

60 m - 7,00 - 7,30

6,68	Arnaldo Abrantes	Sporting CP	27-11-86	1ex		Pombal	01-02	6,78i-08
6,72	Arnaldo Abrantes			1	C. Port	Pombal	28-02	
6,73	Arnaldo Abrantes			1s	CNcl-Ap	Pombal	01-02	
6,76	Arnaldo Abrantes			1		Espinho	10-01	
6,77	Arnaldo Abrantes			1	CNcl-1	Pombal	14-02	
6,78	Arnaldo Abrantes			4h	C. Europa	Turim-Ita	07-03	
6,79	Arnaldo Abrantes			1s	Taça FPA	Espinho	10-01	
6,80	Holder da Silva	SL Benfica	GBS 22-01-88	1ex		Pombal	14-02	6,88i-08
6,81	Dany Gonçalves	CS Marítimo	14-03-85	2ex		Pombal	14-02	6,88i-08
6,82	Holder da Silva			2	CNcl-1	Pombal	14-02	
6,82	Holder da Silva			1		Pombal	21-02	
6,82	Dany Gonçalves			2	C. Port	Pombal	28-02	
6,83	Holder da Silva			2s	Taça FPA	Espinho	10-01	
6,83	Dany Gonçalves			2s	CNcl-Ap	Pombal	01-02	
6,83	Ricardo Monteiro	FC Porto	02-10-85	3	C. Port	Pombal	28-02	6,92i-08
6,83	Dany Gonçalves			1h	C. Port	Pombal	28-02	
6,84	Holder da Silva			1h		Pombal	21-02	
6,85	Holder da Silva			2		Espinho	10-01	
6,85	Dany Gonçalves			3	CNcl-1	Pombal	14-02	
6,85	Ricardo Monteiro			2		Pombal	21-02	
6,86	Ricardo Monteiro			3s	Taça FPA	Espinho	10-01	
6,87	Dany Gonçalves			1	CNU	Braga	24-01	
6,87	Holder da Silva			1a	CNcl-Ap	Pombal	31-01	
6,88	Ricardo Monteiro			3		Espinho	10-01	
6,88	Ivo Vital	SL Benfica	09-08-88	3		Pombal	21-02	6,92i-08
6,89	Ivo Vital			4	C. Port	Pombal	28-02	
6,90	Ricardo Monteiro			1h	C. Port	Pombal	28-02	
6,91	Holder da Silva			1	CN23	Pombal	07-02	
6,91	Ricardo Monteiro			3ex		Pombal	14-02	
6,91	Arnaldo Abrantes			1h	C. Port	Pombal	28-02	
6,92	Kevin Wilson	SL Benfica	06-01-90	1	CNJ	Espinho	24-01	7,15i-07
6,92	Holder da Silva			1mf	CN23	Pombal	07-02	
6,93	Kevin Wilson			4s	Taça FPA	Espinho	10-01	
6,93	Dany Gonçalves			1h	CNU	Braga	24-01	
6,93	Holder da Silva			1ex		Pombal	31-01	
6,93	Ricardo Monteiro			1h		Pombal	21-02	
6,93	Ivo Vital			2h	C. Port	Pombal	28-02	
6,94	Ricardo Monteiro			4	CNcl-1	Pombal	14-02	
6,94	Ivo Vital			2h		Pombal	21-02	
6,94	Kevin Wilson			Hep	C. Port	Pombal	28-02	
6,96	Dany Gonçalves			4		Espinho	10-01	
6,96	Dany Gonçalves			5s	Taça FPA	Espinho	10-01	
6,96	Bruno Ferreira	SL Benfica	27-05-90	2	CNJ	Espinho	24-01	7,12i-08
6,96	Ivo Vital			2ex		Pombal	31-01	
6,96	Holder da Silva			1h	CN23	Pombal	07-02	
6,97	Raul Veloso	CCD Ribeirão	01-10-81	1h		Pombal	21-02	6,90i-05
6,97	Ricardo Pacheco	Sporting CP	31-10-83	1h		Pombal	21-02	6,82i-06
6,97	Ricardo Pacheco			5	C. Port	Pombal	28-02	
6,98	Raul Veloso			ex		Braga	24-01	
6,98	Raul Veloso			3s	CNcl-Ap	Pombal	31-01	
6,98	Ivo Vital			2	CN23	Pombal	07-02	
6,98	Ivo Vital			1mf	CN23	Pombal	07-02	
6,98	Luis Machado	GRECAS	07-07-86	1	CNcl-2	Pombal	14-02	7,08i-08
6,98	Edi Sousa	Sporting CP	11-07-89	2h		Pombal	21-02	7,01i-07/08
6,98	Raul Veloso			6	C. Port	Pombal	28-02	
6,99	Kevin Wilson			1mf	CNJ	Espinho	24-01	

6,99	Carlos Gonçalves	CA Seia	11-07-87	4s	CNcl-Ap	Pombal	01-02	6,97i-08	
6,99	Raul Veloso			2	CNcl-2	Pombal	14-02		
6,99	Ivo Vital			4ex		Pombal	14-02		
6,99	Carlos Gonçalves			2h		Pombal	21-02		
6,99	Ricardo Pacheco			3h	C. Port	Pombal	28-02		
7,00	Luis Machado			1h		Espinho	03-01		
7,00	Carlos Gonçalves			2	CNU	Braga	24-01		
7,00	Ricardo Monteiro			2ex		Pombal	01-02		
7,00	Ivo Vital			1h	CN23	Pombal	07-02		
7,00	Raul Veloso			4		Pombal	21-02		
7,00	Bruno Ferreira			2h	C. Port	Pombal	28-02		
7,00	Luis Machado			2h	C. Port	Pombal	28-02		
7,04	José David Pires	CD Quarteirense	08-02-91	3	CNJ	Espinho	24-01		
7,04	Luis Fernandes	GD Cavadas	31-05-82	4h	C. Port	Pombal	28-02	6,99i-04	
7,05	David Figueiredo	CCSJ. Madeira	11-04-86	3	CNcl-2	Pombal	14-02	7,00i-07	
7,06	Jorge Moreira	Vitória Guimarães	10-05-91	4mf	CN23	Pombal	07-02	7,22i-08	
7,07	João Almeida	Sporting CP	05-04-88	4	CNU	Braga	24-01	7,18i-07	
7,07	Orlando Tungo	GR Qt. Lomba	ANG	17-04-89	2h	CN23	Pombal	07-02	7,10i-07
7,11	Carlos Pinheiro	CA Seia	24-03-88	1ex		Pombal	14-02		
7,11	Paulo Dias	Gira Sol RC	14-05-89	4h	C. Port	Pombal	28-02	7,07i-07	
7,11	Tiago Marto	GA Fátima	05-05-86	Hep	C. Port	Pombal	28-02	7,14i-04	
7,12	Diogo Marouco	ACRB Valongo	27-12-87	5h	C. Port	Pombal	28-02	7,22i-08	
7,13	Edgar Batista	Esc Movimento	12-07-91	2mf	CNJ	Espinho	24-01	7,40i-08	
7,13	Marcos Coelho	CF Belenenses	10-06-88	1s	CNcl-Ap	Pombal	01-02	7,09i-06	
7,14	Gilson Tavares	FC Porto	BRA	84	2	Braga	04-01	7,26i-08	
7,14	Guilherme Amaral	Gira Sol RC	16-06-88	6s	CNcl-Ap	Pombal	01-02	7,09i-08	
7,14	Gonçalo Ribeiro	Juv. Vidigalense	01-01-89	4	CNcl-2	Pombal	14-02	7,17i-08	
7,15	Rodolfo Varela	CA Seia	20-05-86	5s		Madrid	07-02		
7,16	Edgar Carrolo	SL Benfica	30-01-91	3ex		Espinho	31-01		
7,17	Patrick Marques	CCSJ. Madeira	09-02-84	2mf	C. Beiras	Espinho	17-01	7,00i-07	
7,17	Samuel Remédios	GA Fátima	24-02-92	4mf	CNJ	Espinho	24-01	7,48i-07	
7,17	Simão Santana	FC Porto	28-12-89	4h	CN23	Pombal	07-02	7,21i-08	
7,17	Célio Inácio	FC Porto	91	4h		Pombal	21-02		
7,18	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1	Pombal	03-01	7,05i-08	
7,18	João Abrantes	Sporting CP	22-05-90	3mf	CNJ	Espinho	24-01		
7,18	Carlos Veiga	CF Belenenses	22-02-89	3h		Pombal	21-02	7,12i-08	
7,18	Pedro Machado	FC Porto	14-11-91	5h		Pombal	21-02	7,53i-08	
7,18	Ricardo Pinto	GR Qt. Lomba	18-04-93	1jv		Alpiarça	07-03	7,47i-08	
7,19	Francisco Casegas	CAS Manique	07-01-92	5mf	CNJ	Espinho	24-01		
7,19	Rasul Dabo	JOMA	14-02-89	3h	CN23	Pombal	07-02		
7,21	Pedro Lopes	SC Abrantes	04-07-92	2		Alpiarça	06-12	7,34i-08	
7,21	Bruno Sá	CCSJ. Madeira	24-01-87	2h		Espinho	03-01	7,09i-06	
7,21	André Loureiro	CA Mazarefes	11-09-86	2s	CNcl-Ap	Pombal	01-02	7,16i-07	
7,21	João Rocha	Bairro Anjos	15-04-92	2jv		Alpiarça	07-03		
7,22	Emanuel Neves	FC Porto	13-03-90	4s	Taça FPA	Espinho	10-01	7,25i-08	
7,22	Rui Leite	FC Porto	31-12-89	5h	CN23	Pombal	07-02		
7,23	José Viegas	GJP Bemposta	01-03-93	1s		Braga	20-12	7,32i-08	
7,24	António Vieira	GA Fátima	05-11-93	6mf	CNJ	Espinho	24-01		
7,25	João Gradiz	JOMA	02-05-89	3s	Taça FPA	Espinho	10-01	7,14i-08	
7,26	Joaquim Rodrigues	CCD Ribeirão	25-03-90	Hep		Braga	03-01	7,22i-08	
7,27	Rui Esteves	AA Coimbra	03-06-91	1		Pombal	19-12	7,42i-08	
7,27	Cristiano Carreira	Juv. Vidigalense	04-03-90	1h		Pombal	03-01	7,36i-08	
7,27	Cláudio Gama	GD Cavadas	20-03-82	Hep	C. Port	Pombal	28-02	7,06i-08	
7,29	Rodrigo Dionisio	GD Estreito	25-06-85	5h		Pombal	21-02	7,32i-04	

### 200 m– 22,50 – 23,70

21,02	Arnaldo Abrantes	Sporting CP	27-11-86	1s	CNcl-1	Pombal	15-02	21,22i-08
21,48	Dany Gonçalves	CS Marítimo	14-03-85	1	C. Port	Pombal	01-03	21,75i-08
21,58	Dany Gonçalves			1s	CNcl-1	Pombal	15-02	

