

60 m - 7,80 - 8,30

7,48	Sónia Tavares	Sporting CP		21-03-86	1		Pombal	21-02	7,40i-07
7,49	Glória Santo	Sporting CP	STP	13-01-83	1	C. Port	Pombal	28-02	7,55i-05
7,52	Sónia Tavares				1		Espinho	10-01	
7,52	Sónia Tavares				1s	Taça FPA	Espinho	10-01	
7,52	Sónia Tavares				1	CNcl-1	Pombal	14-02	
7,56	Eva Vital	ACDR Arneirense		08-07-92	2		Pombal	21-02	7,98i-07
7,57	Sónia Tavares				1h		Pombal	21-02	
7,57	Glória Santo				1h	C. Port	Pombal	28-02	
7,58	Eva Vital				1h		Pombal	21-02	
7,59	Eva Vital				2	C. Port	Pombal	28-02	
7,59	Sónia Tavares				1h	C. Port	Pombal	28-02	
7,60	Glória Santo				1ex		Pombal	14-02	
7,61	Glória Santo				3		Pombal	21-02	
7,62	Glória Santo				1ex		Espinho	31-01	
7,64	Sara Esteves	CA Mazarefes		24-08-92	3	C. Port	Pombal	28-02	7,91i08
7,64	Eva Vital				1h	C. Port	Pombal	28-02	
7,65	Glória Santo				1h		Pombal	21-02	
7,67	Eva Vital				1	C. Beiras	Espinho	17-01	
7,67	Sónia Tavares				ex	C. Beiras	Espinho	17-01	
7,69	Glória Santo				2s	Taça FPA	Espinho	10-01	
7,70	Andreia Felisberto	JOMA		22-06-86	2		Espinho	10-01	7,79i-05
7,71	Sara Esteves				2h	C. Port	Pombal	28-02	
7,72	Sara Esteves				2ex		Espinho	31-01	
7,72	Cátia Ferreira	Juv Vidigalense		18-06-83	4		Pombal	21-02	7,68i-08
7,73	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	3s	Taça FPA	Espinho	10-01	7,73i-08
7,73	Eva Vital				1mf	C. Beiras	Espinho	17-01	
7,73	Filipa Martins	SL Benfica		13-11-92	1mf	CNJ	Espinho	24-01	
7,73	Tânia Duarte	FC Porto		15-07-90	2	CNcl-1	Pombal	14-02	7,84i-08
7,74	Cátia Ferreira				1	CNcl-2	Pombal	14-02	
7,75	Filipa Martins				1	CNJ	Espinho	24-01	
7,76	Cátia Ferreira				2ex		Pombal	14-02	
7,76	Tânia Duarte				4	C. Port	Pombal	28-02	
7,77	Sara Esteves				2	CNJ	Espinho	24-01	
7,77	Susana Santos	ACDR Arneirense		20-09-90	2h	C. Port	Pombal	28-02	7,81i-08
7,77	Tânia Duarte				3h	C. Port	Pombal	28-02	
7,78	Andreia Felisberto				4s	Taça FPA	Espinho	10-01	
7,78	Tânia Duarte				1mf	CNJ	Espinho	24-01	
7,78	Sara Esteves				1s	CNcl-Ap	Espinho	31-01	
7,78	Tânia Duarte				1	CN23	Pombal	07-02	
7,78	Susana Santos				5	C. Port	Pombal	28-02	
7,79	Tânia Duarte				3	CNJ	Espinho	24-01	
7,79	Filipa Martins				1h	CNJ	Espinho	24-01	
7,79	Cátia Ferreira				2s	CNcl-Ap	Espinho	31-01	
7,79	Tânia Duarte				1h	CN23	Pombal	07-02	
7,80	Cátia Ferreira				2h		Pombal	21-02	
7,83	Ludmila Leal	Sporting CP	STP	03-02-85	3ex		Pombal	14-02	7,85i-05
7,90	Inês Oliveira	SC Braga		15-06-86	5s	CNcl-Ap	Espinho	31-01	7,85i-05/06
7,92	Candida Bairrada	CS Marítimo		31-12-84	5ex		Pombal	14-02	7,82i-08
7,93	Joana Vitorino	CAS Manique		30-05-92	8		Pombal	21-02	
7,95	Bruna Monteiro	GC Bragança		19-02-92	2s		Braga	20-12	8,17i-08
7,99	Viviana Couto	CARDES		10-11-90	4	C. Beiras	Espinho	17-01	7,86i-08
7,99	Liliana Correia	Espanha		06-08-82	2h	CNU	Braga	24-01	7,70i-05
8,01	Susana Vieira	SC Braga		01-02-80	2	C. Norte	Braga	17-01	7,68i-06
8,01	Debora Clemente	SL Benfica		09-11-94	1lni		Alpiarça	07-03	
8,02	Carla Santos	Juv Vidigalense		12-03-91	1mf		Pombal	03-01	8,15i-08
8,03	Ana Silva	Maia AC		11-07-79	3	C. Norte	Braga	17-01	7,97i-08
8,04	Susana Estriga	JOMA		16-07-75	5	CNcl-1	Pombal	14-02	7,83i-08
8,05	Ilizandra Lopes	CF Belenenses		28-02-92	5mf	CNJ	Espinho	24-01	8,25i-08
8,05	Joana Lopes	CLAC		13-10-91	4h	C. Port	Pombal	28-02	8,19i-08

8,06	Simone Silva	GA Fátima		18-01-93	1		Alpiarça	06-12	8,15i-07
8,06	Cristiana Cunha	Gira Sol RC		12-07-91	5h	C. Port	Pombal	28-02	8,10i-08
8,06	Verónica Cardoso	JOMA		20-08-91	5h	C. Port	Pombal	28-02	8,18i-08
8,08	Diana Cerqueira	CA Mazarefes		09-04-93	3		Braga	03-01	
8,08	Sara Dias	Bairro Anjos		06-11-92	4	CNcl-2	Pombal	14-02	
8,09	Andreia Crespo	NDC Gouveia		16-10-93	1h	C. Beiras	Espinho	17-01	8,27i-08
8,10	Cátia Nunes	FC Porto		06-04-90	4	CN23	Pombal	07-02	8,11i-08
8,10	Ilda Martins	JOMA	ANG	26-11-87	2h	CN23	Pombal	07-02	7,90i-06
8,11	Sarah Dias	Juv Vidigalense		15-02-95	2lni		Alpiarça	07-03	8,18i-08
8,14	Lisandra Lopes	GRECAS		07-04-88	1	Rio Largo	Espinho	13-02	8,23i-08
8,14	Shaina Anthony Mags	Sporting CP	NGR	11-04-92	3h		Pombal	21-02	8,28i-08
8,16	Nidia Encarnação	GD Estreito		13-05-91	6	CNcl-1	Pombal	14-02	8,31i-08
8,18	Cátia Jacinto	GCA Donas		26-08-92	2h	C. Beiras	Espinho	17-01	
8,18	Diana Relvas	ES Serafim Leite		12-05-89	4h	CN23	Pombal	07-02	7,98i-07
8,19	Rita Lourenço	SC Braga		05-08-92	2		Braga	07-02	8,22i-08
8,20	Ana Rita Filipe	Juv. Vidigalense		14-12-91	6h		Pombal	21-02	
8,20	Catarina Silva	JA Mozelense		03-04-90	6h	C. Port	Pombal	28-02	8,21i-08
8,22	Joana Costa	UA Povoense		10-11-95	1s		Alpiarça	07-03	8,70i-08
8,23	Elizandra Alberto	AAT Cartaxense		15-12-97	1		Alpiarça	06-12	
8,23	Catarina Amorim	JA Mozelense		03-05-92	3h	C. Beiras	Espinho	17-01	8,55i-08
8,27	Ana Oliveira	SC Braga		94	1s		Braga	13-12	
8,27	Camila Carneiro	FC Porto		05-02-92	5	C. Norte	Braga	17-01	8,38i-08
8,28	Rita Santos	ACD Villa Cesari		24-06-94	1		Pombal	24-01	8,28i-08
8,28	Susana Azevedo	ARC Br. Valongo		04-11-91	8mf	CNJ	Espinho	24-01	8,30i-08
8,30	Dorothe Évora	SL Benfica		28-05-91	6h	CN23	Pombal	07-02	
8,30	Andreia Pinto	CA Mar. Grande		16-04-93	5	CNcl-2	Pombal	14-02	8,28i-08

