieira | 22-02-89 | NAJ | 1 s2 | Maia | 07.05 |
| 8.33,29 | | Rui | Pinto | 18-11-92 | UDV | 1 | Luso | 15.06 |
| 8.36,44 | | Paulo | Pinheiro | 09-07-89 | LPSC | 1 | Lisboa (I) | 12.01 |
| 8.37,44 | | Luis | Mendes | 10-06-90 | NAJ | 3 | Luso | 15.06 |
| 8.47,06 | (pc) | José Miguel | Silva | 04-07-89 | SCB | 1 | Braga | 08.12.2007 |
| 8.47,62 | | Rúben | Felizardo | 17-06-91 | UAG | 5 | Luso | 15.06 |
| (10) | | | | | | | | |
| 8.52,93 | (pc) | João | Antunes | 12-03-89 | GDCOV | 3 | Braga | 26.01 |
| 8.53,46 | | Ricardo | Figueiredo | 01-07-89 | CAS | 12 s1 | Maia | 07.05 |
| 8.53,73 | (pc) | Filipe | Ferreira | 02-04-89 | JOBRA | 3 | Espinho | 06.01 |
| 8.56,75 | (pc) | Ricardo | Pereira | 12-08-90 | ACRC | 7 | Espinho | 20.01 |
| 8.56,85 | (pc) | Fábio | Silva | 11-11-91 | ACDCVC | 8 | Espinho | 20.01 |
| 8.56,85 | | Hugo Daniel | Santos | 25-07-90 | LFC-F | 14 s1 | Maia | 07.05 |
| 8.57,66 | | Miguel | Santos | 13-07-90 | ARCVR | 2 | Lisboa (U) | 01.06 |
| 8.57,83 | (pc) | Rui | Gonçalves | 11-09-90 | CAMG | 9 | Espinho | 20.01 |
| 8.58,76 | | Edwin | Nunes | 01-05-89 | CAFH | 7 | Luso | 10.06 |
| 8.59,43 | | Raffik | Baldé | 19-05-90 | AAPGL | 3 | Lisboa (U) | 01.06 |
| (20) | | | | | | | | |
| 8.59,46 | | Manuel | Fernandes | 16-03-92 | ADCSP | 2 | Vieux-Habitants | 29.05 |
| 8.59,5 | | Pedro | Conceição | 02-03-89 | LPSC | 5-ex | Lisboa (U) | 31.05 |
| 9.02,27 | (pc) | Diogo | Lourenço | 23-01-92 | CAOV | 1 s2 | Braga | 20.01 |
| 9.02,68 | (pc) | Daniel | Gregório | 07-09-89 | SUOV | 11 | Espinho | 20.01 |
| 9.05,26 | | César | Tavares | 10-09-91 | CRE | 6 | Luso | 14.05 |

Ao ar Livre:

| | | | | | | | | |
|---------|--|---------|-------------|----------|-------|-------|-----------|------------|
| 8.38,40 | | Bruno | Albuquerque | 10-01-89 | CPMg | 2 | Viseu | 22.12.2007 |
| 8.54,12 | | Jorge | Santa-Cruz | 20-07-89 | FCP | 3 | Guimarães | 25.05 |
| 8.57,31 | | Ricardo | Pereira | 12-08-90 | ACRC | 3 | Viseu | 22.12.2007 |
| 9.04,69 | | João | Antunes | 12-03-89 | GDCOV | 15 s1 | Maia | 07.05 |
| 9.04,83 | | Filipe | Ferreira | 02-04-89 | JOBRA | 7 | Luso | 15.06 |
| 9.05,53 | | Rui | Gonçalves | 11-09-90 | CAMG | 8 | Luso | 15.06 |
| 9.05,85 | | Diogo | Lourenço | 23-01-92 | CAOV | 1 | P.Varzim | 01.06 |

5000 Metros (até 16.10,00) CNJ 16.00,00

| | | | | | | | | |
|----------|--|---------|------------|----------|-------|---|---------------|-------|
| 14.49,20 | | Pedro | Vieira | 22-02-89 | NAJ | 9 | Maia | 18.06 |
| 15.04,85 | | Paulo | Pinheiro | 09-07-89 | LPSC | 7 | Lisboa (U) | 10.06 |
| 15.16,37 | | Paulo | Lopes | 04-01-89 | NAJ | 1 | Luso | 14.06 |
| 15.30,49 | | Filipe | Ferreira | 02-04-89 | JOBRA | 7 | Coimbra (ECC) | 12.07 |
| 15.39,80 | | Ricardo | Figueiredo | 01-07-89 | CAS | 4 | Luso | 14.06 |
| 15.41,82 | | João | Antunes | 12-03-89 | GDCOV | 5 | Luso | 14.06 |

| | | | | | | | |
|-------------|---------|-----------|----------|-------|------|---------------|-------|
| 15.42,89 | Olivier | Pedroso | 14-12-90 | JV | 6 | Luso | 14.06 |
| 15.43,74 | Pedro | Conceição | 02-03-89 | LPSC | 4 | Lisboa (U) | 17.05 |
| 15.46,56 | Ricardo | Pereira | 12-08-90 | ACRC | 7 | Luso | 14.06 |
| 15.47,84 | Celso | Graciano | 27-06-89 | BAC | 1 | Beja | 04.06 |
| (10) | | | | | | | |
| 15.50,69 | Ricardo | Costa | 28-06-90 | FCV | 3 | P.Varzim | 31.05 |
| 15.52,55 | Edwin | Nunes | 01-05-89 | CAFH | 1 | Ribeira Brava | 06.06 |
| 16.19,76 | Pedro | Ferreira | 17-08-89 | ACCOR | 2 s2 | Luso | 10.05 |

10000 Metros (até 37.00,00)

| | | | | | | | |
|----------|---------|-----------|----------|-------|------|---------------|-------|
| 31.23,13 | Paulo | Pinheiro | 09-07-89 | LPSC | 2 | Viseu | 25.04 |
| 33.07,31 | João | Antunes | 12-03-89 | GDCOV | 3-ex | Braga | 12.04 |
| 33.17,75 | Daniel | Gregório | 07-09-89 | SUOV | ex | Coimbra (ECC) | 24.05 |
| 33.18,35 | Ricardo | Costa | 28-06-90 | FCV | 6 | Viseu | 25.04 |
| 33.24,67 | Pedro | Conceição | 02-03-89 | LPSC | 8 | Viseu | 25.04 |
| 37.46,82 | Márcio | Martins | 09-08-90 | GDC | 2 | Setúbal | 29.03 |

2000 met-obstáculos (até 6.20,00)

| | | | | | | | |
|---------|---------|-----------|----------|-------|---|-----------------|-------|
| 6.01,45 | Rúben | Felizardo | 17-06-91 | UAG | 1 | Abrantes | 29.06 |
| 6.05,29 | Ricardo | Coroa | 18-10-91 | GT | 2 | Abrantes | 29.06 |
| 6.09,50 | Diogo | Lourenço | 23-01-92 | CAOV | 3 | Abrantes | 29.06 |
| 6.12,93 | Manuel | Fernandes | 16-03-92 | ADCSP | 2 | Vieux-Habitants | 28.05 |
| 6.18,48 | João | Leal | 04-04-91 | JV | 4 | Abrantes | 29.06 |
| 6.18,54 | João | Pires | 09-03-92 | GJPB | 5 | Abrantes | 29.06 |

3000 met-obstáculos (até 10.33,00) CNJ 10.15,00

| | | | | | | | |
|-------------|-------------|------------|--------------|-------|-------|---------------|-------|
| 9.08,87 | Jorge | Santa-Cruz | 20-07-89 | FCP | 3 | Leiria | 13.06 |
| 9.17,98 | | Santa-Cruz | | | 1 | P.Varzim | 04.06 |
| 9.21,85 | Paulo | Lopes | 04-01-89 | NAJ | 1 | Maia | 09.07 |
| 9.23,08 | | Santa-Cruz | | | 1 | Luso | 15.06 |
| 9.23,36 | | Santa-Cruz | | | 10 el | Bydgoszcz | 10.07 |
| 9.25,74 | | Lopes | | | 2 | Luso | 15.06 |
| 9.32,66 | Ricardo | Costa | 28-06-90 | FCV | 3 | Luso | 15.06 |
| 9.38,99 | Daniel | Gregório | 07-09-89 | SUOV | 2 | Leiria | 09.07 |
| 9.42,17 | Olivier | Pedroso | 14-12-90 | JV | 5 | Luso | 15.06 |
| 9.47,32 | Abílio | Gonçalves | 04-12-89 | ACRC | 6 | Luso | 15.06 |
| 9.47,44 | Ricardo | Pereira | 12-08-90 | ACRC | 7 | Luso | 15.06 |
| 9.48,46 | Marco | Oliveira | 30-09-90 | GDCOV | 2 | P.Varzim | 01.06 |
| 9.48,55 | José | Campos | ANG 12-07-90 | CFB | 8 | Luso | 15.06 |
| 9.50,26 | Celso | Graciano | 27-06-89 | BAC | 5 | Setúbal | 25.05 |
| (10) | | | | | | | |
| 9.53,69 | Ruben | Ribeiros | 28-05-90 | CRAL | 9 | Luso | 15.06 |
| 9.57,39 | Ricardo | Figueiredo | 01-07-89 | CAS | 1 | Luso | 18.05 |
| 9.59,32 | Luís | Martins | 27-09-89 | CAO-F | 12 | Luso | 15.06 |
| 10.01,39 | Américo | Moreira | 05-04-89 | CDP | 2 | P.Varzim | 04.06 |
| 10.02,4 | Bruno | Silva | 10-02-89 | ADCSP | 6 | Ribeira Brava | 23.07 |
| 10.06,33 | Pedro | Gamelas | 01-11-90 | CENAP | 1 | Luso | 11.05 |
| 10.15,51 | Rafael | Pacheco | 26-05-89 | ADRPD | 1 | Machico | 30.05 |
| 10.18,30 | Márcio | Marques | 26-08-89 | BA | 7 | M.Grande | 25.05 |
| 10.19,88 | José Pedro | Ferreira | 10-07-90 | ARLVG | 8 | Maia | 13.07 |
| 10.24,86 | Luís Miguel | Oliveira | 22-03-90 | ACRC | ex | Guarda | 01.06 |
| (20) | | | | | | | |
| 10.30,04 | Ruben | Costa | 18-07-90 | LFC-F | 3 | P.Varzim | 04.06 |
| 10.32,45 | Fábio | Santos | 31-08-89 | NAC | 2 | Luso | 11.05 |
| 10.32,56 | Ricardo | Carvalho | 22-04-89 | AVEPG | 1 | Seixal | 13.07 |
| 10.32,86 | Emanuel | Machado | 24-12-89 | EBPGS | 6 | P.Varzim | 01.06 |

60 Metros Barreiras (0,99/1,00) (até 9,64)

| | | | | | | | | |
|-------------|------|----------|---------------|--------------|----------|------|----------|------------|
| 8,17 | (pc) | David | Bernardo | 26-01-90 | AS PF-Fr | 7 | Paris | 24.02 |
| 8,22 | (pc) | | Bernardo | | | 3 mf | Paris | 24.02 |
| 8,25 | (pc) | | Bernardo | | | 3 el | Paris | 24.02 |
| 8,48 | (pc) | Rasul | Dabo | * 14-02-89 | JOMA | 1-ex | Pombal | 12.01 |
| 8,56 | (pc) | Damião | Freitas | 16-04-89 | CPA-S | 1 | Alpiarça | 22.12.2007 |
| 8,71 | (pc) | Fernando | Semedo | CPV 02-10-90 | CBF | 2 | Alpiarça | 22.12.2007 |
| 8,81 | (pc) | Gonçalo | Ribeiro | 20-03-89 | JV | 1 | Pombal | 16.12.2007 |
| 8,82 | (pc) | Paulo | Dias | 14-05-89 | GS-RC | 3 | Pombal | 16.12.2007 |
| 8,84 | (pc) | Miguel | Martins | 07-12-90 | JV | 3-ex | Pombal | 12.01 |
| 8,87 | (pc) | Kevin | Cariço Wilson | 06-01-90 | BA | Hep | Pombal | 30.12.2007 |
| 8,93 | (pc) | Ricardo | Jaquité | 07-08-89 | CBF | 3 | Alpiarça | 22.12.2007 |
| 9,03 | (pc) | Victor | Vilovski | RUS 12-02-90 | SLB | 5-ex | Pombal | 12.01 |
| (10) | | | | | | | | |
| 9,26 | (pc) | Márcio | Quintela | 31-05-90 | Lavra | Hep | Braga | 10.02 |