21,80		Dany Gonçalves				1s	CNcl-Ap	Pombal	01-02	
22,08	Bruno Gualberto		Juv. Vidigalense	BRA	01-08-88	1s	CNcl-2	Pombal	15-02	21,85i-08
22,09	Bruno Ferreira		SL Benfica		27-05-90	2	C. Port	Pombal	01-03	23,17i-08
22,12	Holder da Silva		SL Benfica	GBS	22-01-88	1s	CN23	Pombal	08-02	22,08i-08
22,12		Dany Gonçalves				1h	C. Port	Pombal	01-03	
22,14		Bruno Gualberto				1s	C. Beiras	Espinho	18-01	
22,16		Bruno Ferreira				1h	C. Port	Pombal	01-03	
22,24	Ricardo Monteiro		FC Porto		02-10-85	2s	CNcl-1	Pombal	15-02	22,49i-08
22,25		Bruno Gualberto				2s	CN23	Pombal	08-02	
22,28		Holder da Silva				1s	CNcl-Ap	Pombal	31-01	
22,30		Ricardo Monteiro				2s	CNcl-Ap	Pombal	01-02	
22,34	Raul Veloso		CCD Ribeirão		01-10-81	1s	CNcl-2	Pombal	15-02	22,59i-06
22,35	Edi Sousa		Sporting CP		11-07-89	1s	CNcl-Ap	Pombal	01-02	22,40i-08
22,38		Bruno Gualberto				1s		Pombal	04-01	
22,40		Edi Sousa				1s	CN23	Pombal	08-02	
22,42		Raul Veloso				2h	C. Port	Pombal	01-03	
22,45		Bruno Ferreira				1	CNJ	Espinho	25-01	
22,46	Rodolfo Varela		CA Seia		20-05-86	2s	CNcl-1	Pombal	15-02	22,92i-04
22,47		Raul Veloso				3	C. Port	Pombal	01-03	
22,47	Diogo Marouco		ACRB Valongo		27-12-87	3h	C. Port	Pombal	01-03	
22,49	Ivo Vital		SL Benfica		09-08-88	1h	C. Port	Pombal	01-03	22,70i-08
22,50	Carlos Gonçalves		CA Seia		11-07-87	1s	CNcl-Ap	Pombal	01-02	22,14i-08
22,50		Carlos Gonçalves				2h	C. Port	Pombal	01-03	
22,59	Luis Machado		GRECAS		07-07-86	2s	CNcl-2	Pombal	15-02	22,88i-08
22,69	Bruno Sá		CCSJ. Madeira		24-01-87	1		Espinho	04-01	21,98i-08
22,71	Gilson Tavares		FC Porto		84	1s		Braga	04-01	23,12i-08
22,72	Diogo Santos		FC Porto		03-05-91	1h	C. Norte	Braga	18-01	23,18i-08
22,74	Emanuel Neves		FC Porto		13-03-90	2s	CNJ	Espinho	25-01	22,54i-08
22,79	André Jordão		NDC Gouveia		27-06-89	1s	C. Beiras	Espinho	18-01	23,06i-07
22,79	Guilherme Amaral		Gira Sol RC		16-06-88	3s	CNcl-2	Pombal	15-02	22,37i-08
22,94	José David Pires		CD Quarteirense		08-02-91	1s	CNcl-Ap	Pombal	31-01	
22,99	Jorge Moreira		Vitória Guimarães		10-05-91	2s	CNJ	Espinho	25-01	23,91i-08
23,05	Edson Dongoxe		CS Marítimo	ANG	27-09-84	1s	CNcl-Ap	Pombal	31-01	22,71i-07
23,06	Vitor Ferreira		Gira Sol RC		22-04-78	1s		Pombal	04-01	22,17i-02
23,09	Gonçalo Ribeiro		Juv. Vidigalense		01-01-89	4s	CN23	Pombal	08-02	22,71i-08
23,18	Marcos Coelho		CF Belenenses		10-06-88	2s	CNcl-Ap	Pombal	01-02	23,04i-07
23,21	Cristiano Carreira		Juv. Vidigalense		04-03-90	2s		Pombal	04-01	22,93i-08
23,21	David Bernardo		França		26-01-90	1		Eaubonne	23-01	
23,24	Simão Coroa		FC Porto		31-07-85	2h	C. Norte	Braga	18-01	22,47i-07
23,24	David Figueiredo		CCSJ. Madeira		11-04-86	2s	CNcl-Ap	Pombal	31-01	23,00i-05
23,26	Luis Gonçalves		NA Cucujães		87	1s	C. Beiras	Espinho	18-01	
23,30	Bruno Lains		França		05-01-88	5		Eaubonne	13-12	22,76i-06
23,30	Naiel Santiago		JOMA	STP	20-10-86	3s	CNcl-1	Pombal	15-02	22,95i-08
23,31	Gonçalo Almeida		C Bf. Faro		30-04-91	2s	CNcl-Ap	Pombal	31-01	
23,34	Simão Santana		FC Porto		28-12-89	2s	CN23	Pombal	08-02	23,10i-08
23,46	Edgar Batista		Esc Movimento		12-07-91	1h	C. Norte	Braga	18-01	24,68i-08
23,48	Célio Inácio		FC Porto		91	1s	C. Norte	Braga	17-01	
23,49	Ivanio Moreira		Sporting CP		18-01-91	2s	CNJ	Espinho	25-01	
23,50	António Carvalho		Sporting CP		67	1	CNVet	Espinho	15-02	23,56i-08
23,60	Ricardo Beatriz		C Bf. Faro		08-06-86	4h	C. Port	Pombal	01-03	22,75i-08
23,61	Fernando Almeida		Gira Sol RC		06-01-87	1s		Pombal	04-01	23,48i-07
23,61	Pedro Machado		FC Porto		14-11-91	2h	C. Norte	Braga	18-01	
23,62	João Oliveira		Bairro Anjos		01-01-90	1s	A.Monteiro	Pombal	10-01	23,82i-08
23,62	Pedro Cardoso		AA Coimbra		06-06-90	3s	CNJ	Espinho	25-01	23,43i-08
23,62	Sérgio Paulo		GRQ Lomba		14-06-92	1s	CNcl-Ap	Pombal	31-01	23,50i-08
23,63	André Loureiro		CA Mazarefes		11-09-86	3s	CNcl-Ap	Pombal	01-02	
23,69	Filipe Oliveira		Bairro Anjos		31-01-91	1s	C. Beiras	Espinho	18-01	
23,70	Paulo Nunes		JA Mozelense		03-07-88	4s	CNcl-Ap	Pombal	01-02	24,57i-08

## 300 m – 40,00

37,97	José Viegas	GJP Bemposta		01-03-93	1		Espinho	28-12	
38,68	João Ritto	Bairro Anjos		23-08-92	1s		Pombal	24-01	40,22i-08
39,66	João Morais	Bairro Anjos		92	1s		Pombal	24-01	
39,81	Ivan Mendes	Bairro Anjos		31-03-93	2s		Pombal	24-01	
39,86	Tiago Boucela	GRECAS		09-12-92	2		Espinho	28-12	

## 400 m– 50,20 – 52,30

48,70	António Rodrigues	Sporting CP		25-09-88	1s		Pombal	21-02	47,95i-08
48,75	Bruno Gualberto	Juv. Vidigalense	BRA	01-08-88	1s	C. Port	Pombal	28-02	50,28i-08
48,76		Bruno Gualberto			2s		Pombal	21-02	
48,76		António Rodrigues			2s	C. Port	Pombal	28-02	
49,09		Bruno Gualberto			1s	CNcl-Ap	Pombal	01-02	
49,18		Bruno Gualberto			1s	CN23	Pombal	07-02	
49,27		Bruno Gualberto			1s	C. Beiras	Espinho	17-01	
49,32		António Rodrigues			2s	CNcl-Ap	Pombal	01-02	
49,49		António Rodrigues			1s	Taça FPA	Espinho	10-01	
49,63	Carlos Pinheiro	CA Seia		24-03-88	1s		Pombal	21-02	49,80i-06
49,68	Naiel Santiago	JOMA	STP	20-10-86	1	CNcl-1	Pombal	14-02	49,98i-08
49,72	João Merêncio	Sporting CP		18-01-83	2	CNcl-1	Pombal	14-02	49,61i-06
49,84		Carlos Pinheiro			3s	C. Port	Pombal	28-02	
50,13	Emanuel Neves	FC Porto		13-03-90	1	CNJ	Espinho	24-01	52,13i-08
50,30	Filipe Santos	SL Benfica		25-06-84	3	CNcl-1	Pombal	14-02	49,81i-08
50,37	José Miranda	SL Benfica		22-08-91	2s	CN23	Pombal	07-02	
50,41	Hugo Santos	CA Riachense		05-01-91	2	CNJ	Espinho	24-01	51,38i-08
50,42	Hermano Gouveia	CS Marítimo		21-03-81	4s	C. Port	Pombal	28-02	50,19i-04
50,46	Fernando Almeida	Gira Sol RC		06-01-87	1s	C. Port	Pombal	28-02	51,67i-06/07
50,57	Rodolfo Varela	CA Seia		20-05-86	2s	C. Port	Pombal	28-02	49,34i-07
50,58	Simão Coroa	FC Porto		31-07-85	4s	CNcl-Ap	Pombal	01-02	49,10i-07
50,64	Paulo Pinto	C Bf. Faro		13-05-91	2s		Pombal	21-02	
50,82	Ricardo Beatriz	C Bf. Faro		08-06-86	3s		Pombal	21-02	50,30i-08
50,83	Renato Silva	CCD Ribeirão		22-08-81	2	C. Norte	Braga	17-01	50,16i-03
50,83	Diogo Santos	FC Porto		03-05-91	3s		Pombal	21-02	
50,85	Cristiano Carreira	Juv. Vidigalense		04-03-90	1	CNcl-2	Pombal	14-02	50,79i-08
50,87	Bruno Santos	CS Marítimo		02-04-85	4s	C. Port	Pombal	28-02	49,97i-06
50,99	Bruno Sá	CCSJ. Madeira		24-01-87	2	CNcl-2	Pombal	14-02	49,87i-07
51,00	Sérgio Duro	GD Estreito		19-02-80	3	CNcl-2	Pombal	14-02	47,26i-03
51,02	Edgar Tavares	GD Independente		87	1s	CN23	Pombal	07-02	
51,19	João Brás	SCU Torreense		13-08-89	ex		Espinho	03-01	
51,35	Rui Miguel Gonçalves	SC Braga		06-09-89	3	C. Norte	Braga	17-01	50,76i-08
51,39	Bruno Lains	França		05-01-88	3		Eaubonne	14-12	51,55i-08
51,47	Joni Rodrigues	C Natação Cultura		10-10-89	2h	C. Norte	Braga	17-01	53,14i-08
51,71	Helder Pato	Gira Sol RC		22-01-80	1s	Taça FPA	Espinho	10-01	49,14i-06
51,71	Marco Ordonho	Bairro Anjos		10-05-77	1	CNU	Braga	24-01	49,88i-04
51,72	Luis Gonçalves	NA Cucujães		87	5s	CN23	Pombal	07-02	
51,75	Paulo Nunes	JA Mozelense		03-07-88	4s	CNcl-Ap	Pombal	01-02	
51,81	Helder Guerreiro	AAC Caparica		02-05-89	1s		Pombal	21-02	52,01i-08
51,82	Paulo Sérgio Ferreira	CN Rio Maior		20-02-81	2		Pombal	03-01	47,98i-05
51,85	Alexandre Sousa	Bairro Anjos		13-11-87	1		Pombal	03-01	
51,88	João Caracol	C Bf. Faro		20-12-89	3s	CN23	Pombal	07-02	
51,94	Edson Dongoxe	CS Marítimo	ANG	27-09-84	1s	CNcl-Ap	Pombal	31-01	49,73i-07
51,95	Jorge Batista	ADRE Palhaça		06-06-91	1		Espinho	03-01	53,79i-08
51,99	Rui Araújo	CCD Ribeirão		10-03-88	2s	CNcl-Ap	Pombal	01-02	53,52i-08
52,04	Pedro Fontes	ACR Zona Azul		08-06-88	2s	Taça FPA	Espinho	10-01	
52,11	Filipe Novo	GRECAS		03-04-85	6	CNcl-2	Pombal	14-02	49,81i-06
52,14	Diogo Reis	Juv. Vidigalense		05-12-89	3s	CN23	Pombal	07-02	
52,14	Luis Phalenpim	FC Porto		12-11-90	2s		Pombal	21-02	52,88i-08
52,18	Cesar Pedreira	CF Belenenses		20-08-87	3s	CNcl-Ap	Pombal	01-02	50,38i-06

