

100 m – 12,30 - 13,00

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|-------|------|--------------------|------------------|-----|----------|-----|-------------|------------------|-------|----------|
| 11,39 | 2,0 | Sónia Tavares | Sporting CP | | 21-03-86 | 2 | Lusofonia | Lisboa - U | 12-07 | 11,57-06 |
| 11,52 | 0,8 | Sónia Tavares | | | | 1h | Univ | Belgrado-SRB | 07-07 | |
| 11,52 | 2,0 | Carla Tavares | Sporting CP | | 22-05-82 | 3 | Lusofonia | Lisboa - U | 12-07 | 11,65-08 |
| 11,54 | -0,3 | Sónia Tavares | | | | 3 | Univ | Belgrado-SRB | 08-07 | |
| 11,55 | 1,8 | Sónia Tavares | | | | 3 | TCCE | Castellon-Esp | 30-05 | |
| 11,55 | 0,1 | Sónia Tavares | | | | 8qf | C. Mundo | Berlim-Ale | 16-08 | |
| 11,57 | -1,1 | Sónia Tavares | | | | 8 | CE Sel | Leiria | 20-06 | |
| 11,57 | 0,5 | Sónia Tavares | | | | 1mf | Univ | Belgrado-SRB | 08-07 | |
| 11,64 | 0,0 | Sónia Tavares | | | | 4h | C. Mundo | Berlim-Ale | 16-08 | |
| 11,65 | 0,8 | Sónia Tavares | | | | 1s | AAL | Lisboa - I | 10-06 | |
| 11,65 | -0,8 | Carla Tavares | | | | 6 | | Salamanca | 08-07 | |
| 11,66 | 1,3 | Glória Santo | Sporting CP | STP | 13-01-83 | 1ex | | Castellon-Esp | 30-05 | 11,77-06 |
| 11,67 | 1,3 | Carla Tavares | | | | 2ex | | Castellon-Esp | 30-05 | |
| 11,71 | 2,0 | Glória Santo | | | | 5 | Lusofonia | Lisboa - U | 12-07 | |
| 11,76 | -0,4 | Glória Santo | | | | 1 | | Massamá | 16-05 | |
| 11,76 | 0,8 | Glória Santo | | | | 2s | AAL | Lisboa - I | 10-06 | |
| 11,76 | -1,6 | Sónia Tavares | | | | 5 | Madrid 2009 | Madrid | 04-07 | |
| 11,77 | 0,5 | Sónia Tavares | | | | 1 | CNCI-1 | Leiria | 13-06 | |
| 11,78 | -0,2 | Carla Tavares | | | | 1rB | DAK | Wattenscheid-Ale | 02-08 | |
| 11,81 | 0,0 | Sónia Tavares | | | | 1 | T. Iberico | Lisboa - I | 09-05 | |
| 11,81 | 0,0 | Carla Tavares | | | | 2 | T. Iberico | Lisboa - I | 09-05 | |
| 11,88 | 0,0 | Carla Tavares | | | | 1rA | | Leiria | 05-06 | |
| 11,89 | 0,9 | Glória Santo | | | | 1 | | Lisboa - U | 18-07 | |
| 11,92 | 0,0 | Glória Santo | | | | 2rA | | Leiria | 05-06 | |
| 11,92 | 0,8 | Anna Olsson | Juv. Vidigalense | DEN | 16-11-88 | 1 | CN23 | Viseu | 04-07 | 12,01-07 |
| 11,93 | -1,6 | Carla Tavares | | | | 7 | Madrid 2009 | Madrid | 04-07 | |
| 11,95 | 1,8 | Tânia Duarte | FC Porto | | 15-07-90 | 1h | CNJ | Lisboa - U | 11-07 | 12,06-08 |
| 12,04 | -0,8 | Carla Tavares | | | | 5 | Pavlov | Sofia-Bul | 27-06 | |
| 12,07 | 1,0 | Eva Vital | ACDR Arneirense | | 08-07-92 | 1 | | Leiria | 19-04 | 12,05-08 |
| 12,07 | 0,0 | Glória Santo | | | | 3 | T. Iberico | Lisboa - I | 09-05 | |
| 12,07 | 0,8 | Tânia Duarte | | | | 3s | AAL | Lisboa - I | 10-06 | |
| 12,07 | 0,8 | Ungudi Quiawacana | SL Benfica | | 09-11-90 | 3s | AAL | Lisboa - I | 10-06 | 11,90-08 |
| 12,08 | 0,4 | Andreia Felisberto | JOMA | | 22-06-86 | 1s | | Viseu | 08-07 | 12,13-07 |
| 12,09 | 0,8 | Andreia Felisberto | | | | 5s | AAL | Lisboa - I | 10-06 | |
| 12,09 | 1,7 | Tânia Duarte | | | | 1ex | | Salamanca | 08-07 | |
| 12,09 | 1,1 | Ungudi Quiawacana | | | | 1h | CNJ | Lisboa - U | 11-07 | |
| 12,10 | 0,5 | Andreia Felisberto | | | | 2 | CNCI-1 | Leiria | 13-06 | |
| 12,13 | 1,3 | Sara Esteves | CA Mazarefes | | 24-08-92 | 1s | OJ | Albufeira | 17-05 | 12,42-08 |
| 12,13 | 0,8 | Tânia Duarte | | | | 2 | CN23 | Viseu | 04-07 | |
| 12,15 | 1,7 | Ungudi Quiawacana | | | | 1h | | Lisboa - I | 23-06 | |
| 12,15 | 1,8 | Susana Santos | ACDR Arneirense | | 20-09-90 | 2h | CNJ | Lisboa - U | 11-07 | 12,22-08 |
| 12,16 | 0,8 | Ungudi Quiawacana | | | | 3 | CN23 | Viseu | 04-07 | |
| 12,17 | -0,4 | Andreia Felisberto | | | | 2 | | Massamá | 16-05 | |
| 12,17 | 0,0 | Ungudi Quiawacana | | | | 3rA | | Leiria | 05-06 | |
| 12,17 | 0,5 | Tânia Duarte | | | | 3 | CNCI-1 | Leiria | 13-06 | |
| 12,17 | 0,7 | Ungudi Quiawacana | | | | 4rC | | Manheim-Ale | 13-06 | |
| 12,17 | 1,6 | Tânia Duarte | | | | 2 | | Caceres-Esp | 24-06 | |
| 12,18 | 0,1 | Ungudi Quiawacana | | | | 1 | | Lisboa - I | 23-06 | |
| 12,19 | -0,1 | Sara Esteves | | | | 1 | CNJv | Luso | 27-06 | |
| 12,20 | 0,8 | Susana Santos | | | | 4 | CN23 | Viseu | 04-07 | |
| 12,22 | 1,2 | Susana Santos | | | | 1s | CNCI-Ap | Viseu | 30-05 | |
| 12,22 | 0,4 | Sara Esteves | | | | 2s | | Viseu | 08-07 | |
| 12,23 | 0,0 | Andreia Felisberto | | | | 4rA | | Leiria | 05-06 | |
| 12,23 | 0,8 | Susana Santos | | | | 1h | CN23 | Viseu | 04-07 | |
| 12,24 | -3,2 | Anna Olsson | | | | 1h | CN23 | Viseu | 04-07 | |
| 12,24 | 0,9 | Sara Esteves | | | | 4h | FOJE | Tampere-FIN | 20-07 | |
| 12,24 | -1,5 | Tânia Duarte | | | | 4h | CE Jr | Novi Sad-SRB | 23-07 | |
| 12,25 | -0,4 | Ungudi Quiawacana | | | | 3 | | Massamá | 16-05 | |
| 12,25 | 0,2 | Susana Santos | | | | 1s | AAL | Lisboa - I | 10-06 | |

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|-------|------|-------------------|--------------------|-----|----------|-----|-------------------|-------|-------------|
| 12,25 | 1,0 | | Andreia Felisberto | | | ex | Luso | 04-07 | |
| 12,26 | -4,0 | | Susana Santos | | | 4 | Massamá | 16-05 | |
| 12,27 | 0,2 | Cátia Ferreira | Juv. Vidigalense | | 18-06-83 | 2s | AAL Lisboa - I | 10-06 | 12,04-02 |
| 12,27 | 0,8 | | Ungudi Quiawacana | | | 2h | CN23 Viseu | 04-07 | |
| 12,29 | 0,0 | | Cátia Ferreira | | | 1 | C. Beiras Seia | 18-07 | |
| 12,30 | -2,3 | | Tânia Duarte | | | 1h | Caceres-Esp | 24-06 | |
| 12,33 | 1,3 | Filipa Martins | SL Benfica | | 13-11-92 | 3s | OJ Albufeira | 17-05 | 12,13-08 |
| 12,33 | 0,1 | Carla Ratão | FC Porto | | 06-06-82 | 3 | Romans-Fra | 23-06 | 12,03-07 |
| 12,36 | 1,0 | Debora Clemente | SL Benfica | | 09-11-94 | 1h | CNJv Luso | 27-06 | 12,8h-08 |
| 12,39 | 0,0 | Catarina Costa | C Bf. Faro | | 03-08-89 | 1 | Albufeira | 20-06 | 12,38-08 |
| 12,40 | 0,9 | Ludmila Leal | Sporting CP | STP | 03-02-85 | 2 | Lisboa - U | 18-07 | 12,49-03 |
| 12,42 | 1,8 | Sara Dias | Bairro Anjos | | 06-11-92 | 3h | CNJ Lisboa - U | 11-07 | 13,40-08 |
| 12,45 | 1,2 | Candida Bairrada | CS Maritimo | | 31-12-84 | 3s | CNCI-Ap Viseu | 30-05 | 12,56-08 |
| 12,45 | 1,6 | Carla Santos | Juv Vidigalense | | 12-03-91 | 4 | Caceres-Esp | 24-06 | 12,92-08 |
| 12,49 | 0,2 | Andreia Crespo | NDC Gouveia | | 16-10-93 | 1s | Viseu | 08-07 | 13,30-08 |
| 12,50 | 1,4 | Inês Oliveira | SC Braga | | 15-06-86 | 1 | Braga | 27-06 | 12,14-05 |
| 12,52 | 0,8 | Joana Lopes | CLAC | | 13-10-91 | 5 | CN23 Viseu | 04-07 | 12,84-08 |
| 12,53 | 1,8 | Verónica Cardoso | JOMA | | 20-08-91 | 4h | CNJ Lisboa - U | 11-07 | 12,54-08 |
| 12,54 | 1,0 | Diana Cerqueira | CA Mazarefes | | 09-04-93 | 2h | CNJv Luso | 27-06 | |
| 12,55 | 0,1 | Joana Frias | GD Estreito | | 07-03-88 | 1 | Ribeira Brava | 17-06 | 12,22-05 |
| 12,58 | -0,4 | Susana Vieira | SC Braga | | 01-02-80 | 6 | Massamá | 16-05 | 12,03-06 |
| 12,58 | 0,9 | Ilizandra Lopes | CF Belenenses | | 28-02-92 | 3 | Lisboa - U | 18-07 | 12,72-08 |
| 12,61 | 1,3 | Adriana Alves | JOMA | ANG | 13-09-95 | 2 | Lisboa - MP | 13-06 | |
| 12,61 | 0,0 | Viviana Couto | CARDES | | 10-11-90 | 3 | C. Beiras Seia | 18-07 | 12,23-08 |
| 12,62 | 1,3 | Joana Vitorino | CAS Manique | | 30-05-92 | 3 | Lisboa - MP | 13-06 | 12,74-08 |
| 12,65 | 1,7 | Cátia Jacinto | GCA Donas | | 26-08-92 | 2s | OJ Albufeira | 17-05 | 13,28-08 |
| 12,65 | 1,6 | Cátia Nunes | FC Porto | | 06-04-90 | 2 | Luso | 20-05 | 12,77-07/08 |
| 12,67 | 1,5 | Liliana Correia | Espanha | | 06-08-82 | 1 | C.Esp.Cl Vigo | 17-05 | 12,07-00 |
| 12,69 | 1,6 | Bruna Monteiro | GC Bragança | | 19-02-92 | 2 | Braga | 23-05 | 12,60w-08 |
| 12,69 | 2,0 | Ana Silva | Maia AC | | 11-07-79 | 1 | Vigo | 11-06 | 12,71-05 |
| 12,71 | 1,3 | Catarina Amorim | JA Mozelense | | 03-05-92 | 4s | OJ Albufeira | 17-05 | 13,11-08 |
| 12,72 | 1,6 | Rita Lourenço | SC Braga | | 05-08-92 | 1h | Guimarães | 20-06 | 12,87-08 |
| 12,75 | -1,4 | Sarah Dias | Juv Vidigalense | | 15-02-95 | 2h | CNJv Luso | 27-06 | |
| 12,76 | 1,2 | Cintia Ferreira | S Viseu Bf | | 28-05-92 | 5s | CNCI-Ap Viseu | 30-05 | 13,11-08 |
| 12,77 | 1,5 | Susana Azevedo | ARC Br. Valongo | | 04-11-91 | 3s | P. Costa Alcanena | 08-03 | 12,78-08 |
| 12,80 | 0,8 | Catarina Silva | JA Mozelense | | 03-04-90 | 8 | CN23 Viseu | 04-07 | |
| 12,82 | 0,5 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 3h | J. FISEC Lagos | 19-07 | 12,78-08 |
| 12,83 | 1,8 | Nidia Encarnação | GD Estreito | | 13-05-91 | 1 | Ribeira Brava | 02-05 | 12,85-08 |
| 12,84 | 1,3 | Inês Neves | CAS Manique | | 04-12-94 | 4 | Lisboa - MP | 13-06 | |
| 12,84 | 0,1 | Goreti Silveira | JD Almansor | | 25-10-91 | 1 | Vendas Novas | 26-06 | |
| 12,86 | 1,2 | Ana Rita Filipe | Juv. Vidigalense | | 14-12-91 | 2ex | Viseu | 30-05 | 13,35-08 |
| 12,87 | -1,2 | Sónia Marques | SC Braga | | 06-07-86 | 3 | Braga | 02-05 | 12,40-05/06 |
| 12,87 | 1,1 | Dorothe Évora | SL Benfica | | 28-05-91 | 6h | CNJ Lisboa - U | 11-07 | 13,05-08 |
| 12,88 | 0,0 | Cristiana Cunha | Gira Sol RC | | 17-07-91 | 1 | Luso | 09-05 | 13,00-08 |
| 12,92 | 1,9 | Telma Neto | ACR Vale Cambra | | 12-10-92 | 2 | Aveiro | 19-04 | 12,95-08 |
| 12,94 | 1,9 | Marlene Bastos | CFU Lamas | | 28-08-92 | 3 | Aveiro | 19-04 | 13,14-08 |
| 12,94 | -0,3 | Carla Gama | GD Cavadas | | 24-11-90 | 1 | Lisboa - I | 23-05 | 12,58-07 |
| 12,95 | -1,9 | Cátia Azevedo | Sporting CP | | 09-03-94 | 2h | CNJv Luso | 21-06 | 13,40-08 |
| 12,96 | -1,4 | Joana Costa | UA Povoense | | 10-11-95 | 3h | CNJv Luso | 27-06 | |
| 12,97 | 1,4 | Ana Gomes | GRECAS | | 90 | 1s | CNCI-Ap Viseu | 30-05 | |
| 12,99 | 1,3 | Marta Pen Freitas | EMD. Saraiva | | 31-07-93 | 1s | P. Costa Alcanena | 08-03 | 13,23-08 |
| 13,00 | 1,8 | Vanessa Henriques | GA Fátima | | 21-01-92 | 1h | Rio Maior | 03-05 | |
| 13,00 | 1,6 | Elsa França | AR Luz e Vida | | 28-08-93 | 2h | Guimarães | 20-06 | |
| 13,01 | 0,0 | Verónica Zhukova | Juv. Vidigalense | | 12-03-93 | 7 | C. Beiras Seia | 18-07 | |

Com vento anti regulamentar

| | | | | | | | | | |
|-------|-----|-------------------|------------------|-----|----------|-----|--------------------|-------|----------|
| 11,44 | 4,0 | Carla Tavares | Sporting CP | | 22-05-82 | 3h | Zaragoza-Esp | 18-07 | 11,65-08 |
| 11,53 | 4,0 | Glória Santo | Sporting CP | STP | 13-01-83 | 2rB | Salamanca | 08-07 | 11,77-06 |
| 11,78 | 4,4 | Anna Olsson | Juv. Vidigalense | DEN | 16-11-88 | 2h | C. Port Lisboa - U | 25-07 | 12,01-07 |
| 11,89 | 4,0 | Tânia Duarte | FC Porto | | 15-07-90 | 4rB | Salamanca | 08-07 | 12,06-08 |
| 11,97 | 2,3 | Ungudi Quiawacana | SL Benfica | ANG | 09-11-90 | 2 | CNJ Lisboa - U | 11-07 | 11,90-08 |
| 12,14 | 2,7 | Catarina Costa | C Bf. Faro | | 03-08-89 | 2h | C. Port Lisboa - U | 25-07 | 12,38-08 |

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|-------|-----|---------------------|------------------|-----|----------|-----|-----------|----------------|-------|-------------|
| 12,17 | 4,4 | Candida Bairrada | CS Maritimo | | 31-12-84 | 3h | C. Port | Lisboa - U | 25-07 | 12,56-08 |
| 12,21 | 2,7 | Cátia Ferreira | Juv. Vidigalense | | 18-06-83 | 3h | C. Port | Lisboa - U | 25-07 | 12,04-02 |
| 12,23 | 2,8 | Filipa Martins | SL Benfica | | 13-11-92 | 1s | | Lisboa - MP | 03-05 | 12,13-08 |
| 12,24 | 1,0 | Debora Clemente | SL Benfica | | 09-11-94 | 1h | | Lisboa - MP | 13-06 | 12,8h-08 |
| 12,24 | 4,4 | Joana Lopes | CLAC | | 13-10-91 | 4h | C. Port | Lisboa - U | 25-07 | 12,84-08 |
| 12,34 | 2,6 | Patrícia Lopes | Sporting CP | | 11-07-82 | 3 | | Quarteira | 13-05 | 11,85-02 |
| 12,34 | 4,7 | Cátia Nunes | FC Porto | | 06-04-90 | 1ex | | Aveiro | 20-06 | 12,77-07/08 |
| 12,38 | 2,3 | Inês Oliveira | SC Braga | | 15-06-86 | 2s | CNCI-Ap | Guimarães | 30-05 | 12,14-05 |
| 12,38 | 2,8 | Vera Lima | AD Sanjoanense | | 89 | 1 | | Aveiro | 29-07 | |
| 12,40 | 4,8 | Diana Cerqueira | CA Mazarefes | | 09-04-93 | 2 | C. Norte | Maia | 18-07 | |
| 12,44 | 4,5 | Andreia Crespo | NDC Gouveia | | 16-10-93 | 1 | | Marinha Grande | 24-04 | 13,30-08 |
| 12,45 | 3,7 | Catarina Amorim | JA Mozelense | | 03-05-92 | 2h | C. Beiras | Seia | 18-07 | 13,11-08 |
| 12,45 | 2,7 | Verónica Cardoso | JOMA | | 20-08-91 | 4h | C. Port | Lisboa - U | 25-07 | 12,54-08 |
| 12,50 | 4,8 | Ana Silva | Maia AC | | 11-07-79 | 3 | C. Norte | Maia | 18-07 | 12,71-05 |
| 12,55 | 4,4 | Joana Vitorino | CAS Manique | | 30-05-92 | 2h | | Lisboa - MP | 13-06 | 12,74-08 |
| 12,57 | 2,3 | Catarina Silva | JA Mozelense | | 03-04-90 | 1 | | Aveiro | 20-06 | |
| 12,61 | 2,8 | Shaina Anthony Mags | Sporting CP | NIG | 11-04-92 | 2s | | Lisboa - MP | 03-05 | 13,04-08 |
| 12,62 | 2,4 | Carla Gama | GD Cavadas | | 24-11-90 | 1 | | Setúbal | 21-03 | 12,58-07 |
| 12,63 | 4,1 | Lisandra Lopes | GRECAS | | 07-04-88 | 2h | | Aveiro | 06-06 | 12,74-06 |
| 12,66 | 2,7 | Inês Neves | CAS Manique | | 04-12-94 | 2h | | Lisboa - MP | 13-06 | |
| 12,70 | 3,7 | Susana Azevedo | ARC Br. Valongo | | 04-11-91 | 3h | C. Beiras | Seia | 18-07 | 12,78-08 |
| 12,71 | 3,0 | Marta Pen Freitas | EMD. Saraiva | | 31-07-93 | 1h | | Lisboa - MP | 13-06 | 13,23-08 |
| 12,72 | 2,8 | Ana Rita Rodrigues | ACRD Escapães | | 30-07-92 | 2 | | Aveiro | 29-07 | |
| 12,77 | 4,5 | Marlene Bastos | CFU Lamas | | 28-08-92 | 1 | | Aveiro | 02-05 | 13,14-08 |
| 12,77 | 4,3 | Telma Neto | ACR Vale Cambra | | 12-10-92 | 2h | | Aveiro | 06-06 | 12,95-08 |
| 12,78 | 2,3 | Jessica Ferrero | AA Pinhalnovense | ANG | 22-02-93 | 1 | CNCI-3 | Seixal | 13-06 | |
| 12,79 | 2,8 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 5s | | Lisboa - MP | 03-05 | 12,78-08 |
| 12,81 | 2,7 | Ana Rita Filipe | Juv. Vidigalense | | 14-12-91 | 8h | C. Port | Lisboa - U | 25-07 | 13,35-08 |
| 12,83 | 2,9 | Nidia Encarnação | GD Estreito | | 13-05-91 | 1ex | | Ribeira Brava | 25-04 | 12,85-08 |
| 12,83 | 4,5 | Rita Santos | ACD Villa Cesari | | 24-06-94 | 2 | | Aveiro | 02-05 | 12,93-08 |
| 12,85 | 2,8 | Larissa Souza | JD Almansor | BRA | 11-04-92 | 2 | | Rio Maior | 18-07 | |
| 12,88 | 2,3 | Tânia António | GRECAS | | 29-12-87 | 3 | | Aveiro | 20-06 | 12,67-07 |
| 12,90 | 3,7 | Verónica Zhukova | Juv. Vidigalense | | 12-03-93 | 4h | C. Beiras | Seia | 18-07 | |
| 12,91 | 2,3 | Anna Maria Rosa | C Bf Faro | | 24-12-92 | 1s | OJ | Albufeira | 17-05 | |
| 12,91 | 2,8 | Ana Rita Pedreiras | Gira Sol RC | | 27-01-93 | 3 | | Aveiro | 29-07 | |
| 12,95 | 2,4 | Vanessa Henriques | GA Fátima | | 21-01-92 | 2 | | Abrantes | 10-06 | |

Sem indicação de vento

| | | | | | | | | | | |
|-------|--|----------------|-------------|--|----------|---|--|-------|-------|-----------|
| 12,57 | | Bruna Monteiro | GC Bragança | | 19-02-92 | 1 | | Braga | 28-03 | 12,60w-08 |
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200 m– 25,50 – 27,00

| | | | | | | | | | | |
|-------|------|-------------------|-------------------|-----|----------|-----|---------|---------------|-------|-----------|
| 26,91 | 0,5 | Adriana Alves | JOMA | ANG | 13-09-95 | 2h | CNJv | Luso | 28-06 | |
| 23,56 | 2,0 | Sónia Tavares | Sporting CP | | 21-03-86 | 2 | | Malaga | 27-06 | 23,81-08 |
| 23,76 | 1,5 | Carla Tavares | Sporting CP | | 22-05-82 | 1rB | | Salamanca | 08-07 | 23,87-08 |
| 23,82 | -0,4 | | Sónia Tavares | | | 7 | CE Sel | Leiria | 21-06 | |
| 23,91 | 1,8 | | Sónia Tavares | | | 1 | C. Port | Lisboa - U | 26-07 | |
| 23,93 | 1,5 | | Sónia Tavares | | | 3 | TCCE | Castellon-Esp | 31-05 | |
| 24,05 | 0,5 | | Sónia Tavares | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 24,33 | 1,5 | Glória Santo | Sporting CP | STP | 13-01-83 | 2rB | | Salamanca | 08-07 | 25,00i-05 |
| 24,34 | i | | Patrícia Lopes | | | 1 | C. Port | Pombal | 01-03 | |
| 24,34 | i | Patrícia Lopes | Sporting CP | | 11-07-82 | 1h | C. Port | Pombal | 01-03 | 24,38-04 |
| 24,48 | -0,3 | | Sónia Tavares | | | 1s | | Elvas | 23-05 | |
| 24,48 | 1,8 | Anna Olsson | Juv Vidigalense | DEN | 16-11-88 | 2 | C. Port | Lisboa - U | 26-07 | 24,71-08 |
| 24,60 | 0,9 | Ungudi Quiawacana | SL Benfica | | 09-11-90 | 1 | CNJ | Lisboa - U | 12-07 | 24,75-08 |
| 24,61 | 1,8 | | Glória Santo | | | 3 | C. Port | Lisboa - U | 26-07 | |
| 24,70 | 0,8 | | Ungudi Quiawacana | | | 2rC | Bauhaus | Mannheim-Ger | 14-06 | |
| 24,71 | i | | Carla Tavares | | | 2 | C. Port | Pombal | 01-03 | |
| 24,74 | 0,8 | | Ungudi Quiawacana | | | 6h | CE Jr | Novi Sad-SRB | 24-07 | |
| 24,76 | -0,6 | | Ungudi Quiawacana | | | 1h | CNJ | Lisboa - U | 12-07 | |
| 24,80 | 0,9 | | Anna Olsson | | | 1h | CN23 | Viseu | 05-07 | |
| 24,81 | i | | Carla Tavares | | | 1s | CNCI-1 | Pombal | 15-02 | |