Com marcas manuais

| | | | | | | | | |
|-----|------|---------|-------|----------|-----|---|-------|-------|
| 9,0 | (pc) | Emanuel | Neves | 13-03-90 | FCP | 2 | Braga | 05.01 |
|-----|------|---------|-------|----------|-----|---|-------|-------|

| 60 Metros Barreiras (1,06) (até 9,74) | | | | | | | | |
|--|--------|----------|---------------|--------------|-------|------|------------|-------|
| 8,39 | (pc) | Marcos | Chuva | 08-08-89 | SLB | 2 | Espinho | 10.02 |
| 8,40 | (pc) | | Chuva | | | 3 | Espinho | 02.02 |
| 8,50 | (pc) | | Chuva | | | 1 el | Espinho | 10.02 |
| 8,55 | (pc) | Rasul | Dabo | 14-02-89 | JOMA | 2 s2 | Espinho | 26.01 |
| 8,61 | (pc) | Damião | Freitas | 16-04-89 | CPA-S | 2 el | Espinho | 10.02 |
| 8,66 | (pc) | Roberto | Gonçalves | 24-02-89 | GDE | 4 el | Espinho | 10.02 |
| 8,73 | (pc) | Pedro | Carreira | 27-02-89 | GAF | 5 | Pombal | 24.02 |
| 8,76 | (pc) | Ricardo | Nunes | 12-05-89 | NAA | 6 | Pombal | 24.02 |
| 8,78 | (pc) | Edgar | Carrolo | 30-01-91 | CASM | 3 el | Pombal | 24.02 |
| 8,79 | (0,7) | Fernando | Semedo | CPV 02-10-90 | CBF | 2 | Lagos | 20.01 |
| 8,80 | (pc) | André | Jordão | 27-06-89 | NDCG | 2 el | Espinho | 20.01 |
| 8,82 | (0,7) | David | Cardeira | 02-03-89 | SCP | 3 | Lisboa (U) | 20.01 |
| (10) | | | | | | | | |
| 8,89 | (pc) | Ricardo | Jaquité | 07-08-89 | CBF | 7 s1 | Pombal | 12.01 |
| 8,99 | (pc) | João | Fontela | 07-08-91 | ESL | 2 | Espinho | 13.01 |
| 9,00 | (pc) | Kevin | Cariço Wilson | 06-01-90 | BA | Hep | Pombal | 13.01 |
| 9,05 | (pc) | Flávio | Ramos | 24-04-89 | GCAD | 5 el | Espinho | 10.02 |
| 9,05 | (pc) | Ricardo | Amaro | 09-08-90 | JDN | Hep | Pombal | 24.02 |
| 9,06 | (pc) | Gil | Mendes | 08-05-89 | GDC | Hep | Pombal | 13.01 |
| 9,15 | (0,7) | Victor | Vilovskiy | RUS 12-02-90 | SLB | 5 | Lisboa (U) | 20.01 |
| 9,19 | (pc) | Miguel | Martins | 07-12-90 | JV | 6 el | Espinho | 10.02 |
| 9,24 | (-1,3) | Daive | Anselmo | 26-05-89 | NDCG | 1 | Seia | 12.01 |
| 9,26 | (pc) | José | Rosa | CPV 12-01-90 | GDC | Hep | Pombal | 13.01 |
| (20) | | | | | | | | |
| 9,31 | (0,7) | Rodrigo | Custódio | 10-08-90 | CBF | 3 | Lagos | 20.01 |
| 9,43 | (1,7) | Miguel | Machado | 04-03-91 | COD | 2 | P.Delgada | 09.02 |
| 9,47 | (0,7) | Edgar | Semedo | 16-03-89 | ADLA | 3 | Lisboa (I) | 16.02 |
| 9,60 | (-1,2) | Rui | Fontes | 05-11-90 | GDC | 3 | Setúbal | 09.02 |
| 9,68 | (pc) | Márcio | Quintela | 31-05-90 | Lavra | Hep | Pombal | 24.02 |
| 9,68 | (pc) | Renato | Vieira | 20-04-91 | SCB | 3 | Braga | 26.01 |

Ao ar Livre:

| | | | | | | | | |
|------|--------|---------|-----------|--------------|------|------|------------|-------|
| 8,58 | (0,7) | Rasul | Dabo | 14-02-89 | JOMA | 2 | Lisboa (U) | 20.01 |
| 8,97 | (1,0) | Roberto | Gonçalves | 24-02-89 | GDE | 1 | Machico | 06.01 |
| 9,04 | (0,0) | André | Jordão | 27-06-89 | NDCG | 1 | Guarda | 06.01 |
| 9,14 | (-0,8) | Ricardo | Jaquité | 07-08-89 | CBF | 3-ex | Seixal | 06.01 |
| 9,14 | (-0,8) | Gil | Mendes | 08-05-89 | GDC | 2-ex | Seixal | 06.01 |
| 9,16 | (1,9) | Ricardo | Nunes | 12-05-89 | NAA | 4 el | Lisboa (I) | 21.01 |
| 9,67 | (-0,9) | José | Rosa | CPV 12-01-90 | GDC | 4 | Seixal | 06.01 |

Com marcas manuais

| | | | | | | | | |
|-----|-------|--------|-------|----------|------|---|----------|------------|
| 8,9 | (0,7) | Flávio | Ramos | 24-04-89 | GCAD | 1 | C.Branco | 15.12.2007 |
|-----|-------|--------|-------|----------|------|---|----------|------------|

Sem controlo de anemómetro

| | | | | | | | | |
|-----|--|--------|-------|----------|------|---|---------|-------|
| 8,7 | | Flávio | Ramos | 24-04-89 | GCAD | 1 | Covilhã | 06.01 |
|-----|--|--------|-------|----------|------|---|---------|-------|

Com vento favorável > 2 m /s

| | | | | | | | | |
|-----|-------|-------|---------|----------|------|---|--------|------------|
| 8,8 | (3,0) | Daive | Anselmo | 26-05-89 | NDCG | 1 | Guarda | 22.12.2007 |
|-----|-------|-------|---------|----------|------|---|--------|------------|

| 110 Metros Barreiras (1/0,99) (até 17,54) CNJ 16,9/17,14 | | | | | | | | |
|---|--------|---------|----------|----------|----------|------|----------------|-------|
| 13,98 | (-1,3) | Marcos | Chuva | 08-08-89 | SLB | 4 el | Bydgoszcz | 11.07 |
| 13,99 | (-1,0) | | Chuva | | | 7 mf | Bydgoszcz | 12.07 |
| 14,13 | (1,2) | | Chuva | | | 1 el | Lisboa (U) | 01.06 |
| 14,13 | (-0,1) | | Chuva | | | 1 | Luso | 15.06 |
| 14,28 | (1,8) | David | Bernardo | 26-01-90 | AS PF-Fr | 2 el | Elancourt | 06.07 |
| 14,29 | (-0,1) | | Chuva | | | 1 el | Luso | 15.06 |
| 14,37 | (-0,1) | Rasul | Dabo | 14-02-89 | JOMA | 2 | Luso | 15.06 |
| 14,40 | (1,7) | | Bernardo | | | 3 | Elancourt | 06.07 |
| 14,46 | (-0,8) | | Bernardo | | | 5 | Vénissieux | 19.07 |
| 14,47 | (-1,0) | | Dabo | | | 6 el | Bydgoszcz | 11.07 |
| 14,47 | (1,7) | | Bernardo | | | 1 el | Vénissieux | 18.07 |
| 14,47 | (-1,7) | | Bernardo | | | 3 mf | Vénissieux | 19.07 |
| 14,48 | (0,2) | | Bernardo | | | 1 | Créteil | 22.06 |
| 14,49 | (-0,1) | | Dabo | | | 1 el | Luso | 15.06 |
| 14,56 | (0,9) | | Bernardo | | | 1 el | Créteil | 22.06 |
| 14,60 | (-0,1) | Ricardo | Nunes | 12-05-89 | NAA | 3 | Luso | 15.06 |
| 14,63 | (0,1) | | Bernardo | | | 1 el | Cergy-Pontoise | 01.06 |
| 14,64 | (1,8) | Edgar | Carrolo | 30-01-91 | CASM | 1 el | Luso | 15.06 |
| 14,68 | (1,2) | Damião | Freitas | 16-04-89 | CPA-S | ex | Lisboa (U) | 01.06 |
| 14,71 | (1,8) | | Freitas | | | 2 el | Luso | 15.06 |
| 14,87 | (-0,1) | | Freitas | | | 4 | Luso | 15.06 |
| 14,91 | (-0,1) | Pedro | Carreira | 27-02-89 | GAF | 5 | Luso | 15.06 |

| | | | | | | | | | |
|-------|--------|---|-----------|-----------------|----------|--------|-------|---------------|-------|
| 14,92 | (0,2) | | Bernardo | | | 1 | Paris | 02.07 | |
| 14,96 | (-0,1) | | Carrolo | | | 6 | Luso | 15.06 | |
| 15,02 | (-0,1) | | Gonçalves | 24-02-89 | GDE | 7 | Luso | 15.06 | |
| 15,20 | (0,3) | A | Hélio | Vaz | 01-05-91 | NDCG | 1 | Guarda | 01.06 |
| 15,37 | (1,8) | | Ricardo | Amaro | 09-08-90 | JDN | 4 el | Luso | 15.06 |
| (10) | | | | | | | | | |
| 15,47 | (-0,1) | | Davide | Anselmo | 26-05-89 | NDCG | 4 el | Luso | 15.06 |
| 15,48 | (-0,1) | | Hugo | Silva | 04-01-91 | CSM | 5 el | Luso | 15.06 |
| 15,60 | (1,2) | | Ricardo | Fernandes | 14-03-91 | JOMA | 2 el | Lisboa (U) | 01.06 |
| 15,73 | (0,3) | A | André | Jordão | 27-06-89 | NDCG | 3 | Guarda | 01.06 |
| 15,83 | (1,0) | | Kevin | Carricho Wilson | 06-01-90 | BA | d | Luso | 01.06 |
| 15,85 | (0,1) | | João | Fontela | 07-08-91 | ESL | 1 | Luso | 11.05 |
| 16,01 | (1,0) | | José | Rosa | 12-01-90 | GDC | d | Luso | 01.06 |
| 16,04 | (1,0) | | Claudio | Morais | 03-02-89 | CIAIA | d | Luso | 01.06 |
| 16,16 | (0,6) | | Miguel | Machado | 04-03-91 | COD | 1 | P.Delgada | 07.06 |
| 16,18 | (-0,1) | | Rui | Fontes | 05-11-90 | GDC | 6 el | Luso | 15.06 |
| (20) | | | | | | | | | |
| 16,28 | (-2,4) | | Gonçalo | Almeida | 30-04-91 | CBF | 1 | V.R.S.António | 04.05 |
| 16,28 | (-0,1) | | Flávio | Ramos | 24-04-89 | GCAD | 5 el | Luso | 15.06 |
| 16,31 | (1,5) | | Luis | Landeiro | 17-02-91 | JDN | 1 | Beja | 11.06 |
| 16,34 | (1,8) | | Miguel | Martins | 07-12-90 | JV | 5 el | Luso | 15.06 |
| 16,49 | (-2,4) | | Rodrigo | Custódio | 10-08-90 | CBF | 2 | V.R.S.António | 04.05 |
| 16,50 | (0,1) | | Tiago | Ribeiro | 25-09-89 | CARDES | 7 el | Viseu | 11.05 |
| 16,59 | (-0,1) | | João | Martins | 25-02-92 | CASM | 7 el | Luso | 15.06 |
| 16,67 | (1,8) | | Tiago | Carvalho | 08-07-92 | CASM | 6 el | Luso | 15.06 |
| 16,78 | (-0,1) | | Edgar | Semedo | 16-03-89 | ADLA | 6 el | Luso | 15.06 |
| 17,30 | (0,1) | | Tiago | Boucela | 09-12-92 | GRECAS | 2 | Luso | 10.05 |
| (30) | | | | | | | | | |
| 17,33 | (-2,4) | | Carlos | Patrício | 20-03-91 | OCL | 3 | V.R.S.António | 04.05 |
| 17,35 | (1,2) | | Miguel | Pedro | 10-12-92 | EBMDS | 3 el | Lisboa (U) | 01.06 |
| 17,49 | (-1,3) | | Ricardo | Gomes | 09-01-92 | NDCG | 4 | Seia | 15.03 |

Com marcas manuais

| | | | | | | | | |
|------|-------|------|---------|----------|------|---|------------|-------|
| 15,9 | (0,0) | João | Martins | 25-02-92 | CASM | 3 | Lisboa (I) | 11.05 |
|------|-------|------|---------|----------|------|---|------------|-------|

Com vento favorável > 2 m /s

| | | | | | | | | |
|-------|-------|----------------|-------------|----------|--------|------|------------|-------|
| 13,95 | (2,9) | Marcos | Chuva | 08-08-89 | SLB | 1 | Lisboa (U) | 01.06 |
| 14,28 | (2,9) | Rasul | Dabo | 14-02-89 | JOMA | 2 | Lisboa (U) | 01.06 |
| 14,59 | (3,6) | Edgar | Carrolo | 30-01-91 | CASM | 2 el | Lisboa (U) | 01.06 |
| 14,87 | (2,7) | Pedro | Carreira | 27-02-89 | GAF | 1 | Abrantes | 11.05 |
| 14,89 | (2,9) | Ricardo | Fernandes | 14-03-91 | JOMA | 4 | Lisboa (U) | 01.06 |
| 14,97 | (2,2) | Roberto | Gonçalves | 24-02-89 | GDE | 1 el | Machico | 22.06 |
| 15,81 | (3,1) | Gonçalo | Ribeiro | 20-03-89 | JV | 1 | M.Grande | 11.05 |
| 15,7 | (2,4) | José | Rosa | 12-01-90 | GDC | d | Seixal | 20.04 |
| 16,11 | (4,4) | Filipe | Morim | 13-01-91 | CDP | 1 | P.Varzim | 01.06 |
| 16,18 | (2,9) | Edgar | Semedo | 16-03-89 | ADLA | 6 | Lisboa (U) | 01.06 |
| 16,26 | (3,1) | João | Lopes Rocha | 15-04-92 | BA | 2 | M.Grande | 11.05 |
| 16,28 | (3,1) | Miguel | Martins | 07-12-90 | JV | 3 | M.Grande | 11.05 |
| 16,33 | (2,7) | Samuel | Remédios | 24-02-92 | GAF | 3 | Abrantes | 11.05 |
| 16,33 | (4,4) | Tiago | Pereira | 27-03-90 | ADCL | 2 | P.Varzim | 01.06 |
| 16,2 | (2,4) | Rui | Fontes | 05-11-90 | GDC | d | Seixal | 20.04 |
| 16,72 | (7,2) | Manuel Ernesto | Veloso | 30-01-89 | CDM-VC | 1-ex | A.Valdevez | 07.06 |
| 16,75 | (2,9) | Miguel | Pedro | 10-12-92 | EBMDS | 7 | Lisboa (U) | 01.06 |
| 17,05 | (4,4) | Duarte | Silva | 05-10-92 | CCDR | 3 | P.Varzim | 01.06 |
| 17,15 | (3,1) | Elton | Ingrês | 02-04-91 | CAMG | 5 | M.Grande | 11.05 |