52,21	Sérgio Paulo	GRQ Lomba	14-06-92	3s		Pombal	21-02	
52,22	Celso Pinto	FC Porto	22-10-84	4s	Taça FPA	Espinho	10-01	51,96i-08
52,30	Helio Fumo	SL Benfica	MOZ 11-02-83	4s	Taça FPA	Espinho	10-01	

### 800 m – 1.53,0 – 2.00,0

1.49,57	Rui Silva	Sporting CP	03-08-77	1s	C. Port	Pombal	01-03	1.46,40i-99
1.50,57	Fábio Gonçalves	SL Benfica	26-01-90	2s	C. Port	Pombal	01-03	1.51,69i-08
1.50,81		Fábio Gonçalves		1s		Pombal	21-02	
1.50,96		Fábio Gonçalves		1s	CN23	Pombal	08-02	
1.50,98	Renato Silva	CCD Ribeirão	22-08-81	3s	C. Port	Pombal	01-03	1.49,38i-03
1.51,76		Fábio Gonçalves		1	CNcl-1	Pombal	15-02	
1.52,12	João Brás	SCU Torreense	13-08-89	1s	C. Port	Pombal	01-03	1.54,80i-08
1.52,21	Hélio Gomes	Sporting CP	27-12-84	4s	C. Port	Pombal	01-03	1.49,63i-03
1.52,35	Bruno Albuquerque	FC Porto	10-01-89	1s		Pombal	21-02	1.59,30i-05
1.52,61		Hélio Gomes		2s		Pombal	21-02	
1.52,72	Celso Pinto	FC Porto	22-10-84	3s		Pombal	21-02	1.54,85i-08
1.52,76		João Brás		2s	CN23	Pombal	08-02	
1.53,01		Bruno Albuquerque		5s	C. Port	Pombal	01-03	
1.53,11	Adelino Monteiro	Sporting CP	01-04-81	2s	C. Port	Pombal	01-03	1.53,84i-08
1.53,27	Cristiano Silva	CRCD Luzense	10-05-85	3s	C. Port	Pombal	01-03	1.55,63i-08
1.54,44	António Rodrigues	Sporting CP	25-09-88	4s	C. Port	Pombal	01-03	1.54,06i-08
1.54,53	Ricardo Paixão	SL Benfica	01-04-86	1s	C. Port	Pombal	01-03	
1.54,66	David Soares	CA Seia	13-05-82	5s		Pombal	21-02	1.52,36i-03
1.54,68	Luis Pinto	CS Marítimo	09-11-75	3	CNcl-1	Pombal	15-02	1.51,17i-01
1.54,77	Nuno Figueiredo	CA Seia	29-12-89	2s	C. Port	Pombal	01-03	1.56,87i-07
1.55,33	Paulo Pinto	C Bf. Faro	13-05-91	3s	CN23	Pombal	08-02	2.01,33i-08
1.55,36	Jorge Eduardo	CD Quarteirense	17-04-88	4s	C. Port	Pombal	01-03	2.01,97i-07
1.55,90	Diogo Reis	Juv. Vidigalense	05-12-89	2	CNcl-2	Pombal	15-02	
1.56,11	José Martins	Gira Sol RC	28-04-86	3	CNcl-2	Pombal	15-02	1.54,63i-07
1.56,34	Jorge Batista	ADRE Palhaça	06-06-91	5s	C. Port	Pombal	01-03	2.00,05i-08
1.57,04	Helio Fumo	SL Benfica	11-02-83	1s	CNcl-Ap	Pombal	31-01	1.53,32i-08
1.57,15	Hugo Santos	CA Riachense	05-01-91	ex		Pombal	20-12	1.59,50i-07
1.57,15	Helder Alheira	JOMA	28-07-85	6	CNcl-1	Pombal	15-02	1.52,79i-05
1.57,37	Márcio Pereira	CCD Ribeirão	13-09-89	3	C. Norte	Braga	18-01	1.57,88i-07
1.57,69	Diego Manjante	CCSJ. Madeira	MOZ 16-08-91	2s	CNJ	Espinho	25-01	1.59,76i-08
1.57,91	Fábio Santos	NA Cucujães	31-08-89	2		Espinho	04-01	1.58,87i-08
1.57,92	Frederic Vaz	FRA	90	5s	CNJ	Espinho	25-01	
1.58,02	Thibaut Junqueira	Bairro Anjos	17-02-92	2s		Pombal	21-02	2.02,85i-08
1.58,15	Luis Rações	Gira Sol RC	28-01-76	1s	C. Beiras	Espinho	18-01	1.54,31i-03
1.58,30	Alexandre Silva	CA Seia	05-04-84	2s	C. Beiras	Espinho	18-01	1.57,18i-04
1.58,42	Avelino Silva	CCSJ. Madeira	85	7s		Pombal	21-02	
1.58,44	Pedro Oliveira	Quintanjense FC	11-01-90	3s		Pombal	21-02	
1.58,51	Tiago Dias	Juv. Vidigalense	11-01-90	1s		Pombal	20-12	1.58,30i-08
1.58,63	Helder Pereira	Cyclones AC	10-08-88	4	C. Norte	Braga	18-01	
1.58,87	Rafael Leite	CCSJ. Madeira	24-05-88	3		Espinho	04-01	1.58,27i-08
1.58,96	Jaime Dias	Juv. Vidigalense	26-09-85	ex		Pombal	20-12	
1.58,98	Rui Miguel Gonçalves	SC Braga	06-09-89	1		Braga	10-01	1.53,94i-08
1.59,02	Rui Sousa	JD Almansor	21-11-89	ex		Pombal	20-12	
1.59,09	Diogo Pimentel	CCSJ. Madeira	20-11-89	4	CNcl-2	Pombal	15-02	2.01,21i-08
1.59,37	José Silva	SC Braga	04-07-89	2		Braga	04-01	1.55,64i-08
1.59,42	Adelino Silva	CCSJ. Madeira	17-08-85	4		Espinho	04-01	1.59,17i-08
1.59,48	Tiago Gamelas	CAP Pacense	01-11-90	6s	CNJ	Espinho	25-01	2.02,56i-08
1.59,74	José Araújo	CCD Ribeirão	13-01-83	3		Braga	04-01	1.57,51i-08
1.59,78	Hélio Bairrada	GRECAS	06-02-84	5	CNcl-2	Pombal	15-02	1.56,79i-04
1.59,83	Hugo Almeida	AD Sanjoanense	01-09-88	4	CN23	Pombal	08-02	1.57,94i-07
1.59,91	Jorge Santa Cruz	FC Porto	20-07-89	4		Braga	04-01	

### 1000 m – 2.40,0

2.20,31	Rui Silva	Sporting CP	03-08-77	6	GE Galan	Estocolmo-SWE	18-02	2.17,36i-01
2.31,30	Márcio Pereira	CCD Ribeirão	13-09-89	ex		Braga	03-01	2.32,47i-07
2.31,85	Rafael Leite	CCSJ. Madeira	24-05-88	1		Espinho	27-12	
2.32,50	Rui Pinto	UD Varzea	18-11-92	1		Braga	03-01	1.59,90i-08
2.32,66	José Silva	SC Braga	04-07-89	ex		Braga	03-01	
2.34,53	José Araújo	CCD Ribeirão	13-01-83	ex		Braga	03-01	2.33,96i-07
2.35,13	Fábio Santos	NA Cucujães	31-08-89	2		Espinho	27-12	
2.35,34	Adelino Silva	CCSJ. Madeira	17-08-85	3		Espinho	27-12	
2.36,67	José Costa	FC Porto	30-04-91	4		Espinho	27-12	
2.36,77	Diogo Lourenço	CAO Vianense	23-01-92	2		Braga	03-01	
2.37,48	Tiago Gamelas	CAP Pacense	01-11-90	5		Espinho	27-12	
2.37,52	Hugo Almeida	AD Sanjoanense	01-09-88	6		Espinho	27-12	
2.39,32	André Silva	Liberdade FC	31-05-92	3		Braga	03-01	2.36,43i-07

### 1500 m – 3.53,0 – 4.07,0

3.38,99	Rui Silva	Sporting CP	03-08-77	3	Avia	Birmingham-GBR	21-02	3.34,99i-99	
3.42,09		Rui Silva		1s	C. Port	Pombal	28-02		
3.42,77	Bruno Albuquerque	FC Porto	10-01-89	2s	C. Port	Pombal	28-02	3.54,81i-08	
3.42,89		Rui Silva		1h	C. Europa	Turim-Ita	07-03		
3.42,95		Rui Silva		1s	CNcl-Ap	Pombal	01-02		
3.44,14		Rui Silva		1	CNcl-1	Pombal	14-02		
3.44,38		Rui Silva		1	C. Europa	Turim-Ita	08-03		
3.44,87		Bruno Albuquerque		2	CNcl-1	Pombal	14-02		
3.46,17	João Lopes	CN Rio Maior	02-01-86	1		Pombal	21-02	3.45,92i-07	
3.46,48	Tulio António	Sporting CP	ANG	24-01-83	2		Pombal	21-02	3.48,85i-08
3.46,97	Hélio Gomes	Sporting CP		27-12-84	3s	C. Port	Pombal	28-02	3.45,70i-08
3.47,08		Bruno Albuquerque		10h	C. Europa	Turim-Ita	07-03		
3.47,31		Bruno Albuquerque		2s	CNcl-Ap	Pombal	01-02		
3.47,59	Youssef El Kalai	FC Porto	MAR	01-03-81	3		Pombal	21-02	3.54,74i-06
3.50,62		João Lopes		4s	C. Port	Pombal	28-02		
3.52,26	Ricardo Paixão	SL Benfica		01-04-86	3	CNcl-1	Pombal	14-02	4.03,26i-05
3.53,87	Rui Pinto	UD Varzea	RNi jv	18-11-92	1s	C. Port	Pombal	28-02	4.05,61i-07
3.53,91	José Carvalho	Constrolândia MC		13-02-77	2s	C. Port	Pombal	28-02	3.52,73i-08
3.54,49	Alexandre Silva	CA Seia		05-04-84	4		Pombal	21-02	3.51,42i-07
3.54,53	Renato Silva	CCD Ribeirão		22-08-81	3s	CNcl-Ap	Pombal	01-02	3.48,79i-06
3.54,53	João Brás	SCU Torreense		13-08-89	3	C. Port	Pombal	28-02	3.56,5i-08
3.54,95	Luis Pinto	CS Marítimo		09-11-75	4	CNcl-1	Pombal	14-02	3.49,41i-04
3.55,26	Alberto Paulo	CS Marítimo		03-10-85	5s	CNcl-Ap	Pombal	01-02	3.54,72i-06
3.55,98	Jorge Santa-Cruz	FC Porto		20-07-89	2	CN23	Pombal	07-02	3.58,11i-08
3.56,01	Nelson Silva	JOMA		25-10-82	1	CNcl-Ap	Pombal	31-01	3.54,87i-03
3.56,18	Ricardo Mateus	Sporting CP		05-01-88	5		Pombal	21-02	
3.56,25	Dario Garcias	C Bf. Faro		19-09-77	2s	CNcl-Ap	Pombal	31-01	3.47,96i-03
3.56,73	Adelino Monteiro	Sporting CP		01-04-81	ex		Braga	24-01	3.47,37i-04
3.56,75	Paulo Lopes	UD Varzea		04-01-89	5s	C. Port	Pombal	28-02	4.02,68i-07
3.57,55	Luis Abrantes	ACR S. Desterro		27-04-86	2	C. Beiras	Espinho	17-01	3.57,44i-08
3.58,16	Jorge Miranda	SL Benfica		23-02-88	4	CN23	Pombal	07-02	3.59,19i-06
3.59,27	Luis Rações	Gira Sol RC		28-01-76	2	CNcl-2	Pombal	14-02	3.55,19i-06
3.59,79	Marco Costa	Juv. Vidigalense		23-10-81	3	CNcl-2	Pombal	14-02	3.56,92i-05
4.00,04	Leonel Fernandes	Cyclones AC		20-03-87	ex		Espinho	03-01	3.57,54i-08
4.00,21	Rafael Leite	CCSJ. Madeira		24-05-88	1		Espinho	03-01	1.58,27i-08
4.00,69	Artur Rodrigues	NA Cucujães		23-06-75	2		Espinho	03-01	4.01,89i-08
4.00,72	Adelino Silva	CCSJ. Madeira		17-08-85	4	CNcl-2	Pombal	14-02	4.04,35i-06
4.00,87	Carlos Saias	CIA Ilha Azul		27-06-73	5s	CNcl-Ap	Pombal	31-01	4.03,67i-08
4.01,34	José Costa	FC Porto		30-04-91	2	CNJ	Espinho	24-01	
4.01,82	Rui Paulo Silva	GD Estreito		20-11-84	6s	CNcl-Ap	Pombal	31-01	3.56,87i-06
4.02,16	Bruno Rodrigues	Juv. Vidigalense		24-03-88	6	CN23	Pombal	07-02	4.00,87i-08
4.03,37	Emanuel Rolim	NS Lourinhã		03-01-93	3	CNJ	Espinho	24-01	
4.03,90	Fábio Gonçalves	SL Benfica		26-01-90	4	CNJ	Espinho	24-01	