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|-------|------|--------------------|-----------------|--------------|----|-----------|---------------|-------|-----------|
| 24,82 | 0,9 | Joceline Monteiro | Sporting CP | 10-05-90 | 2 | CNJ | Lisboa - U | 12-07 | 25,14-08 |
| 24,84 | -0,3 | Ungudi Quiawacana | | | 2s | | Elvas | 23-05 | |
| 24,85 | -0,5 | Anna Olsson | | | 1 | CN23 | Viseu | 05-07 | |
| 24,88 | i | Carla Tavares | | | 1h | C. Port | Pombal | 01-03 | |
| 24,90 | -2,3 | Glória Santo | | | 1 | | Guarda | 03-07 | |
| 25,00 | i | Glória Santo | | | 3 | C. Port | Pombal | 01-03 | |
| 25,04 | 0,5 | Joana Frias | GD Estreito | 07-03-88 | 2 | CNCI-1 | Leiria | 14-06 | 25,13-05 |
| 25,05 | -0,2 | Ungudi Quiawacana | | | 1 | | Lisboa - I | 24-06 | |
| 25,06 | i | Carla Tavares | | | 1s | CNCI-Ap | Espinho | 31-01 | |
| 25,07 | 0,5 | Ungudi Quiawacana | | | 1h | | Lisboa - I | 24-06 | |
| 25,11 | 1,8 | Catarina Costa | C Bf Faro | 03-08-89 | 4 | C. Port | Lisboa - U | 26-07 | 25,68-08 |
| 25,12 | i | Glória Santo | | | 2h | C. Port | Pombal | 01-03 | |
| 25,16 | 0,5 | Vera Barbosa | JOMA | 13-01-89 | 3 | CNCI-1 | Leiria | 14-06 | 25,38-08 |
| 25,16 | 1,5 | Carla Ratão | FC Porto | 06-06-82 | 5 | | Aix-les-Bains | 28-06 | 24,56-07 |
| 25,19 | -0,3 | Carla Tavares | | | 3s | | Elvas | 23-05 | |
| 25,20 | -0,7 | Andreia Felisberto | JOMA | 22-06-86 | 1 | | Viseu | 08-07 | 25,10-04 |
| 25,20 | -0,6 | Joceline Monteiro | | | 2h | CNJ | Lisboa - U | 12-07 | |
| 25,20 | -0,7 | Filipa Martins | SL Benfica | 13-11-92 | 3h | FOJE | Tampere-FIN | 22-07 | 24,66-08 |
| 25,21 | -0,5 | Joceline Monteiro | | | 2 | CN23 | Viseu | 05-07 | |
| 25,23 | i | Ungudi Quiawacana | | | 1s | CNJ | Espinho | 25-01 | |
| 25,25 | 0,0 | Filipa Martins | | | 1 | CNJv | Luso | 28-06 | |
| 25,26 | 2,0 | Carla Ratão | | | 1 | | Aix-les-Bains | 28-06 | |
| 25,27 | i | Carla Ratão | | | 2s | CNCI-1 | Pombal | 15-02 | |
| 25,29 | 0,9 | Tânia Duarte | FC Porto | 15-07-90 | 2h | CN23 | Viseu | 05-07 | 24,94-08 |
| 25,31 | -0,5 | Tânia Duarte | | | 3 | CN23 | Viseu | 05-07 | |
| 25,34 | -0,3 | Filipa Martins | | | 4s | | Elvas | 23-05 | |
| 25,36 | 1,7 | Cátia Nunes | FC Porto | 06-04-90 | 6s | | Mannheim-Ger | 14-06 | 25,48-08 |
| 25,36 | 0,9 | Filipa Martins | | | 3 | CNJ | Lisboa - U | 12-07 | |
| 25,37 | -2,0 | Carla Ratão | | | 3 | | Bron-FRA | 25-04 | |
| 25,38 | 0,5 | Carla Santos | Juv Vidigalense | 12-03-91 | 4 | CNCI-1 | Leiria | 14-06 | 26,12-08 |
| 25,38 | -2,3 | Ungudi Quiawacana | | | 2 | | Guarda | 03-07 | |
| 25,39 | -0,3 | Tânia Duarte | | | 6s | | Elvas | 23-05 | |
| 25,40 | i | Filipa Martins | | | 2h | C. Port | Pombal | 01-03 | |
| 25,40 | 0,9 | Vera Barbosa | | | 3h | CN23 | Viseu | 05-07 | |
| 25,41 | -0,5 | Susana Santos | ACDR Arneirense | 20-09-90 | 1s | CNCI-Ap | Viseu | 31-05 | 25,85-07 |
| 25,42 | 0,9 | Cátia Nunes | | | 4h | CN23 | Viseu | 05-07 | |
| 25,43 | 1,4 | Andreia Felisberto | | | 1s | | Maia | 01-07 | |
| 25,44 | -0,3 | Vera Barbosa | | | 8s | | Elvas | 23-05 | |
| 25,51 | -0,7 | Sara Esteves | CA Mazarefes | 24-08-92 | 2 | CN23 | Viseu | 08-07 | 25,83-08 |
| 25,57 | i | Susana Vieira | SC Braga | 01-02-80 | 2s | CNCI-1 | Pombal | 15-02 | 24,59-06 |
| 25,70 | 0,7 | Sara Dias | Bairro Anjos | 06-11-92 | 1 | | Leiria | 11-06 | 27,80-08 |
| 25,70 | -1,3 | Catarina Amorim | JA Mozelense | 03-05-92 | 1 | | Aveiro | 21-06 | 26,79-08 |
| 25,71 | i | Cátia Ferreira | Juv Vidigalense | 18-06-83 | 1s | C. Beiras | Espinho | 18-01 | 25,01-01 |
| 25,71 | 0,0 | Cátia Jacinto | GCA Donas | 26-08-92 | 2 | CNJv | Luso | 28-06 | 27,25-08 |
| 25,77 | i | Inês Oliveira | SC Braga | 15-06-86 | 3h | C. Port | Pombal | 01-03 | 25,49-05 |
| 25,79 | -2,3 | Andreia Crespo | NDC Gouveia | 16-10-93 | 3 | | Guarda | 03-07 | 26,29w-08 |
| 25,95 | 0,7 | Sarah Dias | Juv Vidigalense | 15-02-95 | 2 | | Leiria | 11-06 | |
| 25,97 | 0,0 | Joana Lopes | CLAC | 13-10-91 | ex | | Leiria | 08-07 | 26,63-08 |
| 26,07 | i | Carolina Duarte | CF Belenenses | 08-01-90 | 1s | CNCI-Ap | Espinho | 31-01 | 26,32-08 |
| 26,08 | i | Graciela Martins | GR Qt. Lomba | ESP 05-04-87 | 4h | C. Port | Pombal | 01-03 | 25,89-06 |
| 26,11 | 0,1 | Verónica Cardoso | JOMA | 20-08-91 | ex | | Seixal | 19-07 | 26,02-08 |
| 26,12 | -2,3 | Ludmila Leal | Sporting CP | STP 03-02-85 | 4 | | Guarda | 03-07 | 25,53i-08 |
| 26,22 | 0,4 | Liliana Henriques | A. Jardim Serra | 12-05-90 | 3 | | Ribeira Brava | 15-07 | 25,99-08 |
| 26,23 | 0,0 | Goreti Silveira | JD Almansor | 25-10-91 | ex | | Lisboa - U | 08-07 | 27,82-08 |
| 26,28 | 1,4 | Ana Silva | Maia AC | 11-07-79 | 3s | | Maia | 01-07 | 25,86-03 |
| 26,32 | 0,2 | Ilizandra Lopes | CF Belenenses | 28-02-92 | 4h | CNJ | Lisboa - U | 12-07 | 26,77-08 |
| 26,35 | 0,8 | Diana Cerqueira | CA Mazarefes | 09-04-93 | 1h | C. Norte | Maia | 19-07 | |
| 26,36 | 1,1 | Liliana Correia | Espanha | 06-08-82 | 1 | | Braga | 19-04 | 25,20-04 |
| 26,36 | -1,4 | Cátia Azevedo | Sporting CP | 09-03-94 | 1s | | Elvas | 23-05 | 27,82-08 |
| 26,36 | 0,7 | Joana Vítorino | CAS Manique | 30-05-92 | 1 | | Lisboa - MP | 14-06 | 26,42-08 |
| 26,38 | -1,4 | Susana Estriga | JOMA | 16-07-75 | 2s | | Elvas | 23-05 | 25,70-01 |
| 26,38 | 1,1 | Dorothe Évora | SL Benfica | 28-05-91 | 6h | CNJ | Lisboa - U | 12-07 | |

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|-------|------|------------------|------------------|----------|----|-----------|-------------|-------|-----------|
| 26,46 | 0,5 | Candida Bairrada | CS Maritimo | 31-12-84 | 6 | CNCI-1 | Leiria | 14-06 | 26,67i-06 |
| 26,48 | i | Cristiana Cunha | Gira Sol RC | 17-07-91 | 2s | CNCI-2 | Pombal | 15-02 | 26,80-08 |
| 26,50 | 1,8 | Susana Azevedo | ARC Br. Valongo | 04-11-91 | 2h | C. Beiras | Seia | 19-07 | 27,43-08 |
| 26,51 | 1,0 | Debora Clemente | SL Benfica | 09-11-94 | 1h | | Lisboa - MP | 14-06 | 28,05-08 |
| 26,53 | i | Anna Maria Rosa | C Bf Faro | 24-12-92 | 2s | CNCI-Ap | Espinho | 31-01 | 26,55-08 |
| 26,53 | 0,5 | Soraia Silva | C Bf Faro | 88 | 4 | CNCI-2 | Leiria | 14-06 | |
| 26,69 | i | Bruna Monteiro | GC Bragança | 19-02-92 | 1s | CNJ | Espinho | 25-01 | 26,61-08 |
| 26,70 | 1,1 | Catarina Silva | JA Mozelense | 03-04-90 | 2 | | Braga | 19-04 | 26,84-07 |
| 26,72 | -0,9 | Rita Lourenço | SC Braga | 05-08-92 | 1 | | Guimarães | 21-06 | 26,67-08 |
| 26,72 | 1,4 | Rafaela Almeida | Individual | 10-11-83 | 4s | | Maia | 01-07 | 24,45i-05 |
| 26,79 | -0,9 | Sandra Gonçalves | JUN Ideal | 78 | 1s | | Maia | 01-07 | |
| 26,83 | i | Lisandra Lopes | GRECAS | 07-04-88 | 3s | CNCI-2 | Pombal | 15-02 | 26,10-06 |
| 26,84 | -1,3 | Telma Neto | ACR Vale Cambra | 12-10-92 | 2 | | Aveiro | 21-06 | 27,14-08 |
| 26,85 | 0,7 | Bruna Silva | Juv. Vidigalense | 14-11-94 | 3 | | Leiria | 11-06 | |
| 26,85 | 1,4 | Elsa França | AR Luz e Vida | 28-08-93 | 5s | | Maia | 01-07 | 27,21w-08 |
| 26,87 | 1,5 | Nidia Encarnação | GD Estreito | 13-05-91 | 4s | Enc. Sel | Luso | 23-05 | 27,32-08 |
| 26,93 | 0,8 | Sandra Teixeira | Sporting CP | 13-07-78 | 1s | | Lisboa - U | 04-01 | 25,36-97 |
| 26,93 | 0,1 | Cintia Ferreira | S Viseu Bf | 28-05-92 | 2s | CNCI-Ap | Viseu | 31-05 | 13,11-08 |
| 27,00 | -1,6 | Inês Carmo | GD Pic-Nic | 19-06-89 | 1 | | Quarteira | 24-05 | 25,75-07 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | | |
|-------|------|------------------|-----------------|----------|----------|----------|------------|--------|----------|----------|
| 26,93 | 0,2 | Anna Maria Rosa | C Bf Faro | 24-12-92 | 5h | CNJ | Lisboa - U | 12-07 | 26,55-08 | |
| 26,80 | -0,5 | Bruna Monteiro | GC Bragança | 19-02-92 | 3 | | Braga | 23-05 | 26,61-08 | |
| 26,75 | -2,1 | Carolina Duarte | CF Belenenses | 08-01-90 | 3 | | Lisboa - U | 18-01 | 26,32-08 | |
| 26,18 | 0,0 | Cátia Ferreira | Juv Vidigalense | 18-06-83 | 1 | | Luso | 17-06 | 25,01-01 | |
| 26,70 | 1,5 | Cristiana Cunha | Gira Sol RC | 17-07-91 | 2s | Enc. Sel | Luso | 23-05 | 26,80-08 | |
| 26,28 | 0,5 | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 3 | CNCI-2 | Leiria | 14-06 | 25,89-06 |
| 25,78 | -0,5 | Inês Oliveira | SC Braga | 15-06-86 | 1 | | Braga | 23-05 | 25,49-05 | |
| 26,85 | 0,1 | Lisandra Lopes | GRECAS | 07-04-88 | 1s | CNCI-Ap | Viseu | 31-05 | 26,10-06 | |
| 26,18 | -0,6 | Susana Vieira | SC Braga | 01-02-80 | 2s | CNCI-Ap | Guimarães | 31-05 | 24,59-06 | |

Com vento anti regulamentar

| | | | | | | | | | |
|-------|-----|-------------------|---------------|----------|----------|----------|-------------|-------|-----------|
| 24,08 | 3,3 | Patrícia Lopes | Sporting CP | 11-07-82 | 1 | | Abrantes | 11-06 | 24,38-04 |
| 24,30 | 3,3 | Glória Santo | Sporting CP | STP | 13-01-83 | 2 | Abrantes | 11-06 | 25,00i-05 |
| 24,53 | 3,3 | Ungudi Quiawacana | SL Benfica | 09-11-90 | 3 | | Abrantes | 11-06 | 24,75-08 |
| 25,14 | 3,8 | Vera Barbosa | JOMA | 13-01-89 | 1 | | Lisboa - MP | 01-07 | 25,38-08 |
| 25,69 | 2,6 | Andreia Crespo | NDC Gouveia | 16-10-93 | 1 | | Guarda | 21-06 | 26,29w-08 |
| 25,91 | 3,3 | Ludmila Leal | Sporting CP | STP | 03-02-85 | 4 | Abrantes | 11-06 | 25,53i-08 |
| 25,97 | 2,7 | Verónica Cardoso | JOMA | 20-08-91 | 2 | | Lisboa - U | 19-07 | 26,02-08 |
| 26,09 | 3,3 | Susana Estriga | JOMA | 16-07-75 | 5 | | Abrantes | 11-06 | 25,70-01 |
| 26,10 | 3,0 | Ana Silva | Maia AC | 11-07-79 | 2 | C. Norte | Maia | 19-07 | 25,86-03 |
| 26,12 | 2,7 | Ilizandra Lopes | CF Belenenses | 28-02-92 | 3 | | Lisboa - U | 19-07 | 26,77-08 |
| 26,13 | 2,7 | Dorothe Évora | SL Benfica | 28-05-91 | 4 | | Lisboa - U | 19-07 | |
| 26,34 | 3,3 | Leslie Delgado | FC Porto | 25-06-89 | 6 | | Abrantes | 11-06 | |
| 26,57 | 3,0 | Rita Lourenço | SC Braga | 05-08-92 | 3 | C. Norte | Maia | 19-07 | 26,67-08 |
| 26,60 | 4,7 | Catarina Silva | JA Mozelense | 03-04-90 | 1 | | Maia | 28-03 | |

300 m – 44,00

| | | | | | | | | | |
|-------|--|-------------------|----------------|----------|----------|------|-------------|-------|----------|
| 39,31 | | Joceline Monteiro | Sporting CP | 10-05-90 | 1 | | Quarteira | 13-05 | 40,86-07 |
| 40,00 | | Glória Santo | Sporting CP | STP | 13-01-83 | 2 | Quarteira | 13-05 | 40,38-06 |
| 40,19 | | Patrícia Lopes | Sporting CP | 11-07-82 | 3 | | Quarteira | 13-05 | 39,02-08 |
| 40,48 | | Filipa Martins | SL Benfica | 13-11-92 | 1s | CNJv | Luso | 27-06 | |
| 40,78 | | Cátia Jacinto | GCA Donas | 26-08-92 | 2s | CNJv | Luso | 27-06 | 41,83-08 |
| 41,04 | | Rafaela Vitorino | SL Benfica | 18-08-95 | 3s | CNJv | Luso | 27-06 | |
| 41,06 | | Catarina Amorim | JA Mozelense | 03-05-92 | 4s | CNJv | Luso | 27-06 | 43,10-08 |
| 41,40 | | Andreia Crespo | NDC Gouveia | 16-10-93 | 5s | CNJv | Luso | 27-06 | 46,13-08 |
| 41,73 | | Leslie Delgado | FC Porto | 25-06-89 | 4 | | Quarteira | 13-05 | 43,99-08 |
| 41,85 | | Susana Godinho | ARB Valboenses | 05-07-92 | 1s | | Maia | 02-05 | 43,02-08 |
| 41,85 | | Sara Dias | Bairro Anjos | 06-11-92 | 6s | CNJv | Luso | 27-06 | |
| 42,16 | | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 1s | | Lisboa - MP | 02-05 | 41,87-08 |
| 42,28 | | Liliana Cabral | SCR Damaia | 24-04-94 | 1s | CNJv | Luso | 27-06 | |

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|-------|--------------------|------------------|-----|----------|----|------|-------------------|-------|----------|
| 42,45 | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 1 | | Sobreda | 20-12 | |
| 42,62 | Ana Correia | Liberdade FC-Set | CPV | 29-12-90 | 2 | | Sobreda | 20-12 | |
| 42,73 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 2s | | Lisboa - MP | 02-05 | |
| 42,75 | Anna Maria Rosa | C Bf Faro | | 24-12-92 | 2s | CNJv | Luso | 27-06 | 43,58-08 |
| 42,78 | Silvia Soares | Gira Sol RC | | 23-03-92 | 1s | OJ | Albufeira | 16-05 | |
| 42,90 | Sara Esteves | CA Mazarefes | | 24-08-92 | 1 | | Arcos de Valdevez | 21-03 | 43,18-08 |
| 43,04 | Cristiana Cunha | Gira Sol RC | | 17-07-91 | ex | | Luso | 18-04 | 42,22-08 |
| 43,07 | Diana Freitas | ARB Valboenses | | 01-11-91 | 1s | | Maia | 02-05 | 43,09-08 |
| 43,25 | Mariana Brás | SCU Torreense | | 29-11-93 | 1s | CNJv | Luso | 27-06 | 44,2h-08 |
| 43,31 | Vanda Pinto | SC Braga | | 15-09-93 | 1 | | Braga | 02-05 | 43,32-08 |
| 43,31 | Diana Cerqueira | CA Mazarefes | | 09-04-93 | 1 | | Melgaço | 23-05 | |
| 43,50 | Jessica Gouveia | GD Estreito | | 19-07-86 | 5 | | Quarteira | 13-05 | 42,9-03 |
| 43,64 | Bruna Monteiro | GC Bragança | | 19-02-92 | 3s | OJ | Albufeira | 16-05 | |
| 43,71 | Olga Santos | UD Zona Alta | | 07-03-93 | 1s | CNJv | Luso | 27-06 | |
| 43,75 | Ana Rita Fernandes | ACDR Arneirense | | 20-04-93 | 2 | | Leiria | 18-04 | 44,07-08 |
| 43,87 | Jessica Serra | CD Póvoa | | 06-01-95 | 2s | CNJv | Luso | 27-06 | |

400 m– 57,00 - 61,00

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|-------|---------------------|---------------------|----------|----------|-----|------------|-------------------|-------|----------|
| 53,05 | Patricia Lopes | Sporting CP | | 11-07-82 | 1 | | Lisboa - U | 18-07 | 53,89-07 |
| 53,87 | i | Patricia Lopes | | | 1s | | Pombal | 21-02 | |
| 53,99 | Maria Carmo Tavares | Sporting CP | | 27-04-74 | 2 | | Lisboa - U | 18-07 | 51,92-99 |
| 54,04 | i | Patricia Lopes | | | 4h | C. Europa | Turim-Ita | 06-03 | |
| 54,04 | | Patricia Lopes | | | 1 | | Lisboa - U | 30-07 | |
| 54,08 | | Patricia Lopes | | | 1 | T. Iberico | Lisboa - I | 09-05 | |
| 54,09 | | Patricia Lopes | | | 1 | AAL | Lisboa - I | 10-06 | |
| 54,16 | | Maria Carmo Tavares | | | 2 | | Huelva | 10-06 | |
| 54,29 | Joceline Monteiro | Sporting CP | RNJ | 10-05-90 | 1 | CN23 | Viseu | 04-07 | 54,84-08 |
| 54,31 | i | Patricia Lopes | | | 1s | CNCI-Ap | Espinho | 31-01 | |
| 54,32 | | Maria Carmo Tavares | | | 4 | Lusofonia | Lisboa - U | 12-07 | |
| 54,46 | | Maria Carmo Tavares | | | 6 | Vard | Rethimno-GRE | 20-07 | |
| 54,50 | Vera Barbosa | JOMA | | 13-01-89 | 7 | GP | Osaka-Jap | 09-05 | 56,12-08 |
| 54,52 | | Maria Carmo Tavares | | | 1 | C. Port | Lisboa - U | 25-07 | |
| 54,54 | | Joceline Monteiro | RNJ | | 2 | T. Iberico | Lisboa - I | 09-05 | |
| 54,84 | | Vera Barbosa | | | 6h | CE s23 | Kaunas-LIT | 16-07 | |
| 54,89 | | Vera Barbosa | | | 5 | Lusofonia | Lisboa - U | 12-07 | |
| 54,90 | | Joceline Monteiro | | | 1s | CNJ | Lisboa - U | 11-07 | |
| 55,02 | i | Patricia Lopes | | | 1s | Taçã FPA | Espinho | 10-01 | |
| 55,09 | | Maria Carmo Tavares | | | 11 | CE Sel | Leiria | 20-06 | |
| 55,31 | | Vera Barbosa | | | 1 | CNCI-1 | Leiria | 13-06 | |
| 55,40 | | Vera Barbosa | | | 1 | | Massamá | 16-05 | |
| 55,49 | | Maria Carmo Tavares | | | 2h | C. Espanha | Barcelona | 01-08 | |
| 55,56 | Carla Tavares | Sporting CP | | 22-05-82 | 2 | | Massamá | 16-05 | 54,88-07 |
| 55,59 | i | Patricia Lopes | | | 1 | CNCI-1 | Pombal | 14-02 | |
| 55,60 | | Maria Carmo Tavares | | | 3 | T. Iberico | Lisboa - I | 09-05 | |
| 55,60 | | Joceline Monteiro | | | 3 | AAL | Lisboa - I | 10-06 | |
| 55,71 | i | Vera Barbosa | | | 4 | AAL | Lisboa - I | 10-06 | |
| 55,74 | Cátia Nunes | FC Porto | | 06-04-90 | 2s | CNJ | Lisboa - U | 11-07 | 55,85-08 |
| 55,75 | i | Maria Carmo Tavares | | | 2h | | Sevilha | 21-02 | |
| 55,80 | | Carla Tavares | | | 4rB | Pavlov | Sofia-Bul | 27-06 | |
| 55,84 | i | Vera Barbosa | | | 2 | CNCI-1 | Pombal | 14-02 | |
| 55,84 | Catarina Costa | C Bf Faro | | 03-08-89 | 2 | CN23 | Viseu | 04-07 | 58,91-08 |
| 55,93 | | Joceline Monteiro | | | 6 | TCCE | Castellon-Esp | 30-05 | |
| 55,97 | i | Carla Ratão | FC Porto | 06-06-82 | 1s | C. Port | Pombal | 28-02 | 54,22-07 |
| 55,98 | | Cátia Nunes | | | 3 | CN23 | Viseu | 04-07 | |
| 56,00 | | Joceline Monteiro | | | 2 | CNCI-1 | Leiria | 13-06 | |
| 56,00 | | Joceline Monteiro | | | 4h | CE Jr | Novi Sad-SRB | 23-07 | |
| 56,02 | i | Maria Carmo Tavares | | | 2s | Taçã FPA | Espinho | 10-01 | |
| 56,05 | | Cátia Nunes | | | 5 | AAL | Lisboa - I | 10-06 | |
| 56,07 | | Maria Carmo Tavares | | | 3 | | Massamá | 16-05 | |
| 56,16 | | Carla Ratão | | | 3 | | Aix-les-Bains-Fra | 27-06 | |
| 56,18 | i | Carla Ratão | | | 3 | CNCI-1 | Pombal | 14-02 | |

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|-------|---|-------------------|------------------|----------|----------|-----------|---------------|------------|-----------|-----------|
| 56,24 | | Vera Barbosa | | | 1s | CNCI-Ap | Seixal | 30-05 | | |
| 56,26 | | Joana Frias | GD Estreito | 07-03-88 | 9 | GP | Osaka-Jap | 09-05 | 55,39-05 | |
| 56,28 | i | Joceline Monteiro | | | 2s | | Pombal | 21-02 | | |
| 56,49 | | Joana Frias | | | 3 | CNCI-1 | Leiria | 13-06 | | |
| 56,50 | i | Joceline Monteiro | | | 2s | C. Port | Pombal | 28-02 | | |
| 56,61 | i | Carla Ratão | | | 1 | | Aubiere | 10-01 | | |
| 56,61 | i | Cátia Nunes | | | 2s | CNCI-Ap | Espinho | 31-01 | | |
| 56,68 | i | Carla Tavares | | | 3s | C. Port | Pombal | 28-02 | | |
| 56,72 | i | Vera Barbosa | | | 3s | CNCI-Ap | Espinho | 31-01 | | |
| 56,78 | | Carla Ratão | | | 1 | | Grenoble | 14-06 | | |
| 56,83 | | Glória Santo | Sporting CP | STP | 13-01-83 | 2 | Lisboa - U | 30-07 | 58,98-03 | |
| 56,88 | i | Joana Frias | | | 4 | CNCI-1 | Pombal | 14-02 | | |
| 56,89 | i | Joana Frias | | | 4s | CNCI-Ap | Espinho | 31-01 | | |
| 56,97 | | Carla Ratão | | | 1 | | Tassin | 23-05 | | |
| 57,02 | | Joana Frias | | | 1s | Enc. Sel | Luso | 23-05 | | |
| 57,46 | | Liliana Henriques | A. Jardim Serra | 12-05-90 | 2 | C. Port | Lisboa - U | 25-07 | 56,99-08 | |
| 58,02 | i | Maria Céu Nunes | SC Braga | 17-09-76 | 1s | C. Port | Pombal | 28-02 | 55,28i-00 | |
| 58,09 | | Sandra Teixeira | Sporting CP | 13-07-78 | 1 | | Lisboa - U | 17-01 | 54,19-00 | |
| 58,12 | i | Carolina Duarte | CF Belenenses | 08-01-90 | 4s | | Pombal | 21-02 | 59,03-08 | |
| 58,23 | | Carla Santos | Juv Vidigalense | 12-03-91 | 4 | CNCI-1 | Leiria | 13-06 | 59,95-08 | |
| 58,24 | | Susana Godinho | ARB Valboenses | 05-07-92 | 4s | CNJ | Lisboa - U | 11-07 | 59,54-08 | |
| 58,33 | | Filipa Martins | SL Benfica | 13-11-92 | 1 | | Maia | 15-07 | | |
| 58,36 | | Dorothe Évora | SL Benfica | 28-05-91 | 3 | | Lisboa - U | 18-07 | | |
| 58,40 | | Ludmila Leal | Sporting CP | STP | 03-02-85 | 6 | Lusofonia | Lisboa - U | 12-07 | 57,66i-08 |
| 58,51 | i | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 3s | C. Port | Pombal | 28-02 | 58,68-06 |
| 58,56 | | Susana Estriga | JOMA | 16-07-75 | 4 | | Massamá | 16-05 | 57,15-06 | |
| 58,59 | | Goreti Silveira | JD Almansor | 25-10-91 | ex | | Leiria | 06-06 | 63,56-08 | |
| 58,68 | | Leslie Delgado | FC Porto | 25-06-89 | 3 | | Lisboa - U | 30-07 | 63,17i-08 | |
| 58,83 | | Cátia Jacinto | GCA Donas | 26-08-92 | 1s | CNJ | Lisboa - U | 11-07 | | |
| 59,17 | | Miriam Tavares | ACDR Arneirenses | 14-05-91 | 7 | CNJ | Viseu | 04-07 | | |
| 59,26 | | Isabel Areias | Gira Sol RC | 27-01-85 | 5 | | Massamá | 16-05 | 58,73i-06 | |
| 59,43 | i | Nádia Gaspar | SL Benfica | 07-10-90 | 1s | C. Port | Pombal | 28-02 | 59,51i-08 | |
| 59,46 | | Andreia Crespo | NDC Gouveia | 16-10-93 | 1 | | Guarda | 10-06 | | |
| 59,57 | i | Sónia Tavares | Sporting CP | 21-03-86 | ex | C. Beiras | Espinho | 17-01 | | |
| 59,57 | | Sara Dias | Bairro Anjos | 06-11-92 | 1 | | Leiria | 01-07 | 27,80-08 | |
| 59,57 | | Catarina Amorim | JA Mozelense | 03-05-92 | 2s | CNJ | Lisboa - U | 11-07 | 63,55-08 | |
| 59,85 | | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 3 | | Lisboa - U | 04-01 | | |
| 60,09 | | Camila João | A. Jardim Serra | 30-11-89 | 1 | | Ribeira Brava | 24-06 | 60,56-08 | |
| 60,29 | i | Cristiana Cunha | Gira Sol RC | 17-07-91 | 2s | CNCI-Ap | Espinho | 31-01 | 60,81-08 | |
| 60,44 | | Ana Correia | Liberdade FC-Set | CPV | 29-12-90 | 1 | Sobreda | 14-02 | 59,97-08 | |
| 60,46 | | Anna Rosa | C Bf Faro | 24-12-92 | 2 | | Albufeira | 20-06 | 61,93-08 | |
| 60,51 | | Adília Fernandes | CS Marítimo | 89 | 1 | | Maia | 27-06 | | |
| 60,70 | | Rafaela Almeida | Individual | 10-11-83 | 2 | | Maia | 27-06 | 56,47-04 | |
| 60,72 | | Mariana Brás | SCU Torreense | 29-11-93 | 3s | CNJ | Lisboa - U | 11-07 | | |
| 60,80 | i | Neide Dias | CF Belenenses | ANG | 11-08-87 | 2s | CNJ | Pombal | 07-02 | 58,08-07 |
| 61,06 | i | Vanda Pinto | SC Braga | 15-09-93 | 1h | C. Norte | Braga | 17-01 | | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | |
|-------|--|------------------|---------------|----------|----------|---------|------------|-------|-----------|
| 60,16 | | Carolina Duarte | CF Belenenses | 08-01-90 | 3 | | Lisboa - U | 17-01 | 59,03-08 |
| 60,79 | | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | ex | Lisboa - I | 27-06 | 58,68-06 |
| 58,31 | | Maria Céu Nunes | SC Braga | 17-09-76 | 3 | C. Port | Lisboa - U | 25-07 | 55,28i-00 |
| 59,82 | | Nádia Gaspar | SL Benfica | 07-10-90 | 2 | | Lisboa - U | 04-01 | 59,51i-08 |