## 200 m– 26,00 – 28,00

24,34	Patrícia Lopes	Sporting CP		11-07-82	1h	C. Port	Pombal	01-03	24,45i-01
24,34		Patrícia Lopes			1	C. Port	Pombal	01-03	
24,71	Carla Tavares	Sporting CP		22-05-82	2	C. Port	Pombal	01-03	24,62i-08
24,81		Carla Tavares			1s	CNcl-1	Pombal	15-02	
24,88		Carla Tavares			1h	C. Port	Pombal	01-03	
25,00	Glória Santo	Sporting CP	STP	13-01-83	3	C. Port	Pombal	01-03	25,00i-05
25,06		Carla Tavares			1s	CNcl-Ap	Espinho	31-01	
25,12		Glória Santo			2h	C. Port	Pombal	01-03	
25,23	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	1s	CNJ	Espinho	25-01	25,11i-08
25,27	Carla Ratão	FC Porto		06-06-82	2s	CNcl-1	Pombal	15-02	24,78i-07
25,40	Filipa Martins	SL Benfica		13-11-92	2h	C. Port	Pombal	01-03	
25,54	Vera Barbosa	JOMA		13-01-89	1s	CNcl-Ap	Espinho	31-01	25,60i-08
25,55	Tânia Duarte	FC Porto		15-07-90	2s	CNcl-Ap	Espinho	31-01	25,88i-08
25,55		Vera Barbosa			1s	CNcl-1	Pombal	15-02	
25,55		Ungudi Quiawacana			4	C. Port	Pombal	01-03	25,11i-08
25,55		Ungudi Quiawacana			1h	C. Port	Pombal	01-03	25,11i-08
25,57	Susana Vieira	SC Braga		01-02-80	2s	CNcl-1	Pombal	15-02	24,80i-06
25,59		Tânia Duarte			2s	CNJ	Espinho	25-01	
25,64		Tânia Duarte			1s	CN23	Pombal	08-02	
25,67	Carla Santos	Juv Vidigalense		12-03-91	1s		Pombal	04-01	26,20i-08
25,70		Filipa Martins			3s	CNJ	Espinho	25-01	
25,71	Cátia Ferreira	Juv Vidigalense		18-06-83	1s	C. Beiras	Espinho	18-01	25,40i-08
25,74	Joana Frias	GD Estreito		07-03-88	2s	CN23	Pombal	08-02	25,55i-04
25,76		Joana Frias			3s	CNcl-1	Pombal	15-02	
25,76	Susana Santos	ACDR Arneirens		20-09-90	2h	C. Port	Pombal	01-03	26,17i-08
25,77		Susana Santos			1s	CNcl-2	Pombal	15-02	
25,77	Inês Oliveira	SC Braga		15-06-86	3h	C. Port	Pombal	01-03	25,56i-05
25,80		Filipa Martins			5	C. Port	Pombal	01-03	
25,82		Susana Vieira			2s	CNcl-Ap	Espinho	31-01	
25,90	Cátia Nunes	FC Porto		06-04-90	1s	CNJ	Espinho	25-01	26,14i-08
25,92	Cátia Jacinto	GCA Donas		26-08-92	2s	C. Beiras	Espinho	18-01	27,25i-08
25,92		Vera Barbosa			3s	CN23	Pombal	08-02	
25,93	Sara Esteves	CA Mazarefes		24-08-92	3h	C. Port	Pombal	01-03	28,08i-08

25,99		Susana Santos		1s	CN23	Pombal	08-02	
26,01		Joana Frias		1s	CNcl-Ap	Espinho	31-01	
26,07	Carolina Duarte	CF Belenenses		08-01-90	1s	CNcl-Ap	Espinho	31-01
26,08	Graciela Martins	GR Qt. Lomba	ESP	05-04-87	4h	C. Port	Pombal	01-03 25,90i-06
26,22	Sara Dias	Bairro Anjos		06-11-92	1s	CNcl-2	Pombal	15-02 28,29i-08
26,34	Ludmila Leal	Sporting CP	STP	03-02-85	5h	C. Port	Pombal	01-03 25,53i-08
26,45	Liliana Henriques	A. Jardim Serra		12-05-90	4s	CN23	Pombal	08-02
26,48	Cristiana Cunha	Gira Sol RC		17-07-91	2s	CNcl-2	Pombal	15-02 27,12i-08
26,53	Anna Rosa	C Bf Faro		24-12-92	2s	CNcl-Ap	Espinho	31-01
26,67	Andreia Crespo	NDC Gouveia		16-10-93	1s	CNJ	Espinho	25-01
26,69	Bruna Monteiro	GC Bragança		19-02-92	1s	CNJ	Espinho	25-01
26,75	Joana Lopes	CLAC		13-10-91	1s	CN23	Pombal	08-02 27,64i-08
26,83	Lisandra Lopes	GRECAS		07-04-88	3s	CNcl-2	Pombal	15-02 27,06i-07
26,92	Candida Bairrada	CS Marítimo		31-12-84	3s	CNcl-1	Pombal	15-02 26,67i-06
26,94	Verónica Cardoso	JOMA		20-08-91	3s	CNJ	Espinho	25-01
26,95	Goreti Silveira	JD Almansor		25-10-91	1s	CNJ	Espinho	25-01
26,96	Catarina Amorim	JA Mozelense		03-05-92	2s	CNJ	Espinho	25-01 28,18i-08
27,19	Diana Cerqueira	CA Mazarefes		09-04-93	3s	CNcl-Ap	Espinho	31-01
27,21	Dorothe Évora	SL Benfica		28-05-91	2s	CN23	Pombal	08-02
27,33	Joana Pinho	ACR Valdágua		18-03-91	1s	CN23	Pombal	08-02
27,35	Sara Martins	FC Porto		13-11-91	2s	CNJ	Espinho	25-01
27,38	Ana Silva	Maia AC		11-07-79	2		Braga	04-01 26,31i-08
27,43	Catarina Silva	JA Mozelense		03-04-90	5s	CN23	Pombal	08-02 26,91i-08
27,46	Miriam Tavares	ACDR Arneirens		14-05-91	2s	CN23	Pombal	08-02
27,48	Ana Rita Filipe	Juv. Vidigalense		14-12-91	3s	CN23	Pombal	08-02
27,50	Silvia Soares	Gira Sol RC		23-03-92	3	CNJ	Espinho	25-01
27,52	Rita Lourenço	SC Braga		05-08-92	3h	C. Norte	Braga	18-01
27,58	Kelly Oliveira	ACD Villa Cesari		25-01-92	4s	CNJ	Espinho	25-01 28,33i-08
27,69	Andreia Pinto	CA Mar. Grande		16-04-93	3s	CNcl-2	Pombal	15-02
27,70	Susana Azevedo	ARC Br. Valongo		04-11-91	4s	CN23	Pombal	08-02
27,81	Lúisa Correia	Esc. Mov		18-05-92	1h	C. Norte	Braga	18-01 27,61i-08
27,85	Maria Inês Tapadas	ADR Aguas Belas		28-11-90	2s	CNJ	Espinho	25-01 27,55i-08
27,90	Sandra Borges	Gira Sol RC		15-11-83	2s	C. Beiras	Espinho	18-01 26,98i-07
27,93	Cátia Rodrigues	SC Braga		12-02-92	5s	CNJ	Espinho	25-01
27,94	Joana Pinho	ACR Valdágua		18-03-91	3s	C. Beiras	Espinho	18-01
27,98	Telma Neto	ACR Vale Cambra		12-10-92	3s	CNJ	Espinho	25-01 27,45i-08

### 300 m – 46,00

43,96	Catarina Amorim	JA Mozelense		03-05-92	1		Espinho	28-12 28,18i-08
44,14	Kelly Oliveira	ACD Villa Cesari		25-01-92	2		Espinho	28-12 44,21i-08
45,13	Bruna Silva	Juv. Vidigalense		14-11-94	1		Pombal	24-01 46,77i-08
45,41	Mariana Correia	NDC Gouveia		07-10-94	2		Pombal	24-01 47,16i-08

### 400 m– 59,00 - 63,00

53,87	Patrícia Lopes	Sporting CP		11-07-82	1s		Pombal	21-02 55,61i-02
54,04		Patrícia Lopes			4h	C. Europa	Turim-Ita	06-03
54,31		Patrícia Lopes			1s	CNcl-Ap	Espinho	31-01
55,02		Patrícia Lopes			1s	Taça FPA	Espinho	10-01
55,59		Patrícia Lopes			1	CNcl-1	Pombal	14-02
55,84	Vera Barbosa	JOMA		13-01-89	2	CNcl-1	Pombal	14-02 57,15i-08
55,97	Carla Ratão	FC Porto		06-06-82	1s	C. Port	Pombal	28-02 55,63i-08
56,02	Maria Carmo Tavares	Sporting CP		27-04-74	2s	Taça FPA	Espinho	10-01 52,77i-98
56,18		Carla Ratão			3	CNcl-1	Pombal	14-02
56,28	Joceline Monteiro	Sporting CP		10-05-90	2s		Pombal	21-02
56,50		Joceline Monteiro			2s	C. Port	Pombal	28-02
56,61		Carla Ratão			1		Aubiere	10-01
56,61	Cátia Nunes	FC Porto		06-04-90	2s	CNcl-Ap	Espinho	31-01
56,68	Carla Tavares	Sporting CP		22-05-82	3s	C. Port	Pombal	28-02 58,02i-01
56,72		Vera Barbosa			3s	CNcl-Ap	Espinho	31-01
56,88	Joana Frias	GD Estreito		07-03-88	4	CNcl-1	Pombal	14-02 57,16i-05