4.04,29	Sérgio Dias	CCD Ribeirão		28-03-85	2	C. Norte	Braga	17-01	3.59,87i-07
4.05,96	Helio Bairrada	GRECAS		06-02-84	4		Espinho	03-01	3.54,10i-04
4.06,22	Pedro Maravilhas	OC Lagos		04-12-76	1s	CNcl-Ap	Pombal	31-01	
4.06,28	João Pires	GJP Bemposta		09-03-92	5	CNJ	Espinho	24-01	
4.06,41	Fábio Santos	NA Cucujães		31-08-89	1		Espinho	09-01	
4.06,47	Diogo Lourenço	CAO Vianense		23-01-92	1s	CNJ	Espinho	24-01	4.16,86i-08
4.06,82	Marco Gaspar	GRECAS		27-06-83	5	CNcl-2	Pombal	14-02	4.01,8i-08
4.06,98	Ruben Felizardo	CA Seia		17-06-91	6s	CNJ	Espinho	24-01	4.08,54i-08

### 3000 m – 8.21,0 – 8.50,0

7.55,84	Rui Silva	Sporting CP		03-08-77	5	Sparkassen	Estugarda-Ale	07-02	7.39,44i-00
8.01,20	Youssef El Kalai	FC Porto	MAR	01-03-81	1	C. Port	Pombal	01-03	8.07,13i-06
8.02,57		Rui Silva			1	CNcl-1	Pombal	15-02	
8.05,25		Youssef El Kalai			2	CNcl-1	Pombal	15-02	
8.11,02	Tulio António	Sporting CP	ANG	24-01-83	2	C. Port	Pombal	01-03	8.36,83i-05
8.12,18	Mário Teixeira	Sporting CP		20-09-74	3	C. Port	Pombal	01-03	8.03,27i-04
8.12,40	Luis Miguel Pinto	Sporting CP		05-01-83	4	C. Port	Pombal	01-03	8.12,92i-07
8.13,09	Alberto Paulo	CS Marítimo		03-10-85	5	C. Port	Pombal	01-03	8.12,65i-08
8.17,51	António Travassos	Sporting CP		24-09-71	1s	CNcl-Ap	Pombal	01-02	7.58,25i-04
8.21,10	Jorge Pinto	JU Fornos		31-10-70	1	C. Beiras	Espinho	18-01	8.20,73i-08
8.23,58	Ricardo Mateus	Sporting CP		05-01-88	6	C. Port	Pombal	01-03	
8.24,77	Jorge Robalo Varela	C Bf. Faro		02-01-80	1s	CNcl-Ap	Pombal	31-01	8.21,25i-01
8.24,90	Jorge Miranda	SL Benfica		23-02-88	7	C. Port	Pombal	01-03	
8.25,46	Bruno Albuquerque	FC Porto		10-01-89	1	CN23	Pombal	08-02	8.19,25i-08
8.26,39	Filipe Rosa	JOMA		14-07-84	8	C. Port	Pombal	01-03	
8.26,49	Manuel Silva	SL Benfica		08-10-78	2s	CNcl-Ap	Pombal	31-01	8.06,70i-03
8.26,68	Alexandre Silva	CA Seia		05-04-84	4	CNcl-1	Pombal	15-02	8.13,87i-07
8.28,08	Artur Rodrigues	NA Cucujães		23-06-75	3s	CNcl-Ap	Pombal	31-01	8.24,18i-08
8.28,60	Nelson Oliveira	Gira Sol RC		26-08-81	1	CNcl-2	Pombal	15-02	
8.28,64	Jorge Santa-Cruz	FC Porto		20-07-89	2	CN23	Pombal	08-02	8.19,76i-08
8.28,70	Ricardo Dias	CCD Ribeirão		28-03-85	1	C. Norte	Braga	18-01	8.44,13i-08
8.28,84	Nuno Valente	FC Porto		17-10-83	1	Rio Largo	Espinho	13-02	
8.29,33	José Costa	FC Porto		30-04-91	2	Rio Largo	Espinho	13-02	8.30,06i-08
8.30,93	Ricardo Paixão	SL Benfica		01-04-86	5	CNcl-1	Pombal	15-02	
8.31,12	Bruno Rodrigues	Juv. Vidigalense		24-03-88	2	CNcl-2	Pombal	15-02	4.00,87i-08
8.32,66	Carlos M. Silva	Sporting CP		03-09-83	9	C. Port	Pombal	01-03	8.12,45i-08
8.34,50	João Lopes	CN Rio Maior		02-01-86	1		Pombal	04-01	8.15,95i-07
8.35,44	Paulo Lopes	UD Varzea		04-01-89	10	C. Port	Pombal	01-03	
8.35,50	Leonel Fernandes	Cyclones AC		20-03-87	ex		Espinho	04-01	8.25,72i-08
8.36,05	Marco Morgado	CAO Vianense		02-01-82	2	C. Norte	Braga	18-01	
8.37,46	Pedro Vieira	NA Joane		22-02-89	6	CN23	Pombal	08-02	
8.38,13	Ricardo Vale	SC Braga		88	7	CN23	Pombal	08-02	
8.38,18	Marco Pinto	CA Seia		11-10-86	4	C. Beiras	Espinho	18-01	8.21,58i-07
8.40,46	Marco Costa	Juv. Vidigalense		23-10-81	3s	CNcl-Ap	Pombal	01-02	
8.42,52	André Aniceto Marques	ACR Vale Cambra		16-06-86	5	C. Beiras	Espinho	18-01	8.29,60i-06
8.42,77	Rui Pinto	UD Varzea		18-11-92	1	CNJ	Espinho	25-01	
8.46,03	Luis Mendes	NA Joane		10-06-90	3	CNJ	Espinho	25-01	8.41,72i-07
8.46,31	Manuel Ferreira	Atl. Fim de Semana		08-11-67	1	CNVet	Espinho	15-02	8.24,17i-99
8.46,67	Nuno Nunes	CN Rio Maior		08-01-80	5s	CNcl-Ap	Pombal	31-01	
8.47,67	Sérgio Dias	CCD Ribeirão		28-03-85	2		Braga	27-12	8.24,00i-08
8.48,74	Ricardo Abreu	CS Marítimo		12-08-79	5s	CNcl-Ap	Pombal	01-02	8.19,73i-05
8.49,15	Paulo Galego	CIA Ilha Azul		25-10-68	1s	CNcl-Ap	Pombal	31-01	8.32,88i-05
8.49,93	Miguel Santos	ACR Vila Rei		13-07-90	4	CNJ	Espinho	25-01	

### 60 m B – 8,30 – 9,30

7,97	João Almeida	Sporting CP		05-04-88	1	CNcl-1	Pombal	14-02	8,02i-08
7,98		João Almeida			1	C. Port	Pombal	01-03	
8,00		João Almeida			1	CN23	Pombal	08-02	