800m - 2.12,0 - 2.25,0

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|---------|--|-----------------|-------------|----------|----|-----------|------------|-------|------------|
| 2.02,00 | | Sandra Teixeira | Sporting CP | 13-03-78 | 10 | CE Sel | Leiria | 20-06 | 2.01,55-06 |
| 2.02,07 | | Sandra Teixeira | | | 1 | | Lisboa - U | 30-07 | |
| 2.02,54 | | Sandra Teixeira | | | 7 | | Huelva | 10-06 | |
| 2.03,36 | | Sandra Teixeira | | | 4 | | Salamanca | 08-07 | |
| 2.03,48 | | Sandra Teixeira | | | 1 | | Barakaldo | 10-07 | |
| 2.04,08 | | Sandra Teixeira | | | 2 | Amst Open | Amesterdão | 08-08 | |
| 2.04,62 | | Sandra Teixeira | | | 1 | C. Port | Lisboa - U | 26-07 | |

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| 2.04,84 | | Sandra Teixeira | | | 4 | | Zaragoza-Esp | 18-07 | |
| 2.05,13 | | Sandra Teixeira | | | 11 | Madrid 2009 | Madrid | 04-07 | |
| 2.06,01 | i | Sandra Teixeira | | | 1s | C. Port | Pombal | 01-03 | |
| 2.06,21 | i | Sandra Teixeira | | | 1 | | Pombal | 21-02 | |
| 2.06,42 | | Sandra Teixeira | | | 1 | Lusofonia | Lisboa - U | 13-07 | |
| 2.07,26 | i | Maria Carmo Tavares | Sporting CP | 27-04-74 | 2s | C. Port | Pombal | 01-03 | 2.01,14-08 |
| 2.07,65 | i | Lilian Silva | FC Porto | 30-03-82 | 3s | C. Port | Pombal | 01-03 | 2.06,53-06 |
| 2.07,70 | | Maria Carmo Tavares | | | 6 | TCCE | Castellon-Esp | 30-05 | |
| 2.08,42 | i | Maria Carmo Tavares | | | 1 | CNCI-1 | Pombal | 15-02 | |
| 2.08,74 | i | Jessica Augusto | Individual | 08-11-81 | 4s | C. Port | Pombal | 01-03 | 2.07,97i-02 |
| 2.09,40 | i | Lilian Silva | | | 2 | CNCI-1 | Pombal | 15-02 | |
| 2.09,84 | | Joana Costa | SC Braga | 12-05-88 | 5 | Lusofonia | Lisboa - U | 13-07 | 2.08,00-07 |
| 2.10,10 | | Daniela Cunha | UD Varzea | 30-04-90 | 1rB | Bauhaus | Mannheim-Ger | 14-06 | 2.11,67-08 |
| 2.10,46 | | Solange Pereira da Cruz | Espanha | 12-12-89 | 1 | | Pontevedra | 29-05 | 2.09,74-08 |
| 2.10,80 | | Daniela Cunha | | | 1 | | Braga | 27-06 | |
| 2.10,87 | | Diana Freitas | ARB Valboenses | 01-11-91 | 1 | | Leiria | 05-06 | 2.14,06-08 |
| 2.10,99 | | Joana Costa | | | 1 | | Guarda | 03-07 | |
| 2.11,05 | | Solange Pereira da Cruz | | | 2 | C. Esp. Cl | Alicante | 16-05 | |
| 2.11,59 | | Solange Pereira da Cruz | | | 1 | | Pontevedra | 11-04 | |
| 2.11,61 | i | Maria Céu Nunes | SC Braga | 17-09-76 | 5s | C. Port | Pombal | 01-03 | 2.05,63i-02 |
| 2.11,80 | | Joana Costa | | | 1 | | Caceres-Esp | 24-06 | |
| 2.11,84 | | Daniela Cunha | | | 1 | CNJ | Lisboa - U | 12-07 | |
| 2.11,86 | | Neide Dias | CF Belenenses | ANG 11-08-87 | 6 | Lusofonia | Lisboa - U | 13-07 | 2.09,66-07 |
| 2.12,19 | i | Lidia Sousa | FC Porto | 26-08-88 | 1s | C. Port | Pombal | 01-03 | 2.11,14i-06 |
| 2.12,19 | | Maria Céu Nunes | | | 1s | CNCI-Ap | Guimarães | 31-05 | |
| 2.12,29 | | Liliana Cabral | SCR Damaia | 24-04-94 | 1 | CNJv | Luso | 28-06 | 2.20,88-08 |
| 2.12,89 | | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 1 | TM Escolas | Tallin-EST | 27-06 | 2.15,99-08 |
| 2.12,98 | | Diana Soares | ARB Valboenses | 02-08-92 | 2 | CNJ | Lisboa - U | 12-07 | 2.11,70i-08 |
| 2.13,57 | | Susana Godinho | ARB Valboenses | 05-07-92 | 1 | | Maia | 03-05 | 2.18,16-07 |
| 2.13,80 | i | Solange Fernandes | SL Benfica | 31-07-91 | 3 | | Pombal | 21-02 | 2.14,96-08 |
| 2.13,93 | | Mariana Brás | SCU Torreense | 29-11-93 | 3 | CNJv | Luso | 28-06 | 2.15,1-08 |
| 2.14,55 | | Ana Queiroz Alves | Juv. Vidigalense | 07-10-94 | 4 | CNJv | Luso | 28-06 | 2.18,09-08 |
| 2.15,07 | i | Tânia Silva | Liberdade FC | 24-05-88 | 4s | C. Port | Pombal | 01-03 | 2.15,37-07 |
| 2.15,23 | | Carla Martinho | ADERCUS | 04-11-76 | ex | | Aveiro | 21-06 | 2.13,6-01 |
| 2.15,41 | | Liliana Henriques | A. Jardim Serra | 12-05-90 | 1 | CNCI-2 | Leiria | 14-06 | 2.19,20-07 |
| 2.15,89 | | Ercilia Machado | SC Braga | 24-12-86 | 3 | | Leiria | 05-06 | 2.11,40-05 |
| 2.16,70 | i | Isabel Areias | Gira Sol RC | 27-01-85 | 4 | | Pombal | 21-02 | 2.18,10-05 |
| 2.16,84 | | Solange Jesus | ADERCUS | 07-01-87 | 1 | | Aveiro | 21-06 | 2.17,34-06 |
| 2.16,97 | | Sónia Catarina Lima | UD Varzea | 10-05-90 | 3 | | Maia | 15-07 | 2.21,14-08 |
| 2.17,04 | | Celma Bonfim | JOMA | STP 23-12-77 | 1 | | Lisboa - U | 18-01 | 2.15,09i-08 |
| 2.17,37 | i | Marisa Borges | JOMA | 02-12-89 | 4 | CNCI-1 | Pombal | 15-02 | 2.12,56-08 |
| 2.17,70 | i | Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 5 | CNCI-1 | Pombal | 15-02 | 2.17,16-05 |
| 2.17,74 | | Sofia Pereira | CS Marítimo | 01-09-80 | ex | | Leiria | 08-07 | 2.12,11i-04 |
| 2.17,83 | | Carla Salomé Rocha | FC Vizela | 25-04-90 | 1 | | Braga | 23-05 | 2.15,61-07 |
| 2.18,21 | | Ana Rita Fernandes | ACDR Arneirense | 20-04-93 | 5 | CNJ | Lisboa - U | 12-07 | 2.21,74-08 |
| 2.18,72 | | Patrícia Caldas | SC Braga | 31-10-94 | 3 | | Lagos | 21-07 | |
| 2.19,51 | | Isabel Sousa | GRECAS | 14-05-84 | 3 | | Viseu | 08-07 | 2.14,23-06 |
| 2.19,57 | i | Vanda Pinto | SC Braga | 15-09-93 | 6s | CNJ | Espinho | 25-01 | 2.18,02-08 |
| 2.19,70 | i | Patrícia Mamona | JOMA | 21-11-88 | Pen | ACC | Blacksburg-USA | 26-02 | |
| 2.19,92 | | Olga Pinto | GD Estreito | 31-05-75 | 5 | CNCI-1 | Leiria | 14-06 | 2.13,19i-07 |
| 2.20,15 | | Marta Martins | ARB Valboenses | 15-01-92 | 4 | | Maia | 15-07 | 2.29,63i-08 |
| 2.20,58 | | Clarisse Cruz | Sporting CP | 09-07-78 | 2 | | Luso | 17-06 | 2.10,42-01 |
| 2.20,69 | | Mónica Simões | NA Cucujães | 01-01-89 | 2 | | Aveiro | 21-06 | 2.22,17-08 |
| 2.20,70 | i | Patrícia I. Pereira | Juv Vidigalense | 20-04-83 | 2 | CNCI-2 | Pombal | 15-02 | 2.11,43-06 |
| 2.20,85 | i | Sofia Almeida | França | 24-04-90 | 4s | | Aubiere | 31-01 | 2.17,72-08 |
| 2.21,67 | | Catarina Costa | C Bf Faro | 03-08-89 | 3 | V. Tavares | Faro | 27-06 | |
| 2.21,90 | | Jessica Serra | CD Póvoa | 06-01-95 | 1 | | Póvoa de Varzim | 31-05 | |
| 2.21,96 | | Carina Marques | FC Porto | 03-02-86 | 5 | | Maia | 15-07 | 2.15,89-03 |
| 2.22,05 | | Ana Catarina Fernandes | FC Vizela | 22-05-95 | 1 | | Braga | 07-06 | |
| 2.22,10 | | Rita Lopes | SC Braga | 18-03-94 | 2 | | Braga | 07-06 | 2.27,04-08 |
| 2.22,31 | i | Marisa Ferreira | UD Varzea | 20-08-92 | 8s | CNJ | Espinho | 25-01 | 2.17,51-08 |
| 2.22,64 | | Jessica Gouveia | GD Estreito | 19-07-86 | 2s | CNCI-Ap | Seixal | 31-05 | 2.12,83-06 |

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| 2.22,70 | Ana Dias | C Bf. Faro | 15-01-74 | 4 | V. Tavares | Faro | 27-06 | 2.14,23-92 |
| 2.22,85 | Jessica Matos | CR Estarreja | 15-04-94 | 1 | Sta. Joana | Aveiro | 24-05 | 2.26,45-08 |
| 2.22,90 | Lurdes Pereira | Sportzone RT | 21-02-83 | 1 | | Braga | 18-04 | 2.17,4-06 |
| 2.22,99 | Otilia Ratão | França | 23-03-89 | 1 | | Venissieux | 17-05 | 2.24,96-06 |
| 2.23,04 | Joana Nunes | JOBRA | 09-05-85 | 3 | | Luso | 17-06 | |
| 2.23,19 | Cristina Costa | Sportzone RT | 13-09-89 | 2 | | Braga | 18-04 | 2.23,79-06 |
| 2.23,56 | Joana Domingos | ACDR Arneirense | 15-11-93 | 1 | | Leiria | 08-07 | 2.27,54-08 |
| 2.23,76 | Debora Santos | ADRE Palhaça | 30-12-92 | 4 | | Luso | 17-06 | |
| 2.23,80 | Cátia Santos Leitão | CA Bx Banheira | 09-10-92 | 3s | OJ | Albufeira | 17-05 | |
| 2.23,83 | Inês Rueff | JOMA | 19-10-91 | 4 | | Massamá | 16-05 | |
| 2.23,84 | Daniela Gonçalves | ARB Valboenses | 09-06-93 | 3 | | Guimarães | 21-06 | 2.25,3-08 |
| 2.24,34 | Joana Brito | ACDR Arneirense | 22-11-92 | 1s | CNJv | Luso | 28-06 | 2.25,32-08 |
| 2.24,48 | i Ana Correia | Liberdade FC-Set | CPV | 29-12-90 | 2s | CNJ | Espinho | 25-01 |
| 2.24,49 | Sandra Almeida | AC Bunheirense | 95 | 2s | CNJv | Luso | 28-06 | |
| 2.24,53 | Catarina Carvalho | UD Zona Alta | 01-03-92 | 1 | | Rio Maior | 19-07 | |
| 2.24,58 | Carla Oliveira | CN Cultura | 05-09-93 | 3s | CNJv | Luso | 28-06 | 2.28,18-08 |
| 2.24,62 | i Ana Rita Miranda | Juv. Vidigalense | 87 | 2 | | Pombal | 20-12 | 2.22,72i-08 |
| 2.24,70 | Joana Correia | UD Zona Alta | 19-06-93 | 1 | | Rio Maior | 03-05 | 2.32,28-08 |
| 2.24,89 | Zita Soons | SC Braga | 79 | 2 | | Braga | 27-06 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | |
|---------|---------------------|-----------------|----------|----|---------|------------|-------|-------------|
| 2.16,82 | Isabel Areias | Gira Sol RC | 27-01-85 | 1 | | Luso | 17-06 | 2.18,10-05 |
| 2.13,27 | Lidia Sousa | FC Porto | 26-08-88 | 2 | CN23 | Viseu | 05-07 | 2.11,14i-06 |
| 2.23,77 | Marisa Borges | JOMA | 02-12-89 | 2 | | Lisboa - U | 10-01 | 2.12,56-08 |
| 2.24,17 | Patrícia I. Pereira | Juv Vidigalense | 20-04-83 | 3s | CNCl-Ap | Viseu | 31-05 | 2.11,43-06 |
| 2.16,07 | Solange Fernandes | SL Benfica | 31-07-91 | 2 | | Massamá | 16-05 | 2.14,96-08 |
| 2.16,14 | Tânia Silva | Liberdade FC | 24-05-88 | 2 | | Viseu | 08-07 | 2.15,37-07 |

1000 m – 3.00,0

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|---------|-------------------|------------------|----------|----------|----|----------|-------------|------------|-------------|
| 2.51,66 | i Lilian Silva | FC Porto | 30-03-82 | ex | | Braga | 03-01 | 2.48,51-08 | |
| 2.53,33 | i Diana Soares | ARB Valboenses | RNjv | 02-08-92 | 1 | | Braga | 03-01 | 2.55,40-07 |
| 2.53,90 | Susana Godinho | ARB Valboenses | | 05-07-92 | 1 | KM Jovem | Guarda | 06-06 | 3.02,25i-08 |
| 2.55,41 | Liliana Cabral | SCR Damaia | | 24-04-94 | 1s | OJ | Albufeira | 17-05 | 2.59,43-08 |
| 2.56,17 | Ana Alves | Juv. Vidigalense | | 07-10-94 | 2s | OJ | Albufeira | 17-05 | 2.59,17-08 |
| 2.57,76 | Marta Pen Freitas | EMD. Saraiva | | 31-07-93 | 1 | | Lisboa - MP | 31-05 | 3.00,30i-08 |
| 2.59,99 | i Marisa Ferreira | UD Varzea | | 20-08-92 | 3 | | Braga | 03-01 | 2.59,70-07 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | |
|---------|--------------|----------------|----------|---|----------|--------|-------|------------|
| 2.55,62 | Diana Soares | ARB Valboenses | 02-08-92 | 2 | KM Jovem | Guarda | 06-06 | 2.55,40-07 |
|---------|--------------|----------------|----------|---|----------|--------|-------|------------|

1500 m – 4.30,0 - 4.50,0

| | | | | | | | | |
|---------|-------------------|-----------------|----------|----|-------------|---------------|-------|-------------|
| 4.10,56 | i Jessica Augusto | Individual | 08-11-81 | 4 | | Valência | 14-02 | 4.13,31i-08 |
| 4.11,87 | i Inês Monteiro | Maratona CP | 16-05-80 | 1 | C. Port | Pombal | 28-02 | 4.14,45i-03 |
| 4.12,94 | i | Jessica Augusto | | 2 | C. Port | Pombal | 28-02 | |
| 4.12,94 | Sara Moreira | Maratona CP | 17-10-85 | 7 | CE Sel | Leiria | 21-06 | 4.13,32-08 |
| 4.13,69 | i | Jessica Augusto | | tp | KBC | Gent-Bel | 08-02 | |
| 4.13,76 | | Inês Monteiro | | 1 | C. Port | Lisboa - U | 25-07 | |
| 4.14,10 | | Jessica Augusto | | 8 | Madrid 2009 | Madrid | 04-07 | |
| 4.14,42 | | Sara Moreira | | 1 | | Elvas | 23-05 | |
| 4.15,49 | | Jessica Augusto | | 2 | C. Port | Lisboa - U | 25-07 | |
| 4.15,53 | Sandra Teixeira | Sporting CP | 13-03-78 | 11 | | Malaga | 27-06 | 4.10,28-05 |
| 4.15,86 | | Jessica Augusto | | 1 | Lusofonia | Lisboa - U | 12-07 | |
| 4.15,91 | i | Sandra Teixeira | | 3 | C. Port | Pombal | 28-02 | |
| 4.16,14 | i | Sandra Teixeira | | 3 | | Estocolmo-SWE | 18-02 | |
| 4.16,28 | i | Sara Moreira | | 4 | C. Port | Pombal | 28-02 | |
| 4.17,23 | | Sandra Teixeira | | 5 | TCCE | Castellon-Esp | 31-05 | |
| 4.17,29 | Ana Dulce Felix | SC Braga | 23-10-82 | 3 | C. Port | Lisboa - U | 25-07 | 4.36,47i-05 |
| 4.18,16 | | Jessica Augusto | | 1 | | Maia | 01-07 | |
| 4.18,53 | i | Sandra Teixeira | | 8h | C. Europa | Turim-Ita | 06-03 | |
| 4.19,29 | Daniela Cunha | UD Varzea | 30-04-90 | 2 | | Maia | 01-07 | 4.24,72-08 |

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| 4.20,98 | Solange Pereira da Cruz | Espanha | 12-12-89 | 1ex | | Braga | 06-06 | 4.27,89-08 |
| 4.21,14 | Lidia Sousa | FC Porto | 26-08-88 | 3 | | Maia | 01-07 | 4.23,01-06 |
| 4.21,26 | i Sandra Teixeira | | | 2 | | Elvas | 23-05 | |
| 4.23,09 | Lidia Sousa | | | 1 | AAL | Lisboa - I | 10-06 | |
| 4.23,31 | Solange Pereira da Cruz | | | 3 | | Bilbao | 20-06 | |
| 4.23,57 | Solange Pereira da Cruz | | | 1 | CEsp23 | Cordoba | 05-07 | |
| 4.24,68 | Lidia Sousa | | | 11h | CE s23 | Kaunas-LIT | 17-07 | |
| 4.24,80 | Solange Pereira da Cruz | | | 5 | C. Espanha | Barcelona | 02-08 | |
| 4.25,72 | Solange Pereira da Cruz | | | 10h | CE s23 | Kaunas-LIT | 17-07 | |
| 4.26,74 | i Lilian Silva | FC Porto | 30-03-82 | 5 | C. Port | Pombal | 28-02 | 4.21,20i-08 |
| 4.26,79 | i Sandra Teixeira | | | 1s | CNCI-Ap | Espinho | 31-01 | |
| 4.27,72 | i Lidia Sousa | | | 6 | C. Port | Pombal | 28-02 | |
| 4.27,73 | i Lidia Sousa | | | 2s | CNCI-Ap | Espinho | 31-01 | |
| 4.28,05 | Daniela Cunha | | | 1 | | Maia | 13-05 | |
| 4.28,08 | Ana Dias | C Bf. Faro | 15-01-74 | 1s | CNCI-Ap | Seixal | 30-05 | 4.15,97-98 |
| 4.28,23 | Lilian Silva | FC Porto | 30-03-82 | 2 | AAL | Lisboa - I | 10-06 | |
| 4.28,60 | Daniela Cunha | | | 7 | Bauhaus | Mannheim-Ger | 13-06 | |
| 4.28,98 | i Lidia Sousa | | | 1 | C. Norte | Braga | 17-01 | |
| 4.29,38 | Lidia Sousa | | | 4 | C. Port | Lisboa - U | 25-07 | |
| 4.29,52 | Daniela Cunha | | | 11h | CE Jr | Novi Sad-SRB | 24-07 | |
| 4.29,56 | i Daniela Cunha | | | 2 | C. Norte | Braga | 17-01 | |
| 4.29,89 | i Sónia Fernandes | FC Porto | 03-05-83 | 7 | C. Port | Pombal | 28-02 | 4.25,28-03 |
| 4.30,13 | Susana Godinho | ARB Valboenses | 05-07-92 | 4 | | Maia | 01-07 | |
| 4.30,67 | Diana Soares | ARB Valboenses | 02-08-92 | 1 | CNJv | Luso | 27-06 | 4.31,03-08 |
| 4.30,73 | i Tânia Silva | Liberdade FC | 24-05-88 | 3 | C. Norte | Braga | 17-01 | |
| 4.30,74 | Sandra Teixeira | | | 1 | T. Iberico | Lisboa - I | 09-05 | |
| 4.31,13 | i Diana Freitas | ARB Valboenses | 01-11-91 | 8 | C. Port | Pombal | 28-02 | 4.39,49i-08 |
| 4.34,79 | Joana Costa | SC Braga | 12-05-88 | 2 | CNCI-1 | Leiria | 13-06 | 4.27,62-08 |
| 4.34,94 | Solange Jesus | ADERCUS | 07-01-87 | 1 | Enc. Sel | Luso | 23-05 | 4.38,74-08 |
| 4.35,09 | Celma Bonfim | JOMA | STP 23-12-77 | 3 | T. Iberico | Lisboa - I | 09-05 | 4.37,89i-08 |
| 4.36,62 | Ana Alves | Juv. Vidigalense | 07-10-94 | 2 | CNJv | Luso | 27-06 | 4.48,90-08 |
| 4.37,07 | Sara Pinho | Sporting CP | 06-08-81 | 4 | T. Iberico | Lisboa - I | 09-05 | 4.30,42-03 |
| 4.37,24 | i Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 5 | CN23 | Pombal | 07-02 | 4.44,86i-08 |
| 4.38,08 | Sofia Pereira | CS Maritimo | 01-09-80 | 3 | CNCI-1 | Leiria | 13-06 | 4.34,72-07 |
| 4.38,39 | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 3 | AAL | Lisboa - I | 10-06 | 4.45,1-08 |
| 4.39,68 | Carla Martinho | ADERCUS | 04-11-76 | 2 | Enc. Sel | Luso | 23-05 | 4.28,36-00 |
| 4.39,92 | Ercilia Machado | SC Braga | 24-12-86 | 2s | CNCI-Ap | Guimarães | 30-05 | 4.21,69-07 |
| 4.39,99 | i Clarisse Cruz | Sporting CP | 09-07-78 | ex | | Espinho | 03-01 | 4.21,39-04 |
| 4.40,05 | i Marisa Ferreira | UD Varzea | 20-08-92 | 2 | CNJ | Espinho | 24-01 | 4.38,76-08 |
| 4.40,37 | Neide Dias | CF Belenenses | ANG 11-08-87 | 3 | CN23 | Viseu | 04-07 | 4.43,51-07 |
| 4.40,80 | Olga Pinto | GD Estreito | 31-05-75 | 3 | Enc. Sel | Luso | 23-05 | 4.30,31i-04 |
| 4.44,83 | Eugénia Peixoto | UD Varzea | 10-06-93 | 2 | | Maia | 23-05 | 4.46,37-08 |
| 4.45,10 | Sara Catarina Ribeiro | FC Vizela | 31-05-90 | 3 | | Guimarães | 20-06 | 4.38,13-07 |
| 4.45,27 | Sónia Catarina Lima | UD Varzea | 10-05-90 | 3 | | Braga | 18-04 | 4.48,97-08 |
| 4.45,97 | i Marta Martins | ARB Valboenses | 15-01-92 | 5 | CNJ | Espinho | 24-01 | 4.45,76-08 |
| 4.47,02 | Sara Carvalho | CDC Codessos | 24-12-88 | 6 | | Maia | 13-05 | 4.47,90-07 |
| 4.47,25 | Patrícia Caldas | SC Braga | 31-10-94 | 1 | | Braga | 06-06 | 5.04,78-08 |
| 4.47,81 | Otilia Ratão | França | 23-03-89 | 8 | | Bondoufle | 11-07 | 5.03,13-06 |
| 4.47,98 | Micaela Lopes | NS Lourinhã | 66 | 4 | CNJv | Luso | 27-06 | |
| 4.48,87 | Cristina Costa | Sportzone RT | 13-09-89 | 5 | | Braga | 18-04 | 4.45,91i-08 |
| 4.49,07 | Sandra Almeida | AC Bunheirense | 95 | 5 | CNJv | Luso | 27-06 | |
| 4.49,62 | Joana Domingos | ACDR Arneirense | 15-11-93 | 4 | CNJ | Lisboa - U | 11-07 | 5.20,45-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | |
|---------|----------------------|----------------|----------|---|------------|------------|-------|-------------|
| 4.48,70 | Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 4 | CNCI-1 | Leiria | 13-06 | 4.44,86i-08 |
| 4.40,18 | Clarisse Cruz | Sporting CP | 09-07-78 | 5 | T. Iberico | Lisboa - I | 09-05 | 4.21,39-04 |
| 4.35,22 | Diana Freitas | ARB Valboenses | 01-11-91 | 2 | CN23 | Viseu | 04-07 | 4.39,49i-08 |
| 4.44,50 | Marisa Ferreira | UD Varzea | 20-08-92 | 2 | | Braga | 18-04 | 4.48,87i-08 |
| 4.34,58 | Sónia Fernandes | FC Porto | 03-05-83 | 5 | | Maia | 01-07 | 4.25,28-03 |
| 4.39,71 | Tânia Silva | Liberdade FC | 24-05-88 | 1 | | Braga | 18-04 | |

Milha – 5.40,0

| | | | | | | | | | |
|---------|---|-----------------|------------|----------|---|-----|----------|-------|------------|
| 4.32,58 | i | Jessica Augusto | Individual | 08-11-81 | 5 | KBC | Gent-Bel | 08-02 | 4.42,15-99 |
|---------|---|-----------------|------------|----------|---|-----|----------|-------|------------|