56,89		Joana Frias			4s	CNcl-Ap	Espinho		31-01	
57,09		Cátia Nunes			1s	CNJ	Espinho		24-01	
57,28		Joana Frias			1s	CN23	Pombal		07-02	
57,28		Cátia Nunes			4s	C. Port	Pombal		28-02	
57,56		Joceline Monteiro			3s	Taça FPA	Espinho		10-01	
57,60		Vera Barbosa			2s	CN23	Pombal		07-02	
57,63		Vera Barbosa			1s	Taça FPA	Espinho		10-01	
57,63		Carla Tavares			4s	Taça FPA	Espinho		10-01	
57,63	Catarina Costa		C Bf Faro	03-08-89	3s	CN23	Pombal		07-02	
58,02	Maria Céu Nunes		SC Braga	17-09-76	1s	C. Port	Pombal		28-02	55,28i-00
58,04		Catarina Costa			1s	CNcl-Ap	Espinho		31-01	
58,11	Liliana Henriques		A. Jardim Serra	12-05-90	3s		Pombal		21-02	
58,12	Carolina Duarte		CF Belenenses	08-01-90	4s		Pombal		21-02	60,72i-08
58,32		Joana Frias			1s	CNU	Braga		24-01	
58,32		Liliana Henriques			2s	CNJ	Espinho		24-01	
58,32		Maria Céu Nunes			5	CNcl-1	Pombal		14-02	
58,39		Carolina Duarte			2s	C. Port	Pombal		28-02	
58,43		Carolina Duarte			1s	CN23	Pombal		07-02	
58,47	Sandra Teixeira		Sporting CP	13-07-78	2s	Taça FPA	Espinho		01-01	55,29i-01
58,51	Graciela Martins		GR Qt. Lomba	ESP 05-04-87	3s	C. Port	Pombal		28-02	59,12i-06
58,52		Liliana Henriques			4s	CN23	Pombal		07-02	
58,63		Maria Céu Nunes			5s	CNcl-Ap	Espinho		31-01	
59,13	Susana Estriga		JOMA	16-07-75	1s		Pombal		21-02	58,41i-07
59,34	Carla Santos		Juv Vidigalense	12-03-91	2s		Pombal		21-02	62,06i-08
59,43	Nádia Gaspar		SL Benfica	07-10-90	1s	C. Port	Pombal		28-02	59,51i-08
59,48	Susana Godinho		ARB Valboenses	05-07-92	1	C. Norte	Braga		17-01	61,39i-08
59,57	Sónia Tavares		Sporting CP	21-03-86	ex	C. Beiras	Espinho		17-01	
59,68	Leslie Delgado		FC Porto	25-06-89	2s	C. Port	Pombal		28-02	63,17i-08
59,81	Cátia Jacinto		GCA Donas	26-08-92	1s	CNJ	Espinho		24-01	
59,91	Marta Pen Freitas		EMD. Saraiva	31-07-93	3s	C. Port	Pombal		28-02	
59,94	Ludmila Leal		Sporting CP	STP 03-02-85	5s		Pombal		21-02	57,66i-08
60,01	Isabel Areias		Gira Sol RC	27-01-85	2	CNcl-2	Pombal		14-02	58,73i-06
60,29	Cristiana Cunha		Gira Sol RC	17-07-91	2s	CNcl-Ap	Espinho		31-01	60,87i-08
60,80	Neide Dias		CF Belenenses	ANG 11-08-87	2s	CN23	Pombal		07-02	59,56i-08
60,82	Miriam Tavares		ACDR Arneirenses	14-05-91	2s	CNcl-Ap	Espinho		31-01	
60,87	Goreti Silveira		JD Almansor	25-10-91	2s	CNJ	Espinho		24-01	
61,06	Vanda Pinto		SC Braga	15-09-93	1h	C. Norte	Braga		17-01	
61,26	Manuela Bernardo		GCA Donas	05-10-87	2s	C. Beiras	Espinho		17-01	59,66i-08
61,32	Tânia Caires		CS Marítimo	03-12-87	6	CNcl-1	Pombal		14-02	60,89i-08
61,45	Anna Rosa		C Bf Faro	24-12-92	5s	CNJ	Espinho		24-01	
61,69	Inês Oliveira		SC Braga	15-06-86	1		Braga		27-12	60,17i-07
61,95	Ana Correia		Liberdade FC-Set	CPV 29-12-90	6s	CNJ	Espinho		24-01	
62,00	Mariana Brás		SCU Torreense	29-11-93	1s	CNJ	Espinho		24-01	
62,00	Isabel Sousa		GRECAS	14-05-84	3s	CNcl-Ap	Espinho		31-01	60,13i-02
62,05	Soraia Silva		C Bf Faro	88	4s	CN23	Pombal		07-02	61,36i-08
62,07	Catarina Amorim		JA Mozelense	03-05-92	3s	CNcl-Ap	Espinho		31-01	
62,24	Lisandra Lopes		GRECAS	07-04-88	4	CNcl-2	Espinho		14-02	
62,42	Celia Gonçalves		Bairro Anjos	07-06-83	1s	CNcl-Ap	Espinho		31-01	
62,61	Patrícia I. Pereira		Juv Vidigalense	20-04-83	4s	CNcl-Ap	Espinho		31-01	60,34i-05
62,72	Cristina Rodrigues		CA Mazarefes	19-10-91	2		Braga		13-12	
62,77	Ana Rita Fernandes		ACDR Arneirenses	20-04-93	1s	Taça FPA	Espinho		10-01	

### 800m - 2.15,0 - 2.25,0

2.06,01	Sandra Teixeira		Sporting CP	13-03-78	1s	C. Port	Pombal		01-03	2.02,47i-01
2.06,21		Sandra Teixeira			1		Pombal		21-02	
2.07,26	Maria Carmo Tavares		Sporting CP	27-04-74	2s	C. Port	Pombal		01-03	2.03,47i-05
2.07,65	Lilian Silva		FC Porto	30-03-82	3s	C. Port	Pombal		01-03	2.07,15i-08
2.08,42		Maria Carmo Tavares			1	CNcl-1	Pombal		15-02	
2.08,74	Jessica Augusto		Individual	08-11-81	4s	C. Port	Pombal		01-03	2.07,97i-02
2.09,40		Lilian Silva			2	CNcl-1	Pombal		15-02	
2.11,61	Maria Céu Nunes		SC Braga	17-09-76	5s	C. Port	Pombal		01-03	2.05,63i-02

2.12,19	Lidia Sousa	FC Porto		26-08-88	1s	C. Port	Pombal	01-03	2.11,14i-06
2.12,42	Maria Céu Nunes				2		Pombal	21-02	
2.13,08	Diana Freitas	ARB Valboenses		01-11-91	2s	C. Port	Pombal	01-03	2.14,26i-08
2.13,80	Solange Fernandes	SL Benfica		31-07-91	3		Pombal	21-02	
2.14,20	Lidia Sousa				1	CN23	Pombal	08-02	
2.14,92	Susana Godinho	ARB Valboenses		05-07-92	3s	C. Port	Pombal	01-03	2.20,20i-08
2.15,07	Tânia Silva	Liberdade FC		24-05-88	4s	C. Port	Pombal	01-03	2.16,50i-08
2.15,35	Mariana Brás	SCU Torreense		29-11-93	5s	C. Port	Pombal	01-03	2.24,77i-07
2.16,14	Diana Soares	ARB Valboenses		02-08-92	2	C. Norte	Braga	18-01	2.11,70i-08
2.16,70	Isabel Areias	Gira Sol RC		27-01-85	4		Pombal	21-02	2.20,08i-06
2.16,76	Liliana Henriques	A. Jardim Serra		12-05-90	3s	CNJ	Espinho	25-01	
2.17,37	Marisa Borges	JOMA		02-12-89	4	CNcl-1	Pombal	15-02	2.20,07i-08
2.17,70	Ana Mafalda Ferreira	GD Estreito		22-04-88	5	CNcl-1	Pombal	15-02	
2.17,82	Sofia Pereira	CS Marítimo		01-09-80	6	CNcl-1	Pombal	15-02	2.12,11i-04
2.18,51	Marta Pen Freitas	EMD. Saraiva		31-07-93	2s	C. Port	Pombal	01-03	
2.19,13	Joana Costa	SC Braga		12-05-88	3s	CNcl-Ap	Espinho	31-01	2.12,47i-08
2.19,57	Vanda Pinto	SC Braga		15-09-93	6s	CNJ	Espinho	25-01	2.30,79i-08
2.19,64	Neide Dias	CF Belenenses	ANG	11-08-87	4s	CNcl-Ap	Espinho	31-01	2.15,03i-07
2.19,70	Patrícia Mamona	JOMA		21-11-88	Pen	ACC	Blacksburg-USA	26-02	
2.20,51	Sónia Catarina Lima	UD Varzea		10-05-90	4s	C. Port	Pombal	01-03	2.23,36i-08
2.20,70	Patrícia I. Pereira	Juv Vidigalense		20-04-83	2	CNcl-2	Pombal	15-02	2.13,30i-06
2.21,29	Ana Rita Fernandes	ACDR Arneirens		20-04-93	3	CNcl-2	Pombal	15-02	
2.21,63	Mónica Simões	NA Cucujães		01-01-89	2	C. Beiras	Espinho	18-01	2.22,95i-08
2.22,07	Olga Pinto	GD Estreito		31-05-75	8s	CNcl-Ap	Espinho	31-01	2.13,19i-07
2.22,31	Marisa Ferreira	UD Varzea		20-08-92	8s	CNJ	Espinho	25-01	2.24,32i-07
2.22,89	Marta Martins	ARB Valboenses		15-01-92	1		Braga	07-02	2.29,63i-08
2.23,27	Isabel Sousa	GRECAS		14-05-84	4	CNcl-2	Pombal	15-02	2.19,78i-04
2.23,70	Joana Domingos	ACDR Arneirens		15-11-93	1s	CNJ	Espinho	25-01	
2.24,48	Ana Correia	Liberdade FC-Set	CPV	29-12-90	2s	CNJ	Espinho	25-01	
2.24,62	Ana Rita Miranda	Juv. Vidigalense		87	2		Pombal	20-12	2.22,72i-08

### 1000 m – 3.00,0

2.51,66	Lilian Silva	FC Porto		30-03-82	ex		Braga	03-01	
2.53,33	Diana Soares	ARB Valboenses	RNjv	02-08-92	1		Braga	03-01	2.57,92i-07
2.58,15	Susana Godinho	ARB Valboenses		05-07-92	2		Braga	03-01	3.02,25i-08
2.59,99	Marisa Ferreira	UD Varzea		20-08-92	3		Braga	03-01	3.05,78i-08