8,03		João Almeida			4r2	ELAN	Bratislava-SVK	05-02	
8,10	Rodrigo Dionisio		GD Estreito	25-06-85	1		Espinho	10-01	8,22i-08
8,10		João Almeida			1s	CNcl-Ap	Pombal	01-02	
8,10		João Almeida			4r1	ELAN	Bratislava-SVK	05-02	
8,12	Luis Fernandes		GD Cavadas	31-05-82	2	C. Port	Pombal	01-03	8,08i-05
8,13		João Almeida			1ex		Pombal	01-02	
8,13		Rodrigo Dionisio			3	C. Port	Pombal	01-03	
8,13	Luis Sá		FC Porto	17-03-81	4	C. Port	Pombal	01-03	7,79i-03
8,15		Luis Fernandes			1h	C. Port	Pombal	01-03	
8,16		Luis Sá			1h	C. Port	Pombal	01-03	
8,18		João Almeida			2h	C. Port	Pombal	01-03	
8,19		João Almeida			1s	Taça FPA	Espinho	10-01	
8,20	Rasul Dabo		JOMA	14-02-89	2	CN23	Pombal	08-02	8,55i-08
8,21		Rodrigo Dionisio			2s	Taça FPA	Espinho	10-01	
8,22		Luis Fernandes			2		Espinho	10-01	
8,22	Tiago Marto		GA Fátima	05-05-86	Hep	C. Port	Pombal	01-03	8,23i-08
8,23	Bruno Gualberto		Juv. Vidigalense	BRA 01-08-88	1	CNcl-2	Pombal	14-02	8,19i-08
8,23		Luis Sá			2	CNcl-1	Pombal	14-02	
8,24		João Almeida			1h	CN23	Pombal	08-02	
8,26		Luis Fernandes			3s	Taça FPA	Espinho	10-01	
8,26		Bruno Gualberto			2s	CNcl-Ap	Pombal	01-02	
8,26		Rodrigo Dionisio			2h	C. Port	Pombal	01-03	
8,27	Edgar Carrolo		SL Benfica	30-01-91	3	CNcl-1	Pombal	14-02	8,78i-08
8,28		Tiago Marto			1		Pombal	04-01	
8,28		João Almeida			3		Espinho	10-01	
8,29		Rasul Dabo			4		Espinho	10-01	
8,30		Bruno Gualberto			1	C. Beiras	Espinho	18-01	
8,31	David Bernardo		França	26-01-90	5	C. Port	Pombal	01-03	
8,38	Hélio Vaz		NDC Gouveia	01-05-91	3h	C. Port	Pombal	01-03	
8,39	Nykola Skorokhod		Sporting CP	UKR 03-03-76	2ex		Pombal	01-02	8,03i-05
8,45	Bruno Costa		CA Seia	17-03-80	2	C. Beiras	Espinho	18-01	8,29i-05
8,52	João Fontela		ES Serafim Leite	07-08-91	1h	C. Beiras	Espinho	18-01	8,99i-08
8,54	Rui Palma		Sporting CP	04-01-78	6s	Taça FPA	Espinho	10-01	7,86i-02
8,58	Tiago Ferreira		FC Porto	22-07-87	3ex		Pombal	01-02	8,40i-06
8,60	André Jordão		NDC Gouveia	27-06-89	4	C. Beiras	Espinho	18-01	8,74i-07
8,61	Jorge Santos		NA Cucujães	25-03-85	5	C. Beiras	Espinho	18-01	8,53i-05
8,62	Pedro Carreira		GA Fátima	27-02-89	4h	CN23	Pombal	08-02	8,73i-08
8,64	Roberto Gonçalves		GD Estreito	24-02-89	5h	CN23	Pombal	08-02	8,66i-08
8,65	Ricardo Fernandes		JOMA	CPV 01-01-91	4h	CN23	Pombal	08-02	
8,67	Helder Pato		Gira Sol RC	22-01-80	5s	CNcl-Ap	Pombal	01-02	8,44i-06
8,80	Carlos Santos		CP Alcanena	10-05-86	1s	CNcl-Ap	Pombal	31-01	8,66i-08
8,81	Daniel Gaspar		Bairro Anjos	07-11-87	4h	C. Beiras	Espinho	18-01	8,72i-06
8,87	Alexandre Sousa		Bairro Anjos	13-11-87	1s	CNcl-Ap	Pombal	01-02	9,22i-07
8,96	Damião Freitas		CF Belenenses	16-04-89	6s	CNcl-Ap	Pombal	01-02	8,55i-07
8,98	Ricardo Amaro		JD Neves	09-08-90	Hep	Taça FPA	Espinho	11-01	9,05i-08
8,99	Kevin Wilson		SL Benfica	06-01-90	Hep	C. Port	Pombal	01-03	9,00i-08
9,00	João Martins		CAS Manique	25-02-92	2s	CNcl-Ap	Pombal	31-01	
9,04	Luis Silva		GRECAS	26-05-80	5s	Taça FPA	Espinho	10-01	8,79i-06
9,08	Peribaldo Martins		CA Bx Banheira	ANG 01-11-83	6s	CNcl-Ap	Pombal	31-01	9,08i-08
9,09	Filipe Morim		CD Pvoa	13-01-91	1	C. Norte	Braga	18-01	
9,09	Hugo Silva		CS Marítimo	04-01-91	6h	C. Port	Pombal	01-03	
9,11	João Raposo		C Operário D	14-02-85	7h	C. Port	Pombal	01-03	8,88i-08
9,12	Rui Fontes		GD Cavadas	05-11-90	Hep	C. Port	Pombal	01-03	
9,14	Vítor Rodrigues		SUO Vais	25-02-84	Hep		Pombal	28-12	8,68i-05
9,14	Pedro Gomes		GR Qt. Lomba	13-11-90	1s	CNcl-Ap	Pombal	31-01	
9,15	Luis Ferreira		CCSJ. Madeira	23-04-85	3		Espinho	04-01	8,84i-06
9,17	Pedro Vieira		CCD Ribeirão	07-08-84	3	CNcl-2	Pombal	14-02	8,76i-03
9,22	Samuel Remédios		GA Fátima	24-02-92	3		Pombal	04-01	
9,22	Hugo Valente		CCSJ. Madeira	13-12-82	4		Espinho	04-01	
9,27	Roberto Nascimento		JA Mozelense	01-02-93	2s	CNcl-Ap	Pombal	01-02	



9,30	Victor Vilovskiy	SL Benfica	RUS	12-02-90	1s	Taça FPA	Espinho	10-01	9,16i-08
<b>60 m B (1,00) – 8,30 – 9,30</b>									
8,00	David Bernardo	França	RNji	26-01-90	3		Eaubonne	01-02	8,17i-08
8,04	David Bernardo				3		Eaubonne	11-01	
8,04	David Bernardo		RNji		1h		Eaubonne	11-01	
8,05	David Bernardo				1sf		Paris	15-02	
8,07	David Bernardo				1h		Paris	15-02	
8,09	David Bernardo				5		Paris	15-02	
8,12	Edgar Carrolo	SL Benfica		30-01-91	1	CNJ	Espinho	25-01	
8,16	David Bernardo				2h		Eaubonne	01-02	
8,18	David Bernardo				5		Eaubonne	06-02	
8,25	Hélio Vaz	NDC Gouveia		01-05-91	2	CNJ	Espinho	25-01	
8,27	Edgar Carrolo				1	Taça FPA	Espinho	10-01	
8,27	Edgar Carrolo				1h	CNJ	Espinho	25-01	
8,40	João Fontela	ES Serafim Leite		07-08-91	2	Taça FPA	Espinho	10-01	
8,45	Ricardo Fernandes	JOMA	CPV	01-01-91	2h	CNJ	Espinho	25-01	
8,67	João Rocha	Bairro Anjos		15-04-92	1h	CNJ	Espinho	25-01	
8,71	Rui Fontes	GD Cavadas		05-11-90	5	CNJ	Espinho	25-01	9,67i-07
8,82	Samuel Remédios	GA Fátima		24-02-92	6	CNJ	Espinho	25-01	
8,96	Pedro Gomes	GR Qt. Lomba		13-11-90	4	Taça FPA	Espinho	10-01	
8,97	Filipe Morim	CD Povia		13-01-91	3h	CNJ	Espinho	25-01	
9,01	Rodrigo Custodio	C Bf. Faro		10-08-90	2h	CNJ	Espinho	25-01	
9,02	Hugo Silva	CS Marítimo		04-01-91	3h	CNJ	Espinho	25-01	
9,07	Luís Landeiro	JD Neves		17-02-91	5	Taça FPA	Espinho	10-01	
9,09	Márcio Quintela	EC+S Lavra		31-05-90	Hep		Braga	04-01	9,26i-08
9,14	Gonçalo Almeida	C Bf. Faro		30-04-91	3h	CNJ	Espinho	25-01	
9,18	Duarte Silva	CCD Ribeirão		05-10-92	4h	CNJ	Espinho	25-01	
9,19	José Décio Faria	A Jardim Serra		23-07-91	4h	CNJ	Espinho	25-01	

### Altura/High Jump – 2,00 – 1,82

2,16	Roman Guliy	Sporting CP	UKR	07-04-79	1s	CNcl-Ap	Pombal	01-02	2,16i-08
2,14	Paulo Gonçalves	SL Benfica		05-03-85	1s	CNcl-Ap	Pombal	31-01	2,21i-08
2,14	Paulo Gonçalves				1	CNcl-1	Pombal	14-02	
2,14	Roman Guliy		POR		2	CNcl-1	Pombal	14-02	
2,12	Carlos Pires	FC Porto		21-12-82	3	CNcl-1	Pombal	14-02	2,12i-08
2,11	Roman Guliy		POR		1	C. Port	Pombal	28-02	
2,11	Carlos Pires				2	C. Port	Pombal	28-02	
2,11	Paulo Gonçalves				3	C. Port	Pombal	28-02	
2,09	Carlos Pires				1		Pombal	21-02	
2,09	Paulo Gonçalves				2		Pombal	21-02	
2,08	Carlos Pires				1	Taça FPA	Espinho	11-01	
2,08	Roman Guliy		UKR		ex	Taça FPA	Espinho	11-01	
2,07	Carlos Pires				2s	CNcl-Ap	Pombal	01-02	
2,05	Carlos Pires				ex		Espinho	03-01	
2,05	Ricardo Nunes	NA Alcabideche		12-05-89	4	C. Port	Pombal	28-02	2,00i-07/08
2,03	Roman Guliy		POR		3		Pombal	21-02	
2,00	Ricardo Nunes				1	CN23	Pombal	07-02	
2,00	Rodrigo Dionisio	GD Estreito		25-06-85	1	CNcl-2	Pombal	14-02	2,02i-06/07
2,00	Hedson Trindade	Gira Sol RC	STP	23-10-89	2	CNcl-2	Pombal	14-02	1,98i-08
1,98	Ricardo Amaro	JD Neves		09-08-90	Hep	Taça FPA	Espinho	10-01	1,91i-08
1,98	Tiago Marto	GA Fátima		05-05-86	Hep	C. Port	Pombal	28-02	1,96i-02/08
1,97	João Alexandre	Juv. Vidigalense		01-09-90	1	CNJ	Espinho	24-01	1,95i-08
1,96	Rodolfo Brites	Juv. Vidigalense		27-03-91	Hep		Pombal	27-12	1,95i-08
1,96	Pedro Mossamedes	SUO Vais		03-02-91	1		Pombal	03-01	1,96i-08
1,95	Sérgio Silva	CCD Ribeirão		22-11-85	Hep		Braga	03-01	1,88i-07/08
1,95	Sérgio Costa	CCD Ribeirão		14-10-82	3s	CNcl-Ap	Pombal	01-02	2,04i-07
1,93	Vitor Rodrigues	SUO Vais		25-02-84	Hep		Pombal	27-12	1,97i-05

1,92	Tiago Boucela	GRECAS		09-12-92	6		Pombal	21-02	1,83i-08
1,92	Flávio Nogueira	GJP Bemposta		21-07-87	1		Murtosa	28-02	1,85i-07
1,92	Kevin Wilson	SL Benfica		06-01-90	Hep	C. Port	Pombal	28-02	1,90i-07
1,91	Marcos Caldeira	SL Benfica		27-02-88	1	CNU	Braga	24-01	1,97i-08
1,90	Bruno Pereira	Juv. Vidigalense		08-07-81	2		Alcanena	23-11	1,80i-03/04
1,90	Carlos Calado	Individual		05-10-75	3		Alcanena	23-11	2,05i-02
1,90	Patrick Marques	CCSJ. Madeira		09-02-84	1		Braga	07-02	2,00i-06/07
1,89	Diogo Espinha	JOMA		08-10-87	3s	CNcl-Ap	Pombal	31-01	1,95i-05
1,89	Pedro Freitas	CS Marítimo		10-05-89	4	CNcl-1	Pombal	14-02	1,89i-06
1,88	André Marques Girão	AA Coimbra		11-03-85	2	CNU	Braga	24-01	
1,88	Victor Vilovskiy	SL Benfica	RUS	12-02-90	6	CN23	Pombal	07-02	1,98i-08
1,87	Pedro Ferreira	SUO Vais		12-08-93	1		Alpiarça	07-03	1,77i-08
1,86	Oscar Vilaça	C Spiridon Gaia		08-02-92	1		Braga	07-02	
1,85	Pedro Santos	CP Alcanena		01-01-88	4		Alcanena	23-11	1,87i-08
1,85	Cláudio Freixo	SL Benfica		04-07-91	6	Taça FPA	Espinho	11-01	1,77i-08
1,85	Pedro Cardante	CA Mazarefes		09-11-84	3	C. Norte	Braga	17-01	1,91i-03
1,85	Daniel Gaspar	Bairro Anjos		07-11-87	6	C. Beiras	Espinho	17-01	1,90i-08
1,85	Bruno Costa	CD Póvoa		03-05-92	8	CNJ	Espinho	24-01	
1,84	Carlos Pereira	ACRA Seixas		26-01-63	ex		Espinho	03-01	1,83i-08
1,84	Márcio Lima	CIA Ilha Azul		22-03-79	7	C. Port	Pombal	28-02	2,06i-04
1,84	Paulo Conceição	EMD Saraiva		93	2		Alpiarça	07-03	
1,83	Márcio Quintela	EC+S Lavra		31-05-90	Hep		Braga	03-01	1,89i-08
1,83	Luis Ferreira	CCSJ. Madeira		23-04-85	Hep	Taça FPA	Espinho	10-01	1,91i-03
1,83	André Barreira	CAM Grande		02-12-87	10s	CNcl-Ap	Pombal	01-02	1,85i-08
1,83	Gonçalo Lopes	CA Seia		14-03-88	9s	CNcl-Ap	Pombal	01-02	1,89i-08
1,82	Mário Silva	CCD Ribeirão		18-04-87	4	CNU	Braga	24-01	