110 Metros Barreiras (1,06) (até 17,54) CNJ 16,9/17,14

| | | | | | | | | | |
|-------|--------|----------|-----------------|----------|----------|------|--------------|-------|--|
| 14,46 | (-0,5) | Marcos | Chuva | 08-08-89 | SLB | 1 | Faro | 08.06 | |
| 14,47 | (0,0) | Rasul | Dabo | 14-02-89 | JOMA | 1 el | Mannheim | 21.06 | |
| 14,61 | (0,1) | | Chuva | | | 2 | Massamá | 10.05 | |
| 14,63 | (-0,7) | | Dabo | | | 1 el | Seixal | 19.07 | |
| 14,64 | (0,8) | | Dabo | | | 2 | Lisboa (AL) | 16.07 | |
| 14,69 | (0,9) | David | Bernardo | 26-01-90 | AS PF-Fr | 3 el | Dijon | 12.07 | |
| 14,74 | (2,0) | | Bernardo | | | 5 s1 | Franconville | 04.05 | |
| 14,82 | (1,2) | | Bernardo | | | 1 el | Antony | 29.06 | |
| 14,83 | (-3,6) | | Dabo | | | 3 | Seixal | 19.07 | |
| 14,86 | (-1,0) | | Chuva | | | 3 s2 | Setúbal | 25.05 | |
| 14,86 | (-2,0) | | Dabo | | | 1 | Faro | 08.06 | |
| 15,05 | (-0,5) | Damião | Freitas | 16-04-89 | CPA-S | 3 | Cáceres | 24.05 | |
| 15,59 | (-2,4) | Ricardo | Nunes | 12-05-89 | NAA | 1 s1 | Setúbal | 25.05 | |
| 15,74 | (1,3) | Davide | Anselmo | 26-05-89 | NDCG | 2 | Seia | 21.06 | |
| 15,93 | (-2,2) | Roberto | Gonçalves | 24-02-89 | GDE | 5 el | Seixal | 19.07 | |
| 16,25 | (-0,7) | Fernando | Semedo | 02-10-90 | CBF | 5 el | Seixal | 19.07 | |
| 16,33 | (-2,4) | Gonçalo | Almeida | 30-04-91 | CBF | 2 s1 | Setúbal | 25.05 | |
| 16,40 | (0,0) | Rui | Fontes | 05-11-90 | GDC | ex | Lisboa (U) | 29.06 | |
| (10) | | | | | | | | | |
| 16,59 | (-2,0) | Kevin | Carricho Wilson | 06-01-90 | BA | 4 | Faro | 08.06 | |
| 16,74 | (0,5) | Ricardo | Fernandes | 14-03-91 | JOMA | 2 | Lisboa (U) | 12.07 | |

| | | | | | | | | |
|-------|--------|---------|----------|----------|------|------|------------|-------|
| 16,97 | (-1,0) | Ricardo | Amaro | 09-08-90 | JDN | d | Beja | 13.04 |
| 17,03 | (1,3) | Filipe | Morim | 13-01-91 | CDP | 2 | Maia | 13.07 |
| 17,31 | (0,5) | Edgar | Semedo | 16-03-89 | ADLA | 3 | Lisboa (U) | 12.07 |
| 17,46 | (-2,4) | Luís | Landeiro | 17-02-91 | JDN | 4 s1 | Setúbal | 25.05 |
| 17,49 | (-2,9) | Rodrigo | Custódio | 10-08-90 | CBF | 1 | Faro | 21.06 |

Com marcas manuais

| | | | | | | | | |
|------|-------|-------|---------|----------|------|---|------------|-------|
| 14,6 | (0,5) | Rasul | Dabo | 14-02-89 | JOMA | 6 | Lisboa (U) | 10.06 |
| 16,1 | (0,5) | Edgar | Carrolo | 30-01-91 | CASM | 7 | Lisboa (U) | 10.06 |

Com vento favorável > 2 m /s

| | | | | | | | | |
|-------|-------|-----------|-----------|----------|----------|------|------------|-------|
| 14,66 | (2,1) | David | Bernardo | 26-01-90 | AS PF-Fr | 6 mf | Dijon | 12.07 |
| 15,23 | (3,0) | A Roberto | Gonçalves | 24-02-89 | GDE | 1 el | Guarda | 06.07 |
| 15,26 | (2,1) | Pedro | Carreira | 27-02-89 | GAF | 2 | Abrantes | 13.07 |
| 15,51 | (2,9) | A Davide | Anselmo | 26-05-89 | NDCG | 5 el | Guarda | 06.07 |
| 15,94 | (3,0) | A André | Jordão | 27-06-89 | NDCG | 3 el | Guarda | 06.07 |
| 16,28 | (3,0) | Rui | Fontes | 05-11-90 | GDC | 4 el | Guarda | 06.07 |
| 16,76 | (5,8) | Pedro | Gomes | 13-11-90 | GRQL | 3 | Seixal | 12.07 |
| 16,99 | (2,2) | Edgar | Semedo | 16-03-89 | ADLA | 6 | Lisboa (U) | 17.05 |
| 17,14 | (2,2) | Miguel | Martins | 07-12-90 | JV | 7 | Lisboa (U) | 17.05 |

400 Metros Barreiras (0,91) (até 63,00) CNJ 58,8/58,94

| | | | | | | | | |
|-------|---|----------------|----------------|----------|--------|------|---------------|-------|
| 53,54 | | Emanuel | Neves | 13-03-90 | FCP | 1 s2 | Luso | 14.06 |
| 54,08 | A | | Neves | | | 3 s1 | Guarda | 05.07 |
| 54,89 | | | Neves | | | 5 | Faro | 07.06 |
| 55,28 | | Rasul | Dabo | 14-02-89 | JOMA | 2 s2 | Luso | 14.06 |
| 55,30 | | Roberto | Gonçalves | 24-02-89 | GDE | 1 s2 | Luso | 10.06 |
| 55,63 | | Hugo | Silva | 04-01-91 | CSM | 3 s2 | Luso | 14.06 |
| 56,10 | | André | Jordão | 27-06-89 | NDCG | 3 | Luso | 10.06 |
| 56,26 | | Tiago | Gamelas | 01-11-90 | CENAP | 3 | Coimbra (ECC) | 12.07 |
| 57,42 | | Fábio | Santos | 31-08-89 | NAC | 1 s2 | Luso | 20.06 |
| 57,49 | | Miguel | Martins | 07-12-90 | JV | 1 | M.Grande | 10.05 |
| 57,62 | | Ricardo | Fernandes | 14-03-91 | JOMA | 1 | Lisboa (U) | 31.05 |
| 58,20 | | André | Lima | 19-04-91 | GRQL | 1 s1 | Sobreda | 04.07 |
| (10) | | | | | | | | |
| 58,83 | | Miguel | Machado | 04-03-91 | COD | 1 | P.Degada | 31.05 |
| 58,95 | | João | Gois | 22-02-90 | ASCV | 6 | Coimbra (ECC) | 12.07 |
| 59,46 | | João | Mosca | 30-10-91 | QFC | 1 | Sobreda | 31.05 |
| 59,46 | | Rodrigo | Custódio | 10-08-90 | CBF | 6 | Faro | 07.06 |
| 59,58 | | André | Carvalho | 22-07-90 | JAM | 7 | Coimbra (ECC) | 12.07 |
| 59,63 | | Manuel Ernesto | Veloso | 30-01-89 | CDM-VC | 4 | Guimarães | 17.05 |
| 59,90 | | Roberto | Nóbrega | 31-05-92 | ADRAP | 1 | Ribeira Brava | 06.06 |
| 60,13 | | Johny | Machado | 03-09-91 | ADA | 2 | P.Varzim | 31.05 |
| 60,30 | | Nuno | Guerreiro | 27-10-90 | BAC | 1 | Beja | 04.06 |
| 60,45 | | Francisco | Évora | 11-12-91 | Lavra | 2 | Maia | 12.07 |
| (20) | | | | | | | | |
| 60,53 | | Daniel | Almeida | 25-03-89 | CBF | 1 | Lagos | 22.06 |
| 60,60 | | Edgar | Semedo | 16-03-89 | ADLA | 3 | Lisboa (U) | 28.06 |
| 60,84 | | Rui | Fontes | 05-11-90 | GDC | 2 | Seixal | 13.07 |
| 61,01 | | Carlos | Patrício | 20-03-91 | OCL | 2 s1 | Setúbal | 24.05 |
| 61,02 | | João | Oliveira | 08-04-90 | BA | 2 | M.Grande | 10.05 |
| 61,07 | | Damião | Freitas | 16-04-89 | CPA-S | 1 s2 | Abrantes | 12.07 |
| 61,10 | | Tiago | Pereira | 27-03-90 | ADCL | 4 | P.Varzim | 31.05 |
| 61,19 | | Rui | Alves | 27-09-90 | GJPB | 1 s1 | Luso | 20.06 |
| 61,25 | | Pedro | Silvestre | 18-12-91 | GDC | 5 | Beja | 07.06 |
| 61,33 | | Luís | Landeiro | 17-02-91 | JDN | 6 | Beja | 07.06 |
| (30) | | | | | | | | |
| 61,36 | | David | Santinho | 28-08-91 | VFC | 3 s1 | Sobreda | 04.07 |
| 61,61 | | André | Almeida | 27-04-90 | GDRCC | 2 | Sobreda | 31.05 |
| 61,99 | | Vicente | Juliano | 31-10-90 | GRECAS | 2 s1 | Luso | 20.06 |
| 62,05 | | Emanuel | Vitório | 18-05-91 | OCL | 2 | Lagos | 22.06 |
| 62,21 | | Pedro | Gomes | 13-11-90 | GRQL | 2 s2 | Sobreda | 04.07 |
| 62,43 | | David | Ferreira | 04-04-89 | JOMA | 2 | Lisboa (I) | 11.05 |
| 62,45 | | Miguel | Pedro | 10-12-92 | EBMDS | 2 | Lisboa (U) | 31.05 |
| 62,45 | | Pedro | Cardoso | 06-06-90 | AAC | 6 s1 | Luso | 16.07 |
| 62,56 | | André | Ferreira | 22-03-92 | GJPB | 6 | Guimarães | 24.05 |
| 62,70 | | Tiago | Marques | 27-10-90 | UDZA | 1 s1 | Abrantes | 10.05 |
| (40) | | | | | | | | |
| 62,74 | | Sérgio | Araújo Cardoso | 02-01-91 | GT | 6 | Maia | 18.06 |
| 62,81 | | Rodolfo | Lacerda | 25-09-89 | BA | 4 s1 | Leiria | 09.07 |

Com marcas manuais

| | | | | | | | | |
|------|--|---------|----------|----------|--------|------|----------|-------|
| 53,7 | | Emanuel | Neves | 13-03-90 | FCP | 2 s1 | Mannheim | 21.06 |
| 59,4 | | Luís | Galveias | 21-08-90 | GDPVAV | 1 | V.Novas | 31.05 |

Altura (até 1,80) CNJ 1,85

| | | | | | | | | | |
|-------------|------|--------------|----------------|-----|----------|--------|------|---------------|------------|
| 2,05 | A | Ricardo | Nunes | | 12-05-89 | NAA | 2 | Guarda | 05.07 |
| 2,05 | | | Nunes | | | | 2 | Cáceres | 12.07 |
| 2,04 | | Rodolfo | Brites | | 27-03-91 | BA | 1 | Faro | 07.06 |
| 2,01 | | | Nunes | | | | 2 | Faro | 07.06 |
| 2,01 | | Victor | Vilovski | RUS | 12-02-90 | SLB | 4 | Lisboa (U) | 10.06 |
| 2,00 | (pc) | | Nunes | | | | 4 | Pombal | 16.02 |
| 2,00 | (pc) | | Nunes | | | | 2-ex | Pombal | 02.03 |
| 2,00 | | | Vilovski | | | | 1 | Lisboa (U) | 28.06 |
| 2,00 | | | Nunes | | | | 2 | Lisboa (U) | 28.06 |
| 1,99 | | Hedson | Trindade | STP | 23-10-89 | GS-RC | 1 | Luso | 14.06 |
| 1,97 | (pc) | Marcos | Chuva | | 08-08-89 | SLB | 2 | Espinho | 09.02 |
| 1,96 | (pc) | Danilo | Pereira | GBS | 09-09-91 | EBMDS | t | Alpiarça | 02.02 |
| 1,96 | (pc) | Pedro | Mossamedes | | 03-02-91 | SUOV | t | Alpiarça | 02.02 |
| 1,95 | (pc) | João | Alexandre | | 01-01-90 | JV | 2 | Pombal | 05.01 |
| 1,95 | | José | Rosa | CPV | 12-01-90 | GDC | d | Seixal | 19.04 |
| 1,94 | | Ricardo | Amaro | | 09-08-90 | JDN | 2 s1 | Setúbal | 24.05 |
| (10) | | | | | | | | | |
| 1,93 | | Tiago | Ribeiro | | 25-09-89 | CARDES | 3 | Coimbra (ECC) | 12.07 |
| 1,89 | (pc) | Márcio | Quintela | | 31-05-90 | Lavra | Hep | Braga | 09.02 |
| 1,89 | | Tiago | Mariano | | 19-11-91 | OCL | 1 | Faro | 21.06 |
| 1,88 | | Cláudio | Freixo | | 04-07-91 | CASM | 1 | Lisboa (U) | 08.06 |
| 1,88 | | Bruno | Andrade | | 04-05-90 | FCP | 7 | Luso | 14.06 |
| 1,88 | | Tiago | Boucela | | 09-12-92 | GRECAS | 2 | Luso | 09.07 |
| 1,87 | | João | Fontela | | 07-08-91 | ESL | 1 | Luso | 27.04 |
| 1,86 | | João | Gonçalves | | 24-05-91 | AJS | Oc | Machico | 13.04 |
| 1,86 | | André | F. Santos | | 04-04-91 | OCL | Oc | Lagos | 13.04 |
| 1,85 | (pc) | Kevin | Cariço Wilson | | 06-01-90 | BA | Hep | Pombal | 12.01 |
| (20) | | | | | | | | | |
| 1,84 | | Miguel | Machado | | 04-03-91 | COD | 1 | A.Heroísmo | 27.04 |
| 1,83 | | Gil | Mendes | | 08-05-89 | GDC | 1 | Seixal | 06.01 |
| 1,83 | | Herlander | Matias Tomé | ANG | 01-06-91 | EBMDS | 3 | V.Novas | 23.05 |
| 1,82 | (pc) | Elton | Ingrês | | 02-04-91 | CAMG | t | Pombal | 27.01 |
| 1,82 | | Diogo Filipe | Santos | | 03-05-91 | FCP | Oc | Maia | 06.04 |
| 1,82 | | Edgar | Semedo | | 16-03-89 | ADLA | 4 | Lisboa (U) | 31.05 |
| 1,81 | (pc) | João | Bernardo | | 09-08-92 | CFB | t | Alpiarça | 22.12.2007 |
| 1,81 | (pc) | Miguel | Lopes | | 07-06-92 | CAFZ | t | Alpiarça | 19.01 |
| 1,81 | | Miguel | Almeida | | 28-02-91 | CPQR | 2 | A.Heroísmo | 27.04 |
| 1,81 | | Rui | Fontes | | 05-11-90 | GDC | d | Luso | 31.05 |
| (30) | | | | | | | | | |
| 1,80 | (pc) | Ruben | Silva | | 07-05-91 | JV | 4 | Pombal | 15.12.2007 |
| 1,80 | (pc) | Damião | Freitas | | 16-04-89 | CPA-S | 2 | Alpiarça | 17.11.2007 |
| 1,80 | (pc) | Sérgio | Araújo Cardoso | | 02-01-91 | GT | t | Braga | 19.01 |
| 1,80 | (pc) | Paulo | Dias | | 14-05-89 | GS-RC | Hep | Braga | 09.02 |
| 1,80 | (pc) | Stephane | Varela | CPV | 30-09-90 | NAA | 1 | Lisboa (L) | 23.02 |
| 1,80 | | Pedro | Ferreira | | 12-08-93 | SUOV | 1 | Coimbra (ECC) | 12.04 |
| 1,80 | | Daviney | Ponces | STP | 10-08-93 | EBMDS | 1 | Lisboa (U) | 26.04 |
| 1,80 | | Bruno | Costa | | 03-05-92 | CDP | 1 | P.Varzim | 31.05 |
| 1,80 | | Helder | Santos | | 20-03-90 | ADRAP | 2 | Machico | 21.06 |
| 1,80 | | Oscar | Vilaça | | 08-02-92 | CSGaia | 4 | Maia | 12.07 |
| (40) | | | | | | | | | |
| 1,80 | | Filipe | Grilate | | 28-12-91 | EBMDS | 2 | Lisboa (U) | 12.07 |