3000 m – 9.50,0 - 10.50,0

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|----------|---|-------------------------|----------------|-----------------|----|-----------|-----------------|-------|--------------|
| 8.44,81 | i | Jessica Augusto | Individual | 08-11-81 | 2 | Avia | Birmingham-GBR | 21-02 | 8.46,29i-08 |
| 8.48,18 | i | Sara Moreira | Maratona CP | 17-10-85 | 2 | C. Europa | Turim-Ita | 08-03 | 9.09,41i-08 |
| 8.53,04 | i | Jessica Augusto | | | 2 | | Lievin-Fra | 10-02 | |
| 8.53,27 | i | Sara Moreira | | | 2 | | Valência | 14-02 | |
| 8.54,97 | i | Inês Monteiro | JOMA | 18-08-80 | 2 | | Valência | 14-02 | 8.52,47-02 |
| 8.58,03 | | Ana Dulce Felix | SC Braga | 23-10-82 | 2 | | Zaragoza-Esp | 18-07 | 9.18,38-08 |
| 8.58,09 | i | Sara Moreira | | | 4h | C. Europa | Turim-Ita | 07-03 | |
| 8.59,97 | i | Inês Monteiro | | | 5 | Avia | Birmingham-GBR | 21-02 | |
| 9.00,20 | i | Jessica Augusto | | | 4h | C. Europa | Turim-Ita | 07-03 | |
| 9.00,83 | | Inês Monteiro | | | 3 | CE Sel | Leiria | 20-06 | |
| 9.01,88 | i | Inês Monteiro | | | 7h | C. Europa | Turim-Ita | 07-03 | |
| 9.04,48 | i | Jessica Augusto | | | 10 | C. Europa | Turim-Ita | 08-03 | |
| 9.08,18 | i | Sara Moreira | | | 1 | C. Port | Pombal | 01-03 | |
| 9.08,85 | | Sandra Teixeira | Sporting CP | 13-03-78 | 4 | TCCE | Castellon-Esp | 30-05 | 9.21,72-08 |
| 9.09,61 | i | Sonja Roman | FC Porto | SLO 11-03-79 | 1 | CNCI-1 | Pombal | 15-02 | 8.54,24i-08 |
| 9.11,69 | | Ana Dulce Felix | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 9.12,15 | i | Sandra Teixeira | | | 2 | CNCI-1 | Pombal | 15-02 | |
| 9.14,34 | i | Inês Monteiro | | | 12 | C. Europa | Turim-Ita | 07-03 | |
| 9.15,07 | | Ana Dias | C Bf Faro | 15-01-74 | 1 | CNCI-2 | Leiria | 14-06 | 8.58,52i-02 |
| 9.20,81 | i | Ana Dulce Felix | | | 3 | CNCI-1 | Pombal | 15-02 | |
| 9.24,65 | i | Ana Dulce Felix | | | 1 | CNCI-Ap | Espinho | 31-01 | |
| 9.28,58 | i | Madalena Carriço | GD Estreito | 06-01-79 | 2 | CNCI-Ap | Espinho | 31-01 | 9.25,32i-06 |
| 9.30,20 | i | Sónia Fernandes | FC Porto | 03-05-83 | 2 | C. Port | Pombal | 01-03 | 9.24,14-02 |
| 9.31,42 | i | Clárisse Cruz | Sporting CP | 09-07-78 | ex | | Espinho | 04-01 | 9.02,52-01 |
| 9.31,67 | i | Sónia Fernandes | | | 1 | | Pombal | 21-02 | |
| 9.32,46 | i | Sónia Fernandes | | | 3 | CNCI-Ap | Espinho | 31-01 | |
| 9.34,94 | | Clárisse Cruz | | | 1 | | Luso | 20-05 | |
| 9.35,54 | i | Solange Jesus | ADERCUS | 07-01-87 | 3 | C. Port | Pombal | 01-03 | 9.52,36i-08 |
| 9.36,96 | i | Clárisse Cruz | | | 4 | CNCI-Ap | Espinho | 31-01 | |
| 9.37,31 | i | Solange Pereira da Cruz | Espanha | 12-12-89 | 2 | | Sevilha | 21-02 | 9.46,16i-08 |
| 9.37,51 | i | Solange Jesus | | | 2 | | Sevilha | 21-02 | |
| 9.39,45 | i | Clárisse Cruz | | | ex | C. Beiras | Espinho | 18-01 | |
| 9.39,90 | i | Solange Pereira da Cruz | | | 4 | | Valência | 31-01 | |
| 9.40,64 | i | Sónia Fernandes | | | 1 | C. Norte | Braga | 18-01 | |
| 9.40,82 | i | Carla Martinho | ADERCUS | 04-11-76 | 1 | C. Beiras | Espinho | 18-01 | 9.29,25i-07 |
| 9.42,57 | i | Clárisse Cruz | | | ex | | Pombal | 20-12 | |
| 9.42,91 | i | Diana Soares | ARB Valboenses | RNi Jr 02-08-92 | 4 | C. Port | Pombal | 01-03 | 9.58,72i-08 |
| 9.43,1 | i | Solange Pereira da Cruz | | | 1 | | Vigo | 04-01 | |
| 9.43,28 | | Carla Martinho | | | 1 | | Massamá | 16-05 | |
| 9.43,65 | | Clárisse Cruz | | | 2 | CNCI-1 | Leiria | 14-06 | |
| 9.44,59 | i | Daniela Cunha | UD Varzea | 30-04-90 | 1 | CNJ | Espinho | 25-01 | |
| 9.46,32 | i | Daniela Cunha | | | 1 | CN23 | Pombal | 08-02 | |
| 9.46,49 | | Sónia Fernandes | | | 3 | CNCI-1 | Leiria | 14-06 | |
| 9.46,72 | i | Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 2 | CN23 | Pombal | 08-02 | 10.02,35i-08 |
| 9.47,13 | i | Solange Jesus | | | 2 | C. Beiras | Espinho | 18-01 | |
| 9.47,35 | i | Solange Jesus | | | 3 | CN23 | Pombal | 08-02 | |
| 9.47,49 | i | Lilian Silva | FC Porto | 30-03-82 | 2 | | Pombal | 21-02 | |
| 9.48,14 | | Solange Pereira da Cruz | | | 1 | C. Esp Cl | Ferrol | 25-04 | |
| 9.49,07 | | Daniela Cunha | | | 1 | CN23 | Viseu | 05-07 | |
| 9.51,79 | | Filomena Costa | SC Braga | 22-02-85 | 1 | CNU | V. Nova de Gaia | 25-04 | 9.57,99i-07 |
| 9.52,60 | | Susana Godinho | ARB Valboenses | 05-07-92 | 1 | CNJv | Luso | 28-06 | |
| 9.55,44 | | Marina Bastos | JOMA | 07-07-71 | 4 | CNCI-1 | Leiria | 14-06 | 8.38,13-99 |
| 9.56,38 | | Doroteia Peixoto | Sportzone RT | 07-04-83 | 1 | | Braga | 07-06 | 9.52,55-04 |
| 9.56,45 | | Eugénia Peixoto | UD Varzea | 10-06-93 | 2 | | Braga | 07-06 | |
| 9.58,13 | i | Mónica Silva | FC Porto | 25-11-83 | 2 | C. Norte | Braga | 18-01 | 9.42,79-03 |
| 10.01,42 | i | Sara Catarina Ribeiro | FC Vizela | 31-05-90 | 2 | CNJ | Espinho | 25-01 | 9.59,05i-08 |

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|----------|-------------------------|-------------------|----------|----------|-----------|-----------------|---------|--------------|-------------|
| 10.02,24 | Carla Salomé Rocha | FC Vizela | 25-04-90 | 3 | CNU | V. Nova de Gaia | 25-04 | 9.54,81i-08 | |
| 10.04,99 | Olga Pinto | GD Estreito | 31-05-75 | 1 | | Riveira Brava | 18-07 | 10.00,20i-07 | |
| 10.08,40 | i Marta Martins | ARB Valboenses | 15-01-92 | 4 | CNJ | Espinho | 25-01 | 10.19,83-08 | |
| 10.11,17 | Celma Bonfim | JOMA | STP | 23-12-77 | 3 | | Massamá | 16-05 | 9.48,97i-08 |
| 10.11,31 | Joana Costa | SC Braga | 12-05-88 | 2s | CNCI-Ap | Guimarães | 31-05 | 9.57,72-07 | |
| 10.16,29 | Sónia Catarina Lima | UD Varzea | 10-05-90 | 3 | | Braga | 07-06 | | |
| 10.16,37 | i Andreia Jesus | ACR Sra. Desterro | 06-03-85 | 3 | C. Beiras | Espinho | 18-01 | 10.01,55-07 | |
| 10.20,6 | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 1 | | Lisboa - I | 24-06 | | |
| 10.22,09 | i Diana Freitas | ARB Valboenses | 01-11-91 | 2 | | Braga | 13-12 | 10.32,90i-07 | |
| 10.22,19 | Sara Carvalho | CDC Codessos | 24-12-88 | 3 | | Póvoa de Varzim | 17-06 | 10.12,6-07 | |
| 10.22,56 | Sofia Almeida | França | 24-04-90 | 1 | | Libourne | 16-05 | 10.06,56-08 | |
| 10.26,07 | Cristina Ponte | CS Marítimo | 24-12-72 | 6 | CNCI-1 | Leiria | 14-06 | 9.59,64i-08 | |
| 10.26,45 | i Tânia Ferreira | GJP Bemposta | 17-10-87 | 6 | CNCI-Ap | Espinho | 31-01 | 10.46,83-08 | |
| 10.26,63 | i Ana Paula Rodrigues | CA Riachense | 12-05-91 | 7 | CNCI-Ap | Espinho | 31-01 | 10.48,87-08 | |
| 10.30,63 | Leopoldina Silveira | França | 18-06-75 | 3 | | Lomme-FRA | 03-05 | 9.44,95i-08 | |
| 10.33,98 | i Catarina Carvalho | UD Zona Alta | 01-03-92 | 8 | CNCI-Ap | Espinho | 31-01 | 10.47,95i-08 | |
| 10.35,36 | Joana Domingos | ACDR Arneirense | 15-11-93 | 2 | CNCI-2 | Leiria | 14-06 | | |
| 10.36,80 | i Ana Vanessa Rosa | UD Zona Alta | 27-06-88 | 3 | | Pombal | 21-02 | | |
| 10.37,84 | Marisa Ferreira | UD Varzea | 20-08-92 | 4 | CNJv | Luso | 28-06 | 10.17,24-08 | |
| 10.39,74 | Sónia Pinto | Alunos Meirim FC | 24-05-92 | 5 | CNJv | Luso | 28-06 | 11.04,27-08 | |
| 10.42,37 | i Telma Silva | GDAC Bouça | 83 | 4 | C. Beiras | Espinho | 18-01 | 10.49,90i-08 | |
| 10.43,0 | Liliana Teixeira | Maratona CP | 16-01-90 | 1 | | Lisboa - MP | 01-07 | 10.25,36-08 | |
| 10.43,12 | i Ana Nunes | GJP Bemposta | 12-11-88 | 5 | C. Beiras | Espinho | 18-01 | 10.33,94i-07 | |
| 10.44,64 | Margarida Dionisio | Linda Pastora SC | 87 | 4 | | Massamá | 16-05 | | |
| 10.47,20 | i Ana Patricia Monteiro | ADCCJ Clark | 22-06-89 | 6 | C. Beiras | Espinho | 18-01 | | |
| 10.47,26 | i Sofia Almeida | FC Vizela | 30-04-91 | 3 | | Braga | 13-12 | 10.59,20-08 | |
| 10.49,78 | Liliana Alexandre | SCU Torreense | 30-12-90 | 2 | | Riveira Brava | 15-07 | | |

Melhor marca ao ar livre de atletas com melhor marca indoor

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|----------|-----------------------|----------------|----------|----|---------|-----------------|-------|--------------|
| 10.05,84 | Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 3 | CN23 | Viseu | 05-07 | 10.02,35i-08 |
| 10.49,32 | Ana Paula Rodrigues | CA Riachense | 12-05-91 | 6 | CNJ | Lisboa - U | 12-07 | 10.48,87-08 |
| 10.44,86 | Catarina Carvalho | UD Zona Alta | 01-03-92 | 6 | CNJv | Luso | 28-06 | 10.47,95i-08 |
| 10.18,75 | Diana Soares | ARB Valboenses | 02-08-92 | 1 | | Maia | 03-05 | 9.58,72i-08 |
| 9.59,10 | Lilian Silva | FC Porto | 30-03-82 | 1s | CNCI-Ap | Guimarães | 31-05 | |
| 10.25,32 | Marta Martins | ARB Valboenses | 15-01-92 | 3 | CNJv | Luso | 28-06 | 10.19,83-08 |
| 10.10,96 | Sara Catarina Ribeiro | FC Vizela | 31-05-90 | 2 | | Póvoa de Varzim | 17-06 | 9.59,05i-08 |

5000 m – 17.00,0 - 20.00,0

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|----------|-------------------------|-----------------|----------|----|-----------|---------------|-------|-------------|
| 14.58,11 | Sara Moreira | Maratona CP | 17-10-85 | 15 | Bislett | Oslo | 03-07 | 18.08,28-05 |
| 15.01,06 | Inês Monteiro | JOMA | 18-05-80 | 16 | Bislett | Oslo | 03-07 | 15.13,35-04 |
| 15.07,08 | | Inês Monteiro | | 3 | DNG | Estocolmo-SWE | 31-07 | |
| 15.08,02 | Ana Dulce Felix | SC Braga | 23-10-82 | 5 | DNG | Estocolmo-SWE | 31-07 | 15.59,75-08 |
| 15.12,22 | | Sara Moreira | | 10 | C. Mundo | Berlim-Ale | 22-08 | |
| 15.18,04 | | Inês Monteiro | | 2 | | Malaga | 27-06 | |
| 15.19,93 | | Sara Moreira | | 5h | C. Mundo | Berlim-Ale | 19-08 | |
| 15.32,78 | | Sara Moreira | | 1 | Univ | Belgrado-SRB | 11-07 | |
| 15.45,05 | | Sara Moreira | | 1 | Lusofonia | Lisboa - U | 13-07 | |
| 15.47,37 | | Ana Dulce Felix | | 5 | CE Sel | Leiria | 21-06 | |
| 15.51,66 | i Anália Rosa | Maratona CP | 28-02-76 | 3 | GE Galan | Estocolmo-SWE | 18-02 | 15.41,13-01 |
| 16.08,32 | Ana Dias | C Bf. Faro | 15-01-74 | 1 | C. Port | Lisboa - U | 26-07 | 15.26,41-01 |
| 16.15,40 | Leonor Carneiro | Maratona CP | 18-05-78 | 2 | Lusofonia | Lisboa - U | 13-07 | 15.38,43-07 |
| 16.27,16 | | Anália Rosa | | 2 | C. Port | Lisboa - U | 26-07 | |
| 16.28,95 | | Leonor Carneiro | | 3 | C. Port | Lisboa - U | 26-07 | |
| 16.41,58 | Clárisse Cruz | Sporting CP | 09-07-78 | 6 | TCCE | Castellon-Esp | 31-05 | 15.49,16-01 |
| 16.42,17 | i Carla Martinho | ADERCUS | 04-11-76 | 7 | GE Galan | Estocolmo-SWE | 18-02 | 16.39,12-08 |
| 16.51,98 | Cláudia Pereira | SC Braga | 20-12-76 | 1 | CNCI-1 | Leiria | 13-06 | 15.40,58-01 |
| 17.16,56 | Solange Pereira da Cruz | Espanha | 12-12-89 | 2 | | Vigo | 11-07 | |
| 17.26,75 | Rosa Oliveira | AM Vermoim | 25-07-66 | 1 | CM Vet | Lahti-Fin | 02-08 | 16.08,80-99 |
| 17.28,03 | Ana Mafalda Ferreira | GD Estreito | 22-04-88 | 1s | CNCI-Ap | Seixal | 30-05 | 17.18,96-08 |
| 17.37,56 | Marina Bastos | JOMA | 07-07-71 | 2 | CNCI-1 | Leiria | 13-06 | 15.07,29-97 |
| 17.39,08 | Sónia Fernandes | FC Porto | 03-05-83 | 2s | CNCI-Ap | Guimarães | 30-05 | 16.43,43-03 |

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|----------|-----------------------|-------------------|----------|----------|-----------|-----------|------------|-------------|-------------|
| 17.40,16 | Olga Pinto | GD Estreito | 31-05-75 | 3 | CNCI-1 | Leiria | 13-06 | 17.44,29-08 | |
| 17.42,27 | Cristina Ponte | CS Marítimo | 24-12-72 | 4 | CNCI-1 | Leiria | 13-06 | 18.08,07-07 | |
| 17.55,66 | Lourdes Pereira | Açoreana Seg | 21-02-83 | 8 | | Vigo | 11-07 | 18.06,48-05 | |
| 18.05,17 | Celma Bonfim | JOMA | STP | 23-12-77 | 5 | Lusofonia | Lisboa - U | 13-07 | 17.25,99-08 |
| 18.20,39 | Joana Nunes | JOBRA | 09-05-85 | 1 | | Aveiro | 20-06 | 18.23,89-06 | |
| 18.26,22 | Sara Catarina Ribeiro | FC Vizela | 31-05-90 | 1 | C. Norte | Maia | 19-07 | 18.15,46-08 | |
| 18.35,37 | Ana Vanessa Rosa | UD Zona Alta | 27-06-88 | 1 | | Abrantes | 18-04 | | |
| 18.51,09 | Ana Paula Rodrigues | CA Riachense | 12-05-91 | 1 | | Leiria | 01-07 | | |
| 19.04,90 | Sandra Dias | C Bf Faro | 11-08-80 | 1 | CNCI-2 | Leiria | 13-06 | 17.21,26-00 | |
| 19.22,08 | Tânia Ferreira | GJP Bemposta | 17-10-87 | 1 | CNCI-3 | Seixal | 13-06 | 19.05,85-07 | |
| 19.22,66 | Mónica Moreiras | Juv. Vidigalense | 08-10-79 | 5 | CNCI-1 | Leiria | 13-06 | 18.55,95-08 | |
| 19.26,54 | Cátia Teixeira | CP Mangualde | 21-11-89 | 1 | | Viseu | 08-07 | | |
| 19.30,25 | Amélia Vieira | GDC Castelo Paiva | 25-04-89 | 1 | C. Beiras | Seia | 19-07 | 20.21,62-08 | |
| 19.31,40 | Silvia Costa | UD Zona Alta | 31-03-84 | 2 | CNCI-3 | Seixal | 13-06 | 19.03,8-04 | |
| 19.32,4 | Susana Oliveira | INATEL | 07-09-79 | 1 | CN Vet | Covilhã | 23-05 | 18.39,71-08 | |
| 19.32,55 | Sónia Carvalho | AD Amarante | 05-10-90 | 2 | C. Norte | Maia | 19-07 | | |
| 19.34,77 | Sónia Andrade | SSTSJ Madeira | 25-04-89 | 2 | | Aveiro | 20-06 | 21.37,29-06 | |
| 19.37,56 | Luzia Dias | Sporting CP | 29-09-70 | 6 | CNCI-1 | Leiria | 13-06 | 16.16,94-04 | |
| 19.46,12 | Maria João Candeias | CF Belenenses | 20-03-90 | 2 | CNCI-2 | Leiria | 13-06 | 19.35,2-08 | |

10.000 m – 45.00,0

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|----------|-----------------------|-------------------|----------|----|-----------|---------------|-------|-------------|
| 31.25,67 | Inês Monteiro | Maratona CP | 18-05-80 | 10 | C. Mundo | Berlim-Ale | 15-08 | 32.16,19-08 |
| 31.30,90 | Dulce Félix | SC Braga | 23-10-82 | 13 | C. Mundo | Berlim-Ale | 15-08 | 32.28,63-08 |
| 31.34,17 | | Inês Monteiro | | 1 | T. Europa | Ribeira Brava | 06-06 | |
| 31.40,60 | | Dulce Félix | | 3 | T. Europa | Ribeira Brava | 06-06 | |
| 31.42,94 | Ana Dias | C Bf. Faro | 15-01-74 | 4 | T. Europa | Ribeira Brava | 06-06 | 31.38,48-03 |
| 31.49,91 | | Ana Dias | | 16 | C. Mundo | Berlim-Ale | 15-08 | |
| 32.20,08 | Fernanda Ribeiro | Espanha | 23-06-69 | 6 | T. Europa | Ribeira Brava | 06-06 | 30.22,88-99 |
| 33.04,58 | Marisa Barros | Sportzone RT | 25-02-80 | 8 | T. Europa | Ribeira Brava | 06-06 | 16.18,78-07 |
| 33.38,11 | Leonor Carneiro | Maratona CP | 18-05-78 | 13 | T. Europa | Ribeira Brava | 06-06 | 33.08,01-06 |
| 36.08,78 | Rosa Oliveira | AM Vermoim | 25-07-66 | 1 | CM Vet | Lahti-Fin | 06-08 | 33.01,98-93 |
| 37.01,50 | Olga Pinto | GD Estreito | 31-05-75 | 1 | | Ribeira Brava | 06-06 | 36.48,83-08 |
| 38.59,86 | Joana Nunes | JOBRA | 09-05-85 | 1 | C. Port | Maia | 27-06 | 39.06,64-08 |
| 39.09,84 | Tânia Ferreira | GJP Bemposta | 17-10-87 | 1 | | Luso | 11-04 | 38.53,93-08 |
| 40.22,10 | Amélia Vieira | GDC Castelo Paiva | 25-04-89 | 3 | C. Port | Maia | 27-06 | |
| 40.48,67 | Ana Patricia Monteiro | ADCCJ Clark | 22-06-89 | 2 | | Luso | 11-04 | |
| 42.50,95 | Ana Carolina Matias | Bairro Anjos | 06-12-91 | 5 | | Luso | 11-04 | |
| 42.16,10 | Helena Fagundes | C Av. Madeira | 66 | 2 | | Ribeira Brava | 06-06 | |
| 42.41,03 | Matilde Batista | JA Mozelense | 30-12-66 | 4 | | Luso | 11-04 | 43.17,54-07 |
| 42.49,53 | Dina Oliveira | AE Paulo Gama | 79 | 5 | C. Port | Maia | 27-06 | |
| 42.53,35 | Nadine Leite | JA Mozelense | 13-07-90 | 6 | | Luso | 11-04 | |
| 43.18,37 | Julietta Gonçalves | CCDTH Funchal | 74 | 3 | | Ribeira Brava | 06-06 | 42.42,64-08 |
| 44.11,42 | Ana Rosa Santos | JA Mozelense | 09-01-91 | 7 | | Luso | 11-04 | |
| 44.53,28 | Adélia Tavares | ADCCJ Clark | 67 | 8 | | Luso | 11-04 | |

Maratona – 3:30.00

| | | | | | | | | |
|---------|----------------------|----------------------|----------|----------|----------|-------------|---------|------------|
| 2.26,03 | Marisa Barros | Sportzone RT | 25-02-80 | 1 | | Sevilha | 22-02 | 2.31,31-08 |
| 2.26,50 | | Marisa Barros | | 6 | C. Mundo | Berlim-Ale | 23-08 | |
| 2.37,36 | Elisabete Lopes | Maratona CP | 04-03-75 | 1 | C. Lopes | Lisboa | 10-05 | 2.46,10-08 |
| 2.42,16 | Madalena Carriço | GD Estreito | 06-01-79 | 5 | | Sevilha | 22-02 | |
| 2.46,23 | Fátima Silva | CD Póvoa | 06-05-70 | 2 | EDP | Porto | 26-10 | 2.32,01-02 |
| 2.48,09 | Leopoldina Silveira | França | 18-06-75 | 147 | | La Rochelle | 30-11 | 2.39,19-08 |
| 2.53,55 | | Fátima Silva | | 3 | | Lisboa | 07-12 | |
| 2.57,59 | Lucinda Moreiras | NCL SC | 07-02-68 | 1 | | Badajoz | 01-02 | 2.47,48-02 |
| 3.02,16 | Chantal Xhervelle | AM Casal Figueira | BEL | 12-02-68 | 2 | | Badajoz | 01-02 |
| 3.05,20 | Aureliana Edmundo | Sportzone RT | 11-01-70 | 3 | EDP | Porto | 26-10 | 2.58,20-06 |
| 3.08,48 | Lidia Santos Pereira | GD Ribeirinhos | 07-04-67 | 4 | EDP | Porto | 26-10 | 3.11,47-08 |
| 3.09,36 | Conceição Grare | Porto Runners | 19-07-53 | 68 | | Belim | 20-09 | 3.24,55-06 |
| 3.12,42 | Carla Mendes | Porto Runners | 71 | 5 | EDP | Porto | 26-10 | 3.22,07-08 |
| 3.13,02 | | Lidia Santos Pereira | | 3 | C. Lopes | Lisboa | 10-05 | |
| 3.15,22 | Veronica Correia | Macedo Ocul | 86 | 6 | EDP | Porto | 26-10 | |

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|---------|------------------|------------------|----------|----|----------|---------|-------|------------|
| 3.16,43 | Rute Matos | Açoreana Seg | 25-06-70 | 4 | C. Lopes | Lisboa | 10-05 | 3.14,54-08 |
| 3.17,08 | Susana Simões | Porto Runners | 22-09-72 | 7 | EDP | Porto | 26-10 | 3.08,41-08 |
| 3.17,12 | | Veronica Correia | | 6 | | Lisboa | 07-12 | |
| 3.24,17 | Carmen Pires | CD Asas Milenium | | 5 | C. Lopes | Lisboa | 10-05 | |
| 3.28,32 | Janine Coelho | Porto Runners | | 10 | EDP | Porto | 26-10 | |
| 3.29,10 | | Conceição Grare | | 11 | EDP | Porto | 26-10 | |
| 3.29,21 | Gloria Serrazina | CRP Ribafria | | 23 | | Sevilha | 22-02 | 3.29,31-08 |
| 3.29,37 | | Carmen Pires | | 24 | | Sevilha | 22-02 | |