### 1500 m – 4.35,0 - 4.50,0

4.10,56	Jessica Augusto	Individual		08-11-81	4		Valência	14-02	4.13,31i-08
4.11,87	Inês Monteiro	Maratona CP		16-05-80	1	C. Port	Pombal	28-02	4.14,45i-03
4.12,94	Jessica Augusto				2	C. Port	Pombal	28-02	
4.13,69	Jessica Augusto				tp	KBC	Gent-Bel	08-02	
4.15,91	Sandra Teixeira	Sporting CP		13-03-78	3	C. Port	Pombal	28-02	4.10,84i-05
4.16,28	Sara Moreira	Maratona CP		17-10-85	4	C. Port	Pombal	28-02	4.35,17i-07
4.18,53	Sandra Teixeira				8h	C. Europa	Turim-Ita	06-03	
4.26,74	Lilian Silva	FC Porto		30-03-82	5	C. Port	Pombal	28-02	4.21,20i-08
4.26,79	Sandra Teixeira				1s	CNcl-Ap	Espinho	31-01	
4.27,72	Lidia Sousa	FC Porto		26-08-88	6	C. Port	Pombal	28-02	4.26,30i-06
4.27,73	Lidia Sousa				2s	CNcl-Ap	Espinho	31-01	
4.28,98	Lidia Sousa				1	C. Norte	Braga	17-01	
4.29,56	Daniela Cunha	UD Varzea		30-04-90	2	C. Norte	Braga	17-01	4.32,46i-08
4.29,89	Sónia Fernandes	FC Porto		03-05-83	7	C. Port	Pombal	28-02	4.25,82i-03
4.30,73	Tânia Silva	Liberdade FC		24-05-88	3	C. Norte	Braga	17-01	10.36,02i-05
4.31,13	Diana Freitas	ARB Valboenses		01-11-91	8	C. Port	Pombal	28-02	4.39,49i-08
4.31,21	Diana Soares	ARB Valboenses		02-08-92	9	C. Port	Pombal	28-02	4.33,67i-08
4.31,78	Diana Soares				4	C. Norte	Braga	17-01	
4.33,06	Lidia Sousa				1	CN23	Pombal	07-02	
4.33,63	Daniela Cunha				1	CNJ	Espinho	24-01	
4.34,46	Sónia Fernandes				5	C. Norte	Braga	17-01	
4.37,24	Ana Mafalda Ferreira	GD Estreito		22-04-88	5	CN23	Pombal	07-02	4.44,86i-08

4.38,6	Solange Pereira da Cruz	Espanha		12-12-89	1		Vigo	11-01	4.36,03i-07
4.39,71	Celma Bonfim	JOMA	STP	23-12-77	3s	CNcl-Ap	Espinho	31-01	4.37,89i-08
4.39,99	Clarisse Cruz	Sporting CP		09-07-78	ex		Espinho	03-01	4.23,63i-02
4.40,05	Marisa Ferreira	UD Varzea		20-08-92	2	CNJ	Espinho	24-01	4.48,87i-08
4.42,93	Joana Costa	SC Braga		12-05-88	3	CNcl-1	Pombal	14-02	
4.45,86	Sónia Catarina Lima	UD Varzea		10-05-90	4	CNJ	Espinho	24-01	5.03,14i-07
4.45,97	Marta Martins	ARB Valboenses		15-01-92	5	CNJ	Espinho	24-01	4.58,74i-08
4.47,48	Ercília Machado	SC Braga		24-12-86	5s	CNcl-Ap	Espinho	31-01	4.26,36i-08
4.48,73	Eugénia Peixoto	UD Varzea		10-06-93	6	CNJ	Espinho	24-01	
4.55,15	Catarina Carvalho	UD Zona Alta		01-03-92	1		Pombal	03-01	5.10,21i-07

### Milha/Mile -5.40,0

4.32,58	Jessica Augusto	Individual		08-11-81	5	KBC	Gent-Bel	08-02	4.13,31i-08
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### 3000 m - 9.50,0 - 11.00,0

8.44,81	Jessica Augusto	Individual		08-11-81	2	Avia	Birmingham-GBR	21-02	8.46,29i-08
8.48,18	Sara Moreira	Maratona CP		17-10-85	2	C. Europa	Turim-Ita	08-03	9.09,41i-08
8.53,04		Jessica Augusto			2		Lievin-Fra	10-02	
8.53,27		Sara Moreira			2		Valência	14-02	
8.54,97	Inês Monteiro	JOMA		18-08-80	2		Valência	14-02	8.58,17i-05
8.58,09		Sara Moreira			4h	C. Europa	Turim-Ita	07-03	
8.59,97		Inês Monteiro			5	Avia	Birmingham-GBR	21-02	
9.00,20		Jessica Augusto			4h	C. Europa	Turim-Ita	07-03	
9.01,88		Inês Monteiro			7h	C. Europa	Turim-Ita	07-03	
9.04,48		Jessica Augusto			10	C. Europa	Turim-Ita	07-03	
9.08,18		Sara Moreira			1	C. Port	Pombal	01-03	
9.09,61	Sonja Roman	FC Porto	SLO	11-03-79	1	CNcl-1	Pombal	15-02	8.54,24i-08
9.12,15	Sandra Teixeira	Sporting CP		13-03-78	2	CNcl-1	Pombal	15-02	9.28,66i-08
9.14,34		Inês Monteiro			12	C. Europa	Turim-Ita	07-03	
9.20,81	Ana Dulce Felix	SC Braga		23-10-82	3	CNcl-1	Pombal	15-02	9.30,87i-08
9.24,65		Ana Dulce Felix			1	CNcl-Ap	Espinho	31-01	
9.28,58	Madalena Carriço	GD Estreito		06-01-79	2	CNcl-Ap	Espinho	31-01	9.25,32i-06
9.30,20	Sónia Fernandes	FC Porto		03-05-83	2	C. Port	Pombal	01-03	9.30,52i-01
9.31,42	Clarisse Cruz	Sporting CP		09-07-78	ex		Espinho	04-01	9.25,22i-02
9.31,67		Sónia Fernandes			1		Pombal	21-02	
9.32,46		Sónia Fernandes			3	CNcl-Ap	Espinho	31-01	
9.35,54	Solange Jesus	ADERCUS		07-01-87	3	C. Port	Pombal	01-03	9.52,36i-08
9.36,96		Clarisse Cruz			4	CNcl-Ap	Espinho	31-01	
9.39,45		Clarisse Cruz			ex	C. Beiras	Espinho	18-01	
9.39,90	Solange Pereira da Cruz	Espanha		12-12-89	4		Valência	31-01	9.46,16i-08
9.40,64		Sónia Fernandes			1	C. Norte	Braga	18-01	
9.40,82	Carla Martinho	ADERCUS		04-11-76	1	C. Beiras	Espinho	18-01	9.29,25i-07
9.42,57		Clarisse Cruz			ex		Pombal	20-12	
9.42,91	Diana Soares	ARB Valboenses	RNi Jr	02-08-92	4	C. Port	Pombal	01-03	9.58,72i-08
9.43,1		Solange Pereira da Cruz			1		Vigo	04-01	
9.44,59	Daniela Cunha	UD Varzea		30-04-90	1	CNJ	Espinho	25-01	
9.46,32		Daniela Cunha			1	CN23	Pombal	08-02	
9.46,72	Ana Mafalda Ferreira	GD Estreito		22-04-88	2	CN23	Pombal	07-02	10.02,35i-08
9.47,13		Solange Jesus			2	C. Beiras	Espinho	18-01	
9.47,35		Solange Jesus			3	CN23	Pombal	08-02	
9.47,49	Lilian Silva	FC Porto		30-03-82	2		Pombal	21-02	
9.58,13	Mónica Silva	FC Porto		25-11-83	2	C. Norte	Braga	18-01	9.55,43i-05
9.58,45	Marina Bastos	JOMA		07-07-71	5	CNcl-Ap	Espinho	31-01	8.49,55i-01
10.01,42	Sara Catarina Ribeiro	FC Vizela		31-05-90	2	CNJ	Espinho	25-01	9.59,05i-08
10.03,60	Susana Godinho	ARB Valboenses		05-07-92	1		Braga	08-02	
10.03,62	Eugénia Peixoto	UD Varzea		10-06-93	3	CNJ	Espinho	25-01	
10.07,79	Olga Pinto	GD Estreito		31-05-75	6	C. Port	Pombal	01-03	10.00,20i-07
10.08,40	Marta Martins	ARB Valboenses		15-01-92	4	CNJ	Espinho	25-01	10.35,80i-08
10.16,37	Andreia Jesus	ACR Sra. Desterro		06-03-85	3	C. Beiras	Espinho	18-01	10.16,66i-05
10.22,09	Diana Freitas	ARB Valboenses		01-11-91	2		Braga	13-12	10.32,90i-07

10.26,45	Tânia Ferreira	GJP Bemposta		17-10-87	6	CNcl-Ap	Espinho	31-01	10.57,18i-08
10.26,63	Ana Paula Rodrigues	CA Riachense		12-05-91	7	CNcl-Ap	Espinho	31-01	
10.33,98	Catarina Carvalho	UD Zona Alta		01-03-92	8	CNcl-Ap	Espinho	31-01	10.47,95i-08
10.36,80	Vanessa Rosa	UD Zona Alta		92	3		Pombal	21-02	
10.42,37	Telma Silva	GDAC Bouça		83	4	C. Beiras	Espinho	18-01	10.49,90i-08
10.43,12	Ana Nunes	GJP Bemposta		12-11-88	5	C. Beiras	Espinho	18-01	10.33,94i-07
10.47,20	Ana Patrícia Monteiro	ADCCJ Clark		22-06-89	6	C. Beiras	Espinho	18-01	
10.47,26	Sofia Almeida	FC Vizela		30-04-91	3		Braga	13-12	
10.50,95	Fiona Gonçalves	ADC Praia Falésia	GBR	61	9	CNcl-Ap	Espinho	31-01	
10.51,01	Lúcia Ribeiro	CAO Vianense		03-01-91	8	CNJ	Espinho	25-01	10.10,04i-08
10.53,04	Barbara Ferreira	SC Braga		09-12-91	3		Braga	27-12	
10.53,25	Maria Joaquina Gonçalves	SC Braga		28-11-91	3	C. Norte	Braga	18-01	
10.53,45	Joana Domingos	ACDR Arneirens		15-11-93	10	CNcl-Ap	Espinho	31-01	
10.54,07	Cátia Lopes	SSTSJ Madeira		11-06-93	9	CNJ	Espinho	25-01	
10.58,11	Adelina Moreiras	Juv. Vidigalense		08-10-79	1	CNcl-2	Pombal	15-02	10.22,65i-08
10.58,32	Cristina Costa	Sportzone RT		13-09-89	4	C. Norte	Braga	18-01	10.26,53i-08