Ao ar Livre:

| | | | | | | | | | |
|------|--|--------|------------|-----|----------|-------|----|------------|------------|
| 1,96 | | Danilo | Pereira | GBS | 09-09-91 | EBMDS | 1 | V.Novas | 23.05 |
| 1,94 | | João | Alexandre | | 01-01-90 | JV | 6 | Faro | 07.06 |
| 1,85 | | Márcio | Quintela | | 31-05-90 | Lavra | 1 | Maia | 09.07 |
| 1,84 | | Pedro | Mossamedes | | 03-02-91 | SUOV | Oc | Luso | 06.04 |
| 1,80 | | João | Bernardo | | 09-08-92 | CFB | 1 | Lisboa (U) | 18.11.2007 |

Vara (até 3,05) CNJ 3,60

| | | | | | | | | | |
|------|------|------------|----------|--|----------|------|---|------------|-------|
| 4,56 | | Diogo | Ferreira | | 30-07-90 | JOMA | 2 | Lisboa (U) | 17.07 |
| 4,55 | | | Ferreira | | | | 1 | Lisboa (U) | 12.06 |
| 4,50 | | | Ferreira | | | | 3 | Lisboa (U) | 29.05 |
| 4,50 | | João Pedro | Abrantes | | 22-05-90 | SCP | 3 | Lisboa (U) | 13.07 |
| 4,46 | | | Ferreira | | | | 1 | Lisboa (U) | 08.05 |
| 4,46 | | | Ferreira | | | | 2 | Lisboa (U) | 19.06 |
| 4,46 | | | Abrantes | | | | 2 | Lisboa (U) | 03.07 |
| 4,45 | (pc) | | Ferreira | | | | 4 | Pombal | 16.02 |
| 4,45 | | Ruben | Monteiro | | 03-08-89 | JV | 1 | M.Grande | 25.05 |
| 4,45 | | A | Ferreira | | | | 4 | Guarda | 11.07 |
| 4,40 | (pc) | | Abrantes | | | | 6 | Pombal | 13.01 |
| 4,40 | | | Ferreira | | | | 2 | Lisboa (U) | 21.05 |
| 4,40 | | | Ferreira | | | | 1 | Lisboa (U) | 01.06 |
| 4,38 | | | Ferreira | | | | 1 | Luso | 15.06 |
| 4,36 | (pc) | | Ferreira | | | | 2 | Espinho | 10.02 |
| 4,36 | | | Abrantes | | | | 3 | Lisboa (U) | 26.06 |
| 4,36 | | | Ferreira | | | | 2 | Lisboa (U) | 29.06 |
| 4,35 | | | Abrantes | | | | 3 | Lisboa (U) | 19.06 |
| 4,35 | | | Ferreira | | | | 4 | Seixal | 20.07 |

| | | | | | | | | |
|------|------|---|----------------|----------|----------|------|-----------------|------------|
| 4,35 | | | Monteiro | | | 5 | Seixal | 20.07 |
| 4,35 | | | Abrantes | | | 6 | Seixal | 20.07 |
| 4,34 | | A | Diogo | 16-04-89 | CCDR | 2 | Guarda | 06.07 |
| 4,30 | (pc) | | Ferreira | | | 8 | Pombal | 13.01 |
| 4,30 | (pc) | | Ferreira | | | 7 | Pombal | 24.02 |
| 4,30 | (pc) | | Carlos | 24-11-89 | JOMA | 1-ex | Pombal | 02.03 |
| 4,30 | | | Monteiro | | | 2 | Leiria | 13.06 |
| 4,30 | | | José | 12-01-90 | GDC | 2 | Luso | 15.06 |
| 4,30 | | | Ferreira | | | 4 | Lisboa (U) | 13.07 |
| 4,26 | (pc) | | Monteiro | | | 4 | Espinho | 10.02 |
| 4,26 | | | Abrantes | | | 3 | Lisboa (U) | 17.07 |
| 4,22 | | A | Damião | 16-04-89 | CPA-S | 3 | Guarda | 06.07 |
| 4,22 | | A | | | | 4 | Guarda | 06.07 |
| 4,22 | | A | | | | 5 | Guarda | 06.07 |
| 4,10 | | A | | | | 6 | Guarda | 06.07 |
| 4,01 | | | Bernardo | 10-08-91 | SCP | 3 | Lisboa (U) | 03.07 |
| 3,98 | | | José Décio | 23-07-91 | AJS | 1 | Abrantes | 28.06 |
| (10) | | | | | | | | |
| 3,80 | (pc) | | Kevin | 06-01-90 | BA | Hep | Pombal | 13.01 |
| 3,80 | (pc) | | David | 26-01-90 | AS PF-Fr | Hep | Paris | 26.01 |
| 3,80 | (pc) | | Gil | 08-05-89 | GDC | 9 | Espinho | 10.02 |
| 3,80 | | | André | 04-04-91 | OCL | 2 | Lagos | 22.06 |
| 3,80 | | | José Miguel | 22-07-91 | FCP | 1 | Maia | 19.07 |
| 3,70 | | | Sérgio | 10-01-91 | ESCMOV | 2 | P.Varzim | 04.06 |
| 3,70 | | | Armando Miguel | 10-01-92 | ESCMOV | 11 | Luso | 15.06 |
| 3,65 | | | Rui | 11-11-90 | BA | 6 | Faro | 08.06 |
| 3,50 | (pc) | | Isaac | 08-02-90 | FCP | 2 | Braga | 20.01 |
| 3,45 | | | Luís | 27-01-92 | JV | 5 | Lisboa (U) | 08.05 |
| (20) | | | | | | | | |
| 3,42 | | | Diogo | 12-01-93 | ESCMOV | 7 | Abrantes | 28.06 |
| 3,40 | (pc) | | Paulo | 14-05-89 | GS-RC | Hep | Pombal | 30.12.2007 |
| 3,40 | | | Ricardo | 26-10-91 | BA | 3 | Leiria | 13.06 |
| 3,30 | | | Nelson | 17-01-92 | SCA | 1 | Abrantes | 22.05 |
| 3,20 | (pc) | | Vitor | 07-03-89 | OCL | Hep | Pombal | 13.01 |
| 3,20 | | | Nelson | 25-12-90 | GDIS | 4 | Seixal | 06.01 |
| 3,20 | (pc) | | Vitor | 22-02-92 | JV | 7 | Espinho | 20.01 |
| 3,20 | (pc) | | Ricardo | 09-08-90 | JDN | Hep | Pombal | 24.02 |
| 3,20 | (pc) | | Stephane | 25-06-92 | ACBB-Fr | 3 | Nogent-sur-Oise | 02.03 |
| 3,20 | | | Ruben | 28-12-89 | COD | 1 | P.Delgada | 15.03 |
| (30) | | | | | | | | |
| 3,16 | | | Bruno | 16-05-92 | CDUL | 7 | Lisboa (U) | 17.07 |
| 3,15 | | | Herculano | 09-01-90 | ADRAP | 1 | Machico | 06.01 |
| 3,15 | | | Celso | 21-11-93 | GRECAS | 1 | Aveiro | 07.06 |
| 3,15 | | | Ricardo | 01-05-92 | CBF | 3 | Lagos | 22.06 |
| 3,10 | | | Rui | 05-11-90 | GDC | d | Luso | 01.06 |
| 3,10 | | | Renato | 08-09-93 | AJS | 1-ex | Ribeira Brava | 14.06 |
| 3,10 | | | Ruben | 05-12-92 | ADRAP | 6 | Ribeira Brava | 13.07 |

Ao ar Livre:

| | | | | | | | | | |
|------|--|--|-------|-----------------|----------|----------|----|--------------|-------|
| 3,60 | | | David | Bernardo | 26-01-90 | AS PF-Fr | 12 | Franconville | 04.05 |
| 3,40 | | | Kevin | Carricho Wilson | 06-01-90 | BA | d | Luso | 01.06 |
| 3,40 | | | Isaac | Lopes | 08-02-90 | FCP | 5 | Maia | 13.07 |
| 3,20 | | | Gil | Mendes | 08-05-89 | GDC | 3 | Seixal | 06.01 |

Comprimento (até 6,30) CNJ 6,50

| | | | | | | | | | |
|------|--------|---|-------------|-------------------|----------|-------|------|---------------|-------|
| 7,80 | (1,8) | | Marcos | Chuva | 08-08-89 | SLB | 1 | Mannheim | 22.06 |
| 7,58 | (0,9) | | | Chuva | | | 1 | Lisboa (U) | 10.06 |
| 7,49 | (1,7) | | | Chuva | | | - | Seixal | 19.07 |
| 7,39 | (1,2) | | | Chuva | | | 7qB | Bydgoszcz | 08.07 |
| 7,28 | (pc) | | | Chuva | | | 3 | Pombal | 24.02 |
| 7,21 | (0,1) | | | Chuva | | | 1 | Luso | 14.06 |
| 7,21 | (0,5) | | | Chuva | | | 2 | Ribeira Brava | 23.07 |
| 7,14 | (pc) | | | Chuva | | | 3-ex | Pombal | 02.03 |
| 7,06 | (0,1) | | | Carricho Wilson | 06-01-90 | BA | 2 | Luso | 14.06 |
| 7,02 | (-0,2) | A | Kevin | Cardeira | 02-03-89 | SCP | 4 | Guarda | 05.07 |
| 6,94 | (0,4) | | João | Frias | 09-01-91 | ADRAP | Oc | Machico | 12.04 |
| 6,94 | (1,8) | | Ricardo | Amaro | 09-08-90 | JDN | d | Luso | 31.05 |
| 6,92 | (1,3) | | Pedro | Bernardo | 12-05-89 | JOMA | 3 | Luso | 14.06 |
| 6,90 | (-0,4) | A | Carlos | Veiga | 22-02-89 | CFB | 5 | Guarda | 05.07 |
| 6,78 | (-0,8) | | Ricardo | Nunes | 12-05-89 | NAA | 5 | Alcanena | 04.05 |
| 6,78 | (0,7) | | Tiago | Mariano | 19-11-91 | OCL | 1 | Faro | 21.06 |
| 6,77 | (0,6) | | Pedro | Marques | 24-01-89 | CPMg | 1 | Coimbra (ECC) | 12.07 |
| (10) | | | | | | | | | |
| 6,74 | (0,5) | | Ruben | da Silva | 07-05-91 | JV | 1 | Coimbra (ECC) | 09.06 |
| 6,69 | (1,9) | | Davide | Anselmo | 26-05-89 | NDCG | 1-ex | Seia | 24.05 |
| 6,66 | (pc) | | José Miguel | Pereira | 22-07-91 | FCP | 11 | Pombal | 16.02 |
| 6,65 | (pc) | | Luís F. | Gonçalves Almeida | 10-07-89 | JOMA | 2 | Espinho | 02.02 |
| 6,63 | (-0,9) | | Victor | Vilovskiy | 12-02-90 | SLB | d | Seixal | 19.04 |
| 6,62 | (0,2) | | Hélio | Vaz | 01-05-91 | NDCG | 1 | V.Novas | 24.05 |
| 6,60 | (1,8) | | Roberto | Nóbrega | 31-05-92 | ADRAP | - | Abrantes | 28.06 |

| | | | | | | | | |
|-------------|--------|----------------|-------------|----------|--------|-----|---------------|-------|
| 6,57 | (pc) | Edi | Fernandes | 03-06-90 | JV | 3 | Espinho | 02.02 |
| 6,52 | (0,8) | Rodolfo | Brites | 27-03-91 | BA | 1 | Coimbra (ECC) | 02.07 |
| 6,51 | (0,6) | João | Lopes Rocha | 15-04-92 | BA | 2 | Coimbra (ECC) | 02.07 |
| (20) | | | | | | | | |
| 6,50 | (1,6) | Pedro | Mossamedes | 03-02-91 | SUOV | 1 | Luso | 10.05 |
| 6,47 | (pc) | Gil | Mendes | 08-05-89 | GDC | Hep | Pombal | 12.01 |
| 6,45 | (1,8) | Pedro | Pires | 04-01-91 | Lavra | Oc | Maia | 05.04 |
| 6,43 | (0,6) | Rui | Esteves | 03-06-91 | AAC | 2 | V.Novas | 24.05 |
| 6,38 | (-3,3) | A João | Alexandre | 01-01-90 | JV | 9 | Guarda | 05.07 |
| 6,37 | (0,2) | Elton | Ingrês | 02-04-91 | CAMG | 3 | Coimbra (ECC) | 09.06 |
| 6,36 | (-0,2) | Pedro | Ferreira | 12-08-93 | SUOV | 1 | Leiria | 18.05 |
| 6,36 | (0,0) | Manuel Ernesto | Veloso | 30-01-89 | CDM-VC | 1 | A.Valdevez | 25.05 |
| 6,36 | (1,7) | Claudio | Morais | 03-02-89 | CIAIA | d | Luso | 31.05 |
| 6,36 | (1,6) | Manuel | Ricardo | 06-03-91 | CBF | 2 | Faro | 21.06 |
| (30) | | | | | | | | |
| 6,35 | (0,2) | Ricardo | Jaquité | 07-08-89 | CBF | 1 | Lagos | 20.01 |
| 6,35 | (1,7) | Diogo Filipe | Santos | 03-05-91 | FCP | Oc | Maia | 05.04 |
| 6,35 | | Ricardo | Vieira | 01-05-90 | GAF | - | Fátima | 24.05 |
| 6,33 | (1,9) | Raúl | Fernandes | 22-04-92 | JOMA | - | Lisboa (U) | 07.06 |
| 6,30 | (-0,6) | Diogo | Ferreira | 30-07-90 | JOMA | 8 | Massamá | 10.05 |