### Vara/Pole vault – 4,50 – 3,50

5,33	Edi Maia	Sporting CP	RN23	10-11-87	1		Pombal	21-02	5,17i-08
5,32		Edi Maia	RN23		1	CNcl-1	Pombal	15-02	
5,26		Edi Maia	RN23		1	CN23	Pombal	08-02	
5,20		Edi Maia			1	C. Port	Pombal	01-03	
5,05		Edi Maia			1	Taça FPA	Espinho	11-01	
4,98	Diogo Ferreira	JOMA	RNji	30-07-90	2	C. Port	Pombal	01-03	4,45i-08
4,87		Diogo Ferreira	RNji		1s	CNcl-Ap	Pombal	31-01	
4,70		Diogo Ferreira			2	CN23	Pombal	08-02	
4,70		Diogo Ferreira			2		Pombal	21-02	
4,67		Edi Maia			1s	CNcl-Ap	Pombal	01-02	
4,67		Diogo Ferreira			2	CNcl-1	Pombal	15-02	
4,60		Diogo Ferreira			ex		Pombal	20-12	
4,60		Diogo Ferreira			2	Taça FPA	Espinho	11-01	
4,60	Carlos Gomes	JOMA		29-11-89	3		Pombal	21-02	4,30i-08
4,60	Hugo Serra	SL Benfica		12-06-77	3	C. Port	Pombal	01-03	5,10i-02
4,57		Hugo Serra			2s	CNcl-Ap	Pombal	31-01	
4,57	Rui Pereira	FC Porto		17-11-85	3	CNcl-1	Pombal	15-02	4,90i-07
4,57		Hugo Serra			4	CNcl-1	Pombal	15-02	
4,50	Helder Fernandes	CS Marítimo		02-03-77	3	Taça FPA	Espinho	11-01	4,85i-05
4,50		Diogo Ferreira			1	CNJ	Espinho	25-01	
4,45	Ruben Monteiro	Juv. Vidigalense		03-08-89	4		Pombal	21-02	4,26i-08
4,45	Diogo Silva	CCD Ribeirão		16-04-89	4	C. Port	Pombal	01-03	3,90i-08
4,45	Filipe Lara Ramos	C Bf. Faro		10-09-78	6	C. Port	Pombal	01-03	4,65i-04
4,35	Angelo Dias	CA Bx Banheira		12-08-78	3s	CNcl-Ap	Pombal	31-01	4,47i-06
4,35	Tiago Marto	GA Fátima		05-05-86	4s	CNcl-Ap	Pombal	31-01	4,35i-08
4,30	Luis Silva	GRECAS		26-05-80	1		Espinho	04-01	4,62i-03
4,25	Gonçalo Pacheco	Gira Sol RC		17-02-78	2	C. Beiras	Espinho	18-01	4,47i-08
4,10	Ricardo Amaro	JD Neves		09-08-90	Hep	C. Port	Pombal	01-03	
4,05	Ricardo Ventura	JOMA		08-12-81	6s	CNcl-Ap	Pombal	31-01	4,55i-06
4,05	Gonçalo Lopes	CA Seia		14-03-88	6	CNcl-1	Pombal	15-02	4,05i-08
4,04	Isaac Lopes	FC Porto		08-02-90	6	CN23	Pombal	08-02	3,50i-08

4,00	Kevin Wilson	SL Benfica	06-01-90	7	Taça FPA	Espinho	11-01	3,80i-08
4,00	Claudio Gama	GD Cavadas	20-03-82	Hep	C. Port	Pombal	01-03	4,30i-07/08
3,92	José Décio Faria	A Jardim Serra	23-07-91	7	CN23	Pombal	08-02	
3,90	Hugo Valente	CCSJ. Madeira	13-12-82	7s	CNcl-Ap	Pombal	31-01	4,00i-05
3,90	Damião Freitas	CF Belenenses	16-04-89	6s	CNcl-Ap	Pombal	01-02	4,00i-07
3,90	Herlander Marcos	GRECAS	27-08-76	6s	CNcl-Ap	Pombal	01-02	4,25i-03
3,85	George Silva	Juv. Vidigalense	05-01-76	5	C. Beiras	Espinho	18-01	4,25i-98
3,80	Rui Jeronimo	Bairro Anjos	11-11-90	10	CN23	Pombal	08-02	3,30i-08
3,80	André F. Santos	OC Lagos	04-04-91	11	CN23	Pombal	08-02	3,50i-08
3,70	Luis Ferreira	Juv. Vidigalense	27-01-92	4	CNJ	Espinho	25-01	2,90i-07
3,70	Paulo Jardim	GD Estreito	15-01-77	4	CNcl-2	Pombal	15-02	4,25i-98
3,65	Ricardo Ferreira	AA Coimbra	19-03-82	9	Taça FPA	Espinho	11-01	3,70i-07
3,65	Sérgio Teixeira	Esc Movimento	10-01-91	9	Taça FPA	Espinho	11-01	3,40i-07
3,65	Bernardo Lopes	Juv. Vidigalense	26-01-93	11	Taça FPA	Espinho	11-01	
3,50	Bernardo Costa	Sporting CP	10-08-91	14	CN23	Pombal	08-02	

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

7,76	Gaspar Araújo	Sporting CP	17-12-81	1	C. Port	Pombal	01-03	8,00i-05
7,73	Marcos Chuva	SL Benfica	08-08-89	1		Pombal	21-02	7,28i-08
7,54	Marcos Caldeira	SL Benfica	27-02-88	2		Pombal	21-02	7,58i-07
7,52	Marcos Caldeira			2	C. Port	Pombal	01-03	
7,45	Gaspar Araújo			1	Taça FPA	Espinho	11-01	
7,45	Marcos Caldeira			1	CNcl-1	Pombal	14-02	
7,44	Gaspar Araújo			12q	C. Europa	Turim-Ita	07-03	
7,40	Marcos Caldeira			1	CN23	Pombal	08-02	
7,38	Gaspar Araújo			1s	CNcl-Ap	Pombal	01-02	
7,36	Marcos Chuva			3	C. Port	Pombal	01-03	
7,31	Marcos Chuva			2	Taça FPA	Espinho	11-01	
7,29	Gaspar Araújo			ex	C. Beiras	Espinho	18-01	
7,21	Kevin Wilson	SL Benfica	06-01-90	Hep	C. Port	Pombal	28-02	6,76i-07
7,18	Marcos Caldeira			ex	Taça FPA	Espinho	11-01	
7,17	Marcos Chuva			1s	CNcl-Ap	Pombal	31-01	
7,17	Tiago Marto	GA Fátima	05-05-86	3		Pombal	21-02	7,23i-08
7,12	Lenine Cunha	AA Coimbra	04-12-82	4		Pombal	21-02	7,15i-08
7,09	Hildeberto Almeida	Sporting CP	08-08-78	3	Taça FPA	Espinho	11-01	7,58i-07
7,08	José Miguel Pereira	FC Porto	22-07-91	1	CNJ	Espinho	25-01	6,66i-08
7,08	Carlos Veiga	CF Belenenses	22-02-89	4	C. Port	Pombal	01-03	6,72i-08
7,06	Pedro Oliveira	CA Seia	22-07-80	1	C. Beiras	Espinho	18-01	7,27i-00
6,94	David Cardeira	Sporting CP	02-03-89	2	CN23	Pombal	08-02	
6,93	João Frias	ADR Agua Pena	09-01-91	2	CNJ	Espinho	25-01	
6,92	Jorge Cardoso	CCSJ. Madeira	30-10-88	1	CNcl-2	Pombal	14-02	6,88i-08
6,86	Victor Vilovskiy	SL Benfica	RUS 12-02-90	5		Pombal	21-02	6,30i-07
6,84	João Dias	FC Porto	01-06-84	2	C. Norte	Braga	18-01	7,16i-06
6,83	Pedro Bernardo	JOMA	12-05-89	3	CN23	Pombal	08-02	6,35i-08
6,82	Luis Silva	GRECAS	26-05-80	1		Espinho	04-01	7,13i-06
6,78	Ricardo Amaro	JD Neves	09-08-90	3	CNJ	Espinho	25-01	6,68i-08
6,76	Alberto Fraga	GD Estreito	29-02-80	6	Taça FPA	Espinho	11-01	7,02i-99
6,74	Hugo Espírito Santo	Sporting CP	93	6		Pombal	21-02	
6,72	Carlos Santos	CP Alcanena	10-05-86	3s	CNcl-Ap	Pombal	31-01	7,11i-07
6,71	Sérgio Silva	CCD Ribeirão	22-11-85	3	CNcl-2	Pombal	14-02	6,89i-07
6,69	Pedro Fonseca	Sporting CP	08-04-80	7	C. Port	Pombal	01-03	7,12i-02
6,66	João Rocha	Bairro Anjos	15-04-92	4	CNJ	Espinho	25-01	
6,65	Claudio Gama	GD Cavadas	20-03-82	Hep	C. Port	Pombal	28-02	6,91i-07
6,57	Carlos Oliveira	CA Seia	24-05-79	5	CNcl-1	Pombal	14-02	6,97i-02
6,56	Bruno Carmo	Bairro Anjos	21-02-81	ex		Pombal	20-12	7,25i-02
6,56	Rui Sá	FC Porto	07-04-91	6	CNJ	Espinho	25-01	
6,53	Patrick Marques	CCSJ. Madeira	09-02-84	2		Espinho	04-01	7,29i-07
6,53	Paulo Dias	Gira Sol RC	14-05-89	4	CNcl-2	Pombal	14-02	6,16i-07