3000 Obs / St - 11.00,00 - 13.00,00

| | | | | | | | | |
|----------|-----------------------|--------------------|----------|----|----------|--------------------|-------|-------------|
| 9.25,25 | Jessica Augusto | Individual | 08-11-81 | 11 | C. Mundo | Berlim-Ale | 17-08 | 9.22,50-08 |
| 9.26,64 | | Jessica Augusto | | 6h | C. Mundo | Berlim-Ale | 15-08 | |
| 9.28,64 | Sara Moreira | Maratona CP | 17-10-85 | 6h | C. Mundo | Berlim-Ale | 15-08 | 9.34,30-08 |
| 9.29,36 | | Sara Moreira | | 5 | KBC | Huesden-Bel | 18-07 | |
| 9.32,10 | | Jessica Augusto | | 8 | GGala | Roma | 10-07 | |
| 9.32,62 | | Sara Moreira | | 1 | Univ | Belgrado-SRB | 10-07 | |
| 9.34,57 | | Sara Moreira | | 2 | | Huelva | 10-06 | |
| 9.35,35 | | Jessica Augusto | | 7 | KBC | Huesden-Bel | 18-07 | |
| 9.43,99 | | Sara Moreira | | 4 | CE Sel | Leiria | 20-06 | |
| 9.54,26 | | Sara Moreira | | 1 | C. Port | Lisboa - U | 25-07 | |
| 9.55,10 | | Sara Moreira | | 2h | Univ | Belgrado-SRB | 08-07 | |
| 10.06,37 | Clarisse Cruz | Sporting CP | 09-07-78 | 9 | | Malaga | 27-06 | 9.44,94-08 |
| 10.14,01 | Solange Jesus | ADERCUS | 07-01-87 | 2 | C. Port | Lisboa - U | 25-07 | 10.34,88-08 |
| 10.20,37 | | Clarisse Cruz | | 1 | CNCI-1 | Leiria | 13-06 | |
| 10.20,98 | | Solange Jesus | | 1 | | Luso | 09-05 | |
| 10.21,08 | Filomena Costa | SC Braga | 22-02-85 | 2 | CNCI-1 | Leiria | 13-06 | 10.37,38-08 |
| 10.23,11 | | Clarisse Cruz | | 5 | TCCE | Castellon-Esp | 30-05 | |
| 10.26,19 | | Clarisse Cruz | | 7 | | Huelva | 10-06 | |
| 10.27,44 | | Solange Jesus | | 1 | CN23 | Viseu | 04-07 | |
| 10.31,98 | | Solange Jesus | | 9 | CE s23 | Kaunas-LIT | 19-07 | |
| 10.36,10 | | Solange Jesus | | 4 | | Bonneuil-sur-Marne | 06-06 | |
| 10.36,34 | | Solange Jesus | | 1 | | Aveiro | 20-06 | |
| 10.41,31 | | Clarisse Cruz | | 3 | C. Port | Lisboa - U | 25-07 | |
| 10.47,67 | Carla Salomé Rocha | FC Vizela | 25-04-90 | 1 | | Braga | 27-06 | 10.47,95-08 |
| 10.48,12 | | Carla Salomé Rocha | | 1 | CNJ | Lisboa - U | 11-07 | |
| 10.50,48 | | Clarisse Cruz | | 1 | | Lisboa - U | 18-07 | |
| 10.53,08 | | Carla Salomé Rocha | | 1 | | Braga | 09-05 | |
| 10.55,74 | | Carla Salomé Rocha | | 8h | CE Jr | Novi Sad-SRB | 23-07 | |
| 10.56,28 | | Filomena Costa | | 1s | CNCI-Ap | Guimarães | 30-05 | |
| 11.25,38 | Sara Catarina Ribeiro | FC Vizela | 31-05-90 | 2 | CNJ | Lisboa - U | 11-07 | 11.16,55-08 |
| 11.25,82 | Mónica Silva | FC Porto | 25-11-83 | 2s | CNCI-Ap | Guimarães | 30-05 | 10.46,11-04 |
| 11.27,37 | Ana Paula Rodrigues | CA Riachense | 12-05-91 | 3 | CNJ | Lisboa - U | 11-07 | |
| 11.32,52 | Ana Sofia Nunes | GJP Bemposta | 12-11-88 | 3 | CN23 | Viseu | 04-07 | 11.27,12-07 |
| 11.36,88 | Barbara Ferreira | SC Braga | 09-12-91 | 4 | CNJ | Lisboa - U | 11-07 | |
| 11.38,75 | Lúcia Ribeiro | CAO Vianense | 03-01-91 | 5 | CNJ | Lisboa - U | 11-07 | |
| 11.41,87 | Cristina Costa | Sportzone RT | 13-09-89 | 2 | | Póvoa de Varzim | 09-06 | 11.32,41-08 |
| 11.48,47 | Liliana Alves | SC Braga | 15-03-88 | 5 | CN23 | Viseu | 04-07 | 11.09,74-07 |
| 11.52,62 | Patrícia Monteiro | ADCC J. Clark | 14-01-89 | 6 | CN23 | Viseu | 04-07 | 11.48,15-08 |
| 11.55,41 | Ana Vanessa Rosa | UD Zona Alta | 27-06-88 | 1s | CNCI-Ap | Seixal | 30-05 | 11.36,1-07 |
| 11.58,16 | Filipa Freitas | CS Marítimo | 11-02-84 | 1s | CNCI-Ap | Viseu | 30-05 | 11.35,95-08 |
| 12.00,16 | Sandra Protásio | Juv Vidigalense | 05-07-89 | 8 | CN23 | Viseu | 04-07 | |
| 12.12,50 | Vanessa Sousa Rocha | CAO Vianense | 04-08-90 | 6 | CNJ | Lisboa - U | 11-07 | 12.38,22-08 |
| 12.13,64 | Vanessa Mendes | CF Belenenses | 88 | 2 | | Lisboa - U | 18-07 | |
| 12.16,94 | i Sofia Almeida | FC Vizela | 30-04-91 | 2 | | Braga | 09-05 | |
| 12.18,23 | Ana Carolina Matias | Bairro Anjos | 06-12-91 | 2s | CNCI-Ap | Viseu | 30-05 | |
| 12.19,20 | Andreia Silva | Gira Sol RC | 21-10-88 | 4 | CNCI-1 | Leiria | 13-06 | 12.13,07-08 |
| 12.22,18 | Barbara Resende | SL Benfica | 05-11-91 | 7 | CNJ | Lisboa - U | 11-07 | |
| 12.29,90 | Sónia Andrade | SSTSJ Madeira | 25-04-89 | 2 | | Aveiro | 06-06 | |
| 12.47,81 | Ana Rosa Santos | JA Mozelense | 09-01-91 | 1 | | Luso | 09-05 | |
| 12.48,37 | Carina Vicente | Bairro Anjos | 22-04-90 | 1 | | Leiria | 08-07 | 12.42,14-08 |
| 12.51,76 | Luisa Andrade | SSTSJ Madeira | 08-07-90 | 10 | CNJ | Lisboa - U | 11-07 | |

12.56,70 Catarina Marques SUO Vais 06-06-91 2 Leiria 08-07

100 m B – 15,00 - 17,00

| | | | | | | | | | | |
|-------|------|-----------------------|------------------|-----|----------|-----|-----------|---------------|-------|-----------|
| 13,66 | 0,3 | Eva Vital | ACDR Arneirense | RNJ | 08-07-92 | 10 | CE Sel | Leiria | 21-06 | 14,17-08 |
| 13,66 | 0,5 | Mónica Lopes | Sporting CP | | 18-01-86 | 2 | Lusofonia | Lisboa - U | 12-07 | 13,81-07 |
| 13,86 | 0,1 | Eva Vital | | | | 1s | AAL | Lisboa - I | 10-06 | |
| 13,87 | 0,0 | Eva Vital | | | | 1 | CNCI-2 | Leiria | 14-06 | |
| 13,90 | 0,5 | Patrícia Mamona | JOMA | | 21-11-88 | 4 | Lusofonia | Lisboa - U | 12-07 | 14,14-06 |
| 13,91 | 0,1 | Mónica Lopes | | | 18-01-86 | 2s | AAL | Lisboa - I | 10-06 | |
| 13,95 | -1,3 | Patrícia Mamona | | | | 1 | CN23 | Viseu | 05-07 | |
| 14,05 | -1,6 | Mónica Lopes | | | | 5h | | Chambery-Fra | 05-07 | |
| 14,12 | 0,0 | Patrícia Mamona | | | | 1 | | Leiria | 05-06 | |
| 14,17 | 0,1 | Mónica Lopes | | | | 6 | TCCE | Castellon-Esp | 31-05 | |
| 14,19 | 0,0 | Mónica Lopes | | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 14,23 | 2,0 | Eva Vital | | | | 1s | CNCI-Ap | Viseu | 31-05 | |
| 14,23 | -1,0 | Mónica Lopes | | | | 1 | | Ribeira Brava | 15-07 | |
| 14,29 | 0,5 | Mónica Lopes | | | | 1 | | Massamá | 16-05 | |
| 14,31 | -1,7 | Patrícia Mamona | | | | 1h | CN23 | Viseu | 05-07 | |
| 14,40 | -2,5 | Eva Vital | | | | 2 | | Elvas | 23-05 | |
| 14,41 | -1,3 | Lecabela Quaresma | JOMA | STP | 26-12-89 | 1 | CN23 | Viseu | 05-07 | 14,85-08 |
| 14,55 | 0,5 | Fernanda Borba | C Operário D | | 02-03-81 | 2 | | Massamá | 16-05 | 14,12-01 |
| 14,55 | 0,0 | Andreia Felisberto | JOMA | | 22-06-86 | 2 | CNCI-1 | Leiria | 14-06 | 14,57-08 |
| 14,63 | 0,5 | Andreia Felisberto | | | | 3 | | Massamá | 16-05 | |
| 14,67 | 1,4 | Fernanda Borba | | | | 1 | | Ponta Delgada | 09-07 | 14,12-01 |
| 14,68 | 0,1 | Fernanda Borba | | | | 3s | AAL | Lisboa - I | 10-06 | 14,12-01 |
| 14,69 | 0,0 | Fernanda Borba | | | | 2 | | Leiria | 05-06 | 14,12-01 |
| 14,74 | -1,3 | Lecabela Quaresma | | | | 1h | CN23 | Viseu | 05-07 | |
| 14,76 | 0,3 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 1 | CNJ | Lisboa - U | 12-07 | |
| 14,79 | 0,1 | Lecabela Quaresma | | | | 4s | AAL | Lisboa - I | 10-06 | |
| 14,80 | 0,5 | Lecabela Quaresma | | | | 4 | | Massamá | 16-05 | |
| 14,81 | 0,6 | Patrícia Vieira | FC Porto | | 18-04-79 | 1s | CNCI-Ap | Guimarães | 31-05 | 13,56-05 |
| 14,84 | 0,5 | Patrícia Vieira | | | | 5 | | Massamá | 16-05 | |
| 14,93 | 1,2 | Lecabela Quaresma | | | | 1 | | Lisboa - U | 18-07 | |
| 14,99 | -3,0 | Fernanda Borba | | | | 1 | | Ponta Delgada | 18-06 | 14,12-01 |
| 15,01 | 1,7 | Tânia Caires | CS Maritimo | | 03-12-87 | 1s | Enc. Sel | Luso | 23-05 | 15,16-07 |
| 15,06 | -0,3 | Leslie Delgado | FC Porto | | 25-06-89 | 1s | AAL | Lisboa - I | 10-06 | 15,52-08 |
| 15,06 | 0,3 | Nádia Gaspar | SL Benfica | | 07-10-90 | 2 | CNJ | Lisboa - U | 12-07 | 14,96-08 |
| 15,10 | 1,2 | Carmezinda Nascimento | Sporting CP | | 21-12-89 | 2 | | Lisboa - U | 18-07 | 15,19-08 |
| 15,16 | 0,0 | Catarina Costa | C Bf Faro | | 03-08-89 | 2 | CNCI-2 | Leiria | 14-06 | 15,77-08 |
| 15,19 | 0,3 | Carla Gama | SL Benfica | | 24-11-90 | 3 | CNJ | Lisboa - U | 12-07 | 15,21-08 |
| 15,27 | -1,7 | Witiney Barata | ARCB Valongo | | 31-01-88 | 1 | C. Beiras | Seia | 19-07 | 15,04-07 |
| 15,34 | -2,5 | Susana Estriga | JOMA | | 16-07-75 | 4 | | Elvas | 23-05 | 14,48-07 |
| 15,39 | 0,3 | Magali Gomes | EMD. Saraiva | | 01-01-91 | 4 | CNJ | Lisboa - U | 12-07 | |
| 15,56 | 1,7 | Cristiana Cunha | Gira Sol RC | | 17-07-91 | 2s | Enc. Sel | Luso | 23-05 | 16,34-08 |
| 15,57 | 1,5 | Vanessa Rocha | GD Estreito | | 02-01-90 | 2h | CNJ | Lisboa - U | 12-07 | 15,55-07 |
| 15,61 | 0,0 | Cátia Ferreira | Juv. Vidigalense | | 18-06-83 | 5 | CNCI-1 | Leiria | 14-06 | 15,41-00 |
| 15,62 | -1,1 | Sofia Pires | CA Terceira | | 01-10-86 | Hep | C. Port | Guarda | 06-06 | 15,30-06 |
| 15,64 | 0,6 | Márcia Vieira | EC+S Lavra | | 04-01-91 | 1 | C. Norte | Maia | 19-07 | 15,92-07 |
| 15,68 | 1,5 | Andreia Crespo | NDC Gouveia | | 16-10-93 | 3h | CNJ | Lisboa - U | 12-07 | |
| 15,68 | -1,7 | Fani Ferreira | Bairro Anjos | | 16-07-92 | 3 | C. Beiras | Seia | 19-07 | |
| 15,76 | 0,0 | Marisa Vieira | CS Maritimo | | 30-12-79 | 1 | | Ribeira Brava | 01-07 | 14,90-03 |
| 15,89 | 2,0 | Sandra Borges | Gira Sol RC | | 15-11-83 | 3s | CNCI-Ap | Viseu | 31-05 | 15,13-05 |
| 15,95 | -1,1 | Cláudia Rodrigues | C Operário D | | 11-11-89 | Hep | C. Port | Guarda | 06-06 | 15,47-08 |
| 16,01 | 1,4 | Anabela Neto | Sporting CP | | 25-03-91 | 1 | | Luso | 17-06 | 15,91-08 |
| 16,08 | -2,0 | Ana Rita Pedreiras | Gira Sol RC | | 27-01-93 | ex | | Aveiro | 21-06 | |
| 16,18 | 1,5 | Isabel Vieira | FC Porto | | 25-02-93 | 6h | CNJ | Lisboa - U | 12-07 | 15,98w-08 |
| 16,31 | 0,4 | Joana Lopes | CLAC | | 13-10-91 | 1 | | Abrantes | 18-04 | |
| 16,39 | 1,7 | Valdinha Carvalho | GR Qt. Lomba | | 06-07-93 | 1 | | Seixal | 21-06 | |
| 16,53 | -0,4 | Sandra Moreira | Sporting CP | CPV | 19-02-93 | 4h | CNJ | Lisboa - U | 12-07 | |
| 16,57 | 0,0 | Ana Abreu | GRECAS | | 13-06-88 | 3 | CNCI-2 | Leiria | 14-06 | 16,13-06 |
| 16,68 | 1,0 | Daniela Ferreira | Juv. Vidigalense | | 22-06-89 | 1s | Enc. Sel | Luso | 23-05 | 16,71-08 |

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| 16,84 | -1,1 | Joana Flores | CA Terceira | 08-10-89 | Hep | C. Port | Guarda | 06-06 | 16,26w-08 |
| 17,00 | 1,4 | Sofia Melo | CDE Povoação | 20-01-92 | 2 | | Ponta Delgada | 09-07 | 16,49-08 |

Com vento anti regulamentar

| | | | | | | | | | |
|-------|-----|--------------------|--------------|----------|----------|-----------|-------------|-----------------|----------|
| 13,81 | 3,2 | Patrícia Mamona | JOMA | 21-11-88 | 3 | S. Orange | Clemson-USA | 09-05 | 14,14-06 |
| 14,53 | 3,9 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 1 | C. Port | Lisboa - U | 25-07 |
| 14,54 | 3,9 | Tânia Caires | CS Marítimo | | 03-12-87 | 2 | C. Port | Lisboa - U | 25-07 |
| 14,58 | 3,9 | Witiney Barata | ARCB Valongo | | 31-01-88 | 3 | C. Port | Lisboa - U | 25-07 |
| 14,59 | 3,9 | Leslie Delgado | FC Porto | | 25-06-89 | 4 | C. Port | Lisboa - U | 25-07 |
| 14,89 | 2,5 | Susana Estriga | JOMA | | 16-07-75 | 2 | | Abrantes | 11-06 |
| 14,99 | 3,9 | Nádia Gaspar | SL Benfica | | 07-10-90 | 6 | C. Port | Lisboa - U | 25-07 |
| 15,32 | 2,3 | Cristiana Cunha | Gira Sol RC | | 17-07-91 | 4h | C. Port | Lisboa - U | 25-07 |
| 15,56 | 2,2 | Márcia Vieira | EC+S Lavra | | 04-01-91 | 1 | | Maia | 15-07 |
| 15,58 | 2,1 | Sara Esteves | CA Mazarefes | | 24-08-92 | 1 | | Póvoa de Varzim | 03-06 |
| 15,75 | 2,5 | Cláudia Rodrigues | C Operário D | | 11-11-89 | 4 | | Abrantes | 11-06 |
| 15,97 | 4,6 | Valdinha Carvalho | GR Qt. Lomba | | 06-07-93 | 1 | | Seixal | 18-07 |
| 16,03 | 2,5 | Ana Rita Pedreiras | Gira Sol RC | | 27-01-93 | 5 | | Abrantes | 11-06 |
| 16,12 | 2,2 | Joana Lopes | CLAC | | 13-10-91 | 1 | | Abrantes | 18-04 |
| 16,33 | 2,8 | Isabel Areias | Gira Sol RC | | 27-01-85 | Hep | | Luso | 25-04 |
| 16,86 | 2,6 | Diana Morgado | Bairro Anjos | | 16-11-89 | 2s | CNCI-Ap | Viseu | 31-05 |

400 m B/H – 63,00 – 70,00

| | | | | | | | | | | |
|-------|--|-------------------|------------------|----------|----------|-----------|---------------|---------------|----------|----------|
| 56,94 | | Patrícia Lopes | Sporting CP | 11-07-82 | 6 | | Barcelona | 25-07 | 57,37-07 | |
| 57,05 | | Patrícia Lopes | | | 2 | Lusofonia | Lisboa - U | 13-07 | | |
| 57,11 | | Patrícia Lopes | | | 3 | | Bottrop-Ale | 26-06 | | |
| 57,19 | | Patrícia Lopes | | | 3 | | Chambery-Fra | 05-07 | | |
| 57,20 | | Patrícia Lopes | | | 3 | EWE | Cuxhaven-Ale | 22-07 | | |
| 57,29 | | Patrícia Lopes | | | 2 | CAG | Geneva-Sui | 06-06 | | |
| 57,32 | | Patrícia Lopes | | | 2 | | Salamanca | 08-07 | | |
| 57,40 | | Patrícia Lopes | | | 1 | | Tarare-Fra | 04-07 | | |
| 57,55 | | Patrícia Lopes | | | 3 | | Copenhaga-DEN | 06-08 | | |
| 58,14 | | Patrícia Lopes | | | 1 | C. Port | Lisboa - U | 26-07 | | |
| 58,20 | | Patrícia Lopes | | | 3 | TCCE | Castellon-Esp | 30-05 | | |
| 58,56 | | Patrícia Lopes | | | 1 | CNCI-1 | Leiria | 13-06 | | |
| 60,38 | | Vera Barbosa | JOMA | 13-01-89 | 2 | C. Port | Lisboa - U | 26-07 | 61,24-08 | |
| 60,78 | | Vera Barbosa | | | 1 | CN23 | Viseu | 04-07 | | |
| 60,92 | | Vera Barbosa | | | 1 | | Lisboa - I | 27-06 | | |
| 62,03 | | Leslie Delgado | FC Porto | 25-06-89 | 2 | CN23 | Viseu | 04-07 | 64,83-08 | |
| 62,18 | | Leslie Delgado | | | 1 | | Leiria | 05-06 | | |
| 62,23 | | Vera Barbosa | | | ex | | Leiria | 08-07 | | |
| 62,61 | | Leslie Delgado | | | 2 | CNCI-1 | Leiria | 13-06 | | |
| 62,66 | | Leslie Delgado | | | 3 | C. Port | Lisboa - U | 26-07 | | |
| 62,78 | | Tânia Caires | CS Marítimo | 03-12-87 | 3 | CNCI-1 | Leiria | 13-06 | 63,21-07 | |
| 62,82 | | Tânia Caires | | | 3 | CN23 | Viseu | 04-07 | | |
| 63,34 | | Joana Frias | GD Estreito | 07-03-88 | 1 | | Ribeira Brava | 03-05 | 62,31-06 | |
| 63,52 | | Susana Estriga | JOMA | 16-07-75 | 1s | CNCI-Ap | Seixal | 30-05 | 61,18-06 | |
| 63,73 | | Nádia Gaspar | SL Benfica | 07-10-90 | 1 | CNJ | Lisboa - U | 11-07 | 64,20-08 | |
| 63,94 | | Tânia Freitas | GD Estreito | 17-06-80 | 5 | CNCI-1 | Leiria | 13-06 | 59,47-00 | |
| 63,95 | | Anna Maria Rosa | C Bf Faro | 24-12-92 | 7h | FOJE | Tampere-FIN | 22-07 | 67,74-08 | |
| 64,35 | | Cristiana Cunha | Gira Sol RC | 17-07-91 | 2s | CNCI-Ap | Viseu | 30-05 | 64,93-08 | |
| 64,53 | | Isabel Areias | Gira Sol RC | 27-01-85 | 1 | | Luso | 20-05 | 62,70-05 | |
| 65,61 | | Marta Pen Freitas | EMD. Saraiva | 31-07-93 | 1 | | Lisboa - I | 25-04 | | |
| 66,20 | | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 1 | CNCI-2 | Leiria | 13-06 | 66,61-08 |
| 66,43 | | Liliana Barbosa | SC Braga | | 14-05-87 | 2 | | Maia | 01-07 | 64,76-06 |
| 67,16 | | Sandra Borges | Gira Sol RC | | 15-11-83 | 2 | C. Beiras | Seia | 18-07 | 62,80-05 |
| 67,17 | | Cátia Ferreira | Juv. Vidigalense | | 18-06-83 | 1 | | Leiria | 08-07 | |
| 67,19 | | Fani Ferreira | Bairro Anjos | | 16-07-92 | 3 | C. Beiras | Seia | 18-07 | |
| 67,70 | | Liliana Henriques | A. Jardim Serra | | 12-05-90 | 2 | | Ribeira Brava | 17-06 | 65,06-07 |
| 68,08 | | Joana Lopes | CLAC | | 13-10-91 | 1 | | Abrantes | 10-06 | 68,56-08 |
| 68,15 | | Kelly Oliveira | ACD Villa Cesari | | 25-01-92 | 1 | | Luso | 09-05 | 68,62-08 |
| 68,38 | | Ana Abreu | GRECAS | | 13-06-88 | 4 | C. Beiras | Seia | 18-07 | 66,62-06 |

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|-------|---------------|---------------|----------|---|----------|------------|-------|----------|
| 68,86 | Isabel Vieira | FC Porto | 25-02-93 | 1 | | Guimarães | 20-06 | 1,51-07 |
| 69,28 | Elisa Cruz | C Bf. Faro | 05-04-85 | 2 | CNCI-2 | Leiria | 13-06 | 64,60-02 |
| 69,40 | Vera Castro | EP G. Sampaio | 23-10-92 | 2 | C. Norte | Maia | 18-07 | 71,41-08 |
| 69,93 | Sofia Melo | CDE Povoação | 20-01-92 | 6 | CNJ | Lisboa - U | 11-07 | 69,08-08 |

Altura / High Jump – 1,65 - 1,50

| | | | | | | | | | | |
|------|---|------------------------|--------------|-----|----------|-----|-----------|---------------|-------|------------|
| 1,82 | i | Natalija Cakova | FC Porto | LET | 20-10-80 | 1 | CNCI-1 | Pombal | 15-02 | 1,89-07 |
| 1,80 | | Marisa Anselmo | Sporting CP | | 06-09-87 | 12 | CE Sel | Leiria | 21-06 | 1,84-06 |
| 1,78 | | Marisa Anselmo | | | | 1 | | Leiria | 05-06 | |
| 1,78 | | Marisa Anselmo | | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 1,77 | i | Marisa Anselmo | | | | 2 | CNCI-1 | Pombal | 15-02 | |
| 1,75 | i | Marisa Anselmo | | | | 1 | Taça FPA | Espinho | 11-01 | |
| 1,75 | i | Marisa Anselmo | | | | 1 | Rio Largo | Espinho | 13-02 | |
| 1,75 | | Liliana Viana | FC Porto | | 14-08-85 | 2 | | Leiria | 05-06 | 1,81-03 |
| 1,75 | | Marisa Anselmo | | | | 1 | CN23 | Viseu | 05-07 | |
| 1,75 | | Marisa Anselmo | | | | 1 | C. Port | Lisboa - U | 26-07 | |
| 1,74 | i | Sofia Pires | CA Terceira | | 01-10-86 | Pen | Taça FPA | Espinho | 11-01 | 1,78i-06 |
| 1,74 | i | Marisa Anselmo | | | | 1 | C. Port | Pombal | 01-03 | |
| 1,74 | i | Joana Flores | CA Terceira | | 08-10-89 | 2 | C. Port | Pombal | 01-03 | 1,73-08 |
| 1,74 | | Marisa Anselmo | | | | 3 | Lusofonia | Lisboa - U | 12-07 | |
| 1,73 | i | Marisa Anselmo | | | | ex | C. Beiras | Espinho | 18-01 | |
| 1,73 | i | Marisa Anselmo | | | | 1 | CN23 | Pombal | 08-02 | |
| 1,72 | i | Catarina Costa | C Bf Faro | | 03-08-89 | Pen | C. Port | Pombal | 01-03 | 1,62-06/08 |
| 1,72 | i | Sofia Pires | | | | Pen | C. Port | Pombal | 01-03 | |
| 1,72 | | Catarina Costa | | | | 1 | CNCI-2 | Leiria | 14-06 | |
| 1,72 | | Marisa Anselmo | | | | 23q | CE s23 | Kaunas-LIT | 16-07 | |
| 1,71 | i | Cláudia Rodrigues | C Operario D | | 11-11-89 | Pen | Taça FPA | Espinho | 11-01 | 1,69-06 |
| 1,71 | i | Marisa Anselmo | | | | ex | | Espinho | 16-01 | |
| 1,71 | i | Joana Flores | | | | 2 | CN23 | Pombal | 08-02 | |
| 1,71 | | Catarina Costa | | | | Hep | C. Port | Guarda | 06-06 | |
| 1,71 | | Liliana Viana | | | | 2 | CNCI-1 | Leiria | 14-06 | |
| 1,70 | i | Marisa Anselmo | | | | ex | | Pombal | 20-12 | |
| 1,70 | i | Cláudia Rodrigues | | | | TT | | Alpiarça | 20-12 | |
| 1,70 | i | Marisa Anselmo | | | | 1 | CNCI-Ap | Espinho | 31-01 | |
| 1,70 | | Marisa Anselmo | | | | ex | | Maia | 23-05 | |
| 1,70 | | Marisa Anselmo | | | | 6 | TCCE | Castellon-Esp | 31-05 | |
| 1,70 | | Catarina Costa | | | | 1s | CNCI-Ap | Seixal | 31-05 | |
| 1,70 | | Liliana Viana | | | | 1s | CNCI-Ap | Guimarães | 31-05 | |
| 1,70 | | Catarina Costa | | | | 1 | | Faro | 18-07 | |
| 1,69 | i | Patrícia Mamona | JOMA | | 21-11-88 | Pen | JRF | Clemson-USA | 30-01 | 1,69-04 |
| 1,68 | i | Catarina Costa | | | | 3 | CN23 | Pombal | 08-02 | |
| 1,68 | | Cláudia Rodrigues | | | | 1 | | Fátima | 30-05 | |
| 1,68 | | Joana Flores | | | | Hep | C. Port | Guarda | 06-06 | |
| 1,68 | | Ana Margarida Oliveira | GA Fátima | | 18-07-95 | 1 | | Abrantes | 13-06 | 1,56-08 |
| 1,68 | | Marisa Anselmo | | | | 1 | | Guarda | 03-07 | |
| 1,68 | | Catarina Costa | | | | 2 | CN23 | Viseu | 05-07 | |
| 1,67 | i | Cláudia Rodrigues | | | | 1 | | Alcanena | 23-11 | |
| 1,67 | | Ana Margarida Oliveira | | | | 1s | OJ | Albufeira | 16-05 | |
| 1,67 | | Ana Monjane | SC Braga | | 01-01-93 | 2s | CNCI-Ap | Guimarães | 31-05 | 1,56-08 |
| 1,67 | | Lecabela Quaresma | JOMA | STP | 26-12-89 | 2s | CNCI-Ap | Seixal | 31-05 | 1,62-08 |
| 1,67 | | Cláudia Rodrigues | | | | 2 | C. Port | Lisboa - U | 26-07 | |
| 1,67 | | Joana Flores | | | | 3 | C. Port | Lisboa - U | 26-07 | |
| 1,67 | | Catarina Costa | | | | 4 | C. Port | Lisboa - U | 26-07 | |
| 1,67 | | Sofia Pires | | | | 5 | C. Port | Lisboa - U | 26-07 | |
| 1,66 | i | Cláudia Rodrigues | | | | 1 | | Pombal | 27-12 | |
| 1,66 | i | Cláudia Rodrigues | | | | Pen | C. Port | Pombal | 01-03 | |
| 1,66 | | Ana Margarida Oliveira | | | | 1 | | Rio Maior | 02-05 | |
| 1,66 | | Ana Rita Pereira | SC Braga | | 14-05-91 | 3 | | Leiria | 05-06 | 1,66-07 |
| 1,66 | | Ana Margarida Oliveira | | | | 1 | CNJv | Luso | 27-06 | |
| 1,66 | | Ana Monjane | | | | 2 | J. FISEC | Lagos | 19-07 | |
| 1,65 | i | Joana Flores | | | | 2 | Taça FPA | Espinho | 11-01 | |