Ao ar Livre:

| | | | | | | | | |
|------|-------|-------------|---------|----------|-----|---|------|-------|
| 6,55 | (1,1) | José Miguel | Pereira | 22-07-91 | FCP | - | Maia | 09.07 |
|------|-------|-------------|---------|----------|-----|---|------|-------|

Com vento favorável > a 2 m/s

| | | | | | | | | |
|------|-------|----------------|-----------|--------------|--------|------|------------|-------|
| 7,16 | (3,2) | David | Cardeira | 02-03-89 | SCP | 2 | Lisboa (U) | 31.05 |
| 7,06 | (3,4) | José Miguel | Pereira | 22-07-91 | FCP | 1 | Abrantes | 28.06 |
| 6,84 | (5,2) | Emanuel | Neves | 13-03-90 | FCP | 2 | Maia | 12.07 |
| 6,82 | (4,2) | Ruben | da Silva | 07-05-91 | JV | 2 | M.Grande | 10.05 |
| 6,71 | (2,6) | Roberto | Nóbrega | 31-05-92 | ADRAP | 4 | Abrantes | 28.06 |
| 6,58 | (3,3) | Ricardo | Vieira | 01-05-90 | GAF | 1 | Fátima | 24.05 |
| 6,57 | (4,4) | Diogo | Ferreira | 30-07-90 | JOMA | 4 | Lisboa (U) | 31.05 |
| 6,48 | (2,1) | Johny | Machado | 03-09-91 | ADA | 1 | A.Valdevez | 07.06 |
| 6,47 | (2,7) | Pedro | Pires | 04-01-91 | Lavra | 2 | P.Varzim | 07.06 |
| 6,45 | (2,7) | Manuel Ernesto | Veloso | 30-01-89 | CDM-VC | 1-ex | A.Valdevez | 07.06 |
| 6,40 | (2,1) | Raúl | Fernandes | 22-04-92 | JOMA | 1 | Lisboa (U) | 07.06 |
| 6,40 | (2,8) | João Miguel | Silva | 09-01-89 | CPP | 4 | Abrantes | 12.07 |
| 6,34 | (2,7) | Manuel | Ricardo | 06-03-91 | CBF | 2 | Lagos | 10.05 |
| 6,34 | (3,6) | Ricardo | Fernandes | CPV 14-03-91 | JOMA | 4 | Lisboa (U) | 12.07 |
| 6,33 | (2,5) | Samuel | Remédios | 24-02-92 | GAF | 3 | Fátima | 24.05 |
| 6,31 | (2,6) | André | Lima | 19-04-91 | GRQL | Oc | Lisboa (U) | 03.05 |

Triplo (até 12,70) CNJ 13,20

| | | | | | | | | |
|-------------|--------|-------------|-----------------|--------------|--------|----|------------|-------|
| 14,75 | (1,7) | A David | Cardeira | 02-03-89 | SCP | 3 | Guarda | 06.07 |
| 14,73 | (pc) | | Cardeira | | | 4 | Pombal | 13.01 |
| 14,52 | (0,0) | Ricardo | Jaquité | 07-08-89 | CBF | 1 | Lagos | 19.01 |
| 14,52 | (0,4) | | Cardeira | | | 2 | Lisboa (U) | 29.06 |
| 14,36 | (1,5) | João | Frias | 09-01-91 | ADRAP | - | Leiria | 17.05 |
| 14,33 | (2,0) | Diogo | Ferreira | 30-07-90 | JOMA | 2 | Lisboa (U) | 01.06 |
| 14,26 | (1,9) | A David | Ferreira | 04-04-89 | JOMA | 4 | Guarda | 06.07 |
| 14,07 | (0,3) | Ruben | da Silva | 07-05-91 | JV | 2 | Leiria | 17.05 |
| 13,95 | (pc) | Edi | Fernandes | 03-06-90 | JV | 2 | Espinho | 19.01 |
| 13,91 | (pc) | Pedro | Freitas | 10-05-89 | CSM | 5 | Espinho | 03.02 |
| 13,89 | (-1,1) | José Miguel | Pereira | 22-07-91 | FCP | 3 | Leiria | 17.05 |
| 13,76 | (0,6) | Luís | Gonçalo Almeida | 10-07-89 | JOMA | 4 | Lisboa (U) | 05.01 |
| (10) | | | | | | | | |
| 13,70 | (1,0) | Jeremias | Semedo | 26-06-91 | JOMA | - | Abrantes | 29.06 |
| 13,51 | (0,1) | Ruben | Ventura | 28-12-89 | COD | 1 | P.Delgada | 10.05 |
| 13,46 | (0,4) | Pedro | Pires | 04-01-91 | Lavra | 5 | Maia | 13.07 |
| 13,43 | (1,7) | Tiago | Gamelas | 01-11-90 | CENAP | 1 | Luso | 11.05 |
| 13,42 | (1,6) | Tiago | Mariano | 19-11-91 | OCL | 1 | Quarteira | 03.05 |
| 13,42 | (pc) | Carlos | Gomes | 29-11-89 | JOMA | 12 | Pombal | 13.01 |
| 13,36 | (0,6) | Victor | Vilovskiy | RUS 12-02-90 | SLB | 3 | Lisboa (I) | 11.05 |
| 13,36 | (2,0) | Elton | Ingrês | 02-04-91 | CAMG | - | Abrantes | 29.06 |
| 13,26 | (0,7) | Mário | Florença | 24-12-91 | COD | 1 | P.Delgada | 03.05 |
| 13,26 | (-1,3) | Edgar | Semedo | 16-03-89 | ADLA | 4 | Lisboa (I) | 11.05 |
| (20) | | | | | | | | |
| 13,20 | (0,0) | João | Alexandre | 01-01-90 | JV | 2 | Leiria | 09.07 |
| 13,19 | (1,7) | Hélio | Vaz | 01-05-91 | NDCG | 4 | Leiria | 17.05 |
| 13,17 | (1,0) | Claudio | Morais | 03-02-89 | CIAIA | 6 | Luso | 15.06 |
| 13,11 | (1,7) | Miguel | Gonçalves | 30-06-92 | CDM-VC | 1 | A.Valdevez | 22.06 |
| 13,10 | (1,8) | João Miguel | Silva | 09-01-89 | CPP | 4 | Abrantes | 13.07 |
| 13,06 | (0,1) | Tiago | Neves | 09-07-91 | GRECAS | 2 | Luso | 11.05 |
| 13,05 | (0,9) | Rui | Sá | 07-04-91 | FCP | 7 | Abrantes | 29.06 |
| 13,02 | (pc) | Isaac | Lopes | 08-02-90 | FCP | 4 | Braga | 19.01 |
| 13,02 | (2,0) | Diogo | Martins | 10-03-91 | BNSC | ex | Lisboa (U) | 21.06 |
| 12,95 | (pc) | João | Lopes Rocha | 15-04-92 | BA | 3 | Pombal | 05.01 |
| (30) | | | | | | | | |

| | | | | | | | | |
|-------|--------|------------|------------------|----------|---------|---|-----------------|------------|
| 12,93 | (1,5) | Vitor | Fernandes | 02-04-90 | GDE | 4 | Luso | 10.06 |
| 12,90 | (1,9) | Rodolfo | Brites | 27-03-91 | BA | - | Faro | 08.06 |
| 12,87 | (-1,1) | Pedro | Ferreira | 12-08-93 | SUOV | 1 | Leiria | 18.06 |
| 12,84 | (0,1) | Tiago | Ribeiro | 25-09-89 | CARDES | 1 | Viseu | 07.06 |
| 12,84 | (0,4) | Pedro | Pinto Machado | 14-11-91 | ESCMOV | 6 | Maia | 13.07 |
| 12,83 | (0,0) | José Décio | Faria | 23-07-91 | AJS | 7 | Vieux-Habitants | 28.05 |
| 12,80 | (0,9) | Pedro | Pereira | 30-08-91 | APPACDM | 2 | A.Valdevez | 22.06 |
| 12,79 | (pc) | Pedro | Mossamedes | 03-02-91 | SUOV | 2 | Pombal | 07.12.2007 |
| 12,78 | (1,3) | Francisco | Casegas | 07-01-92 | CASM | 4 | Malta | 18.07 |
| 12,76 | (1,8) | Rafael | Barbosa | 03-05-91 | AATC | 1 | Abrantes | 31.05 |
| (40) | | | | | | | | |
| 12,72 | (1,7) | Edgar | Azevedo | 10-03-91 | Lavra | - | Abrantes | 29.06 |
| 12,71 | (1,4) | Yanik | Vicente Benedito | 18-05-90 | JOMA | 7 | Lisboa (U) | 01.06 |
| 12,70 | (1,2) | David | Breda | 04-06-91 | HCM | 3 | Luso | 11.05 |

Ao ar Livre:

| | | | | | | | | |
|-------|-------|--------|-----------|----------|------|---|---------------|-------|
| 13,56 | (1,4) | Edi | Fernandes | 03-06-90 | JV | 2 | Coimbra (ECC) | 13.07 |
| 13,29 | (0,5) | Carlos | Gomes | 29-11-89 | JOMA | 4 | Lisboa (I) | 19.01 |

Sem controlo de anemómetro

| | | | | | | | | |
|-------|--|---------|----------|----------|-------|----|---------|-------|
| 13,44 | | Claudio | Morais | 03-02-89 | CIAIA | 1 | Horta | 18.04 |
| 12,95 | | Dávide | Anselmo | 26-05-89 | NDCG | 1 | Guarda | 27.04 |
| 12,71 | | Luís | Galveias | 21-08-90 | GDPAV | ex | V.Novas | 24.05 |

Com vento favorável > a 2 m/s

| | | | | | | | | |
|-------|-------|-------------|-----------|----------|--------|----|-------------|-------|
| 15,04 | (2,7) | David | Cardeira | 02-03-89 | SCP | 2 | Lisboa (AL) | 16.07 |
| 14,84 | (5,1) | Ricardo | Jaquité | 07-08-89 | CBF | ex | Almada | 01.06 |
| 14,55 | (2,1) | João | Frias | 09-01-91 | ADRAP | 1 | Leiria | 17.05 |
| 14,37 | (2,3) | José Miguel | Pereira | 22-07-91 | FCP | 1 | Abrantes | 29.06 |
| 13,98 | (3,0) | Carlos | Veiga | 22-02-89 | CFB | 5 | Faro | 08.06 |
| 13,91 | (2,5) | Emanuel | Neves | 13-03-90 | FCP | 4 | Maia | 13.07 |
| 13,85 | (2,1) | Jeremias | Semedo | 26-06-91 | JOMA | 2 | Abrantes | 29.06 |
| 13,80 | (3,8) | Pedro | Pires | 04-01-91 | Lavra | 3 | Abrantes | 29.06 |
| 13,79 | (4,2) | Edi | Fernandes | 03-06-90 | JV | 1 | M.Grande | 11.05 |
| 13,55 | (3,7) | Elton | Ingrês | 02-04-91 | CAMG | 4 | Abrantes | 29.06 |
| 13,42 | (2,5) | Edgar | Azevedo | 10-03-91 | Lavra | 5 | Abrantes | 29.06 |
| 13,23 | (2,9) | Rafael | Barbosa | 03-05-91 | AATC | 3 | Abrantes | 13.07 |
| 13,05 | (3,3) | Rodolfo | Brites | 27-03-91 | BA | 8 | Faro | 08.06 |
| 13,00 | (4,5) | Bruno | Andrade | 04-05-90 | FCP | 1 | P.Varzim | 01.06 |
| 12,78 | (2,8) | Pedro | Gonçalves | 08-12-90 | ESCMOV | 8 | Maia | 13.07 |
| 12,77 | (5,2) | Daniel | Monteiro | 02-04-90 | GDIB | 1 | Sobreda | 01.06 |
| 12,72 | (3,7) | Rui | Sá | 07-04-91 | FCP | 3 | Maia | 10.05 |
| 12,71 | (2,1) | João Miguel | Silva | 09-01-89 | CPP | 1 | Abrantes | 11.05 |
| 12,71 | (2,1) | Ruben | Ferreira | 11-01-92 | CAOB | 10 | Abrantes | 29.06 |
| 12,70 | (2,5) | David | Breda | 04-06-91 | HCM | 1 | Aveiro | 13.04 |