### 60 m B – 9,00 - 10,50

8,41	Patrícia Mamona	JOMA		21-11-88	2	VT Elite	Blackburg-USA	06-02	8,81i-05
8,46		Patrícia Mamona			2h	ACC	Blackburg-USA	27-02	
8,47		Patrícia Mamona			Pen	ACC	Blackburg-USA	26-02	
8,48		Patrícia Mamona			1h	VT Elite	Blackburg-USA	06-02	
8,48		Patrícia Mamona			8	ACC	Blackburg-USA	28-02	
8,52		Patrícia Mamona			Pen	JRF	Clemson-USA	30-01	
8,56	Eva Vital	ACDR Arneirens	RNi jv	08-07-92	1	C. Port	Pombal	01-03	8,93i-08
8,57		Eva Vital	RNi jv		1	CNcl-2	Pombal	14-02	
8,60		Eva Vital	RNi jv		1s	CNcl-Ap	Espinho	31-01	
8,63		Patrícia Mamona			7	Hokie	Blackburg-USA	16-01	
8,63		Patrícia Mamona			1h	Hokie	Blackburg-USA	16-01	
8,63		Eva Vital			1	CNJ	Espinho	25-01	
8,66		Patrícia Mamona			2s	Clemson	Clemson-USA	09-01	
8,72		Eva Vital			1s	Taça FPA	Espinho	10-01	
8,72	Mónica Lopes	Sporting CP		18-01-86	1	CNcl-1	Pombal	14-02	8,70i-08
8,76		Eva Vital			1h	CNJ	Espinho	25-01	
8,81		Mónica Lopes			2s	Taça FPA	Espinho	10-01	
8,86		Eva Vital			1h	C. Port	Pombal	01-03	
8,89		Eva Vital			1	C. Beiras	Espinho	18-01	
8,93		Eva Vital			1h	C. Beiras	Espinho	18-01	
8,93		Mónica Lopes			2s	CNcl-Ap	Espinho	31-01	
9,00	Fernanda Borba	C Operario D		02-03-81	1h	C. Port	Pombal	01-03	8,76i-01/08
9,03	Susana Estriga	JOMA		16-07-75	3	C. Port	Pombal	01-03	8,95i-08
9,05	Tânia Caires	CS Marítimo		03-12-87	4	C. Port	Pombal	01-03	9,33i-06
9,15	Patrícia Vieira	FC Porto		18-04-79	2	CNcl-1	Pombal	14-02	8,33i-05
9,15	Lecabela Quaresma	JOMA	STP	26-12-89	3h	C. Port	Pombal	01-03	
9,18	Sara Esteves	CA Mazarefes		24-08-92	1	CNJ	Espinho	25-01	
9,24	Sofia Pires	CA Terceira		01-10-86	Pen	C. Port	Pombal	01-03	9,20i-07
9,26	Cristiana Cunha	Gira Sol RC		12-07-91	2h	C. Port	Pombal	01-03	9,47i-08
9,33	Witiney Barata	ARC Br. Valongo		31-01-88	Pen	C. Port	Pombal	01-03	9,27i-07
9,35	Leslie Delgado	FC Porto		25-06-89	4h	C. Port	Pombal	01-03	9,57i-07
9,37	Vanessa Rocha	GD Estreito		02-01-90	4s	CNcl-Ap	Espinho	31-01	9,34i-08
9,37	Cláudia Rodrigues	C Operario D		11-11-89	Pen	C. Port	Pombal	01-03	9,87i-08
9,41	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	2h	CNJ	Espinho	25-01	
9,43	Catarina Costa	C Bf Faro		03-08-89	Pen	C. Port	Pombal	01-03	9,84i-08
9,44	Carla Gama	GD Cavadas		24-11-90	6s	Taça FPA	Espinho	10-01	9,43i-08
9,48	Carmezinda Nascimento	Sporting CP		21-12-89	1s	Taça FPA	Espinho	10-01	9,67i-08
9,55	Nádia Gaspar	SL Benfica		07-10-90	3h	CN23	Pombal	08-02	9,35i-08
9,63	Anabela Neto	Sporting CP		25-03-91	4ex		Espinho	31-01	9,68i-08
9,63	Márcia Vieira	EC+S Lavra		04-01-91	5h	C. Port	Pombal	01-03	9,54i-08
9,65	Marisa Vieira	CS Marítimo		30-12-79	Pen	C. Port	Pombal	01-03	9,09i-05
9,73	Ana Rita Pedreiras	Gira Sol RC		27-01-93	1s	CNcl-Ap	Espinho	31-01	
9,74	Sofia Melo	CDE Povoação		20-01-92	5h	C. Port	Pombal	01-03	

9,84	Andreia Crespo	NDC Gouveia		16-10-93	4h	CNJ	Espinho	25-01	
9,90	Sandra Borges	Gira Sol RC		15-11-83	1h		Pombal	04-01	9,13i-06
9,92	Daniela Ferreira	Juv. Vidigalense		22-06-89	Pen		Espinho	28-12	9,74i-08
9,93	Ana Abreu	GRECAS		13-06-88	3	CNCl-2	Pombal	14-02	9,83i-06
9,98	Rubina Serrão	CS Marítimo		25-12-81	5ex		Espinho	31-01	9,53i-06
10,07	Diana Morgado	Bairro Anjos		16-11-89	4	CNCl-2	Pombal	14-02	10,01i-08
10,10	Cristiana Silva	JOMA		24-03-91	4h	CNJ	Espinho	25-01	
10,15	Ana Cláudia Faria	ACDR Arneirense		90	6	C. Beiras	Espinho	18-01	
10,20	Teresa Ribeiro	FC Porto		23-08-88	1h	C. Norte	Braga	18-01	9,79i-07
10,20	Ana Patrícia Inácio	CA Mar. Grande		11-02-91	2s	CNCl-Ap	Espinho	31-01	
10,26	Debora Tavares	GCD Sanfins		11-05-93	3h	C. Beiras	Espinho	18-01	
10,27	Elisabete Silva	C Operario D		25-04-92	4h	CNJ	Espinho	25-01	
10,28	Tânia Tristão	CP Pontevel		03-01-92	1		Pombal	04-01	
10,37	Carla Pinhão	FC Porto		21-04-90	3	C. Norte	Braga	18-01	9,96i-07
10,38	Nanci Sousa	Juv Vidigalense		28-09-90	Pen		Pombal	27-12	
10,38	Carolina Duarte	CF Belenenses		08-01-90	1s	CNCl-Ap	Espinho	31-01	
10,41	Joana Araújo	SC Braga		05-01-90	ex		Braga	10-01	10,12i-06
10,42	Rute Fernandes	GD Estreito		08-08-80	5	CNCl-1	Pombal	14-02	
10,47	Ana Patrícia Mendes	ADC Praia Falésia		87	4s	CNCl-Ap	Espinho	31-01	

### Altura/High Jump – 1,60 - 1,50

1,82	Natalija Cakova	FC Porto	LET	20-10-80	1	CNCl-1	Pombal	15-02	1,86i-07
1,77	Marisa Anselmo	Sporting CP		06-09-87	2	CNCl-1	Pombal	15-02	1,83i-06
1,75		Marisa Anselmo			1	Taça FPA	Espinho	11-01	
1,75		Marisa Anselmo			1	Rio Largo	Espinho	13-02	
1,74	Sofia Pires	CA Terceira		01-10-86	Pen	Taça FPA	Espinho	11-01	1,78i-06
1,74		Marisa Anselmo			1	C. Port	Pombal	01-03	
1,74	Joana Flores	CA Terceira		08-10-89	2	C. Port	Pombal	01-03	1,70i-07
1,73		Marisa Anselmo			ex	C. Beiras	Espinho	18-01	
1,73		Marisa Anselmo			1	CN23	Pombal	08-02	
1,72	Catarina Costa	C Bf Faro		03-08-89	Pen	C. Port	Pombal	01-03	1,60i-05
1,72		Sofia Pires			Pen	C. Port	Pombal	01-03	
1,71	Cláudia Rodrigues	C Operario D		11-11-89	Pen	Taça FPA	Espinho	11-01	1,65i-08
1,71		Joana Flores			2	CN23	Pombal	08-02	
1,70		Marisa Anselmo			ex		Pombal	20-12	
1,70		Marisa Anselmo			1	CNCl-Ap	Espinho	31-01	
1,69	Patrícia Mamona	JOMA		21-11-88	Pen	JRF	Clemson-USA	30-01	1,65i-04
1,68		Catarina Costa			3	CN23	Pombal	08-02	
1,67		Cláudia Rodrigues			1		Alcanena	23-11	
1,66		Cláudia Rodrigues			1		Pombal	27-12	
1,66		Cláudia Rodrigues			Pen	C. Port	Pombal	01-03	
1,65		Joana Flores			2	Taça FPA	Espinho	11-01	
1,65		Catarina Costa			Pen	Taça FPA	Espinho	11-01	
1,65		Patrícia Mamona			Pen	ACC	Blacksburg-USA	26-02	
1,64	Liliana Viana	FC Porto		14-08-85	3	C. Port	Pombal	01-03	1,74i-04
1,63	Witiney Barata	ARC Br. Valongo		31-01-88	Pen	C. Port	Pombal	01-03	1,56i-08
1,62	Anabela Neto	Sporting CP		25-03-91	Pen		Espinho	28-12	1,64i-07
1,62		Liliana Viana			2	CNCl-Ap	Espinho	31-01	
1,62	Lecabela Quaresma	JOMA	STP	26-12-89	4	CN23	Pombal	08-02	1,53i-08
1,62		Cláudia Rodrigues			5	CN23	Pombal	08-02	
1,62		Anabela Neto			2	Rio Largo	Espinho	13-02	
1,60		Anabela Neto			1	CNJ	Espinho	25-01	
1,60	Ana Oliveira	GA Fátima		95	1		Pombal	06-02	1,50i-08
1,60	Magali Gomes	EMD. Saraiva		01-01-91	4	C. Port	Pombal	01-03	
1,60		Anabela Neto			5	C. Port	Pombal	01-03	
1,60	Marisa Vieira	CS Marítimo		30-12-79	Pen	C. Port	Pombal	01-03	1,65i-04
1,59	Rute Lopes	Gira Sol RC		17-02-92	TT		Pombal	24-01	1,54i-08
1,57	Ana Monjane	SC Braga		01-01-93	1		Braga	03-01	1,52i-08
1,57	Ana Rita Pereira	SC Braga		14-05-91	4	CNCl-Ap	Espinho	31-01	1,62i-07
1,56	Alexandra Marques	GRECAS		30-07-91	Pen		Espinho	28-12	1,54i-08
1,55	Ana Rita Pedreiras	Gira Sol RC		27-01-93	TT		Pombal	24-01	1,43i-08