| | | | | | | | | | | |
|------|---|------------------------|------------------|----------|----------|------------|-------------------|-------|------------|----------|
| 1,65 | i | Catarina Costa | | | Pen | Taça FPA | Espinho | 11-01 | | |
| 1,65 | i | Patrícia Mamona | | | Pen | ACC | Blacksburg-USA | 26-02 | | |
| 1,65 | i | Patrícia Mamona | | | 15 | ACC | Blacksburg-USA | 27-02 | | |
| 1,65 | | Anabela Neto | | | 1 | | Luso | 14-05 | | |
| 1,65 | | Liliana Viana | | | 1 | | Marinha Grande | 22-05 | | |
| 1,65 | | Ana Margarida Oliveira | | | 2 | | Fátima | 30-05 | | |
| 1,65 | | Lecabela Quaresma | | | 3 | CNCI-1 | Leiria | 14-06 | | |
| 1,65 | | Cláudia Rodrigues | | | 3 | CN23 | Viseu | 05-07 | | |
| 1,65 | | Ana Monjane | | | 1 | CNJ | Lisboa - U | 12-07 | | |
| 1,65 | | Anabela Neto | Sporting CP | 25-03-91 | 1 | | Lisboa - U | 19-07 | 1,70-08 | |
| 1,64 | i | Liliana Viana | | | 3 | C. Port | Pombal | 01-03 | | |
| 1,63 | | Marisa Vieira | CS Maritimo | 30-12-79 | 1 | | Machico | 13-12 | 1,66-04/08 | |
| 1,63 | i | Witiney Barata | ARC Br. Valongo | 31-01-88 | Pen | C. Port | Pombal | 01-03 | 1,57-05/07 | |
| 1,62 | | Magali Gomes | EMD. Saraiva | 01-01-91 | 2 | CNJ | Lisboa - U | 12-07 | 1,54-08 | |
| 1,61 | | Joana Vitorino | CAS Manique | 30-05-92 | 2 | Desp. Esc. | Setúbal | 23-05 | 1,49-08 | |
| 1,61 | | Rute Lopes | Gira Sol RC | 17-02-92 | 1s | CNCI-Ap | Viseu | 31-05 | 1,56-08 | |
| 1,60 | | Camila Lucena | CS Maritimo | 07-08-94 | 1 | | Ribeira Brava | 02-05 | 1,46-08 | |
| 1,58 | | Ana Vasconcelos | ACDR Arneirens | 18-07-92 | 3s | CNCI-Ap | Viseu | 31-05 | 1,56i-07 | |
| 1,57 | | Isabel Vieira | FC Porto | 25-02-93 | Hep | | Braga | 18-04 | 1,51-07 | |
| 1,56 | i | Alexandra Marques | GRECAS | 30-07-91 | Pen | | Espinho | 28-12 | 1,60-08 | |
| 1,56 | | Daniela Ferreira | Juv. Vidigalense | 22-06-89 | 6 | CNCI-1 | Leiria | 14-06 | 1,56i-06 | |
| 1,55 | i | Ana Rita Pedreiras | Gira Sol RC | 27-01-93 | TT | | Pombal | 24-01 | 1,46-08 | |
| 1,55 | | Sara Mendes | NDJ Laranjeiro | 16-04-95 | 1 | | Lisboa - MP | 02-05 | 1,47-08 | |
| 1,55 | | Marlene Chaves | SC Braga | 11-02-94 | 2s | OJ | Albufeira | 16-05 | 1,46i-08 | |
| 1,55 | | Sofia Melo | CDE Povoação | 20-01-92 | 2 | | Angra do Heroísmo | 19-07 | 1,50-08 | |
| 1,54 | | Rubina Serrão | CS Maritimo | 25-12-81 | 2 | | Machico | 13-12 | 1,61-05 | |
| 1,54 | | Isabel Areias | Gira Sol RC | 27-01-85 | Hep | | Luso | 25-04 | 1,54-07 | |
| 1,53 | | Sara Esteves | CA Mazarefes | 24-08-92 | TT | | Arcos de Valdevez | 27-12 | 1,49-08 | |
| 1,53 | | Andreia Nicolau | UA Guarda | 01-02-91 | 1 | | Guarda | 21-06 | 1,53-07 | |
| 1,52 | | Teresa Carvalho | CAS Manique | 03-01-95 | 2 | | Lisboa - MP | 02-05 | | |
| 1,52 | | Beatryza Lyachenco | CA Mar. Grande | UCR | 21-06-91 | 5s | CNCI-Ap | Viseu | 31-05 | 1,57i-07 |
| 1,51 | | Ana Cristina Costa | SC Braga | 09-11-89 | 1 | CNU | V. N. Gaia | 25-04 | 1,56-08 | |
| 1,51 | | Sarah LeBaron | C Operario D | 08-05-96 | 1 | | Ponta Delgada | 02-05 | 1,45-08 | |
| 1,50 | | Rute Fernandes | GD Estreito | 08-08-80 | 1 | | Ribeira Brava | 18-01 | 1,53-96 | |
| 1,50 | | Lucia Serrão | A. Jardim Serra | 08-01-91 | 2 | | Ribeira Brava | 18-01 | 1,52-06/08 | |
| 1,50 | i | Cátia Costa | Monte Kapa ED | 29-04-91 | 7 | CNJ | Espinho | 25-01 | 1,51-08 | |
| 1,50 | | Paula Bragança | CP Elvenses | 02-10-92 | TT | | Beja | 31-01 | 1,35-08 | |
| 1,50 | | Joana Laurindo | JD Neves | 91 | 1 | | Beja | 22-02 | 1,40-08 | |
| 1,50 | i | Inês Dias | CARDES | 20-05-94 | 1 | | Viseu | 28-02 | 1,43-08 | |
| 1,50 | i | Patrícia Carreira | GA Fátima | 26-05-93 | 1 | | Alpiarça | 21-03 | 1,48-08 | |
| 1,50 | | Jessica Coutinho | CN Rio Maior | 25-09-94 | Hep | | Marinha Grande | 04-04 | | |
| 1,50 | | Vanessa Alves | ES Júlio Dinis | 13-09-93 | 1 | | Luso | 15-04 | | |
| 1,50 | | Carin Duarte | CD Faro XXI | 09-08-93 | 4 | Desp. Esc. | Setúbal | 23-05 | 1,50-08 | |
| 1,50 | | Nádia Sena | SL Benfica | 06-09-95 | 1 | | Lisboa - MP | 06-06 | | |
| 1,50 | | Nicole Marques | Sporting CP | 01-01-96 | 1 | | Viseu | 08-07 | | |
| 1,50 | | Valdinha Carvalho | GR Qt. Lomba | 06-07-93 | 1 | | Seixal | 19-07 | 1,47-08 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | |
|------|--|--------------------|-----------------|----------|-----|---------|-----------|-------|------------|
| 1,55 | | Alexandra Marques | GRECAS | 30-07-91 | 4s | CNCI-Ap | Viseu | 31-05 | 1,60-08 |
| 1,50 | | Ana Rita Pedreiras | IPS Bairrada | 27-01-93 | 1 | | Aveiro | 09-12 | 1,46-08 |
| 1,50 | | Patrícia Carreira | GA Fátima | 26-05-93 | 1 | | Rio Maior | 19-07 | 1,48-08 |
| 1,53 | | Witiney Barata | ARC Br. Valongo | 31-01-88 | Hep | C. Port | Guarda | 06-06 | 1,57-05/07 |

Vara / Pole Vault – 3,80 - 2,50

| | | | | | | | | | |
|------|---|-------------------------|-------------|----------|----|-----------|-------------|-------|----------|
| 4,35 | i | Eleonor Tavares | SL Benfica | 24-09-85 | 9q | C. Europa | Turim-Ita | 06-03 | 4,22-08 |
| 4,35 | | Sandra Helena Tavares | FC Porto | 29-05-82 | 1 | | Bron | 30-06 | 4,35-08 |
| 4,35 | | Sandra Helena Tavares | | | 1 | C. Fra | Angers | 24-07 | |
| 4,34 | i | Elisabete Tavares-Ansel | Sporting CP | 07-03-80 | 2 | | Oyonnax | 14-03 | 4,40i-08 |
| 4,32 | i | Eleonor Tavares | | | 2 | | Paris | 15-02 | |
| 4,31 | | Sandra Helena Tavares | | | 3 | | Estrasburgo | 03-06 | |
| 4,30 | i | Eleonor Tavares | | | 2 | | Eaubonne | 06-02 | |

| | | | | | | | | |
|------|-----------------|-------------------------|----------|-----|-----------|---------------------|-------|------------|
| 4,30 | | Sandra Helena Tavares | | 1 | | Aulnay-sous-bois | 30-05 | |
| 4,30 | | Sandra Helena Tavares | | 1 | | Aulnay-sous-bois | 24-06 | |
| 4,30 | | Eleonor Tavares | | 2 | C. Fra | Angers | 24-07 | |
| 4,26 | | Eleonor Tavares | | 4 | | Estrasburgo | 03-06 | |
| 4,26 | | Eleonor Tavares | | 1 | C. Port | Lisboa - U | 25-07 | |
| 4,25 | i | Elisabete Tavares-Ansel | | 1 | C. Port | Pombal | 28-02 | |
| 4,25 | i | Eleonor Tavares | | 2 | C. Port | Pombal | 28-02 | |
| 4,25 | | Sandra Helena Tavares | | 10 | CE Sel | Leiria | 20-06 | |
| 4,25 | | Eleonor Tavares | | 1 | | Ivry | 21-06 | |
| 4,25 | | Elisabete Tavares-Ansel | | 2 | | Bron | 30-06 | |
| 4,25 | | Sandra Helena Tavares | | 1 | LIFA | Paris | 14-07 | |
| 4,25 | | Sandra Helena Tavares | | 26q | C. Mundo | Berlim-Ale | 15-08 | |
| 4,24 | | Eleonor Tavares | | 1 | | Aulnay-sous-bois | 17-06 | |
| 4,23 | i | Eleonor Tavares | | 2 | | Aulnay-sous-bois | 06-12 | |
| 4,22 | | Eleonor Tavares | | 1 | | Aulnay-sous-bois | 08-07 | |
| 4,20 | i | Sandra Helena Tavares | | 3 | | Metz | 28-01 | |
| 4,20 | i | Elisabete Tavares-Ansel | | 4 | | Metz | 28-01 | |
| 4,20 | i | Eleonor Tavares | | 5 | | Metz | 28-01 | |
| 4,20 | i | Sandra Helena Tavares | | 3 | | Eaubonne | 06-02 | |
| 4,20 | | Eleonor Tavares | | 1 | | Pezenas | 30-05 | |
| 4,20 | | Elisabete Tavares-Ansel | | 2 | TCCE | Castellon-Esp | 30-05 | |
| 4,18 | | Sandra Helena Tavares | | 2 | C. Port | Lisboa - U | 25-07 | |
| 4,18 | | Elisabete Tavares-Ansel | | 3 | C. Port | Lisboa - U | 25-07 | |
| 4,15 | i | Elisabete Tavares-Ansel | | 1 | | Lievin | 20-02 | |
| 4,15 | i | Eleonor Tavares | | 2 | | Lievin | 20-02 | |
| 4,15 | | Elisabete Tavares-Ansel | | 2 | | Ivry | 21-06 | |
| 4,15 | | Elisabete Tavares-Ansel | | 1 | | Bondoufle | 04-07 | |
| 4,15 | | Eleonor Tavares | | 2 | | Bondoufle | 04-07 | |
| 4,15 | | Eleonor Tavares | | 2 | LIFA | Paris | 14-07 | |
| 4,14 | i | Eleonor Tavares | | 6 | | Oyonnax | 14-03 | |
| 4,13 | i | Elisabete Tavares-Ansel | | 4 | | Aulnay-sous-bois | 06-12 | |
| 4,12 | i | Elisabete Tavares-Ansel | | 5 | | Paris | 15-02 | |
| 4,12 | | Sandra Helena Tavares | | 2 | | Aulnay-sous-bois | 08-07 | |
| 4,10 | i | Elisabete Tavares-Ansel | | 1 | | Eaubonne | 11-01 | |
| 4,10 | i | Eleonor Tavares | | 1 | | Eaubonne | 23-01 | |
| 4,10 | i | Elisabete Tavares-Ansel | | 1 | CNCl-1 | Pombal | 14-02 | |
| 4,10 | | Elisabete Tavares-Ansel | | 1 | | Francoville | 03-05 | |
| 4,10 | | Eleonor Tavares | | 1 | | Montreuil sous Bois | 17-05 | |
| 4,10 | | Elisabete Tavares-Ansel | | 2 | | Montreuil sous Bois | 17-05 | |
| 4,10 | | Elisabete Tavares-Ansel | | 1 | CNCl-1 | Leiria | 13-06 | |
| 4,05 | i | Sandra Helena Tavares | | 5 | | Lievin | 20-02 | |
| 4,05 | i | Elisabete Tavares-Ansel | | 16q | C. Europa | Turim-Ita | 06-03 | |
| 4,05 | i | Elisabete Tavares-Ansel | | 3 | LIFA | Paris | 14-07 | |
| 4,01 | i | Elisabete Tavares-Ansel | | 6 | | Estrasburgo | 03-06 | |
| 4,00 | i | Eleonor Tavares | | 2 | | Eaubonne | 11-01 | |
| 4,00 | i | Elisabete Tavares-Ansel | | 2 | | Eaubonne | 23-01 | |
| 4,00 | i | Elisabete Tavares-Ansel | | 5 | | Eaubonne | 06-02 | |
| 4,00 | i | Eleonor Tavares | | 8 | | Lievin | 10-02 | |
| 4,00 | i | Sandra Helena Tavares | | 3 | C. Port | Pombal | 28-02 | |
| 4,00 | | Eleonor Tavares | | 1 | | Tremblay | 03-05 | |
| 4,00 | | Eleonor Tavares | | 5 | | Pierre-Benite | 12-06 | |
| 4,00 | | Eleonor Tavares | | 4 | | Bron | 30-06 | |
| 4,00 | | Elisabete Tavares-Ansel | | 5 | C. Fra | Angers | 24-07 | |
| 3,95 | | Sandra Helena Tavares | | 3 | | Bondoufle | 04-07 | |
| 3,90 | i | Sandra Helena Tavares | | 4 | | Eaubonne | 11-01 | |
| 3,88 | i | Sandra Helena Tavares | | 9 | | Aulnay-sous-bois | 06-12 | |
| 3,80 | i | Sandra Helena Tavares | | 4 | | Eaubonne | 23-01 | |
| 3,72 | Vera Lavrador | Sporting CP | 03-10-88 | 1 | | Lisboa - U | 23-07 | 3,62-06 |
| 3,55 | Marta Onofre | SL Benfica | 28-01-91 | 1 | | Leiria | 05-06 | 3,25-07/08 |
| 3,50 | Marisa Vieira | CS Maritimo | 30-12-79 | 2 | CNCl-1 | Leiria | 13-06 | 4,03-00 |
| 3,45 | Tânia António | GRECAS | 29-12-87 | 1 | C. Beiras | Seia | 18-07 | 3,55-07 |
| 3,22 | Diana Carqueija | Esc. Movimento | 89 | 6 | C. Port | Lisboa - U | 25-07 | |

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|------|---|---------------------|-----------------|--------------|----|-----------|-------------------|-------|------------|
| 3,10 | i | Ana Cristina Costa | SC Braga | 09-11-89 | 4 | CNCI-1 | Pombal | 14-02 | 3,00-08 |
| 3,10 | | Nanci Sousa | Juv Vidigalense | 28-09-90 | 3 | CNCI-1 | Leiria | 13-06 | 2,65-08 |
| 3,06 | | Isabel Vieira | FC Porto | 25-02-93 | 1 | CNJv | Luso | 28-06 | 2,50-08 |
| 3,00 | | Carla Macedo | GD Estreito | 22-10-90 | 1 | | Ribeira Brava | 17-06 | 2,94-07 |
| 3,00 | | Camila Lucena | CS Maritimo | 07-08-94 | 1 | | Ribeira Brava | 17-07 | 2,25-08 |
| 2,96 | | Mariana Pandeirada | GRECAS | 10-06-90 | 2 | C. Beiras | Seia | 18-07 | 2,70-08 |
| 2,95 | | Joana Flores | CA Terceira | 08-10-89 | 1 | | Angra do Heroismo | 03-01 | 3,25-05 |
| 2,90 | i | Filipa Freitas | CS Maritimo | 11-02-84 | 3 | Taça FPA | Espinho | 11-01 | 3,20-03/08 |
| 2,82 | | Cátia Pedrosa | ADCP Falésia | 15-11-86 | 1 | CNCI-3 | Seixal | 14-06 | 2,80-04 |
| 2,80 | i | Teresa Ribeiro | FC Porto | 23-08-88 | 1 | C. Norte | Braga | 17-01 | 3,00-07 |
| 2,72 | | Ana Vasconcelos | ACDR Arneirens | 18-07-92 | 2 | CNJv | Luso | 28-06 | 2,20-08 |
| 2,70 | | Carolina Pandeirada | GRECAS | 21-10-93 | 2 | CNJ | Lisboa - U | 11-07 | 2,60-08 |
| 2,66 | | Sara Ramalho | GD Cavadas | 19-04-89 | ex | | Lisboa - I | 27-06 | 2,85-08 |
| 2,65 | | Ana Filipa Silva | CA Mar. Grande | 09-03-93 | 1 | | Leiria | 19-04 | 2,45-08 |
| 2,65 | | Sarina Santos | CA Riachense | 24-09-91 | 1 | | Rio Maior | 18-07 | 2,60-08 |
| 2,60 | | Vitória Serrão | A. Jardim Serra | 22-06-87 | 2 | | Ribeira Brava | 17-01 | 3,15-07 |
| 2,60 | | Rute Catarino | OC Lagos | 19-02-95 | ex | | Faro | 06-06 | 2,35-08 |
| 2,60 | | Alina Zhepko | CA Terceira | UKR 23-06-93 | 3 | CNJv | Luso | 28-06 | 2,30-08 |
| 2,55 | | Sara Sousa | CS Maritimo | 14-08-93 | 2 | | Ribeira Brava | 09-05 | |
| 2,50 | | Bobbie Batista | SL Benfica | 10-04-90 | 3 | | Faro | 23-05 | 2,40-08 |
| 2,50 | | Sara Mendes | NDJ Laranjeiro | 16-04-95 | 1 | | Lisboa - MP | 06-06 | 2,10-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | |
|------|--|--------------------|-------------|----------|---|----------|-----------------|-------|------------|
| 2,95 | | Ana Cristina Costa | SC Braga | 09-11-89 | 4 | CNCI-1 | Leiria | 13-06 | 3,00-08 |
| 2,90 | | Filipa Freitas | CS Maritimo | 11-02-84 | 1 | Enc. Sel | Luso | 23-05 | 3,20-03/08 |
| 2,80 | | Teresa Ribeiro | FC Porto | 23-08-88 | 2 | CNU | V. Nova de Gaia | 25-04 | 3,00-07 |

Comprimento / Long Jump – 5,80 - 5,10

| | | | | | | | | | |
|------|------|-----------------------|----------------|--------------|-----|-----------|-----------------|-------|---------|
| 6,99 | 1,9 | Naide Gomes | Sporting CP | 10-11-79 | 1 | Aviva | Londres | 25-07 | 7,12-08 |
| 6,94 | 1,3 | Naide Gomes | | | 1 | | Moscovo | 01-07 | |
| 6,90 | 1,4 | Naide Gomes | | | 1 | | Bad Langensalza | 06-06 | |
| 6,86 | 0,2 | Naide Gomes | | | 1q | C. Mundo | Berlim-Ale | 21-08 | |
| 6,83 | 0,5 | Naide Gomes | | | 1 | CE Sel | Leiria | 21-06 | |
| 6,82 | 1,1 | Naide Gomes | | | 4 | Super GP | Doha | 08-05 | |
| 6,82 | 0,6 | Naide Gomes | | | 1 | TCCE | Castellon-Esp | 31-05 | |
| 6,77 | 0,5 | Naide Gomes | | | 4 | C. Mundo | Berlim-Ale | 23-08 | |
| 6,70 | 2,0 | Naide Gomes | | | 1 | | Elvas | 23-05 | |
| 6,62 | 0,7 | Naide Gomes | | | 1 | Znamensky | Zhukovsky-RUS | 05-07 | |
| 6,40 | -1,0 | Naide Gomes | | | 1 | CNCI-1 | Leiria | 13-06 | |
| 6,39 | 0,8 | Naide Gomes | | | 1 | Lusofonia | Lisboa - U | 12-07 | |
| 6,36 | i | Naide Gomes | | | 1 | CNCI-1 | Pombal | 14-02 | |
| 6,21 | i | Patricia Mamona | JOMA | 21-11-88 | Pen | ACC | Blacksburg-USA | 26-02 | 6,16-05 |
| 6,18 | 0,4 | Marta Godinho | FC Porto | 24-06-80 | 1 | P. Costa | Alcanena | 08-03 | 6,45-00 |
| 6,15 | i | Patricia Mamona | | | 1 | VT Elite | Blacksburg-USA | 06-02 | |
| 6,08 | i | Marta Godinho | | | 1 | CNCI-Ap | Espinho | 31-01 | |
| 6,07 | i | Marta Godinho | | | 1 | C. Port | Pombal | 28-02 | |
| 6,04 | i | Patricia Mamona | | | 5 | ACC | Blacksburg-USA | 27-02 | |
| 6,01 | i | Marta Godinho | | | 2 | CNCI-1 | Pombal | 14-02 | |
| 6,01 | 0,0 | Ungudi Quiawacana | SL Benfica | 09-11-90 | 1 | CNJ | Lisboa - U | 12-07 | 5,84-07 |
| 5,99 | 1,1 | Shaina Anthony Mags | Sporting CP | NIG 11-04-92 | 7 | FOJE | Tampere-FIN | 24-07 | 5,90-08 |
| 5,98 | 0,2 | Eva Vital | ACDR Arneirens | 08-07-92 | 1s | CNCI-Ap | Viseu | 30-05 | 5,72-08 |
| 5,97 | i | Patricia Mamona | | | Pen | JRF | Clemson-USA | 30-01 | |
| 5,97 | 1,5 | Shaina Anthony Mags | | | 4 | | Elvas | 23-05 | |
| 5,94 | 2,0 | Carmezinda Nascimento | Sporting CP | 21-12-89 | 3 | | Elvas | 23-05 | 5,52-08 |
| 5,89 | 1,1 | Patricia Mamona | | | 1s | CNCI-Ap | Seixal | 30-05 | |
| 5,86 | -2,7 | Carmezinda Nascimento | | | 1 | | Lisboa - MP | 01-07 | |
| 5,86 | 0,3 | Eva Vital | | | 13q | CM Juv | Bressanone-ITA | 11-07 | |
| 5,86 | 1,2 | Carmezinda Nascimento | | | 3 | C. Port | Lisboa - U | 26-07 | |
| 5,85 | 1,1 | Carmezinda Nascimento | | | 2 | | Lisboa - U | 19-07 | |
| 5,84 | 0,4 | Patricia Mamona | | | 1 | CN23 | Viseu | 05-07 | |
| 5,83 | i | Eva Vital | | | 2 | CNCI-Ap | Espinho | 31-01 | |