Peso (6) (até 11,00) CNJ 12,30

| | | | | | | | | | |
|-------|------|------------|-----------|-----|----------|-------|------|---------------|------------|
| 18,04 | | Alexander | Zinchenko | AUT | 08-09-89 | SCP | 1 | Lisboa (U) | 13.04 |
| 17,90 | | | Zinchenko | | | | 1 | Lisboa (U) | 21.06 |
| 17,45 | | | Zinchenko | | | | 1 | Leiria | 13.06 |
| 17,44 | | | Zinchenko | | | | 1 | Leiria | 25.04 |
| 17,21 | | | Zinchenko | | | | 30q | Bydgoszcz | 08.07 |
| 17,14 | | | Zinchenko | | | | 1-ex | Lisboa (U) | 07.06 |
| 17,11 | | | Zinchenko | | | | 1 | Lisboa (U) | 31.05 |
| 16,57 | | Christophe | Correia | | 08-09-90 | ADCL | 1 | Luso | 14.06 |
| 16,21 | | Francisco | Belo | | 27-03-91 | ARCBV | 2 | Luso | 14.06 |
| 15,91 | | | Correia | | | | 1 | P.Varzim | 31.05 |
| 15,60 | | | Correia | | | | 1 | Lovelhe | 12.07 |
| 15,48 | | | Belo | | | | 1 | Covilhã | 07.06 |
| 15,44 | | | Correia | | | | 1 | Guimarães | 10.05 |
| 15,38 | | | Correia | | | | 1 | Lovelhe | 03.05 |
| 14,99 | | | Correia | | | | 1 | Leiria | 01.03 |
| 14,87 | | Marçal | Rodrigues | | 10-07-90 | CSM | 3 | Luso | 14.06 |
| 14,77 | | | Rodrigues | | | | 1 | Funchal | 10.05 |
| 14,75 | (pc) | Hedson | Trindade | STP | 23-10-89 | GS-RC | 1 | Pombal | 16.12.2007 |
| 14,66 | | | Rodrigues | | | | 1 | Machico | 22.06 |
| 14,60 | | | Rodrigues | | | | 1 | Machico | 13.12.2007 |
| 14,48 | | Claudio | Morais | | 03-02-89 | CIAIA | 1 | Horta | 17.05 |
| 14,32 | (pc) | | Correia | | | | 1 | Braga | 05.01 |
| 14,27 | | | Correia | | | | 1 | Lovelhe | 22.12.2007 |
| 14,23 | | | Rodrigues | | | | 1 | Funchal (RG3) | 24.02 |
| 14,10 | | Adriano | Lopes | | 22-10-91 | SCB | 2 | P.Varzim | 31.05 |
| 14,08 | | | Rodrigues | | | | 2 | Leiria | 01.03 |
| 14,00 | | | Lopes | | | | 4 | Luso | 14.06 |
| 13,94 | | Renato | Costa | | 24-11-91 | CENAP | 5 | Luso | 14.06 |
| 13,43 | | Tiago | Pereira | | 15-01-91 | JV | 1 | Leiria | 26.07 |

| | | | | | | | | | |
|-------------|------|--------------|-----------------|-----|----------|----------|-----|------------|------------|
| 13,40 | | Tiago | Costa | | 04-06-90 | CPMg | 6 | Luso | 14.06 |
| (10) | | | | | | | | | |
| 13,32 | | Luís | Ferreira | | 30-06-90 | SLB | 2 | Lisboa (U) | 21.06 |
| 13,17 | | João | Lopes | | 11-10-90 | COP | 7 | Luso | 14.06 |
| 12,75 | | Kevin | Carricho Wilson | | 06-01-90 | BA | d | Luso | 31.05 |
| 12,62 | (pc) | Bruno Miguel | Ferreira | | 17-05-89 | CPP | 1 | Alpiarça | 08.12.2007 |
| 12,54 | (pc) | Pedro | Mossamedes | | 03-02-91 | SUOV | 2 | Pombal | 16.12.2007 |
| 12,42 | (pc) | Damião | Freitas | | 06-04-89 | CPA-S | 2 | Alpiarça | 08.12.2007 |
| 12,32 | | José | Rosa | CPV | 12-01-90 | GDC | d | Luso | 31.05 |
| 12,12 | | Tiago | Aperta | | 15-01-92 | SCA | 1 | Abrantes | 11.05 |
| 12,10 | | Luís | Orfão | | 05-09-90 | SLB | 1 | Lisboa (U) | 05.01 |
| 12,02 | | André | Ferreira | | 03-03-91 | CAS | 1 | Guarda | 01.05 |
| (20) | | | | | | | | | |
| 12,00 | | Tiago | Nascimento | | 04-09-92 | QFC | 1 | Sobreda | 01.06 |
| 11,95 | | Ricardo | Amaro | | 09-08-90 | JDN | d | Luso | 31.05 |
| 11,90 | | Tiago | Chaves | | 06-07-91 | GDE | 2 | Machico | 22.06 |
| 11,61 | (pc) | David | Bernardo | | 26-01-90 | AS PF-Fr | Hep | Vittel | 09.02 |
| 11,61 | (pc) | Luís | Marques | | 21-09-89 | JV | 3 | Pombal | 16.12.2007 |
| 11,57 | | Vyacheslav | Adamskiy | UKR | 18-12-89 | JV | ex | Lisboa (U) | 05.01 |
| 11,50 | | Emanuel | Branquinho | | 01-06-90 | CAS | 1 | Seia | 03.06 |
| 11,34 | | Tiago | Ribeiro | | 25-09-89 | CARDES | 2 | Viseu | 22.12.2007 |
| 11,31 | | João | Fernandes | | 03-03-91 | SLB | 4 | Lisboa (U) | 31.05 |
| 11,28 | | Luís | Batista | | 10-08-91 | JV | 2 | M.Grande | 10.05 |
| (30) | | | | | | | | | |
| 11,26 | | Pedro | Picado | | 08-09-92 | JDN | 1 | Beja | 04.06 |
| 11,08 | | Ricardo | Jesus | | 18-06-90 | SCA | 2 | Abrantes | 11.05 |
| 11,03 | (pc) | Fábio | Santos | | 31-08-89 | NAC | Hep | Espinho | 29.12.2007 |
| 11,01 | | Ricardo | Gomes | | 07-09-90 | EFC-E | 1 | V.Novas | 31.05 |

Ao ar Livre:

| | | | | | | | | | |
|-------|--|--------------|----------|-----|----------|-------|---|--------|-------|
| 14,05 | | Hedson | Trindade | STP | 23-10-89 | GS-RC | 3 | Leiria | 01.03 |
| 11,97 | | Bruno Miguel | Ferreira | | 17-05-89 | CPP | 6 | Leiria | 01.03 |
| 11,53 | | Luís | Marques | | 21-09-89 | JV | 2 | Leiria | 25.04 |
| 11,48 | | Damião | Freitas | | 06-04-89 | CPA-S | d | Seixal | 19.04 |

Peso (7,26) (até 10,40)

| | | | | | | | | | |
|-------------|------|------------|-----------------|-----|----------|-------|-----|---------------|-------|
| 15,49 | | Alexander | Zinchenko | AUT | 08-09-89 | SCP | 1 | Lisboa (U) | 02.02 |
| 15,41 | | | Zinchenko | | | | 1 | Q. do Anjo | 09.03 |
| 15,38 | | | Zinchenko | | | | 5 | Q. do Anjo | 08.03 |
| 15,28 | | | Zinchenko | | | | 2 | Lisboa (I) | 11.05 |
| 15,27 | | | Zinchenko | | | | 2 | Lisboa (U) | 10.06 |
| 15,24 | | | Zinchenko | | | | ex | Lisboa (U) | 05.01 |
| 15,00 | A | Christophe | Correia | | 08-09-90 | ADCL | 2 | Guarda | 05.07 |
| 13,53 | | Marçal | Rodrigues | | 10-07-90 | CSM | 1 | Funchal (RG3) | 17.05 |
| 13,10 | (pc) | Hedson | Trindade | STP | 23-10-89 | GS-RC | 4 | Pombal | 06.01 |
| 12,44 | A | João | Lopes | | 11-10-90 | COP | 7 | Guarda | 05.07 |
| 12,23 | | Claudio | Morais | | 03-02-89 | CIAIA | 1 | Horta | 02.02 |
| 12,05 | A | Tiago | Costa | | 04-06-90 | CPMg | 6 | Guarda | 11.07 |
| 11,36 | | Luís | Ferreira | | 30-06-90 | SLB | 1 | Lisboa (U) | 28.06 |
| 11,05 | | Diogo | Correia | | 27-02-89 | JV | 2 | Leiria | 09.02 |
| 11,01 | | Vyacheslav | Adamskiy | UKR | 18-12-89 | JV | 2 | Coimbra (ECC) | 02.07 |
| (10) | | | | | | | | | |
| 10,98 | | Kevin | Carricho Wilson | | 06-01-90 | BA | 3 | Coimbra (ECC) | 02.07 |
| 10,69 | | Luís | Orfão | | 05-09-90 | SLB | 6 | Aveiro | 01.05 |
| 10,65 | (pc) | José | Rosa | CPV | 12-01-90 | GDC | Hep | Pombal | 12.01 |
| 10,43 | (pc) | Ricardo | Amaro | | 09-08-90 | JDN | Hep | Pombal | 23.02 |
| 10,36 | | Rodrigo | Costa Santos | | 04-07-90 | COD | 3 | P.Delgada | 12.07 |

Ao ar Livre:

| | | | | | | | | | |
|-------|--|---------|----------|-----|----------|-------|------|---------------|-------|
| 13,07 | | Hedson | Trindade | STP | 23-10-89 | GS-RC | 2 | Coimbra (ECC) | 02.07 |
| 11,25 | | Claudio | Morais | | 03-02-89 | CIAIA | 7 s2 | Setúbal | 24.05 |
| 11,02 | | Tiago | Costa | | 04-06-90 | CPMg | 5 | M.Grande | 24.05 |
| 10,31 | | José | Rosa | CPV | 12-01-90 | GDC | 2 | Seixal | 06.01 |

Disco (1,75) (até 31,00) CNJ 36,00

| | | | | | | | | | |
|-------------|--|------------|-----------|-----|----------|-------|---|---------------|-------|
| 53,06 | | Rui | Sustelo | | 24-07-91 | GDC | 1 | Sobreda | 01.06 |
| 50,09 | | | Sustelo | | | | 1 | Luso | 15.06 |
| 48,95 | | Alexander | Zinchenko | AUT | 08-09-89 | SCP | 1 | Lisboa (U) | 01.06 |
| 46,34 | | Renato | Costa | | 24-11-91 | CENAP | 1 | Leiria | 27.07 |
| 45,36 | | Christophe | Correia | | 08-09-90 | ADCL | 1 | A.Valdevez | 23.06 |
| 42,09 | | Rafael | Venade | | 12-09-92 | ADCL | 3 | Luso | 15.06 |
| 41,50 | | Francisco | Belo | | 27-03-91 | ARCBV | 4 | Luso | 15.06 |
| 39,32 | | Luís | Marques | | 21-09-89 | JV | 1 | M.Grande | 11.05 |
| 38,83 | | Marçal | Rodrigues | | 10-07-90 | CSM | 1 | Funchal (RG3) | 24.02 |
| 38,70 | | Hedson | Trindade | STP | 23-10-89 | GS-RC | 6 | Luso | 15.06 |
| 38,66 | | Adriano | Lopes | | 22-10-91 | SCB | 7 | Luso | 15.06 |
| (10) | | | | | | | | | |

| | | | | | | | | |
|-------|--------------|-----------------|-----|----------|-------|---|---------------|-------|
| 38,11 | Vyacheslav | Adamskiy | UKR | 18-12-89 | JV | 8 | Luso | 15.06 |
| 37,72 | Tiago | Costa | | 04-06-90 | CPMg | 1 | Viseu | 26.04 |
| 37,71 | Kevin | Carricho Wilson | | 06-01-90 | BA | d | Luso | 01.06 |
| 37,64 | Luís | Ferreira | | 30-06-90 | SLB | 2 | Lisboa (U) | 01.06 |
| 36,98 | Rodrigo | Costa Santos | | 04-07-90 | COD | 1 | P.Delgada | 16.02 |
| 36,03 | Tiago | Chaves | | 06-07-91 | GDE | 2 | Funchal (RG3) | 21.06 |
| 35,78 | Miguel | Silva | | 14-05-90 | QFC | 2 | Sobreda | 01.06 |
| 35,56 | Diogo | Almeida | | 08-02-89 | EBMDS | 3 | Lisboa (U) | 01.06 |
| 35,13 | Damião | Freitas | | 06-04-89 | CPA-S | d | Seixal | 20.04 |
| 34,55 | Marco | Cunha | | 06-02-89 | ADCL | 1 | Lovelhe | 12.07 |
| (20) | | | | | | | | |
| 34,06 | Tiago | Aperta | | 15-01-92 | SCA | 1 | Abrantes | 11.05 |
| 33,84 | Ruben | Ventura | | 28-12-89 | COD | 1 | P.Delgada | 26.01 |
| 33,59 | Claudio | Morais | | 03-02-89 | CIAIA | d | Luso | 01.06 |
| 33,41 | James | Carricho Wilson | | 07-09-91 | BA | 2 | M.Grande | 11.05 |
| 32,74 | Luís | Orfão | | 05-09-90 | SLB | 2 | Lisboa (I) | 12.01 |
| 32,39 | João | Lopes | | 11-10-90 | COP | 2 | V.R.S.António | 04.05 |
| 32,10 | Bruno Miguel | Ferreira | | 17-05-89 | CPP | 2 | Abrantes | 11.05 |
| 32,09 | Ricardo | Amaro | | 09-08-90 | JDN | d | Luso | 01.06 |
| 31,81 | Tomás | Caldeira | | 11-10-92 | QFC | 3 | Sobreda | 01.06 |
| 31,69 | Luís | Batista | | 10-08-91 | JV | 3 | M.Grande | 11.05 |
| (30) | | | | | | | | |
| 31,26 | Flávio | Junior | BRA | 09-08-91 | EBMDS | 4 | Lisboa (U) | 01.06 |
| 31,19 | José | Rosa | CPV | 12-01-90 | GDC | d | Seixal | 20.04 |