## Triplo/Triple jump – 14,20 – 13,00

15,59	Marcos Caldeira	SL Benfica	27-02-88	1	CNcl-1	Pombal	15-02	15,65i-07
15,32		Marcos Caldeira		1	C. Port	Pombal	28-02	
15,31		Marcos Caldeira		1s	CNcl-Ap	Pombal	31-01	
15,30	David Cardeira	Sporting CP	02-03-89	2	C. Port	Pombal	28-02	14,73i-08
15,06		Marcos Caldeira		1	CN23	Pombal	07-02	
15,05		David Cardeira		2	CN23	Pombal	07-02	
14,99	Roman Guliy	Sporting CP	07-04-79	3	C. Port	Pombal	28-02	
14,89		Marcos Caldeira		1	Taça FPA	Espinho	11-01	
14,81		David Cardeira		2	Taça FPA	Espinho	11-01	
14,75	Américo Castelbranco	Sporting CP	24-04-74	3	Taça FPA	Espinho	11-01	15,62i-07
14,73	Jorge Almeida	SL Benfica	26-10-74	4	C. Port	Pombal	28-02	15,17i-02
14,68		David Cardeira		2	CNcl-1	Pombal	15-02	
14,64	Nelson Martins	CN Rio Maior	15-01-79	2s	CNcl-Ap	Pombal	31-01	15,05i-01
14,63	João Dias	FC Porto	01-06-84	3	CNcl-1	Pombal	15-02	15,27i-06
14,55		Nelson Martins		1		Pombal	03-01	
14,48		Jorge Almeida		4	Taça FPA	Espinho	11-01	
14,47	Diogo Ferreira	JOMA	30-07-90	1	CNJ	Espinho	24-01	14,01i-08
14,47	Lenine Cunha	AA Coimbra	04-12-82	5	C. Port	Pombal	28-02	14,56i-04
14,44		Nelson Martins		6	C. Port	Pombal	28-02	
14,41		David Cardeira		1s	CNcl-Ap	Pombal	01-02	
14,38		Lenine Cunha		3s	CNcl-Ap	Pombal	31-01	
14,34		João Dias		2s	CNcl-Ap	Pombal	01-02	
14,33		Lenine Cunha		1		Pombal	03-01	
14,25	David Ferreira	JOMA	04-04-89	7	C. Port	Pombal	28-02	
14,24	Sérgio Silva	CCD Ribeirão	22-11-85	1	C. Norte	Braga	17-01	14,21i-06
14,21	Luis Silva	GRECAS	26-05-80	1	C. Beiras	Espinho	17-01	14,42i-08
14,19	Bruno Carmo	Bairro Anjos	21-02-81	2	C. Beiras	Espinho	17-01	15,15i-03
14,19	Carlos Oliveira	CA Seia	24-05-79	4	CNcl-1	Pombal	15-02	14,10i-08
14,00	José Miguel Pereira	FC Porto	22-07-91	2	CNJ	Espinho	24-01	13,10i-08
13,94	Ruben Silva	Juv. Vidigalense	07-05-91	3	CNJ	Espinho	24-01	13,05i-08
13,83	Miguel Lucas	Bairro Anjos	04-05-71	3s	CNcl-Ap	Pombal	01-02	15,23i-99
13,81	Mário Silva	CCD Ribeirão	18-04-87	2	C. Norte	Braga	17-01	13,50i-07/08
13,70	Jorge Cardoso	CCSJ. Madeira	30-10-88	2	CNcl-2	Pombal	15-02	13,55i-08
13,68	Célio Khibo	CIA Ilha Azul	27-06-86	7	Taça FPA	Espinho	11-01	14,06i-08
13,60	Victor Vilovskiy	SL Benfica	RUS 12-02-90	4	CNJ	Espinho	24-01	
13,44	Pedro Freitas	CS Marítimo	10-05-89	7s	CNcl-Ap	Pombal	01-02	14,23i-07
13,41	José Miguel Pereira	FC Porto	22-07-91	4	CN23	Pombal	07-02	13,10i-08
13,40	João Alexandre	Juv. Vidigalense	01-09-90	5	CNJ	Espinho	24-01	
13,38	Pedro Pires	EC+S Lavra	04-01-91	ex		Espinho	09-01	13,03i-07
13,38	Sérgio Costa	CCD Ribeirão	14-10-82	4	C. Norte	Braga	17-01	14,68i-07
13,35	Vítor Viveiros	GD Estreito	18-03-84	8	Taça FPA	Espinho	11-01	13,97i-02
13,32	Pedro Ferreira	SUO Vais	12-08-93	2		Pombal	03-01	12,42i-08
13,25	Isaac Lopes	FC Porto	08-02-90	7	CNJ	Espinho	24-01	13,02i-08
13,21	André Saltão	Juv. Vidigalense	02-12-89	5	CNcl-2	Pombal	15-02	
13,16	Mário Felisberto	Gira Sol RC	23-12-83	6	CNcl-2	Pombal	15-02	14,44i-03
13,15	Jorge Santos	NA Cucujães	25-03-85	3		Espinho	03-01	13,64i-07
13,10	Pedro Gonçalves	Esc Movimento	90	9	Taça FPA	Espinho	11-01	
13,08	Samuel Remédios	GA Fátima	24-02-92	8s	CNcl-Ap	Pombal	31-01	11,91i-08
13,06	Carlos Santos	CP Alcanena	10-05-86	2		Pombal	03-01	13,32i-07

## Peso/Shot Put – 14,00 – 11,00

19,69	Marco Fortes	Sporting CP	26-09-82	1	CNcl-1	Pombal	15-02	20,08i-08
19,52		Marco Fortes		1	C. Port	Pombal	01-03	
19,00		Marco Fortes		14q	C. Europa	Turim-Ita	07-03	
18,82		Marco Fortes		1s	CNcl-Ap	Pombal	01-02	
17,97		Marco Fortes		1		Pombal	21-02	
17,81	António Vital e Silva	SL Benfica	23-01-88	2	C. Port	Pombal	01-03	17,57i-07

17,72		António Vital e Silva		1s	CNcl-Ap	Pombal	31-01	
17,59		Marco Fortes		7		Lievin-Fra	10-02	
17,35		António Vital e Silva		2	CNcl-1	Pombal	15-02	
17,34		António Vital e Silva		2		Pombal	21-02	
16,53		António Vital e Silva		1	CN23	Pombal	08-02	
16,09	Herédio Costa	Sporting CP	30-10-71	3	C. Port	Pombal	01-03	17,16i-07
15,23	Francisco Belo	Juv. Vidigalense	27-03-91	2s	CNcl-Ap	Pombal	01-02	
15,18	André Vital e Silva	GD Estreito	13-02-80	4	C. Port	Pombal	01-03	16,12i-05
15,15	Filipe Vital e Silva	JOMA	27-01-83	3	CNcl-1	Pombal	15-02	15,87i-08
15,14	André Gonçalves	CS Marítimo	14-04-86	5	C. Port	Pombal	01-03	15,16i-07
15,00	Luis Melo	CDE Lages Pico	18-01-87	6	C. Port	Pombal	01-03	14,47i-08
14,85		Luis Melo		2	CN23	Pombal	08-02	
14,85	Paulo Gonçalves	CS Marítimo	27-09-88	3	CN23	Pombal	08-02	
14,71	Paulo Gonçalves	CS Marítimo	27-09-88	4	CNcl-1	Pombal	15-02	12,45i-07
14,70		Francisco Belo		1	C. Beiras	Espinho	18-01	
14,69	Carlos Silva	Andorra	14-06-73	3		Vilafranca Penedes	31-01	15,10i-03
14,65		Francisco Belo		3		Pombal	21-02	
14,65		Paulo Gonçalves		7	C. Port	Pombal	01-03	
14,61	Vítor Rodrigues	SUO Vais	25-02-84	Hep		Pombal	27-12	14,02i-05
14,59		Vítor Rodrigues		1		Pombal	20-12	
14,56		André Gonçalves		3s	CNcl-Ap	Pombal	01-02	
14,55		Filipe Vital e Silva		2s	CNcl-Ap	Pombal	31-01	
14,53		Francisco Belo		1	CNcl-2	Pombal	15-02	
14,48	Marçal Rodrigues	CS Marítimo	10-07-90	4	CN23	Pombal	08-02	12,69i-08
14,39		Francisco Belo		8	C. Port	Pombal	01-03	
14,37		André Vital e Silva		3s	CNcl-Ap	Pombal	31-01	
14,34		Francisco Belo		5	CN23	Pombal	08-02	
14,33		Vítor Rodrigues		2	C. Beiras	Espinho	18-01	
14,31		André Vital e Silva		2	CNcl-2	Pombal	15-02	
14,26	Paulo Pereira	FC Porto	12-02-84	5	CNcl-1	Pombal	15-02	15,25i-06
14,19		Paulo Pereira		4s	CNcl-Ap	Pombal	01-02	
14,11		André Vital e Silva		4		Pombal	21-02	
14,10		Paulo Pereira		1	C. Norte	Braga	18-01	
14,07	Tiago Marto	GA Fátima	05-05-86	4s	CNcl-Ap	Pombal	31-01	13,09i-08
14,07		Tiago Marto		Hep	C. Port	Pombal	28-02	
14,05		Francisco Belo		1		Pombal	04-01	
14,01		Tiago Marto		5		Pombal	21-02	
13,88	Adriano Lopes	CCD Ribeirão	22-10-91	6	CN23	Pombal	08-02	
13,71	Renato Costa	CAP Pacense	24-11-91	7	CN23	Pombal	08-02	
13,41	Nuno Lopes	C Bf. Faro	24-10-82	5s	CNcl-Ap	Pombal	31-01	15,14i-06
13,37	Christophe Correia	ADC Lovelhe	08-09-90	8	CN23	Pombal	08-02	13,68i-08
13,20	Bruno Abel Martins	Gira Sol RC	09-01-82	4	C. Beiras	Espinho	18-01	13,43i-08
13,08	Rui Fernandes	Gira Sol RC	08-05-80	5	C. Beiras	Espinho	18-01	13,67i-05
13,01	Nuno Rocha	Espanha	10-12-84	1		Braga	13-12	13,14i-05
12,77	Juan Pinho	GRECAS	20-05-86	6	C. Beiras	Espinho	18-01	13,13i-08
12,70	Hedson Trindade	Gira Sol RC	STP 23-10-89	7	C. Beiras	Espinho	18-01	13,10i-08
12,68	Luis Assunção	CCSJ. Madeira	03-09-78	8	C. Beiras	Espinho	18-01	13,01i-06
12,44	Paulo Jardim	GD Estreito	15-01-77	2	CNU	Braga	24-01	
12,34	Renato Gomes	CA Bx Banheira	30-01-76	6s	CNcl-Ap	Pombal	31-01	12,99i-05
12,32	Nuno Gonçalves	SC Braga	80	3	C. Norte	Braga	18-01	11,54i-08
12,09	Luis Silva	GRECAS	26-05-80	1	Rio Largo	Espinho	13-02	12,22i-06
11,86	Tiago Pereira	Juv. Vidigalense	15-01-91	2		Pombal	04-01	
11,85	Kevin Wilson	SL Benfica	06-01-90	Hep	C. Port	Pombal	28-02	
11,67	Tiago Costa	Bairro Anjos	04-06-90	3		Pombal	04-01	11,21i-08
11,40	André Ferreira	CA Seia	03-03-91	6	CNcl-1	Pombal	15-02	
11,36	Hugo Valente	CCSJ. Madeira	13-12-82	Hep		Espinho	27-12	
11,20	José Silva	Individual	78	1		Braga	27-12	
11,19	Sérgio Silva	NA Cucujães	09-07-77	8s	CNcl-Ap	Pombal	31-01	
11,13	Hugo Simões	AA Coimbra	79	9s	CNcl-Ap	Pombal	31-01	11,27i-08
11,00	João Pereira	CCD Ribeirão	87	5	C. Norte	Braga	18-01	