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|------|------|------------------------|------------------|-----|----------|-----|------------|-----------------|-------|----------|
| 5,83 | i | Cátia Ferreira | Juv Vidigalense | | 18-06-83 | 1 | CNCI-2 | Pombal | 14-02 | 5,88i-08 |
| 5,82 | i | Patrícia Mamona | | | | 3 | Clemson | Clemson-USA | 09-01 | |
| 5,82 | -0,8 | Januária Silva Pereira | CS Maritimo | | 10-04-79 | 2s | CNCI-Ap | Viseu | 30-05 | 5,88-08 |
| 5,81 | i | Patrícia Mamona | | | | 2q | Clemson | Clemson-USA | 09-01 | |
| 5,81 | -0,4 | Shaina Anthony Mags | | | | 1 | | Viseu | 08-07 | |
| 5,80 | -0,2 | Eva Vital | | | | 1 | CNCI-2 | Leiria | 13-06 | |
| 5,77 | -1,5 | Glória Santo | Sporting CP | STP | 13-01-83 | 2 | P. Costa | Alcanena | 08-03 | 5,75-06 |
| 5,73 | 0,9 | Carla Gama | GD Cavadas | | 24-11-90 | 4 | P. Costa | Alcanena | 08-03 | 5,74-08 |
| 5,69 | i | Sofia Pires | CA Terceira | | 01-10-86 | Pen | C. Port | Pombal | 01-03 | 5,76i-08 |
| 5,68 | 1,1 | Sara Esteves | CA Mazarefes | | 24-08-92 | 13 | | Mannheim-GER | 14-06 | 5,62-08 |
| 5,64 | 1,8 | Stenia Betuncal | CAS Manique | GBS | 25-11-92 | 4 | TM Escolas | Tallin-EST | 27-06 | 5,10-08 |
| 5,63 | 1,2 | Cláudia Rodrigues | C Operario D | | 11-11-89 | 1 | | Ponta Delgada | 24-05 | 5,73-08 |
| 5,56 | -1,6 | Sónia Marques | SC Braga | | 06-07-86 | 4 | CNCI-1 | Leiria | 13-06 | 5,77-05 |
| 5,55 | -0,7 | Witiney Barata | ARC Br. Valongo | | 31-01-88 | 5 | P. Costa | Alcanena | 08-03 | 5,50-06 |
| 5,50 | i | Vanessa Rocha | GD Estreito | | 02-01-90 | 4 | CNCI-1 | Pombal | 14-02 | 5,70-08 |
| 5,48 | 1,4 | Valdinha Carvalho | GR Qt. Lomba | | 06-07-93 | 1 | | Seixal | 21-06 | |
| 5,44 | 1,6 | Isabel Areias | Gira Sol RC | | 27-01-85 | 6 | P. Costa | Alcanena | 08-03 | 5,54-06 |
| 5,40 | 0,2 | Andreia Nicolau | UA Guarda | | 01-02-91 | 3 | | Guarda | 03-07 | 5,04-08 |
| 5,36 | -0,4 | Marlene Ferreira | JOMA | | 09-06-81 | 2 | | Braga | 23-05 | 5,83-03 |
| 5,33 | 0,0 | Tânia Caires | CS Maritimo | | 03-12-87 | 1 | CNU | V. Nova de Gaia | 25-04 | 5,26i-08 |
| 5,31 | i | Claudina Borges | SL Benfica | CPV | 14-08-91 | 4 | CNJ | Espinho | 24-01 | 5,43-08 |
| 5,31 | i | Vanessa Henriques | GA Fátima | | 21-01-92 | 5 | CNJ | Espinho | 24-01 | 4,98w-08 |
| 5,31 | 1,7 | Catarina Silva | JA Mozelense | | 03-04-90 | 1 | CNCI-3 | Seixal | 13-06 | |
| 5,30 | -0,9 | Natércia Lopes | GRECAS | | 14-09-76 | 7 | P. Costa | Alcanena | 08-03 | 5,47-01 |
| 5,27 | 1,3 | Sarah Dias | Juv Vidigalense | | 15-02-95 | Hep | Atl. Comp | Marinha Grande | 05-04 | 4,80i-08 |
| 5,24 | i | Catarina Costa | C Bf Faro | | 03-08-89 | Pen | Taça FPA | Espinho | 11-01 | 5,14-05 |
| 5,23 | 0,3 | Mónica Rino | Juv Vidigalense | | 06-06-94 | 1 | | Marinha Grande | 24-05 | |
| 5,22 | -0,8 | Jussara Spencer Silva | EMD. Saraiva | | 14-01-93 | 8 | P. Costa | Alcanena | 08-03 | 5,00-08 |
| 5,22 | 1,4 | Jessica Ferrero | AA Pinhalnovense | ANG | 22-02-93 | 1 | | Sobreda | 02-05 | |
| 5,22 | 0,0 | Ana Filipa Neves | CA Mar. Grande | | 15-06-85 | 2 | CNU | V. Nova de Gaia | 24-05 | 5,53i-03 |
| 5,22 | 1,0 | Ana Margarida Oliveira | GA Fátima | | 18-07-95 | 2 | | Abrantes | 24-05 | 4,65-08 |
| 5,21 | 0,0 | Rute Lopes | Gira Sol RC | | 17-02-92 | 3 | C. Beiras | Seia | 19-07 | 5,20-08 |
| 5,20 | i | Anabela Neto | Sporting CP | | 25-03-91 | 1 | Rio Largo | Espinho | 13-02 | 5,08-08 |
| 5,20 | 0,0 | Nidia Encarnação | GD Estreito | | 13-05-91 | 1 | | Ribeira Brava | 21-06 | 5,06-08 |
| 5,19 | 1,9 | Ana João Oliveira | SC Braga | | 30-03-94 | 3s | OJ | Albufeira | 17-05 | 4,61-08 |
| 5,19 | 1,5 | Teresa Carvalho | CAS Manique | | 03-01-95 | 1 | | Lisboa - MP | 14-06 | |
| 5,18 | 2,0 | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 1 | | Seixal | 03-01 | 5,38-05 |
| 5,18 | 0,8 | Cintia Ferreira | S Viseu Bf | | 28-05-92 | 1 | | Viseu | 23-05 | |
| 5,17 | 0,3 | Inês Dias | CARDES | | 20-05-94 | 1 | | Viseu | 06-12 | 4,69-08 |
| 5,16 | 0,2 | Debora Tavares | GCD Sanfins | | 11-05-93 | 1 | | Aveiro | 18-04 | 5,11-08 |
| 5,15 | i | Cátia Silva | CFU Lamas | | 28-12-88 | 2 | Rio Largo | Espinho | 13-02 | |
| 5,14 | 1,4 | Anais Baptista | Juv Vidigalense | | 25-06-94 | 1 | | Leiria | 19-04 | 5,00-08 |
| 5,14 | -0,5 | Marisa Vieira | CS Maritimo | | 30-12-79 | 3 | | Ribeira Brava | 15-07 | 5,86-02 |
| 5,14 | 0,6 | Otilia Moreira | CA Mazarefes | | 03-01-84 | 1 | C. Norte | Maia | 19-07 | 5,32-03 |
| 5,13 | 0,0 | Camila Lucena | CS Maritimo | | 07-08-94 | 1 | | Ribeira Brava | 03-05 | 4,23-08 |
| 5,11 | 0,0 | Ana Vasconcelos | ACDR Arneirens | | 18-07-92 | 1 | | Leiria | 18-04 | 4,89-08 |
| 5,11 | -1,6 | Marlene Bastos | CFU Lamas | | 28-08-92 | 2 | ADREP | Palhaça | 10-06 | 4,85-08 |
| 5,10 | -1,6 | Joana Frias | GD Estreito | | 07-03-88 | 2 | | Ribeira Brava | 03-01 | 5,66-05 |
| 5,10 | 0,4 | Jessica Coutinho | CN Rio Maior | | 25-09-94 | 2 | | Rio Maior | 03-05 | 4,78-08 |
| 5,09 | -1,5 | Lisandra Lopes | GRECAS | | 07-04-88 | 1 | | Aveiro | 21-06 | 5,14i-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | | |
|------|------|-------------------|-----------------|-----|----------|---|-------|------------|-------|----------|
| 5,18 | -2,0 | Anabela Neto | Sporting CP | | 25-03-91 | 2 | ADREP | Palhaça | 10-06 | 5,08-08 |
| 5,64 | -0,7 | Cátia Ferreira | Juv Vidigalense | | 18-06-83 | 1 | | Guarda | 03-07 | 5,88i-08 |
| 5,12 | 0,5 | Claudina Borges | SL Benfica | CPV | 14-08-91 | 5 | | Lisboa - U | 19-07 | 5,43-08 |
| 5,27 | 0,9 | Vanessa Henriques | GA Fátima | | 21-01-92 | 1 | | Abrantes | 24-05 | 4,98w-08 |
| 5,37 | 0,9 | Vanessa Rocha | GD Estreito | | 02-01-90 | 5 | CN23 | Viseu | 05-07 | 5,70-08 |

Com vento anti regulamentar

| | | | | | | | | | | |
|------|-----|------------------------|-------------|-----|----------|---|---------|-------------|-------|---------|
| 6,10 | 5,8 | Shaina Anthony Mags | Sporting CP | NIG | 11-04-92 | 1 | | Lisboa - MP | 02-05 | 5,90-08 |
| 6,04 | 3,0 | Carmezinda Nascimento | Sporting CP | | 21-12-89 | 3 | | Elvas | 23-05 | 5,52-08 |
| 5,84 | 2,5 | Januária Silva Pereira | CS Maritimo | | 10-04-79 | 4 | C. Port | Seixal | 26-07 | 5,88-08 |

| | | | | | | | | | | |
|------|-----|------------------------|--------------|-----|----------|-----|---------|-------------|-------|----------|
| 5,76 | 3,3 | Cláudia Rodrigues | C Operario D | | 11-11-89 | Hep | C. Port | Guarda | 07-06 | 5,73-08 |
| 5,54 | 2,6 | Lecabela Quaresma | JOMA | STP | 26-12-89 | 3 | | Lisboa - U | 19-07 | 5,27-08 |
| 5,42 | 3,5 | Ana Margarida Oliveira | GA Fátima | | 18-07-95 | 1s | OJ | Albufeira | 17-05 | 4,65-08 |
| 5,40 | 3,6 | Joana Vitorino | CAS Manique | | 30-05-92 | 2 | | Lisboa - MP | 02-05 | |
| 5,30 | 3,7 | Graciela Martins | GR Qt. Lomba | ESP | 05-04-87 | 1 | | Seixal | 03-01 | 5,38-05 |
| 5,27 | 3,2 | Catarina Costa | C Bf Faro | | 03-08-89 | Hep | C. Port | Guarda | 07-06 | 5,14-05 |
| 5,25 | 2,8 | Teresa Carvalho | CAS Manique | | 03-01-95 | 1 | | Lisboa - MP | 03-05 | |
| 5,19 | 6,4 | Isabel Vieira | FC Porto | | 25-02-93 | 5s | OJ | Albufeira | 16-05 | 5,00i-08 |
| 5,14 | 4,9 | Jessica Coutinho | CN Rio Maior | | 25-09-94 | 1 | | Rio Maior | 29-03 | 4,78-08 |

Sem medição de vento

| | | | | | | | | | | |
|------|--|----------------|--------|--|----------|----|--|----------------|-------|---------|
| 5,30 | | Natércia Lopes | GRECAS | | 14-09-76 | ex | | Castelo Branco | 20-12 | 5,47-01 |
|------|--|----------------|--------|--|----------|----|--|----------------|-------|---------|

Triplo / Triple Jump – 12,00 - 10,80

| | | | | | | | | | | |
|-------|------|------------------------|-------------|-----|----------|----|-----------|-----------------|-------|-----------|
| 13,83 | 1,1 | Patrícia Mamona | JOMA | RN | 21-11-88 | 2 | | Salamanca | 08-07 | 13,51-08 |
| 13,71 | 0,0 | Patrícia Mamona | | | | 5 | CE s23 | Kaunas-LIT | 17-07 | |
| 13,67 | 0,9 | Patrícia Mamona | | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 13,60 | 0,1 | Patrícia Mamona | | | | 1 | CN23 | Viseu | 04-07 | |
| 13,53 | 1,5 | Patrícia Mamona | | | | 1 | Lusofonia | Lisboa - U | 13-07 | |
| 13,51 | 0,8 | Patrícia Mamona | | | | 6q | CE s23 | Kaunas-LIT | 16-07 | |
| 13,50 | -0,3 | Patrícia Mamona | | | | 8 | CE Sel | Leiria | 20-06 | |
| 13,28 | i | Patrícia Mamona | | | | 1 | VT Elite | Blackburg-USA | 07-02 | |
| 13,23 | -2,4 | Patrícia Mamona | | | | 1 | | Lisboa - I | 27-06 | |
| 13,18 | i | Patrícia Mamona | | | | 3 | ACC | Blackburg-USA | 28-02 | |
| 13,09 | i | Marta Godinho | FC Porto | | 24-06-80 | 1 | CNCI-1 | Pombal | 15-02 | 13,46-07 |
| 13,07 | 1,7 | Lecabela Quaresma | JOMA | STP | 26-12-89 | 4 | Lusofonia | Lisboa - U | 13-07 | 12,50-08 |
| 13,06 | i | Patrícia Mamona | | | | 3 | Hokie | Blackburg-USA | 17-01 | |
| 13,05 | i | Marta Godinho | | | | 1 | C. Port | Pombal | 01-03 | |
| 12,96 | 1,9 | Januária Silva Pereira | CS Maritimo | | 10-04-79 | 2 | C. Port | Lisboa - U | 25-07 | 12,49-08 |
| 12,93 | 0,0 | Patrícia Mamona | | | | 1s | CNCI-Ap | Seixal | 31-05 | |
| 12,91 | 0,9 | Susana Costa | Sporting CP | | 22-09-84 | 2 | CNCI-1 | Leiria | 14-06 | 13,77i-08 |
| 12,88 | i | Marta Godinho | | | | 1 | Taça FPA | Espinho | 11-01 | |
| 12,85 | i | Patrícia Mamona | | | | 12 | NCAA | College Station | 14-03 | |
| 12,81 | i | Marta Godinho | | | | 1 | CNCI-Ap | Espinho | 31-01 | |
| 12,80 | -1,6 | Sandra Sofia Tavares | França | | 09-02-84 | 2 | | Lamballe | 19-07 | 13,13-06 |
| 12,75 | 2,0 | Januária Silva Pereira | | | | 5 | Lusofonia | Lisboa - U | 13-07 | |
| 12,73 | i | Marta Godinho | | | | ex | C. Beiras | Espinho | 18-01 | |
| 12,68 | -0,1 | Januária Silva Pereira | | | | 1s | CNCI-Ap | Viseu | 31-05 | |
| 12,66 | 0,5 | Lecabela Quaresma | | | | 2 | CN23 | Viseu | 04-07 | |
| 12,56 | i | Januária Silva Pereira | | | | 2 | CNCI-1 | Pombal | 15-02 | |
| 12,56 | 1,0 | Sandra Sofia Tavares | | | | 3 | C. Port | Lisboa - U | 25-07 | |
| 12,54 | 0,5 | Januária Silva Pereira | | | | 1 | | Ribeira Brava | 18-07 | |
| 12,54 | 0,3 | Sandra Sofia Tavares | | | | 7 | C. Fra | Angers | 23-07 | |
| 12,53 | 0,7 | Januária Silva Pereira | | | | 1 | | Ribeira Brava | 08-07 | |
| 12,50 | i | Marta Godinho | | | | 1 | | Pombal | 21-02 | |
| 12,49 | 0,3 | Susana Costa | | | | 6 | TCCE | Castellon-Esp | 30-05 | |
| 12,48 | -0,3 | Januária Silva Pereira | | | | 1 | | Ribeira Brava | 20-06 | |
| 12,45 | 0,1 | Filipa Freitas | CS Maritimo | | 11-02-84 | 3 | CNCI-1 | Leiria | 14-06 | 10,42-03 |
| 12,43 | i | Januária Silva Pereira | | | | 2 | C. Port | Pombal | 01-03 | |
| 12,41 | 1,8 | Januária Silva Pereira | | | | 1 | Enc. Sel | Luso | 23-05 | |
| 12,38 | i | Carmezinda Nascimento | Sporting CP | | 21-12-89 | 3 | C. Port | Pombal | 01-03 | 12,44-08 |
| 12,33 | i | Vanessa Rocha | GD Estreito | | 02-01-90 | 4 | C. Port | Pombal | 01-03 | 12,44-08 |
| 12,31 | i | Sandra Sofia Tavares | | | | 9 | | Lievin | 21-02 | |
| 12,27 | -0,4 | Januária Silva Pereira | | | | 1 | | Machico | 21-02 | |
| 12,25 | 1,1 | Lecabela Quaresma | | | | 1 | | Massamá | 16-05 | |
| 12,24 | i | Sandra Sofia Tavares | | | | 4 | | Eaubonne | 19-12 | |
| 12,24 | 0,5 | Sandra Sofia Tavares | | | | 6 | | Pierre-Benite | 12-06 | |
| 12,22 | i | Januária Silva Pereira | | | | 2 | CNCI-Ap | Espinho | 31-01 | |
| 12,22 | 0,4 | Januária Silva Pereira | | | | 1 | | Leiria | 05-06 | |
| 12,20 | 1,7 | Carmezinda Nascimento | | | | 1 | | Lisboa - U | 04-01 | |
| 12,20 | i | Sandra Sofia Tavares | | | | 4 | | Paris | 17-01 | |

| | | | | | | | | | | |
|-------|------|------------------------|------------------|-----|----------|----|-----------|----------------|-------|-----------|
| 12,20 | 0,0 | Januária Silva Pereira | | | | 1 | | Ribeira Brava | 18-01 | |
| 12,19 | i | Carmezinda Nascimento | | | | 3 | CNCI-1 | Pombal | 15-02 | |
| 12,19 | -1,2 | Carmezinda Nascimento | | | | 2 | | Lisboa - I | 27-06 | |
| 12,18 | | Carmezinda Nascimento | | | | 2 | | Massamá | 16-05 | |
| 12,18 | -0,7 | Carmezinda Nascimento | | | | 3 | CN23 | Viseu | 04-07 | |
| 12,14 | i | Sandra Sofia Tavares | | | | 5 | | Eaubonne | 07-02 | |
| 12,12 | i | Vanessa Rocha | | | | 4 | CNCI-1 | Pombal | 15-02 | |
| 12,12 | -0,3 | Carmezinda Nascimento | | | | 2 | | Leiria | 05-06 | |
| 12,12 | 0,9 | Shaina Anthony Mags | Sporting CP | NIG | 11-04-92 | 1 | CNJ | Lisboa - U | 11-07 | 11,96-08 |
| 12,10 | 0,4 | Vanessa Rocha | | | | 4 | CN23 | Viseu | 04-07 | |
| 12,08 | -0,6 | Lecabela Quaresma | | | | 3 | | Leiria | 05-06 | |
| 12,05 | -1,4 | Lecabela Quaresma | | | | 3 | | Lisboa - I | 27-06 | |
| 12,05 | 1,3 | Vanessa Rocha | | | | 2 | CNJ | Lisboa - U | 11-07 | |
| 12,04 | 1,8 | Carmezinda Nascimento | | | | 1 | | Lisboa - U | 18-07 | |
| 12,03 | 1,4 | Sandra Sofia Tavares | | | | 1 | | Tremblay | 02-05 | |
| 12,02 | i | Carmezinda Nascimento | | | | 2 | | Pombal | 21-02 | |
| 11,97 | i | Sara Esteves | CA Mazarefes | | 24-08-92 | 3 | CNCI-Ap | Espinho | 31-01 | 11,72-08 |
| 11,95 | 0,7 | Carla Gama | SL Benfica | | 24-11-90 | 3 | CNJ | Lisboa - U | 11-07 | |
| 11,88 | 0,0 | Anabela Neto | Sporting CP | | 25-03-91 | 1 | | Luso | 09-05 | 11,78-08 |
| 11,84 | i | Sónia Marques | SC Braga | | 06-07-86 | 6 | C. Port | Pombal | 01-03 | 11,28i-07 |
| 11,83 | i | Cláudia Jardim | CS Marítimo | | 31-12-80 | 3 | Taça FPA | Espinho | 11-01 | 12,65-05 |
| 11,66 | 0,2 | Nidia Encarnação | GD Estreito | | 13-05-91 | 2 | | Machico | 08-07 | 11,27-08 |
| 11,62 | i | Joana Flores | CA Terceira | | 08-10-89 | 8 | C. Port | Pombal | 01-03 | 12,38-06 |
| 11,58 | 1,6 | Cláudia Rodrigues | C Operário D | | 11-11-89 | 2 | | Abrantes | 11-05 | 11,38-07 |
| 11,55 | 2,0 | Carla Pinhão | FC Porto | | 21-04-90 | 5 | CNJ | Lisboa - U | 11-07 | 12,09-08 |
| 11,50 | 1,6 | Sofia Pires | CA Terceira | | 01-10-86 | 7 | C. Port | Lisboa - U | 25-07 | 12,00-04 |
| 11,43 | i | Marlene Ferreira | JOMA | | 09-06-81 | ex | C. Norte | Braga | 18-01 | 12,12i-08 |
| 11,40 | i | Natércia Lopes | GRECAS | | 14-09-76 | 5 | | Pombal | 21-02 | 11,35-07 |
| 11,38 | 0,9 | Liliana Viana | FC Porto | | 24-08-85 | 1 | | Marinha Grande | 22-05 | 11,91-06 |
| 11,32 | i | Claudina Borges | SL Benfica | CPV | 14-08-91 | 5 | CNJ | Espinho | 25-01 | 11,72-08 |
| 11,30 | 0,6 | Candida Bairrada | CS Marítimo | | 31-12-84 | 2 | | Marinha Grande | 22-05 | 11,29-08 |
| 11,29 | -1,2 | Liliana Jorge | Juv Vidigalense | | 03-01-91 | 1 | C. Beiras | Seia | 18-07 | 11,41i-08 |
| 11,25 | i | Cátia Ferreira | Juv Vidigalense | | 18-06-83 | 6 | | Pombal | 21-02 | 12,13-08 |
| 11,24 | i | Marta Onofre | SL Benfica | | 28-01-91 | 4 | CN23 | Pombal | 08-02 | 11,43-08 |
| 11,19 | -0,4 | Ana Vasconcelos | ACDR Arneirese | | 18-07-92 | 2s | CNCI-Ap | Viseu | 31-05 | 10,00i-08 |
| 11,18 | -0,7 | Witiney Barata | ARC Br. Valongo | | 31-01-88 | 10 | CN23 | Viseu | 04-07 | 11,41-07 |
| 11,15 | i | Ana Borges | SC Braga | | 12-09-90 | 1 | | Braga | 20-12 | 11,60-08 |
| 11,09 | 1,9 | Eliana Rocha | SFRA Amadora | | 19-02-93 | 3 | | Lisboa - U | 18-07 | |
| 11,04 | -0,3 | Ana Patrícia Silva | CA Mar. Grande | | 28-11-93 | 4s | CNCI-Ap | Viseu | 31-05 | 10,04-08 |
| 11,03 | 0,0 | Mónica Rino | Juv Vidigalense | | 06-06-94 | 3 | CNJv | Luso | 27-06 | 9,76-08 |
| 10,98 | 1,3 | Vanessa Henriques | GA Fátima | | 21-01-92 | 1 | | Abrantes | 23-05 | 10,30-08 |
| 10,98 | 0,0 | Anais Baptista | Juv Vidigalense | | 25-06-94 | 1 | | Leiria | 10-06 | 10,74-08 |
| 10,97 | 0,1 | Liliane Amaro | JD Neves | | 23-10-92 | 1 | | Beja | 20-06 | 9,38-08 |
| 10,96 | 2,0 | Ana Margarida Oliveira | GA Fátima | | 18-07-95 | 2 | | Abrantes | 23-05 | 10,25-08 |
| 10,96 | -1,6 | Sandra Moreira | Sporting CP | CPV | 19-02-93 | 4 | CNJv | Luso | 27-06 | 10,36-08 |
| 10,95 | -2,1 | Sandra Rodrigues | C Bf. Faro | | 24-07-91 | 1 | | Faro | 23-05 | 10,47-08 |
| 10,95 | -0,9 | Joana Costa | UA Povoense | | 10-11-95 | 6 | CNJv | Luso | 27-06 | |
| 10,93 | -1,3 | Andreia Crespo | NDC Gouveia | | 16-10-93 | 1 | | Guarda | 10-06 | 10,86-08 |
| 10,88 | 0,0 | Jessica Ferrero | AA Pinhalnovense | ANG | 22-02-93 | 1 | CNCI-3 | Seixal | 14-06 | |
| 10,83 | i | Lisandra Lopes | GRECAS | | 07-04-88 | 2 | C. Beiras | Espinho | 18-01 | 11,04i-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | | | |
|-------|------|---------------------|--------------|-----|----------|---|-----------|------------|-------|-----------|
| 11,19 | -1,6 | Claudina Borges | SL Benfica | CPV | 14-08-91 | 4 | | Massamá | 16-05 | 11,72-08 |
| 11,29 | 1,1 | Joana Flores | CA Terceira | | 08-10-89 | 7 | CN23 | Viseu | 04-07 | 12,38-06 |
| 10,78 | 0,0 | Lisandra Lopes | GRECAS | | 07-04-88 | 2 | | Luso | 09-05 | 11,04i-08 |
| 11,20 | -1,1 | Natércia Lopes | GRECAS | | 14-09-76 | 2 | C. Beiras | Seia | 18-07 | 11,35-07 |
| 11,54 | 0,0 | Sara Esteves | CA Mazarefes | | 24-08-92 | 1 | | Meadela | 31-05 | 11,72-08 |
| 12,23 | 3,2 | Shaina Anthony Mags | Sporting CP | NIG | 11-04-92 | 1 | CNJ | Lisboa - U | 11-07 | 11,96-08 |
| 11,69 | -0,2 | Sónia Marques | SC Braga | | 06-07-86 | 5 | CNCI-1 | Leiria | 14-06 | 11,28i-07 |

Com vento anti regulamentar

| | | | | | | | | |
|-------|-----|----------------------|--------------|----------|---|---------------|-------|----------|
| 12,81 | 2,5 | Sandra Sofia Tavares | França | 09-02-84 | 2 | Bondoufle | 05-07 | 13,13-06 |
| 10,95 | 2,7 | Cristiana Silveira | CA Terceira | 18-05-95 | 1 | Ponta Delgada | 13-06 | |
| 10,89 | 3,8 | Thais Mendes | C Operário D | 26-12-94 | 2 | Ponta Delgada | 13-06 | |
| 10,86 | 2,4 | Ana Paula Furtado | JOMA | 26-01-89 | 4 | Lisboa - U | 18-07 | 12,26-06 |

Peso / Shot Put – 14,00 – 10,50

| | | | | | | | | |
|-------|---|---------------------------|------------------|--------------|-----|--------------------------|-------|-----------|
| 16,06 | | Antónia Borges | Sporting CP | 11-10-83 | 1 | Quinta do Anjo | 21-03 | 15,95-06 |
| 15,73 | | Antónia Borges | | | 4 | TCCE Castellon-Esp | 31-05 | |
| 15,64 | | Antónia Borges | | | 1 | Quinta do Anjo | 22-03 | |
| 15,46 | | Antónia Borges | | | 11 | CE Sel Leiria | 21-06 | |
| 15,41 | | Antónia Borges | | | 1 | C. Port Lisboa - U | 26-07 | |
| 15,37 | | Antónia Borges | | | 1 | Massamá | 16-05 | |
| 15,35 | | Antónia Borges | | | 8 | Notturna Milão | 25-06 | |
| 15,30 | i | Antónia Borges | | | 1 | CNCI-Ap Espinho | 31-01 | |
| 15,27 | | Antónia Borges | | | 9 | Zaragoza-Esp | 18-07 | |
| 15,25 | | Antónia Borges | | | 1 | Elvas | 23-05 | |
| 15,24 | | Antónia Borges | | | 1 | CNCI-1 Leiria | 13-06 | |
| 15,24 | | Antónia Borges | | | 3 | Lusofonia Lisboa - U | 13-07 | |
| 15,22 | | Antónia Borges | | | 11 | TE Lanç Los Realejos-ESP | 15-03 | |
| 15,15 | i | Antónia Borges | | | 1 | C. Port Pombal | 28-02 | |
| 15,15 | i | Vanda Rodrigues | FC Porto | 17-10-84 | 2 | C. Port Pombal | 28-02 | 14,65i-08 |
| 14,93 | i | Vanda Rodrigues | | | 1 | Pombal | 21-02 | |
| 14,79 | i | Vanda Rodrigues | | | 1 | CNCI-1 Pombal | 14-02 | |
| 14,74 | i | Vanda Rodrigues | | | 2 | CNCI-Ap Espinho | 31-01 | |
| 14,70 | i | Antónia Borges | | | 2 | CNCI-1 Pombal | 14-02 | |
| 14,67 | | Vanda Rodrigues | | | 2 | Elvas | 23-05 | |
| 14,59 | i | Antónia Borges | | | 2 | Pombal | 21-02 | |
| 14,58 | i | Silvia Cruz | Sporting CP | 29-12-80 | 3 | Pombal | 21-02 | 15,36-07 |
| 14,52 | i | Silvia Cruz | | | 3 | C. Port Pombal | 28-02 | |
| 14,51 | | Silvia Cruz | | | 2 | Quinta do Anjo | 21-03 | |
| 14,44 | | Vanda Rodrigues | | | 1s | CNCI-Ap Guimarães | 30-05 | |
| 14,40 | | Silvia Cruz | | | 2 | Quinta do Anjo | 22-03 | |
| 14,37 | | Vanda Rodrigues | | | 3 | Quinta do Anjo | 22-03 | |
| 14,32 | | Silvia Cruz | | | 3 | Elvas | 23-05 | |
| 14,32 | | Silvia Cruz | | | 1 | Lisboa - U | 18-07 | |
| 14,29 | | Vanda Rodrigues | | | ex | Lisboa - U | 11-01 | |
| 14,27 | | Vanda Rodrigues | | | 2 | Massamá | 16-05 | |
| 14,23 | | Silvia Cruz | | | 3 | Leiria | 01-08 | |
| 14,12 | | Antónia Borges | | | 1 | Lisboa - U | 17-01 | |
| 13,75 | | Cristiana Oliveira | JOMA | 30-06-84 | 3 | Massamá | 16-05 | 14,50-07 |
| 13,48 | | Sónia Borges | Sporting CP | 26-08-85 | 4 | Massamá | 16-05 | 13,96-06 |
| 13,47 | | Alexandra Gonçalves | SC Braga | 06-11-79 | 2s | CNCI-Ap Guimarães | 30-05 | 13,48-08 |
| 13,45 | i | Irina Rodrigues | Sporting CP | 05-02-91 | 1 | CNJ Espinho | 24-01 | 13,26-08 |
| 13,04 | i | Marisela Silva | GD Estreito | 21-05-85 | 5 | CNCI-1 Pombal | 14-02 | 12,41i-08 |
| 13,03 | | Soraia Ruas | ADRE Palhaça | 07-01-92 | 1 | Aveiro | 06-06 | 11,76-08 |
| 12,39 | i | Fernanda Angélica Martins | CS Marítimo | 02-04-75 | 6 | CNCI-1 Pombal | 14-02 | 12,85i-03 |
| 12,32 | | Inês Fernandes | ADC Lovelhe | 28-06-88 | 1 | Braga | 27-06 | 12,14i-08 |
| 12,15 | | Lecabela Quaresma | JOMA | STP 26-12-89 | 2 | Lisboa - U | 20-12 | 12,04-08 |
| 12,15 | | Ana Rita Henriques | Juv. Vidigalense | 25-11-92 | 2s | CNCI-Ap Viseu | 30-05 | 10,91-08 |
| 12,11 | i | Purificação Fernandes | ADC Lovelhe | 17-07-83 | 1 | C. Norte Braga | 17-01 | 13,36-03 |
| 12,07 | | Catarina Vidal | JOMA | 07-02-79 | 5 | Massamá | 16-05 | 13,33-07 |
| 12,04 | i | Sónia Grácio | Gira Sol RC | 26-03-74 | 1 | CNCI-2 Pombal | 14-02 | 15,32-99 |
| 11,89 | i | Diana Hernandez | GRECAS | 01-01-93 | 3 | CNJ Espinho | 24-01 | |
| 11,68 | | Vânia Silva | Sporting CP | 08-06-80 | 4 | Lisboa - U | 18-07 | 12,46-08 |
| 11,52 | i | Irina Sustelo | FC Porto | 25-02-83 | 12 | Gent-BEL | 20-12 | 13,16i-02 |
| 11,51 | | Vera Pereira | ESS Costa Primo | 25-09-92 | 3 | CNJ Lisboa - U | 12-07 | |
| 11,32 | i | Catarina Rosa | CA Mar. Grande | 20-07-89 | 1 | Pombal | 03-01 | 12,39-08 |
| 11,22 | i | Ana Patrícia Inácio | CA Mar. Grande | 11-02-91 | 4 | CNJ Espinho | 24-01 | 10,89-07 |
| 11,19 | i | Vanessa Patinez Martins | CD Quarteira | 29-10-89 | 4 | CN23 Pombal | 07-02 | 11,66-08 |
| 11,16 | i | Cláudia Rodrigues | C Operario D | 11-11-89 | Pen | C. Port Pombal | 01-03 | 11,50-07 |
| 11,11 | i | Sofia Pires | CA Terceira | 01-10-86 | Pen | C. Port Pombal | 01-03 | 11,97i-06 |