Disco (2) (até 28,00)

| | | | | | | | | |
|-------|------------|-----------------|-----|----------|--------|---|---------------|-------|
| 46,40 | Alexander | Zinchenko | AUT | 08-09-89 | SCP | 5 | Lisboa (U) | 10.06 |
| 45,46 | | Zinchenko | | | | 2 | Lisboa (I) | 11.05 |
| 45,22 | Rui | Sustelo | | 24-07-91 | GDC | 2 | Seixal | 13.07 |
| 45,12 | | Sustelo | | | | 2 | Setúbal | 24.05 |
| 44,46 | | Sustelo | | | | 3 | Setúbal | 18.07 |
| 44,07 | | Zinchenko | | | | 7 | Q. do Anjo | 08.03 |
| 43,98 | | Sustelo | | | | 8 | Seixal | 20.07 |
| 43,79 | | Zinchenko | | | | 7 | Q. do Anjo | 09.03 |
| 41,22 | A | Christophe | | 08-09-90 | ADCL | 1 | Guarda | 06.07 |
| 38,53 | Adriano | Lopes | | 22-10-91 | SCB | 2 | Maia | 12.07 |
| 37,94 | Renato | Costa | | 24-11-91 | CENAP | 4 | Luso | 10.06 |
| 36,95 | Vyacheslav | Adamskiy | UKR | 18-12-89 | JV | 3 | Coimbra (ECC) | 13.07 |
| 35,89 | Kevin | Carricho Wilson | | 06-01-90 | BA | 5 | Coimbra (ECC) | 13.07 |
| 35,37 | Luís | Ferreira | | 30-06-90 | SLB | 4 | Lisboa (U) | 17.05 |
| 34,90 | Hedson | Trindade | STP | 23-10-89 | GS-RC | 7 | Coimbra (ECC) | 13.07 |
| 34,69 | Francisco | Belo | | 27-03-91 | ARCBV | 6 | Luso | 10.06 |
| (10) | | | | | | | | |
| 34,50 | Marçal | Rodrigues | | 10-07-90 | CSM | 3 | Ribeira Brava | 13.07 |
| 34,41 | Tiago | Costa | | 04-06-90 | CPMg | 7 | Luso | 10.06 |
| 34,23 | Rodrigo | Costa Santos | | 04-07-90 | COD | 2 | P.Delgada | 13.07 |
| 34,05 | Miguel | Silva | | 14-05-90 | QFC | 3 | Setúbal | 10.05 |
| 33,75 | Luís | Marques | | 21-09-89 | JV | 3 | Leiria | 09.02 |
| 33,61 | Valter | Toledo | | 19-02-89 | ACM-AH | 1 | A.Heroísmo | 09.03 |
| 32,69 | João | Lopes | | 11-10-90 | COP | 2 | Lagos | 17.05 |
| 31,63 | Luís | Orfão | | 05-09-90 | SLB | 7 | Lisboa (U) | 17.05 |
| 31,59 | Diogo | Correia | | 27-02-89 | JV | 4 | Leiria | 09.02 |
| 31,28 | Diogo | Almeida | | 08-02-89 | EBMDS | 2 | Lisboa (U) | 29.06 |
| (20) | | | | | | | | |
| 30,56 | Tiago | Chaves | | 06-07-91 | GDE | 5 | Ribeira Brava | 13.07 |
| 30,39 | José | Rosa | CPV | 12-01-90 | GDC | 4 | Setúbal | 10.05 |
| 30,21 | Luís | Batista | | 10-08-91 | JV | 5 | Leiria | 09.02 |

Martelo (6) (até 31,00) CNJ 41,00

| | | | | | | | | |
|-------|------------|--------------|-----|----------|--------|------|------------|-------|
| 60,09 | Vyacheslav | Adamskiy | UKR | 18-12-89 | JV | ex | Luso | 14.06 |
| 60,03 | Vitor | Tiago | | 16-09-90 | ADCL | 1 | Luso | 14.06 |
| 56,73 | Rodrigo | Costa Santos | | 04-07-90 | COD | 1 | Leiria | 01.03 |
| 56,45 | | Tiago | | | | 1 | Guimarães | 10.05 |
| 55,88 | | Tiago | | | | 1 | Lovelhe | 12.07 |
| 55,36 | | Tiago | | | | 1-ex | A.Valdevez | 09.06 |
| 55,31 | | Costa Santos | | | | 2 | Luso | 14.06 |
| 55,24 | | Tiago | | | | 1 | Lovelhe | 03.05 |
| 55,20 | | Costa Santos | | | | 1 | P.Delgada | 09.03 |
| 55,16 | | Adamskiy | | | | ex | Lisboa (U) | 05.01 |
| 53,52 | Tiago | Chaves | | 06-07-91 | GDE | 3 | Luso | 14.06 |
| 49,99 | Miguel | Silva | | 14-05-90 | QFC | 3 | Leiria | 01.03 |
| 48,38 | Bruno | Morais Gomes | | 22-01-92 | ADCL | 2 | P.Varzim | 31.05 |
| 43,04 | Simão | Borges | | 31-01-92 | ACM-AH | 1 | A.Heroísmo | 01.06 |
| 42,30 | Luís | Batista | | 10-08-91 | JV | 6 | Luso | 14.06 |
| 40,70 | Tiago | Pereira | | 15-01-91 | JV | 2 | Leiria | 31.05 |
| 38,62 | Rui | Simões | | 27-12-91 | QFC | 2 | Sobreda | 31.05 |
| (10) | | | | | | | | |
| 36,51 | Luís | Marques | | 21-09-89 | JV | ex | Lisboa (U) | 05.01 |
| 36,50 | Tomás | Caldeira | | 11-10-92 | QFC | 3 | Sobreda | 31.05 |

| | | | | | | | |
|------|---------|---|----------|------|---|-----------------|-------|
| 5175 | Rui | Fontes | 05-11-90 | GDC | 5 | Luso | 01.06 |
| | | 12,71(1,7)-5,83(3,6)-9,64-1,81-56,16-16,45(1,0)-28,79-3,10-32,33-4.50,34 | | | | | |
| 4319 | João | Oliveira | 08-04-90 | BA | 1 | Luso | 18.05 |
| | | 11,63(2,8)-5,86(-0,8)-6,90-1,52-54,11-18,21(0,4)-17,98-2,60-27,81-5.24,47 | | | | | |
| 4289 | João | Caracol | 20-12-89 | CBF | 1 | Quarteira/Lagos | 30.03 |
| | | 11,68(-0,7)-5,46(-0,1)-8,22-1,52-52,37-20,01(-1,3)-16,81-2,10-26,57-4.46,82 | | | | | |
| 4204 | Pedro | Gomes | 13-11-90 | GRQL | 4 | Seixal | 20.04 |
| | | 12,3(0,9)-5,57(1,8)-9,72-1,65-58,3-17,4(2,4)-17,99-x-31,71-4.53,0 | | | | | |
| 3911 | Márcio | Marques | 26-08-89 | BA | 2 | Luso | 18.05 |
| | | 12,52(2,8)-5,07(-1,6)-8,83-1,40-60,14-18,66(0,4)-16,81-2,40-22,90-4.32,93 | | | | | |
| (10) | | | | | | | |
| 3870 | Rodolfo | Lacerda | 25-09-89 | BA | 3 | Luso | 18.05 |
| | | 11,82(2,8)-5,02(-1,6)-7,94-1,52-54,79-20,86(0,4)-17,35-2,50-23,50-5.17,11 | | | | | |
| 3835 | Rodrigo | Custódio | 10-08-90 | CBF | 2 | Quarteira/Lagos | 30.03 |
| | | 11,90(-0,7)--5,48(-0,9)-6,67-1,58-57,09-17,42(-1,3)-14,32-x-24,37-5.17,45 | | | | | |

Decatlo Senior (até 3800)

| | | | | | | | |
|---|---------|---|----------|-----|---|------|-------|
| 100 m=Comp.=Peso(7,2)=Altura=400 m=110 Bar(1,06)=Disco(2)=Vara=Dardo=1500 m | | | | | | | |
| 5732 | Ricardo | Amaro | 09-08-90 | JDN | 1 | Beja | 13.06 |
| | | 11,41(3,0)-6,56(4,0)-9,76-1,84-55,03-16,97(-1,0)-27,76-2,80-45,51-4.46,27 | | | | | |

5 Km-Marcha (até 30.00)

| | | | | | | | |
|-------|--------------|-------------|--------------|-------|----|-------------------|------------|
| 21.45 | Luis | Lopes | 01-01-90 | CNRM | tp | Cheboksary | 10.05 |
| 22.03 | | Lopes | | | 1 | F.Zêzere | 18.05 |
| 22.24 | | Lopes | | | 1 | Sesimbra | 01.06 |
| 22.30 | | Lopes | | | 1 | Pechão | 16.02 |
| 22.58 | | Lopes | | | tp | Rio Maior | 05.04 |
| 23.05 | | Lopes | | | tp | Montemor-o-Velho | 12.01 |
| 24.02 | Pedro | Nunes | 29-04-89 | CPC | 2 | F.Zêzere | 18.05 |
| 24.25 | Jorge | Fialho | 02-03-91 | MAC-B | 3 | Rio Maior | 05.04 |
| 24.45 | António | Câmara | 17-06-90 | CNRM | 5 | Rio Maior | 05.04 |
| 24.52 | Diogo Duarte | Henriques | 28-05-92 | CNRM | 1 | Sesimbra | 01.06 |
| 24.54 | Flávio | Silva | 24-06-92 | GDEN | tp | Rio Maior | 05.04 |
| 25.00 | Rui | Macedo | 16-05-89 | ADECT | 1 | Alta de Lisboa | 17.11.2007 |
| 25.12 | Eduardo | Cardoso | 09-03-92 | ARES | 6 | Rio Maior | 05.04 |
| 26.26 | Diogo | Barreiros | 05-11-92 | CUAB | 9 | Rio Maior | 05.04 |
| 27.21 | Artur | Vasconcelos | 09-09-89 | GDE | 10 | Rio Maior | 05.04 |
| (10) | | | | | | | |
| 27.41 | David | Mendes | 30-07-91 | CFB | 1 | F.Zêzere | 18.05 |
| 27.44 | Miguel | Ruivo | 15-10-89 | ADLA | 4 | S.Antº.Cavaleiros | 27.10.2007 |
| 27.49 | Edgar | Semedo | 16-03-89 | ADLA | 2 | Alta de Lisboa | 17.11.2007 |
| 27.27 | Ricardo | Lopes | 24-01-90 | CNRM | 11 | Rio Maior | 05.04 |
| 28.08 | Pavel | Petrov | MDA 01-02-92 | CUAB | 12 | Rio Maior | 05.04 |
| 28.37 | Nelson | Fialho | 01-01-94 | MAC-B | 13 | Rio Maior | 05.04 |
| 29.02 | Marco | Mestre | 06-11-94 | MAC-B | 14 | Rio Maior | 05.04 |
| 29.26 | André | Batista | 27-03-90 | ADLA | 6 | S.Antº.Cavaleiros | 27.10.2007 |

10 Km-Marcha (até 1:05.0)

| | | | | | | | |
|---------|--------------|-----------------|----------|-------|----|------------------|-------|
| 43.28 | Luis | Lopes | 01-01-90 | CNRM | 22 | Cheboksary | 10.05 |
| 45.58 | | Lopes | | | 1 | Rio Maior | 05.04 |
| 46.04 | | Lopes | | | 1 | Montemor-o-Velho | 12.01 |
| 49.30 | Nuno | Silva | 03-01-90 | CCDR | 1 | V.N.Gaia | 03.02 |
| 50.54 | Flávio | Silva | 24-06-92 | GDEN | 2 | Rio Maior | 05.04 |
| 51.10 | Diogo Duarte | Henriques | 28-05-92 | CNRM | 1 | Mealhada | 01.03 |
| 51.39 | António | Camará | 17-06-90 | CNRM | 2 | Montemor-o-Velho | 12.01 |
| 51.41 | Pedro | Nunes | 29-04-89 | CPC | 3 | Rio Maior | 05.04 |
| 51.47 | Rui | Macedo | 16-05-89 | ADECT | 1 | Lisboa (U) | 12.01 |
| 52.26 | Jorge | Fialho | 02-03-91 | MAC-B | 2 | Mealhada | 01.03 |
| 55.30 | Eduardo | Cardoso | 09-03-92 | ARES | 3 | Mealhada | 01.03 |
| 57.15 | Artur | Vasconcelos | 09-09-89 | GDE | 2 | V.N.Gaia | 03.02 |
| (10) | | | | | | | |
| 57.17 | Diogo | Barreiros | 05-11-92 | CUAB | 4 | Mealhada | 01.03 |
| 58.50 | Ricardo | Lopes | 24-01-90 | CNRM | 3 | Montemor-o-Velho | 12.01 |
| 59.11 | David | Mendes | 30-07-91 | CFB | 5 | Mealhada | 01.03 |
| 1:00,19 | André | Batista | 27-03-90 | ADLA | 4 | Lisboa (U) | 12.01 |
| 1:01.13 | Paulo | Fernandes Alves | 13-06-91 | CFB | 6 | Mealhada | 01.03 |

20 Km-Marcha

| | | | | | | | |
|---------|-------|-------------|----------|------|---|----------|-------|
| 1:35.58 | Luis | Lopes | 01-01-90 | CNRM | 1 | Mealhada | 01.03 |
| 1:44.26 | Nuno | Silva | 03-01-90 | CCDR | 2 | Mealhada | 01.03 |
| 1:47.49 | Pedro | Nunes | 29-04-89 | CPC | 3 | Mealhada | 01.03 |
| 2:02.00 | Artur | Vasconcelos | 09-09-89 | GDE | 4 | Mealhada | 01.03 |