1,54	Ana Vasconcelos	ACDR Arneirense	18-07-92	1		Pombal	28-12	1,56i-07
1,52	Daniela Ferreira	Juv. Vidigalense	22-06-89	5	CNCl-Ap	Pombal	31-01	1,56i-06
1,50	Beatryza Lyachenco	CA Mar. Grande	UCR	21-06-91	1	Pombal	20-12	1,57i-07
1,50	Sara Esteves	CA Mazarefes	24-08-92	2		Braga	03-01	1,46i-08
1,50	Ana Cristina Costa	SC Braga	09-11-89	1	CNU	Braga	24-01	1,53i-07/08
1,50	Cátia Costa	Monte Kapa ED	29-04-91	7	CNJ	Espinho	25-01	1,50i-08

### Vara/Pole Vault – 3,80 - 2,50

4,35	Eleonor Tavares	França	24-09-85	9q	C. Europa	Turim-Ita	06-03	4,15i-07
4,32	Eleonor Tavares			2		Paris	15-02	
4,30	Eleonor Tavares			2		Eaubonne	06-02	
4,25	Elisabete Tavares-Ansel	Sporting CP	07-03-80	1	C. Port	Pombal	28-02	4,40i-08
4,25	Eleonor Tavares			2	C. Port	Pombal	28-02	
4,23	Eleonor Tavares			2		Aulnay-sous-bois	06-12	
4,20	Sandra Helena Tavares	FC Porto	29-05-82	3		Metz	28-01	4,31i-08
4,20	Elisabete Tavares-Ansel			4		Metz	28-01	
4,20	Eleonor Tavares			5		Metz	28-01	
4,20	Sandra Helena Tavares			3		Eaubonne	06-02	4,31i-08
4,15	Elisabete Tavares-Ansel			1		Lievin	20-02	
4,15	Eleonor Tavares			2		Lievin	21-02	
4,13	Elisabete Tavares-Ansel			4		Aulnay-sous-bois	06-12	
4,12	Elisabete Tavares-Ansel			5		Paris	15-02	
4,10	Elisabete Tavares-Ansel			1		Eaubonne	11-01	
4,10	Eleonor Tavares			1		Eaubonne	23-01	
4,10	Elisabete Tavares-Ansel			1	CNCl-1	Pombal	14-02	
4,05	Sandra Helena Tavares			5		Lievin	21-02	
4,05	Elisabete Tavares-Ansel			16q	C. Europa	Turim-Ita	06-03	
4,00	Eleonor Tavares			2		Eaubonne	11-01	
4,00	Elisabete Tavares-Ansel			2		Eaubonne	23-01	
4,00	Elisabete Tavares-Ansel			5		Eaubonne	06-02	
4,00	Eleonor Tavares			8		Lievin	10-02	
4,00	Sandra Helena Tavares			3	C. Port	Pombal	28-02	
3,90	Sandra Helena Tavares			4		Eaubonne	11-01	
3,88	Sandra Helena Tavares			9		Aulnay-sous-bois	06-12	
3,80	Sandra Helena Tavares			4		Eaubonne	23-01	
3,64	Vera Lavrador	Sporting CP	03-10-88	4	C. Port	Pombal	28-02	3,54i-06
3,44	Marta Onofre	SL Benfica	28-01-91	5	C. Port	Pombal	28-02	3,10i-07
3,38	Marisa Vieira	CS Maritimo	30-12-79	2	CNCl-Ap	Espinho	31-01	3,85i-02
3,10	Ana Cristina Costa	SC Braga	09-11-89	4	CNCl-1	Pombal	14-02	2,80i-08
2,90	Filipa Freitas	CS Maritimo	11-02-84	3	Taça FPA	Espinho	11-01	3,10i-04
2,90	Joana Flores	CA Terceira	08-10-89	3	CN23	Pombal	07-02	3,10i-05
2,90	Carla Macedo	GD Estreito	22-10-90	5	CNCl-1	Pombal	14-02	2,78i-08
2,80	Teresa Ribeiro	FC Porto	23-08-88	1	C. Norte	Braga	17-01	2,90i-08
2,75	Nanci Sousa	Juv Vidigalense	28-09-90	5	Taça FPA	Espinho	11-01	2,60i-08
2,70	Mariana Pandeirada	GRECAS	10-06-90	1		Espinho	03-01	2,20i-08
2,60	Sarina Santos	CA Riachense	24-09-91	8	CNCl-Ap	Espinho	31-01	2,40i-08
2,50	Carolina Pandeirada	GRECAS	93	2	C. Beiras	Espinho	17-01	

### Comprimento/Long Jump – 5,60 - 5,00

6,36	Naide Gomes	Sporting CP	10-11-79	1	CNCl-1	Pombal	14-02	7,00i-08	
6,21	Patrícia Mamona	JOMA	21-11-88	Pen	ACC	Blacksburg-USA	26-02	6,06i-08	
6,15	Patrícia Mamona			1	VT Elite	Blacksburg-USA	06-02		
6,08	Marta Godinho	FC Porto	24-06-80	1	CNCl-Ap	Espinho	31-01	6,39i-04	
6,07	Marta Godinho			1	C. Port	Pombal	28-02		
6,04	Patrícia Mamona			5	ACC	Blacksburg-USA	27-02		
6,01	Marta Godinho			2	CNCl-1	Pombal	14-02		
5,97	Patrícia Mamona			Pen	JRF	Clemson-USA	30-01		
5,83	Eva Vital	ACDR Arneirense	08-07-92	2	CNCl-Ap	Espinho	31-01	5,59i-08	
5,83	Cátia Ferreira	Juv Vidigalense	18-06-83	1	CNCl-2	Pombal	14-02	5,88i-08	
5,78	Ungudi Quiawacana	SL Benfica	ANG	09-11-90	1	CNJ	Espinho	24-01	5,45i-08

5,77	Eva Vital				2	CNcl-2	Pombal		14-02	
5,74	Cátia Ferreira				3	CNcl-Ap	Espinho		31-01	
5,71	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	1	Taça FPA	Espinho		11-01	
5,70	Januária Silva Pereira	CS Marítimo		10-04-79	2	C. Port	Pombal		28-02	5,81i-08
5,69	Shaina Anthony Mags				3	C. Port	Pombal		28-02	
5,69	Sofia Pires	CA Terceira		01-10-86	Pen	C. Port	Pombal		01-03	5,76i-08
5,68	Shaina Anthony Mags				4	CNcl-Ap	Espinho		31-01	
5,66	Shaina Anthony Mags				2	CNJ	Espinho		24-01	
5,65	Januária Silva Pereira				2	Taça FPA	Espinho		11-01	
5,62	Januária Silva Pereira				3	CNcl-1	Pombal		14-02	
5,61	Januária Silva Pereira				5	CNcl-Ap	Espinho		31-01	
5,60	Ungudi Quiawacana				3	Taça FPA	Espinho		11-01	
5,53	Carla Gama	GD Cavadas		24-11-90	Pen	C. Port	Pombal		01-03	5,48i-08
5,50	Vanessa Rocha	GD Estreito		02-01-90	4	CNcl-1	Pombal		14-02	5,67i-08
5,49	Sónia Marques	SC Braga		06-07-86	6	CNcl-Ap	Espinho		31-01	5,63i-06
5,49	Sara Esteves	CA Mazarefes		24-08-92	4	C. Port	Pombal		28-02	5,43i-08
5,47	Cláudia Rodrigues	C Operario D		11-11-89	3	CN23	Pombal		07-02	5,39i-08
5,45	Stenia Betuncal	CAS Manique	GBS	25-11-92	3	CNJ	Espinho		24-01	
5,44	Witiney Barata	ARC Br. Valongo		31-01-88	Pen	C. Port	Pombal		01-03	5,37i-06
5,31	Claudina Borges	SL Benfica	CPV	14-08-91	4	CNJ	Espinho		24-01	5,17i-08
5,31	Vanessa Henriques	GA Fátima		21-01-92	5	CNJ	Espinho		24-01	
5,27	Marlene Ferreira	JOMA		09-06-81	1		Braga		27-12	5,62i-03
5,24	Catarina Costa	C Bf Faro		03-08-89	Pen	Taça FPA	Espinho		11-01	
5,22	Tânia Caires	CS Marítimo		03-12-87	Pen	Taça FPA	Espinho		11-01	5,26i-08
5,21	Natércia Lopes	GRECAS		14-09-76	7	Taça FPA	Espinho		11-01	5,29i-02
5,20	Anabela Neto	Sporting CP		25-03-91	1	Rio Largo	Espinho		13-02	4,75i-08
5,17	Jussara Spencer Silva	EMD. Saraiva		14-01-93	7	CNJ	Espinho		24-01	
5,15	Cátia Silva	CFU Lamas		28-12-88	2	Rio Largo	Espinho		13-02	
5,13	Ana Filipa Neves	CA Mar. Grande		15-06-85	4	CNcl-2	Pombal		14-02	5,53i-03
5,13	Marisa Vieira	CS Marítimo		30-12-79	Pen	C. Port	Pombal		01-03	5,66i-03
5,07	Lisandra Lopes	GRECAS		07-04-88	3	Rio Largo	Espinho		13-02	5,14i-08
5,05	Liliana Correia	Espanha		06-06-82	2	CNU	Braga		24-01	5,71i-00
5,02	Andreia Nicolau	UA Guarda		01-02-91	8	CNJ	Espinho		24-01	4,77i-08