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

16,38	Marçal Rodrigues	CS Marítimo	10-07-90	1	CNJ	Espinho	25-01	
16,27	Francisco Belo	Juv. Vidigalense	27-03-91	2	CNJ	Espinho	25-01	
15,71	Adriano Lopes	CCD Ribeirão	22-10-91	3	CNJ	Espinho	25-01	
15,58	Christophe Correia	ADC Lovelhe	08-09-90	4	CNJ	Espinho	25-01	14,32i-08
15,24		Adriano Lopes			Hep	Braga	03-01	
15,17	Renato Costa	CAP Pacense	24-11-91	5	CNJ	Espinho	25-01	
14,95		Adriano Lopes		1		Braga	27-12	
14,65		Adriano Lopes		1		Braga	10-01	
14,40		Francisco Belo		1		Pombal	20-12	
13,78	João Lopes	CO Pechão	11-10-90	6	CNJ	Espinho	25-01	
13,41	Tiago Costa	Bairro Anjos	04-06-90	7	CNJ	Espinho	25-01	
13,23	Ricardo Freitas	GRECAS	14-11-93	8	CNJ	Espinho	25-01	
13,21	Tiago Pereira	Juv. Vidigalense	15-01-91	8	CNJ	Espinho	25-01	11,53i-07
12,85	Luis Ferreira	SL Benfica	30-06-90	10	CNJ	Espinho	25-01	
12,42	Daniel Soares	A Jardim Serra	90	11	CNJ	Espinho	25-01	
12,39	André Ferreira	CA Seia	03-03-91	12	CNJ	Espinho	25-01	
12,01	João Fernandes	SL Benfica	03-03-91	13	CNJ	Espinho	25-01	
11,97	Luis Orfão	SL Benfica	05-09-90	14	CNJ	Espinho	25-01	
11,48	Pedro Mossamedes	SUO Vais	03-02-91	1		Pombal	27-12	12,54i-07
11,27	Bernardo Lopes	Juv. Vidigalense	26-01-93	4		Pombal	20-12	
11,09	Dionise Vasilac	CF Belenenses	93	16	CNJ	Espinho	25-01	
11,08	Márcio Quintela	EC+S Lavra	31-05-90	Hep		Braga	03-01	

## Heptatlo - 4000 - 3000

5.632	Tiago Marto	GA Fátima	05-05-86	1	C. Port	Pombal	01-03	5504i-08
5.358		Tiago Marto		1	Taça FPA	Espinho	11-01	
5.270	Kevin Wilson	SL Benfica	06-01-90	2	C. Port	Pombal	01-03	4757i-08
4.899	Ricardo Amaro	JD Neves	09-08-90	2	Taça FPA	Espinho	11-01	4641i-08
4.693	Claudio Gama	GD Cavadas	20-03-82	3	C. Port	Pombal	01-03	5245i-08
4.558	Vitor Rodrigues	SUO Vais	25-02-84	1		Pombal	28-12	4719i-05
4.482	Carlos Santos	CP Alcanena	10-05-86	4	C. Port	Pombal	01-03	4646i-08
4.411		Carlos Santos		3	Taça FPA	Espinho	11-01	
4.275		Carlos Santos		2		Pombal	28-12	
4.226		Ricardo Amaro		5	C. Port	Pombal	01-03	
4.088	Luis Silva	GRECAS	26-05-80	1		Espinho	28-12	5156i-07
4.013	Rui Fontes	GD Cavadas	05-11-90	6	C. Port	Pombal	01-03	3530i-08
4.006	João Gonçalves	A Jardim Serra	24-05-91	7	C. Port	Pombal	01-03	
3.990	Luis Ferreira	CCSJ. Madeira	23-04-85	4	Taça FPA	Espinho	11-01	4456i-06
3.972	Hugo Valente	CCSJ. Madeira	13-12-82	2		Espinho	28-12	3884i-04
3.861	Alexandre Sousa	Bairro Anjos	13-11-87	3		Pombal	28-12	3730i-07
3.692	João Raposo	C Operário D	14-02-85	6	Taça FPA	Espinho	11-01	
3.607	Pedro Gomes	GR Qt. Lomba	13-11-90	8	C. Port	Pombal	01-03	3359i-08
3.575	Sérgio Silva	CCD Ribeirão	22-11-85	1		Braga	04-01	
3.520	George Silva	Juv. Vidigalense	05-01-76	4		Pombal	28-12	4440i-98
3.373	Ruben Ventura	C Operario D	28-12-89	7	Taça FPA	Espinho	11-01	
3.028	Nuno Marques	Bairro Anjos	15-12-83	5		Pombal	28-12	3893i-07
3.022	Carlos Ferreira	Bairro Anjos	84	6		Pombal	28-12	

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

3.959	Márcio Quintela	EC+S Lavra	31-05-90	1		Braga	04-01	3907i-07
3.922	Pedro Gomes	GR Qt. Lomba	13-11-90	1		Pombal	28-12	
3.895	Jonhy Machado	AD Affense	03-09-91	2		Braga	04-01	
3.867	Pedro Mossamedes	SUO Vais	03-02-91	2		Pombal	28-12	
3.619	Rui Jeronimo	Bairro Anjos	11-11-90	3		Pombal	28-12	3292i-07
3.242	João Fontela	ES Serafim Leite	07-08-91	1		Espinho	28-12	

3.191	João Oliveira	Bairro Anjos	01-01-90	4		Pombal	28-12	3249i-07
3.110	Renato Vieira	SC Braga	20-04-91	3		Braga	04-01	
3.083	Jorge Almeida	GRECAS	17-01-91	2		Espinho	28-12	

### 5000 m M/W – 25.00,0

19.23,43	João Vieira	CN Rio Maior	20-02-76	1	C. Port	Pombal	28-02	19.04,74i-07
19.33,70	Sérgio Vieira	CN Rio Maior	20-02-76	1s	CNcl-Ap	Pombal	31-01	19.20,77i-99
20.40,92	António Pereira	JOMA	10-07-75	1	CNcl-1	Pombal	14-02	20.36,73i-08
20.54,12	Augusto Cardoso	FC Porto	13-12-70	2	CNcl-1	Pombal	14-02	20.10,50i-03
20.59,53	Pedro Isidro	SL Benfica	17-07-85	3s	CNcl-Ap	Pombal	31-01	21.06,88i-08
21.10,82	Dionisio Ventura	CIA Ilha Azul	13-12-79	3	C. Port	Pombal	28-02	21.05,47i-08
21.22,93	Pedro Martins	CA Seia	12-01-68	1	C. Beiras	Espinho	17-01	20.45,47i-99
21.31,19	Mário Contreiras	GRECAS	26-12-67	2	C. Beiras	Espinho	17-01	20.51,8i-92
21.33,45	Luis Correia	JD Almansor	09-10-78	ex		Pombal	19-12	21.42,88i-98
21.40,41	Luis Lopes	CN Rio Maior	01-01-90	4	C. Port	Pombal	28-02	21.59,33i-08
21.41,75	Diogo Martins	Sporting CP	14-08-84	5	CNcl-1	Pombal	14-02	20.55,38i-08
21.50,03	Luis Gil	CS Marítimo	06-04-75	6	CNcl-1	Pombal	14-02	21.30,19i-08
22.14,66	Luis Silva	AA Coimbra	26-08-70	5s	CNcl-Ap	Pombal	31-01	21.05,64i-07
22.46,87	Nuno Santos	SL Benfica	29-11-88	5	C. Port	Pombal	28-02	23.39,52i-08
22.56,07	Nuno Valente	CCSJ. Madeira	06-01-88	1		Espinho	09-01	23.37,14i-08
23.08,36	Bruno Pedro	GA Casais Vento	12-10-93	2	CNJ	Espinho	24-01	26.45,51i-07
23.19,75	Jaime Santos	GD Lourocoope	22-05-72	4	C. Beiras	Espinho	17-01	22.32,33i-05
23.19,84	Flávio Silva	CAO Vianense	24-06-92	3	CNJ	Espinho	24-01	24.13,53i-08
23.36,15	José Magalhães	AC Alfenense	30-10-54	2	C. Norte	Braga	17-01	20.23,21i-92
24.05,98	Diogo Duarte Henriques	CN Rio Maior	28-05-92	5		Pombal	03-01	24.25,98i-08
24.19,15	Pedro Nunes	CP Corroios	29-04-89	4	CN23	Pombal	07-02	
24.24,17	António Camara	CN Rio Maior	17-06-90	5	CN23	Pombal	07-02	
24.30,75	Eduardo Cardoso	C Spiridon Gaia	09-03-92	3	C. Norte	Braga	17-01	25.49,23i-08
24.32,55	Artur Vasconcelos	GD Estreito	09-09-89	7s	CNcl-Ap	Pombal	31-01	
24.56,60	António Pinho Pereira	ACR Valdágua	13-06-85	4		Espinho	03-01	
24.58,28	José Silva	NA Cucujães	16-01-85	9s	CNcl-Ap	Pombal	31-01	23.08,12i-06
25.00,35	Ricardo Fernandes	Juv. Vidigalense	10-07-92	3	CNcl-2	Pombal	14-02	27.22,67i-08



## 4 x 400 m – 3.25,0 – 3.30,0

3.17,73	Sporting CP	V. Jorge, E. Monteiro, A. Rodrigues, J. Merêncio		1	CNcl-1	Pombal	15-02	3.13,56i-00
3.19,90	SL Benfica	F. Santos, B. Ferreira, K. Wilson, J. Miranda		2	CNcl-1	Pombal	15-02	3.16,21i-95
3.21,80	SL Benfica	V. Agostinho, J. Miranda, B. Ferreira, F. Gonçalves	RNJr	1s	CN23	Pombal	08-02	
3.22,26	FC Porto	D. Santos, C. Pinto, S. Coroa, E. Neves		3	CNcl-1	Pombal	15-02	3.18,68i-05
3.22,32	Sporting CP	V. Jorge, E. Sousa, E. Monteiro, A. Rodrigues		1s	CNcl-Ap	Pombal	01-02	
3.23,20	SL Benfica	B. Ferreira, J. Miranda, K. Wilson, F. Gonçalves	RNJr	1s	CNcl-Ap	Pombal	31-01	
3.23,66	CAO Vianense	R. Varela, B. Costa, D. Soares, C. Pinheiro		4	CNcl-1	Pombal	15-02	3.30,53i-04
3.24,75	SL Benfica	V. Agostinho, B. Ferreira, J. Miranda, F. Gonçalves		1s	CNJ	Espinho	25-01	
3.24,82	FC Porto	S. Coroa, C. Pinto, L. Phalempin, E. Neves		1s	CNcl-Ap	Pombal	01-02	
3.24,86	Gira Sol - Febres	G. Amaral, V. Ferreira, J. Martins, F. Almeida		2s	CNcl-Ap	Pombal	01-02	3.22,55i-07
3.25,22	Juventude Vidigalense	C. Carreira, V. Stokov, D. Reis, B. Gualberto	*	1	CNcl-2	Pombal	15-02	3.22,60i-01
3.25,29	Casa Benfica Faro	J. Caracol, R. Beatriz, D. Silva, P. Pinto		1	C. Port	Pombal	01-03	3.24,25i-07
3.26,78	CCD Ribeirão	R. Araujo, J. Araujo, R. Gomes, R. Silva		3	CNcl-2	Pombal	15-02	3.24,98i-08
3.26,98	CF Belenenses	J. Gomes, E. Pinto, S. Filho, C. Pedreira	*	3s	CNcl-Ap	Pombal	01-02	3.19,94i-98
3.27,12	CS Maritimo	B. Santos, H. Silva, H. Gouveia, J. Alves		4s	CNcl-Ap	Pombal	01-02	3.21,90i-06
3.27,95	GD Estreito	E. Dongoxe, D. Sousa, S. Duro, R. Gonçalves		4	CNcl-2	Pombal	15-02	3.20,16i-03
3.28,64	JO Monte Abrão	R. Fernandes, A. Costa, H. Alheira, N. Almeida	*	2s	CNcl-Ap	Pombal	31-01	3.19,88i-06
3.29,09	Bairro dos Anjos	F. Oliveira, J. Oliveira, K. Gaspar, A. Sousa		3	C. Port	Pombal	01-03	3.26,60i-04

(\*) com atletas estrangeiros