5.000 Metros-Marcha (até 28.00,00)

| | | | | | | | |
|----------|------|-------|----------|------|----|-----------|-------|
| 21.46,43 | Luis | Lopes | 01-01-90 | CNRM | 2 | M.Grande | 24.05 |
| 21.59,33 | (pc) | Lopes | | | 7 | Pombal | 23.02 |
| 22.00,0 | | Lopes | | | tp | Rio Maior | 25.04 |

| | | | | | | | |
|-------------|------|-------------------|--------------|-------|----|---------------|------------|
| 22.12,5 | | Lopes | | | 4 | Lisboa (U) | 10.06 |
| 22.17,03 | (pc) | Lopes | | | 2 | Pombal | 05.01 |
| 22.20,24 | (pc) | Lopes | | | 2 | Espinho | 09.02 |
| 22.47,99 | (pc) | Lopes | | | 5 | Espinho | 27.01 |
| 23.47,67 | | Pedro Nunes | 29-04-89 | CPC | 1 | Seixal | 12.07 |
| 24.01,56 | | Rui Macedo | 16-05-89 | ADECT | 1 | Lagos | 19.01 |
| 24.04,44 | (pc) | Nuno Silva | 03-01-90 | CCDR | 3 | Braga | 19.01 |
| 24.13,53 | (pc) | Flávio Silva | 24-06-92 | GDEN | 4 | Braga | 19.01 |
| 24.25,98 | (pc) | Diogo Duarte | 28-05-92 | CNRM | 4 | Pombal | 05.01 |
| 24.42,97 | | Bruno Gomes Pedro | 12-10-93 | GACV | 2 | Abrantes | 28.06 |
| 25.02,71 | | Eduardo Cardoso | 09-03-92 | ARES | 3 | Abrantes | 28.06 |
| 25.09,05 | (pc) | Artur Vasconcelos | 09-09-89 | GDE | 8 | Espinho | 26.01 |
| 25.50,1 | | Diogo Barreiros | 05-11-92 | CUAB | 12 | Lisboa (U) | 10.06 |
| (10) | | | | | | | |
| 25.53,89 | | Leonel Gomes | 23-05-89 | ADRAP | 1 | Machico | 15.12.2007 |
| 26.22,83 | | Pedro Gamelas | 01-11-90 | CENAP | 6 | Guimarães | 24.05 |
| 26.39,45 | | Daniel Sousa | 24-01-94 | CAFZ | 3 | Abrantes | 22.05 |
| 26.56,59 | | Pavel Petrov | MDA 01-02-92 | CUAB | 4 | Abrantes | 22.05 |
| 27.05,4 | | David Mendes | 30-07-91 | CFB | 15 | Lisboa (U) | 10.06 |
| 27.10,36 | | Vitor Silva | 28-05-90 | ADRAP | 2 | Ribeira Brava | 12.07 |
| 27.15,62 | | Ricardo Fernandes | 10-07-92 | JV | 6 | M.Grande | 24.05 |
| 27.38,88 | | Miguel Carvalho | 02-09-94 | CNRM | 5 | Abrantes | 22.05 |
| 27.58,67 | | Tiago Reis | 29-10-90 | OCL | 2 | Lagos | 19.01 |

Ao ar Livre:

| | | | | | | | |
|----------|--|-------------------|----------|------|----|------------|-------|
| 24.14,0 | | Nuno Silva | 03-01-90 | CCDR | tp | Rio Maior | 25.04 |
| 24.27,50 | | Flávio Silva | 24-06-92 | GDEN | 1 | Abrantes | 28.06 |
| 25.21,28 | | Diogo Duarte | 28-05-92 | CNRM | 4 | Abrantes | 28.06 |
| 26.22,0 | | Eduardo Cardoso | 09-03-92 | ARES | tp | Rio Maior | 25.04 |
| 26.41,4 | | Artur Vasconcelos | 09-09-89 | GDE | 13 | Lisboa (U) | 10.06 |

10.000 Metros-Marcha (até 59.00,00) CNJ 57.00,00

| | | | | | | | |
|-------------|--|-------------------|--------------|-------|----|---------------|-------|
| 44.46,13 | | Luis Lopes | 01-01-90 | CNRM | 1 | Rio Maior | 25.04 |
| 45.21,32 | | Lopes | | | 24 | Bydgoszcz | 11.07 |
| 45.54,24 | | Lopes | | | 1 | Luso | 14.06 |
| 46.03,39 | | Lopes | | | 1 | Quarteira | 02.02 |
| 46.35,0 | | Lopes | | | tp | Seixal | 19.07 |
| 49.53,86 | | Pedro Nunes | 29-04-89 | CPC | 4 | Guarda | 05.07 |
| 50.05,64 | | Nuno Silva | 03-01-90 | CCDR | 2 | Rio Maior | 25.04 |
| 50.31,14 | | Diogo Duarte | 28-05-92 | CNRM | 3 | Luso | 14.06 |
| 50.35,46 | | Eduardo Cardoso | 09-03-92 | ARES | 4 | Luso | 14.06 |
| 52.43,03 | | Diogo Barreiros | 05-11-92 | CUAB | 2 | Abrantes | 10.05 |
| 53.42,3 | | Artur Vasconcelos | 09-09-89 | GDE | ex | Lisboa (U) | 31.05 |
| 54.10,60 | | António Camará | 17-06-90 | CNRM | 3 | Abrantes | 10.05 |
| 57.01,01 | | Vitor Silva | 28-05-90 | ADRAP | 1 | Machico | 30.05 |
| 57.31,06 | | Ricardo Fernandes | 10-07-92 | JV | 2 | Coimbra (ECC) | 02.07 |
| (10) | | | | | | | |
| 57.43,66 | | Pavel Petrov | MDA 01-02-92 | CUAB | 4 | Abrantes | 10.05 |

20.000 Metros-Marcha

| | | | | | | | |
|-----------|--|------------|----------|------|---|--------|-------|
| 1:40.17,2 | | Luis Lopes | 01-01-90 | CNRM | 6 | Seixal | 19.07 |
|-----------|--|------------|----------|------|---|--------|-------|

4x100 metros (até 46,00)

| | | | | | | | |
|-------------|--|--|---------------------|--|------|-----------------|-------|
| 42,70 | | | JV | | 1 | Guarda | 05.07 |
| 44,04 | | Ruben Monteiro(89); Gonçalo Ribeiro(89); Cristiano Carreira(90); João Gradiz(89) | Sel. Madeira de Juv | | 2 s2 | Vieux-Habitants | 27.05 |
| 44,05 | | Roberto Nóbrega(92); João Frias(91); Hugo Silva(91); João Gonçalves(91) | JOMA | | 6 | Faro | 07.06 |
| 44,25 | | Diogo Ferreira(90); David Ferreira(89); Alexandre Costa(90); Nuno Baptista(91) | CASM | | 2 s2 | Luso | 14.06 |
| 44,27 | | Francisco Casegas(92); João Martins(92); Tiago Carvalho(92); Edgar Carrolo(91) | FCP | | 1 | P.Varzim | 31.05 |
| 44,28 | | Cláudio Ferreira(92); Diogo Santos(91); Emanuel Neves(90); Rui Leite(89) | Sel. Porto de Juv | | 1 s3 | Leiria | 18.05 |
| 44,49 | | Cláudio Ferreira(92); Diogo Santos(91); Miguel Pereira(91); Pedro Machado(91) | CBF | | 1 | Quarteira | 26.04 |
| 44,51 | | Gonçalo Almeida(91); Vasco Agostinho(91); Diogo Silva(91); Paulo Pinto(91) | Sel. Lisboa de Juv | | 2 s3 | Leiria | 18.05 |
| 44,51 | | Francisco Casegas(92); Edgar Carrolo(91); Ivânio Moreira(91); Gorba Biveti(92) | NDCG | | 2 s1 | Luso | 14.06 |
| 44,82 | | Ricardo Gomes(92); Davide Anselmo(89); Hélio Vaz(91); André Jordão(89) | Sel. das Beiras | | 4 | Luso | 10.06 |
| (10) | | | | | | | |
| 44,86 | | | BA | | 7 | Faro | 07.06 |
| 44,94 | | João Oliveira(90); Rodolfo Lacerda(89); Rodolfo Brites(91); Rui Jerónimo(90) | GRQL | | 3 s1 | Abrantes | 28.06 |

| | | | | | | |
|-------------|--|--|---------------------|---------------|--------|-------|
| 45,01 | | Ricardo Pinto(93); André Lima(91); Fábio Paulo(91); Sérgio Paulo(92) Sel. Setúbal de Juv | 3 s3 | Leiria | 18.05 | |
| 45,06 | | Diogo Santos(92); Tiago Rodrigues(92); João Mosca(91); Sérgio Paulo(92) GRECAS | 4 s2 | Luso | 14.06 | |
| 45,08 | | Nuno Silva(91); Vicente Julião(90); José Santos(90); Simão Santana(89) CPP | 3 s1 | Luso | 14.06 | |
| 45,14 | | Bruno Ferreira(89); Henrique Pêgo(91); João Silva(89); Joey Ferreira(89) ADREP | 4 s1 | Abrantes | 28.06 | |
| 45,17 | | Fábio Rodrigues(92); John Martins(92); Ariel Pereira(92); João Gravato (91) ADRAP | 1 | Machico | 21.06 | |
| 45,29 | | Germano Oliveira(89); Afonso Fernandes(90); Roberto Nóbrega(92); António Ornelas(89) EBMDS | 2 | Lisboa (U) | 31.05 | |
| 45,30 | | Miguel Besouro(90); Rui Pereira(90); Danilo Pereira*(91); Micael Ferreira(90) Sel. Braga de Juv | 4 s3 | Leiria | 18.05 | |
| 45,32 | | Adriano Lopes(91); Jorge Moreira(91); Duarte Silva(92); Diogo Miranda(92) ESCMOV | 1 s2 | Abrantes | 28.06 | |
| | | Tomás Batista(92); Edgar Batista(91); David Rego(91) ; Pedro Machado(91) | | | | |
| (20) | | | | | | |
| 45,55 | | | Sel. Coimbra de Juv | 2 s2 | Leiria | 18.05 |
| 45,72 | | Francisco Mouraz(92); Diogo Cavaco(91); Miguel Roque(92); Rui Esteves(91) AAC | 4 | Coimbra (ECC) | 12.07 | |
| 45,93 | | Miguel Roque(92); Diogo Cavaco(91); Pedro Cardoso(90); Luís Esteves(01) CNRM | 1 s1 | M.Grande | 24.05 | |
| 45,95 | | Rafael Fialho(91); António Almeida(92); Gil Felizardo(91); Luís Crisóstomo(90) Sel. na FISEC | 4 | Malta | 20.07 | |
| 46,00 | | Hélio Vaz(91); Adriano Lopes(91); Claudio Freixo(91);Jorge Moreira(91) Sel. Beja de Juv | 3 s2 | Leiria | 18.05 | |
| | | Carlos Ventura(92); Roberto Antunes(92); Luís Landeiro(91); Diogo Martins(91) | | | | |

4x400 metros (até 3.49,00)

| | | | | | | |
|-------------|------|--|--------|-----------------|-------|-------|
| 3.25,74 | | | CBF | 1 s2 | Luso | 15.06 |
| 3.26,01 | | João Caracol(89); Diogo Silva(91); Gonçalo Almeida(91); Paulo Pinto(91) FCP | 2 s2 | Luso | 15.06 | |
| 3.26,34 | | André Costa(90); Carlos Figueiredo(90); Luís Phalempin(90); Emanuel Neves(90) Sel. Madeira de Juv | 1 s1 | Vieux-Habitants | 29.05 | |
| 3.26,58 | | Hugo Silva(91); Dinarte Gomes(91); João Frias(91); Roberto Nóbrega(92) SLB | 1 | Lisboa (U) | 01.06 | |
| 3.28,50 | | Tiago Silva(92); José Miranda(91); Diogo Reis(89); Fábio Gonçalves(90) JV | 4 s2 | Luso | 15.06 | |
| 3.28,60 | | Miguel Martins(90); Gonçalo Ribeiro(89); João Gradiz(89); Cristiano Carreira(90) JOMA | 1 s1 | Luso | 15.06 | |
| 3.33,17 | | Pedro Bernardo(89); Alexandre Costa(90); Ricardo Fernandes*(91); Rasul Dabo(89) BA | 2 s1 | Luso | 15.06 | |
| 3.34,02 | (pc) | Rodolfo Brites(91); Kevin Gaspar(91); João Oliveira(90); Rodolfo Lacerda(89) SCB | 2 s1 | Espinho | 10.02 | |
| 3.34,42 | | Francisco Correia(89); José Silva(89); Stefano Pinto(90); Miguel Gonçalves(89) ADRAP | 1 s2 | Machico | 20.01 | |
| 3.34,85 | | Afonso Fernandes(90); Germano Oloiveira(89);Roberto Nóbrega(92); João Frias(91) CENAP | 4 | Coimbra (ECC) | 13.07 | |
| | | José Rocha(92); Pedro Gamelas(90); Rui Matos(92); Tiago Gamelas(90) | | | | |
| (10) | | | | | | |
| 3.36,15 | | | GRECAS | 5 s2 | Luso | 15.06 |
| 3.37,21 | | Tiago Neves(91); Diogo Pimentel(89); Tiago Boucela(92); Vicente Julião(90) CASM | 4 | Malta | 18.07 | |
| 3.43,38 | | Miguel Carvalho(91); João Martins(92); Tiago Carvalho(92); Edgar Carrolo(91) JUNI | 3 s1 | Luso | 15.06 | |
| 3.43,54 | (pc) | David Melo(89); Bruno Martins(90); Luís Abreu(90); Gonçalo Dias(90) ADREP | 4 s2 | Espinho | 13.01 | |
| 3.44,01 | | Ariel Pereira(92); John Martins(92); Fábio Rodrigues(92);Jorge Batista(91) GJPB | 2 s2 | Luso | 11.05 | |
| 3.45,56 | | Rui Alves(90); André Ferreira(92); Eliseu Ribeiro(92); Tiago Nunes(90) UDZA | 1 | Abrantes | 11.05 | |
| 3.46,11 | | Tiago Marques(90); Aires Pereira(91); André Marques(91);João Santos(91) GDE | 4 | Ribeira Brava | 13.07 | |
| 3.47,95 | (pc) | Carlos Freitas(92); João Neves(90); Humberto Pires(89); Carlos Silva(89) ASCV | 3 s1 | Espinho | 20.01 | |
| | | Emanuel Oliveira(91); Telmo Carreira(89); Pedro Morgado(91); João Gois(90) | | | | |