### Triplo/Triple Jump – 11,80 - 10,00

13,28	Patrícia Mamona	JOMA		21-11-88	1	VT Elite	Blackburg-USA		07-02	13,28i-08
13,18	Patrícia Mamona				3	ACC	Blackburg-USA		28-02	
13,09	Marta Godinho	FC Porto		24-06-80	1	CNcl-1	Pombal		15-02	13,45i-08
13,06	Patrícia Mamona				3	Hokie	Blackburg-USA		16-01	
13,05	Marta Godinho				1	C. Port	Pombal		01-03	
12,88	Marta Godinho				1	Taça FPA	Espinho		11-01	
12,85	Patrícia Mamona				12	NCAA	College Station		14-03	
12,81	Marta Godinho				1	CNcl-Ap	Espinho		31-01	
12,73	Marta Godinho				ex	C. Beiras	Espinho		18-01	
12,56	Januária Silva Pereira	CS Marítimo		10-04-79	2	CNcl-1	Pombal		15-02	12,16i-08
12,50	Marta Godinho				1		Pombal		21-02	
12,43	Januária Silva Pereira				2	C. Port	Pombal		01-03	
12,38	Carmezinda Nascimento	Sporting CP		21-12-89	3	C. Port	Pombal		01-03	11,83i-08
12,33	Vanessa Rocha	GD Estreito		02-01-90	4	C. Port	Pombal		01-03	12,29i-08
12,31	Sandra Sofia Tavares	França		09-02-84	9		Lievin		21-02	12,86i-07
12,24	Sandra Sofia Tavares				4		Eaubonne		19-12	
12,22	Januária Silva Pereira				2	CNcl-Ap	Espinho		31-01	
12,20	Sandra Sofia Tavares				4		Paris		17-01	
12,19	Carmezinda Nascimento				3	CNcl-1	Pombal		15-02	
12,14	Sandra Sofia Tavares				5		Eaubonne		07-02	
12,12	Vanessa Rocha				4	CNcl-1	Pombal		15-02	
12,02	Carmezinda Nascimento				2		Pombal		21-02	
11,97	Sara Esteves	CA Mazarefes		24-08-92	3	CNcl-Ap	Espinho		31-01	
11,95	Carmezinda Nascimento				2	Taça FPA	Espinho		11-01	
11,94	Vanessa Rocha				1	CNJ	Espinho		25-01	
11,91	Lecabela Quaresma	JOMA	STP	26-12-89	5	C. Port	Pombal		01-03	11,15i-08

11,90	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	2	CNJ	Espinho	25-01	
11,87	Lecabela Quaresma				1	CN23	Pombal	08-02	
11,87	Vanessa Rocha				2	CN23	Pombal	08-02	
11,84	Shaina Anthony Mags				4	CNcl-Ap	Espinho	31-01	
11,84	Sónia Marques	SC Braga		06-07-86	6	C. Port	Pombal	01-03	11,28i-07
11,83	Cláudia Jardim	CS Marítimo		31-12-80	3	Taça FPA	Espinho	11-01	12,09i-08
11,82	Januária Silva Pereira				ex	Taça FPA	Espinho	11-01	
11,81	Sara Esteves				3	CNJ	Espinho	25-01	
11,81	Vanessa Rocha				5	CNcl-Ap	Espinho	31-01	
11,62	Joana Flores	CA Terceira		08-10-89	8	C. Port	Pombal	01-03	11,69i-07
11,60	Anabela Neto	Sporting CP		25-03-91	4	CNJ	Espinho	25-01	
11,43	Marlene Ferreira	JOMA		09-06-81	ex	C. Norte	Braga	18-01	12,12i-08
11,40	Natércia Lopes	GRECAS		14-09-76	5		Pombal	21-02	11,18i-08
11,32	Claudina Borges	SL Benfica	CPV	14-08-91	5	CNJ	Espinho	25-01	
11,25	Liliana Jorge	Juv Vidigalense		03-01-91	2	CNcl-2	Pombal	15-02	11,41i-08
11,25	Cátia Ferreira	Juv Vidigalense		18-06-83	6		Pombal	21-02	11,82i-07
11,24	Marta Onofre	SL Benfica		28-01-91	4	CN23	Pombal	08-02	10,85i-08
11,15	Ana Borges	SC Braga		12-09-90	1		Braga	20-12	11,26i-08
11,15	Ana Vasconcelos	ACDR Arneirense		18-07-92	3	CNcl-2	Pombal	15-02	10,00i-08
11,11	Nidia Encarnação	GD Estreito		13-05-91	7	CNJ	Espinho	25-01	
10,98	Carla Pinhão	FC Porto		21-04-90	8	CNJ	Espinho	25-01	11,99i-08
10,95	Ana Patrícia Silva	CA Mar. Grande		28-11-93	4	CNcl-2	Pombal	15-02	9,80i-07
10,85	Andreia Crespo	NDC Gouveia		16-10-93	1	C. Beiras	Espinho	18-01	
10,83	Lisandra Lopes	GRECAS		07-04-88	2	C. Beiras	Espinho	18-01	11,04i-08
10,71	Vanessa Henriques	GA Fátima		21-01-92	10	CNJ	Espinho	25-01	
10,67	Silvia Soares	Gira Sol RC		23-03-92	5	CNcl-2	Pombal	15-02	
10,65	Sofia Pereira	Bairro Anjos		17-07-93	4	C. Beiras	Espinho	18-01	
10,62	Eliana Rocha	SFRA Amadora		93	5	Taça FPA	Espinho	11-01	
10,58	Ana Filipa Silva	CA Mar. Grande		09-03-93	11	CNcl-Ap	Espinho	31-01	9,39i-08
10,55	Joana Lopes	CLAC		13-10-91	10		Pombal	21-02	9,99i-07
10,51	Sandra Rodrigues	C Bf Faro		24-07-91	12	CNcl-Ap	Espinho	31-01	
10,46	Andreia Pinto	CA Mar. Grande		16-04-93	3		Pombal	06-02	
10,41	Joana Araújo	SC Braga		05-01-90	14	CNJ	Espinho	25-01	
10,38	Teresa Paulo	GRECAS	ANG	21-07-92	7	C. Beiras	Espinho	18-01	10,18i-08
10,33	Rosália Costa	CF Belenenses		11-07-91	15	CNJ	Espinho	25-01	9,83i-08
10,26	Filipa Beleza	FC Porto		05-05-92	17	CNJ	Espinho	25-01	
10,22	Ana Rita Ferreira	ACDR Arneirense		28-01-91	4		Pombal	04-01	9,94i-08
10,20	Cátia Costa	Monte Kapa ED		29-04-91	13	CNcl-Ap	Espinho	31-01	
10,17	Ilizandra Lopes	CF Belenenses		28-02-92	14	CNcl-Ap	Espinho	31-01	
10,05	Mariana Morgado	Bairro Anjos		16-11-89	6		Pombal	04-01	10,64i-06

### Peso/Shot Put – 13,50 – 10,00

15,30	Antónia Borges	Sporting CP		11-10-83	1	CNcl-Ap	Espinho	31-01	15,92i-06
15,15	Antónia Borges				1	C. Port	Pombal	28-02	
15,15	Vanda Rodrigues	FC Porto		17-10-84	2	C. Port	Pombal	28-02	14,65i-08
14,93	Vanda Rodrigues				1		Pombal	21-02	
14,79	Vanda Rodrigues				1	CNcl-1	Pombal	14-02	
14,74	Vanda Rodrigues				2	CNcl-Ap	Espinho	31-01	
14,70	Antónia Borges				2	CNcl-1	Pombal	14-02	
14,59	Antónia Borges				2		Pombal	21-02	
14,58	Silvia Cruz	Sporting CP		29-12-80	3		Pombal	21-02	14,84i-08
14,52	Silvia Cruz				3	C. Port	Pombal	28-02	
13,58	Cristiana Oliveira	JOMA		30-06-84	3	CNcl-1	Pombal	14-02	14,16i-07
13,54	Cristiana Oliveira				4	C. Port	Pombal	28-02	
13,45	Irina Rodrigues	Sporting CP		05-02-91	1	CNJ	Espinho	24-01	12,99i-08
13,38	Alexandra Gonçalves	SC Braga		06-11-79	4	CNcl-1	Pombal	14-02	12,80i-08
13,22	Sónia Borges	Sporting CP		26-08-85	5	C. Port	Pombal	28-02	13,53i-06
13,04	Marisela Silva	GD Estreito		21-05-85	5	CNcl-1	Pombal	14-02	12,41i-08
12,90	Soraia Ruas	ADRE Palhaça		07-01-92	2	CNJ	Espinho	24-01	10,25i-08
12,39	Fernanda Angélica Martins	CS Marítimo		02-04-75	6	CNcl-1	Pombal	14-02	12,85i-03
12,19	Inês Fernandes	ADC Lovelhe		28-06-88	2	CN23	Pombal	07-02	12,14i-08

12,11	Purificação Fernandes	ADC Lovelhe		17-07-83	1	C. Norte	Braga	17-01	13,12i-02
12,04	Sónia Grácio	Gira Sol RC		26-03-74	1	CNcl-2	Pombal	14-02	15,24i-00
11,89	Diana Hernandez	GRECAS		01-01-93	3	CNJ	Espinho	24-01	
11,79	Lecabela Quaresma	JOMA	STP	26-12-89	Pen	Taça FPA	Espinho	11-01	11,99i-08
11,32	Catarina Rosa	CA Mar. Grande		20-07-89	1		Pombal	03-01	10,79i-08
11,22	Ana Patrícia Inácio	CA Mar. Grande		11-02-91	4	CNJ	Espinho	24-01	10,54i-08
11,19	Vanessa Patinez Martins	CD Quarteira		29-10-89	4	CN23	Pombal	07-02	
11,16	Cláudia Rodrigues	C Operario D		11-11-89	Pen	C. Port	Pombal	01-03	11,24i-08
11,13	Vera Pereira	ESS Costa Primo		25-09-92	5	CNJ	Espinho	24-01	
11,11	Sofia Pires	CA Terceira		01-10-86	Pen	C. Port	Pombal	01-03	11,97i-06
11,05	Ana Rita Henriques	Juv. Vidigalense		25-11-92	2		Pombal	03-01	10,35i-08
10,94	Ana Esteves	Juv. Vidigalense		15-04-86	3		Pombal	03-01	11,61i-03
10,89	Tânia Pinhão	GRECAS		01-06-88	3		Espinho	09-01	11,41i-06
10,46	Carolina Rodrigues	Bairro Anjos		07-02-91	2		Pombal	19-12	10,17i-08
10,38	Claudia Ramoa	SC Braga		01-04-90	1		Braga	14-02	9,20i-08
10,30	Teresa Ribeiro	FC Porto		23-08-88	ex		Espinho	09-01	10,36i-07
10,25	Benvinda Costa	Monte Kapa ED		29-12-89	11	CNcl-Ap	Espinho	31-01	9,56i-08
10,05	Patrícia Mamona	JOMA		21-11-88	Pen	JRF	Clemson	30-01	
10,03	Ana Patricia Garrido	AC Bunheirense		03-12-91	8	CNJ	Espinho	24-01	

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4.081	Patrícia Mamona	JOMA	RN23	21-11-88	2	ACC	Blacksburg-USA	26-02	
4.011	Patrícia Mamona		RN23		2	JRF	Clemson-USA	30-01	
3.813	Sofia Pires	CA Terceira		01-10-86	1	C. Port	Pombal	01-03	3872i-06
3.610	Sofia Pires				1	Taça FPA	Espinho	11-01	
3.607	Cláudia Rodrigues	C Operario D		11-11-89	2	C. Port	Pombal	01-03	3316i-08
3.547	Catarina Costa	C Bf Faro		03-08-89	3	C. Port	Pombal	01-03	3022i-07
3.472	Cláudia Rodrigues				2	Taça FPA	Espinho	11-01	
3.412	Cláudia Rodrigues				1		Pombal	27-12	
3.404	Witney Barata	ARC Br. Valongo		31-01-88	4	C. Port	Pombal	01-03	3108i-08
3.267	Marisa Vieira	CS Maritimo		30-12-79	5	C. Port	Pombal	01-03	3648i-04
3.250	Catarina Costa				3	Taça FPA	Espinho	11-01	
3.213	Carla Gama	GD Cavadas		24-11-90	6	C. Port	Pombal	01-03	3118i-08
3.128	Tânia Caires	CS Maritimo		03-12-87	4	Taça FPA	Espinho	11-01	
2.913	Witney Barata				5	Taça FPA	Espinho	11-01	
2.876	Anabela Neto	Sporting CP		25-03-91	1		Espinho	27-12	
2.645	Daniela Ferreira	Juv. Vidigalense		22-06-89	2		Espinho	28-12	2770i-08
2.561	Ana Catarina Neves	ADR Aguas Belas		25-10-89	6	Taça FPA	Espinho	11-01	2672i-07

## 3.000 m M/W - 16.00,0

12.30,15	Vera Santos	JOMA		03-12-81	1	CNcl-1	Pombal	14-02	12.37,03i-08
12.49,64	Maribel Gonçalves	CS Maritimo		01-04-78	2	CNcl-1	Pombal	14-02	12.47,71i-04
12.56,45	Ana Cabecinha	CO Pechão		29-04-84	2	C. Port	Pombal	28-02	12.48,75i-06
12.58,70	Kristina Saltanovic	FC Porto	LTU	20-02-75	3	CNcl-1	Pombal	14-02	
13.03,20	Inês Henriques	CN Rio Maior		01-05-80	1		Pombal	03-01	12.29,52i-08
13.55,25	Fátima Rodrigues	Gira Sol RC		13-05-86	3	C. Port	Pombal	28-02	14.08,63i-08
14.05,71	Sandra Vieira Leitão	FC Porto		01-11-75	4	C. Port	Pombal	28-02	13.38,54i-04
14.10,37	Ana Cláudia Conceição	SC Braga		31-01-89	4	CNcl-Ap	Espinho	31-01	13.44,48i-08
14.17,74	Andreia Freitas	GD Estreito		02-04-83	4	CNcl-1	Pombal	14-02	14.47,92i-07
14.51,53	Liliana Martins	GCA Donas		20-07-90	1	CNJ	Espinho	24-01	15.01,86i-08
14.51,72	Sandra Silva	GRECAS		21-09-75	2	CNcl-2	Pombal	14-02	14.09,22i-08
14.54,70	Márcia Silva	Juv. Vidigalense		16-05-87	1		Pombal	03-01	14.39,72i-07
15.03,31	Daniela Cardoso	Bairro Anjos		15-12-91	3	C. Beiras	Espinho	17-01	17.19,85i-08
15.10,89	Rita Rosa	ADR Aguas Belas		15-03-92	2	CNJ	Espinho	24-01	17.35,91i-08
15.19,47	Andreia Coelho	GD Lourocoope		25-10-91	6	C. Beiras	Espinho	17-01	15.35,93i-08
15.21,92	Alice Fernandes	GD Lourocoope		26-03-52	1	CNVet	Espinho	14-02	14.50,36i-99
15.30,94	Cristiana Vaz	CP Corroios		24-03-87	4	CN23	Pombal	07-02	14.31,09i-08
15.43,34	Sabrina Oliveira	Individual		29-05-91	5	CN23	Pombal	07-02	
15.45,27	Sandra Monteiro	CA Avintes		05-09-92	4	CNJ	Espinho	24-01	15.45,47i-08

## 4 x 400 m – 4.05,0 - 4.31,0

3.42,60	Sporting CP	C. Tavares, J. Monteiro, MC Tavares, P. Lopes	Rni	1	CNcl-1	Pombal	15-02	3.43,97i-01
3.45,78	Sporting CP	C. Tavares, J. Monteiro, MC Tavares, P. Lopes		1s	CNcl-Ap	Espinho	31-01	
3.51,21	FC Porto	C. Nunes, L. Sousa, L. Silva, C. Ratão		2	CNcl-1	Pombal	15-02	3.57,23i-98
3.59,74	JO Monte Abraão	S. Estriga, C. Bomfim, M. Borges, V. Barbosa	*	3	CNcl-1	Pombal	15-02	3.49,84i-06
4.00,52	SC Braga	I. Oliveira, S. Vieira, J. Costa, MC Nunes		4	CNcl-1	Pombal	15-02	4.01,96i-01
4.00,89	JO Monte Abraão	S. Estriga, M. Borges, C. Bomfim, V. Barbosa	*	2s	CNcl-Ap	Espinho	31-01	
4.01,60	SC Braga	I. Oliveira, S. Vieira, J. Costa, MC Nunes		3s	CNcl-Ap	Espinho	31-01	
4.04,66	Gira Sol RC	S. Soares, S. Borges, I. Areias, C. Cunha		1	CNcl-2	Pombal	15-02	4.11,13i-06
4.04,80	FC Porto	C. Nunes, T. Duarte, L. Delgado, L. Sousa		1s	CN23	Pombal	08-02	
4.05,11	Sport Lisboa e Benfica	D. Évora, C. Gama, N. Gaspar, S. Fernandes		2s	CN23	Pombal	08-02	3.47,64i-96
4.09,73	CS Marítimo	T. Caires, V. Pereira, A. Fernandes, S. Pereira		5	CNcl-1	Pombal	15-02	4.15,35i-08
4.09,79	GD Estreito	R. Fernandes, O. Pinto, J. Frias, A. Ferreira		5s	CNcl-Ap	Espinho	31-01	3.52,50i-08
4.10,36	CF Belenenses	M. Santos, C. Duarte, A. Almada, N. Dias	*	1s	CNcl-Ap	Espinho	31-01	4.17,30i-08
4.11,58	Juventude Vidigalense	C. Gonçalves, C. Ferreira, R. Miranda, P. Pereira		2s	CNcl-Ap	Espinho	31-01	4.00,55i-05
4.12,15	ACD Jardim Serra	C. João, M. Mendonça, L. Serrão, L. Henriques		3s	CN23	Pombal	08-02	
4.14,74	ACDR Armeirense	S. Santos, M. Tavares, J. Brito, A. André		3	CNcl-2	Pombal	15-02	4.28,88i-08
4.14,84	Casa Benfica Faro	A. Rosa, C. Costa, S. Rodrigues, S. Silva		4s	CNcl-Ap	Espinho	31-01	4.10,97i-06
4.15,89	Bairro dos Anjos	F. Ferreira, C. Gonçalves, S. Dias, AC Matias		2	C. Port	Pombal	01-03	4.16,30i-08
4.16,70	CA Mar. Grande	N. Silva, A. Filipa Silva, C. Silva, C. Vieira		4	CNcl-2	Pombal	15-02	4.18,68i-01
4.17,04	JA Mozelense	C. Amorim, N. Leite, M. Silva, C. Silva		3	C. Port	Pombal	01-03	4.17,64i-08
4.17,44	GRECAS	A. Abreu, L. Lopes, A. Sousa, I. Sousa		5	CNcl-2	Pombal	15-02	4.05,96i-05
4.25,22	GJ Pinheiro da Bemposta	A. Carvalho, A. Nunes, T. Ferreira, S. Mendes		2s	CN23	Pombal	08-02	4.24,32i-05
4.25,97	ADR Águas Belas	D. Nunes, C. Nunes, C. Godinho, I. Tapadas		2s	CNJ	Espinho	25-01	4.29,84i-08
4.28,52	UDR Zona Alta	J. Correia, S. Henriques, A. Mendes, O. Santos		3s	CNJ	Espinho	25-01	
4.30,36	GR Quinta da Lomba	G. Martins, D. Moniz, S. Embalo, C. Miranda	*	1s	CNcl-Ap	Espinho	31-01	4.10,92i-06

(\*) com atletas estrangeiros