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|-------|--------------------|------------------|----------|---|-----------|--------|-------|-----------|
| 10,96 | Tânia Pinhão | GRECAS | 01-06-88 | 3 | | Aveiro | 20-06 | 12,05-08 |
| 10,94 | i Ana Esteves | Juv. Vidigalense | 15-04-86 | 3 | | Pombal | 03-01 | 11,61i-03 |
| 10,69 | Maria Céu Cunha | INATEL | 13-12-62 | 1 | CN Vet | Luso | 04-07 | 12,30-06 |
| 10,56 | Carolina Rodrigues | Bairro Anjos | 07-02-91 | 1 | C. Beiras | Seia | 19-07 | 10,17i-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | |
|-------|---------------------------|--------------|----------|-----|---------|----------------|-------|-----------|
| 10,67 | Cláudia Rodrigues | C Operario D | 11-11-89 | Hep | C. Port | Guarda | 06-06 | 11,50-07 |
| 11,65 | Diana Hernandez | GRECAS | 01-01-93 | 2 | | Aveiro | 20-06 | |
| 12,15 | Fernanda Angélica Martins | CS Maritimo | 02-04-75 | 4 | CNCI-1 | Leiria | 13-06 | 12,85i-03 |
| 13,12 | Irina Rodrigues | Sporting CP | 05-02-91 | 5 | | Quinta do Anjo | 21-03 | 13,26-08 |
| 11,51 | Irina Sustelo | FC Porto | 25-02-83 | | | Louv La Neuve | 26-04 | 13,16i-02 |
| 11,65 | Marisela Silva | GD Estreito | 21-05-85 | 6 | CNCI-1 | Leiria | 13-06 | 12,41i-08 |
| 11,95 | Purificação Fernandes | ADC Lovelhe | 17-07-83 | 2 | | Lovelhe | 27-12 | 13,36-03 |
| 11,84 | Sónia Grácio | Gira Sol RC | 26-03-74 | 5 | CNCI-1 | Leiria | 13-06 | 15,32-99 |

Disco/Discus – 50,00 – 31,00

| | | | | | | | | |
|-------|---------------------------|------------------|----------|------|------------|------------------|-------|----------|
| 56,98 | Irina Rodrigues | Sporting CP | 05-02-91 | 3 | | Leiria | 01-08 | 53,94-08 |
| 56,63 | Liliana Cá | Sporting CP | 05-11-86 | 1 | Taçã Nac | Leiria | 21-02 | 56,17-08 |
| 55,90 | Irina Rodrigues | | | 1 | | Leiria | 17-01 | |
| 55,61 | Liliana Cá | | | 2 | TCCE | Castellon-Esp | 30-05 | |
| 55,01 | Liliana Cá | | | 1 | C. Port | Lisboa - U | 25-07 | |
| 54,97 | Irina Rodrigues | | | 1 | | Quinta do Anjo | 21-03 | |
| 54,39 | Liliana Cá | | | 2 | | Quinta do Anjo | 21-03 | |
| 54,38 | Irina Rodrigues | | | 1 | | Lovelhe | 05-04 | |
| 54,32 | Liliana Cá | | | 1 | | Quinta do Anjo | 22-03 | |
| 54,31 | Irina Rodrigues | | | 2 | | Quinta do Anjo | 22-03 | |
| 54,26 | Liliana Cá | | | 6rB | TE Lanç | Los Realejos-ESP | 14-03 | |
| 54,03 | Liliana Cá | | | 1 | | Elvas | 23-05 | |
| 53,83 | Irina Rodrigues | | | 1 | AAL | Lisboa - I | 10-06 | |
| 53,50 | Irina Rodrigues | | | 2 | Taçã Nac | Leiria | 21-02 | |
| 53,32 | Irina Rodrigues | | | 4 | | Leiria | 02-08 | |
| 53,29 | Irina Rodrigues | | | 1 | | Viseu | 08-07 | |
| 53,29 | Irina Rodrigues | | | 1 | CNJ | Lisboa - U | 11-07 | |
| 53,14 | Irina Rodrigues | | | 3 | CE Jr | Novi Sad-SRB | 26-07 | |
| 52,96 | Irina Rodrigues | | | 1 | | Lisboa - U | 19-07 | |
| 52,94 | Irina Rodrigues | | | 1 | T. Iberico | Lisboa - I | 09-05 | |
| 52,65 | Irina Rodrigues | | | 3s23 | TE Lanç | Los Realejos-ESP | 15-03 | |
| 52,32 | Irina Rodrigues | | | 1 | | Leiria | 05-06 | |
| 52,28 | Liliana Cá | | | 2 | AAL | Lisboa - I | 10-06 | |
| 52,24 | Liliana Cá | | | 2 | T. Iberico | Lisboa - I | 09-05 | |
| 52,07 | Irina Rodrigues | | | 1 | CN23 | Viseu | 04-07 | |
| 52,02 | Liliana Cá | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 50,94 | Irina Rodrigues | | | 2 | | Elvas | 23-05 | |
| 50,85 | Irina Rodrigues | | | 2 | Bauhaus | Mannheim-Ger | 14-06 | |
| 50,20 | Irina Rodrigues | | | 5q | CE Jr | Novi Sad-SRB | 25-07 | |
| 48,79 | Catarina Vidal | JOMA | 07-02-79 | 3 | Taçã Nac | Leiria | 21-02 | 52,07-07 |
| 46,09 | Sónia Borges | Sporting CP | 26-08-85 | 5 | Taçã Nac | Leiria | 21-02 | 49,81-06 |
| 45,70 | Alexandra Gonçalves | SC Braga | 06-11-79 | 6 | | Leiria | 02-08 | 45,47-08 |
| 43,90 | Fernanda Angélica Martins | CS Maritimo | 02-04-75 | 1s | CNCI-Ap | Viseu | 31-05 | 47,28-05 |
| 42,13 | Andreia Gomes | Juv. Vidigalense | 14-02-89 | 7 | | Leiria | 02-08 | 42,86-07 |
| 41,90 | Catarina Rosa | CA Mar. Grande | 20-07-89 | 1 | Enc. Sel | Luso | 23-05 | 42,22-08 |
| 41,05 | Irina Sustelo | FC Porto | 25-02-83 | | | Brasschaat-Bel | 16-05 | 47,99-00 |
| 38,75 | Diana Hernandez | GRECAS | 01-01-93 | 3 | C. Beiras | Seia | 18-07 | 32,29-08 |
| 37,94 | Cristiana Cruz | SC Braga | 15-06-90 | 2 | | Maia | 01-07 | 35,33-07 |
| 37,89 | Inês Fernandes | ADC Lovelhe | 28-06-88 | 1 | | Braga | 27-06 | 37,46-08 |
| 36,24 | Helena Fernandes | CSP Paulo VI | 15-03-93 | 2 | | Leiria | 01-07 | 30,36-08 |
| 35,87 | Carolina Rodrigues | Bairro Anjos | 07-02-91 | 1 | | Leiria | 06-06 | 35,71-08 |
| 35,42 | Tânia Pinhão | GRECAS | 01-06-88 | 1 | | Aveiro | 21-03 | 40,35-07 |
| 34,80 | Carina Moutinho | FC Porto | 25-10-84 | 1 | | Maia | 14-02 | 38,66-03 |
| 34,68 | Soraia Ruas | ADRE Palhaça | 07-01-92 | 4 | | Lovelhe | 05-07 | 26,55-08 |
| 34,42 | Vera Lavrador | Sporting CP | 03-10-88 | 9 | | Leiria | 01-08 | 36,90-06 |

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|-------|-----------------------|-------------------|----------|----|-----------|-------------------|-------|----------|
| 34,10 | Purificação Fernandes | ADC Lovelhe | 17-07-83 | 2 | | Lovelhe | 27-12 | 38,61-04 |
| 34,10 | Sara Oliveira | N Sp. S.Mi. S. Ma | 16-04-89 | 1 | | Ponta Delgada | 18-06 | 36,23-07 |
| 33,97 | Ana Rita Henriques | Juv. Vidigalense | 25-11-92 | 3 | | Leiria | 06-06 | |
| 33,90 | Alda Fernandes | SC Braga | 93 | 2 | | Lovelhe | 04-07 | |
| 33,89 | Carla Muriela Góis | GD Estreito | 09-02-91 | 1 | | Ribeira Brava | 01-07 | 32,11-08 |
| 33,78 | Sónia Grácio | Gira Sol RC | 26-03-74 | 6 | CNCI-1 | Leiria | 14-06 | 50,41-01 |
| 32,93 | Fabiana Domingos | CA Mar. Grande | 05-04-93 | 2 | | Leiria | 02-08 | 28,77-08 |
| 32,71 | Sofia Pires | CA Terceira | 01-10-86 | 1 | | Angra do Heroísmo | 18-07 | 32,12-08 |
| 32,65 | Lidia Viveiros | ADR Água Pena | 20-04-92 | 2 | | Ribeira Brava | 24-06 | 29,55-08 |
| 32,31 | Ana Patrícia Inácio | CA Mar. Grande | 11-02-91 | 6 | C. Beiras | Seia | 18-07 | 36,90-08 |
| 31,84 | Cláudia Santos | SC Braga | 07-02-92 | 1 | | Lovelhe | 25-06 | |
| 31,48 | Joana Rosa | Quintanjenense FC | 07-07-94 | 1 | | Quinta do Anjo | 24-05 | 27,12-08 |
| 31,15 | Vera Pereira | ESS Costa Primo | 25-09-92 | 2s | OJ | Albufeira | 16-05 | 31,70-08 |

Martelo / Hammer – 57,00 – 35,00

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|-------|----------------------|------------------|----------|----------|-----------|-------------------|-------|----------|
| 68,32 | Vânia Silva | Sporting CP | 08-06-80 | 1rB | TE Lanç | Los Realejos-ESP | 14-03 | 68,82-04 |
| 67,59 | Vânia Silva | | | 1 | | Ribeira Brava | 15-07 | |
| 67,47 | Vânia Silva | | | 7 | Super GP | Doha - Qat | 08-05 | |
| 66,66 | Vânia Silva | | | 1 | Taçã Nac | Leiria | 21-02 | |
| 66,52 | Vânia Silva | | | 2 | TCCE | Castellon-Esp | 31-05 | |
| 66,13 | Vânia Silva | | | 1 | | Leiria | 17-01 | |
| 65,79 | Vânia Silva | | | 1 | CNCI-1 | Leiria | 13-06 | |
| 64,55 | Vânia Silva | | | 2 | | Leiria | 02-08 | |
| 64,53 | Vânia Silva | | | 1 | | Porto - I | 18-04 | |
| 64,53 | Vânia Silva | | | 1 | | Lovelhe | 05-07 | |
| 64,50 | Vânia Silva | | | 1 | | Leiria | 05-06 | |
| 64,49 | Vânia Silva | | | 2 | | Leiria | 01-08 | |
| 64,16 | Vânia Silva | | | 1 | | Lovelhe | 05-04 | |
| 64,08 | Vânia Silva | | | 1 | C. Port | Lisboa - U | 25-07 | |
| 63,75 | Vânia Silva | | | 1 | | Lisboa - U | 18-07 | |
| 62,86 | Vânia Silva | | | 37q | C. Mundo | Berlim-Ale | 20-08 | |
| 62,12 | Vânia Silva | | | 1 | | Abrantes | 11-06 | |
| 61,36 | Vânia Silva | | | 11 | CE Sel | Leiria | 21-06 | |
| 57,07 | Irina Sustelo | Belgica | 25-02-83 | 1 | | Gentbrugge | 09-08 | 56,30-01 |
| 54,36 | Ana Rita Henriques | Juv. Vidigalense | 25-11-92 | 2 | CNCI-1 | Leiria | 13-06 | 48,05-08 |
| 54,20 | Rute Piedade | JOMA | 21-09-81 | 2 | C. Port | Lisboa - U | 25-07 | 57,21-05 |
| 52,53 | Diana Sousa | CIA Ilha Azul | 15-01-86 | 1 | | Angra do Heroísmo | 18-07 | 59,38-05 |
| 52,34 | Cláudia Nobrega | GD Estreito | 03-09-90 | 2 | | Lovelhe | 05-04 | 50,97-08 |
| 51,60 | Mónica Fernandes | Sporting CP | 20-07-87 | 1 | | Quinta do Anjo | 22-03 | 52,17-07 |
| 50,22 | Mafuta Maketa | Juv. Vidigalense | ANG | 27-03-89 | 3 | Quinta do Anjo | 22-03 | 45,50-08 |
| 48,83 | Filipa Vasconcelos | GD Estreito | 21-10-91 | 1 | | Seia | 14-06 | 40,66-08 |
| 47,98 | Maria José Conde | Espanha | 26-08-80 | 2 | C. Esp.Cl | Aviles | 16-05 | 64,59-05 |
| 46,31 | Sandra Santos | Gira Sol RC | 10-04-84 | 5 | CNCI-1 | Leiria | 13-06 | 46,30-05 |
| 46,03 | Gabriela Venade | ADC Lovelhe | 04-07-91 | 1 | | Lovelhe | 13-12 | 46,62-08 |
| 45,71 | Daniela Teixeira | GD Estreito | 14-07-91 | 4 | CN23 | Viseu | 05-07 | 42,02-08 |
| 44,54 | Andreia Venade | ADC Lovelhe | 16-03-92 | 6 | | Leiria | 01-08 | 39,83-07 |
| 44,46 | Joana Esgueirão | GRECAS | 01-01-92 | 7 | | Leiria | 01-08 | 36,97-08 |
| 43,62 | Vanessa Rebelo | CIA Ilha Azul | 02-11-88 | 5 | CN23 | Viseu | 05-07 | 51,78-05 |
| 42,80 | Fernanda Silva | GRECAS | 18-11-81 | 1 | CNCI-2 | Leiria | 13-06 | 47,02-03 |
| 42,14 | Vanessa Andrade | GD Estreito | 15-04-90 | 2 | | Ribeira Brava | 13-06 | 41,14-08 |
| 41,79 | Joana Rebelo | AC Mocidade-Aç | 02-02-93 | 1 | | Ponta Delgada | 17-01 | 32,10-08 |
| 41,56 | Inês Fernandes | ADC Lovelhe | 28-06-88 | 7 | | Porto - I | 01-05 | 41,72-08 |
| 41,49 | Cristiana Cruz | SC Braga | 15-06-90 | 2 | | Lovelhe | 29-07 | |
| 40,72 | Cristiana Oliveira | JOMA | 30-06-84 | 4 | | Quinta do Anjo | 22-03 | 49,77-01 |
| 40,64 | Filipa Almeida Gordo | CF Belenenses | 12-10-90 | 1 | | Lisboa - MP | 27-06 | 40,89-08 |
| 40,42 | Antónia Borges | Sporting CP | 11-10-83 | 4 | | Quinta do Anjo | 21-03 | 41,48-04 |
| 39,86 | Doris Freitas | GD Estreito | 20-02-92 | 3 | | Funchal | 18-04 | 36,70-08 |
| 39,75 | Sara Custódio | JOMA | 22-11-91 | 6 | CN23 | Viseu | 05-07 | 39,09-08 |
| 39,67 | Patricia Penteado | SC Abrantes | 14-09-92 | 8 | | Leiria | 01-08 | 37,06-08 |
| 39,55 | Margarida Borges | AC Mocidade-Aç | 08-07-92 | 2 | | Angra do Heroísmo | 24-01 | 31,08-08 |
| 39,26 | Catarina Granja | ADC Lovelhe | 23-05-92 | 3 | | Guimarães | 21-06 | 35,33-08 |

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|-------|-------------------|-----------------|----------|----------|--------|--------------------|-------|----------|
| 39,04 | Joana Silva | CS Maritimo | 09-03-84 | PL | | Coimbra - U | 10-06 | 47,95-03 |
| 39,04 | Sónia Borges | Sporting CP | 26-08-85 | 9 | | Leiria | 01-08 | 41,55-08 |
| 38,90 | Viviana Gonçalves | A. Jardim Serra | 25-06-91 | 6 | | Funchal | 20-06 | 36,25-08 |
| 37,76 | Fabiana Domingos | CA Mar. Grande | 05-04-93 | 2 | | Leiria | 06-06 | |
| 36,96 | Jorgina Costa | CA Bx Banheira | GBS | 20-10-93 | 1 | Almada | 19-06 | |
| 35,49 | Vanessa Martins | C Bf. Faro | 25-12-84 | 5 | CNCI-2 | Leiria | 13-06 | 36,40-04 |
| 35,26 | Cláudia Eduardo | GR Qt. Lomba | 15-10-93 | 2 | | Almada | 19-06 | 28,67-08 |
| 35,11 | Mara Bicas | JD Neves | 06-11-89 | 1 | | Beja | 27-05 | 34,65-08 |
| 35,09 | Andreia Lopes | CO Pechão | 03-08-86 | 1 | | V. R. Sto. António | 01-02 | 47,46-04 |

Dardo / Javelin – 45,00 - 32,00

| | | | | | | | | |
|-------|--------------------|-----------------|----------|-----|----------|-------------------|-------|----------|
| 55,67 | Silvia Cruz | Sporting CP | 29-12-80 | 1 | C. Port | Lisboa - U | 26-07 | 59,76-08 |
| 55,44 | Silvia Cruz | | | 1 | | Lovelhe | 05-07 | |
| 55,08 | Silvia Cruz | | | 2 | | Lovelhe | 04-07 | |
| 53,65 | Silvia Cruz | | | 2 | TCCE | Castellon-Esp | 30-05 | |
| 53,30 | Silvia Cruz | | | 2 | | Leiria | 01-08 | |
| 53,27 | Silvia Cruz | | | 1 | | Leiria | 15-02 | |
| 52,79 | Silvia Cruz | | | 7 | | Huelva | 10-06 | |
| 52,64 | Silvia Cruz | | | 7 | | Malaga | 27-06 | |
| 52,49 | Silvia Cruz | | | 1 | | Ribeira Brava | 15-07 | |
| 52,26 | Silvia Cruz | | | 1 | | Lisboa - I | 16-05 | |
| 52,25 | Silvia Cruz | | | 5rB | TE Lanç | Los Realejos-ESP | 15-03 | |
| 51,88 | Silvia Cruz | | | 1 | | Viseu | 08-07 | |
| 51,82 | Silvia Cruz | | | 2 | | Leiria | 02-08 | |
| 51,74 | Silvia Cruz | | | 1 | CNCI-1 | Leiria | 14-06 | |
| 50,74 | Silvia Cruz | | | 1 | Taça Nac | Leiria | 21-02 | |
| 50,72 | Silvia Cruz | | | 1 | | Lovelhe | 05-04 | |
| 50,63 | Silvia Cruz | | | 1 | | Leiria | 17-01 | |
| 50,50 | Silvia Cruz | | | ex | | Seixal | 19-07 | |
| 50,30 | Silvia Cruz | | | 12 | CE Sel | Leiria | 20-06 | |
| 50,19 | Silvia Cruz | | | 1 | | Lovelhe | 29-07 | |
| 49,98 | Silvia Cruz | | | 1 | | Lisboa - U | 19-07 | |
| 49,05 | Silvia Cruz | | | 1 | | Quarteira | 13-05 | |
| 48,69 | Silvia Cruz | | | 1 | | Lisboa - U | 11-01 | |
| 48,20 | Marisela Silva | GD Estreito | 21-05-85 | 2 | CNCI-1 | Leiria | 14-06 | 52,96-07 |
| 47,31 | Marisela Silva | | | 1 | | Ribeira Brava | 24-06 | |
| 47,27 | Marisela Silva | | | 1s | CNCI-Ap | Seixal | 31-05 | |
| 46,02 | Ana Pires | Espanha | 10-12-87 | 1 | C.Esp.CI | Ferrol | 25-04 | 48,25-05 |
| 45,46 | Carla Ratão | FC Porto | 06-06-82 | 8 | | Grenoble | 17-06 | 52,29-07 |
| 42,23 | Benvinda Costa | Monte Kapa ED | 29-12-89 | 3 | Taça Nac | Leiria | 21-02 | 43,31-06 |
| 41,93 | Elisabete Silva | C Operário D | 25-04-92 | 1 | | Ponta Delgada | 18-06 | 34,37-08 |
| 41,45 | Verónica Jerónimo | ACDR Arneirense | 14-01-91 | 3 | | Leiria | 02-08 | 36,19-08 |
| 40,68 | Sara Custódio | JOMA | 22-11-91 | 1jr | Taça Nac | Leiria | 21-02 | 38,36-07 |
| 40,53 | Teresa Ribeiro | FC Porto | 23-08-88 | 2 | CN23 | Viseu | 05-07 | 43,55-08 |
| 39,47 | Cláudia Ramoa | SC Braga | 01-04-90 | 4 | CNCI-1 | Leiria | 14-06 | 35,89-07 |
| 39,12 | Carla Macedo | GD Estreito | 22-10-90 | 1 | Enc. Sel | Luso | 23-05 | 40,44-08 |
| 37,35 | Nanci Sousa | Juv Vidigalense | 28-09-90 | 2 | Enc. Sel | Luso | 23-05 | 33,85-08 |
| 35,51 | Cátia Costa | Monte Kapa ED | 29-04-91 | 5 | CNJ | Lisboa - U | 12-07 | 37,99-08 |
| 34,97 | Marlene Araujo | CF Belenenses | 19-02-93 | 1 | | Lisboa - I | 24-06 | 28,96-08 |
| 34,84 | Carolina Josefa | SC Abrantes | 01-07-92 | 2jv | Taça Nac | Leiria | 22-02 | 34,70-08 |
| 34,81 | Rubina Serrão | CS Maritimo | 25-12-81 | 2s | CNCI-Ap | Viseu | 31-05 | 40,38-03 |
| 34,65 | Mónica Sousa | GD Cavadas | 03-05-74 | 4s | CNCI-Ap | Seixal | 31-05 | 40,86-00 |
| 34,48 | Ana Rita Ferreira | ACDR Arneirense | 28-01-91 | 2 | CNCI-2 | Leiria | 14-06 | 38,22-08 |
| 34,45 | Sofia Pires | CA Terceira | 01-10-86 | 1 | | Angra do Heroismo | 29-03 | 44,89-06 |
| 34,38 | Ana Cerqueira | FC Porto | 17-03-89 | 2 | CNU | V. N. Gaia | 25-04 | 38,30-06 |
| 33,56 | Cláudia Rodrigues | C Operario D | 11-11-89 | 5 | Taça Nac | Leiria | 21-02 | 36,17-08 |
| 32,96 | Lara Almeida | Gira Sol RC | 14-05-80 | 4 | | Luso | 23-05 | 40,12-03 |
| 32,61 | Tânia Pinhão | GRECAS | 01-06-88 | 3 | CNCI-2 | Leiria | 14-06 | 38,34-07 |
| 32,60 | Liliana Manhente | Esc Movimento | 30-03-85 | 3 | | Maia | 15-07 | |
| 32,55 | Carla Muriela Góis | GD Estreito | 09-02-91 | 6jr | Taça Nac | Leiria | 21-02 | 36,55-08 |

Heptatlo - 4000 - 3000

| | | | | | | | | |
|-------|---------------------|--------------|--------------|---|---------|---------------|-------|------------------|
| 4.780 | Catarina Costa | C Bf. Faro | 03-08-89 | 1 | C. Port | Guarda | 07-06 | 4374-08 |
| 4.569 | Cláudia Rodrigues | C Operario D | 11-11-89 | 2 | C. Port | Guarda | 07-06 | 4866-08 |
| 4.288 | Isabel Areias | Gira Sol RC | 27-01-85 | 1 | | Luso | 26-04 | 4430w-07/4423-06 |
| 4.146 | Tânia Caires | CS Maritimo | 03-12-87 | 1 | | Ribeira Brava | 17-05 | 3766-06 |
| 3.781 | Joana Flores | CA Terceira | 08-10-89 | 3 | C. Port | Guarda | 07-06 | 3758-08 |
| 3.709 | Witiney Barata | ARCB Valongo | 31-01-88 | 4 | C. Port | Guarda | 07-06 | 4351w-07 |
| 3.523 | Carla Gama | SL Benfica | 24-11-90 | 1 | CNJ | Guarda | 07-06 | 3864-08 |
| 3.441 | Andreia Nicolau | UA Guarda | 01-02-91 | 2 | CNJ | Guarda | 07-06 | |
| 3.379 | Ana Patrícia Mendes | ADCP Falésia | 87 | 1 | | Faro | 19-04 | |
| 3.370 | Cleisa Tavares | ADCP Falésia | CPV 21-06-89 | 2 | | Faro | 19-04 | 3121-08 |
| 3.370 | Joana Lopes | CLAC | 13-10-91 | 3 | CNJ | Guarda | 07-06 | |
| 3.153 | Tânia António | GRECAS | 29-12-87 | 1 | | Luso | 26-04 | 3895-06 |
| 3.111 | Janete Ferreira | JD Neves | 82 | 1 | | Beja | 29-03 | |

3 000m M - 15.40,0

| | | | | | | | | |
|----------|-------------------------|------------------|--------------|---|-----------|------------|-------|--------------|
| 12.30,15 | i Vera Santos | JOMA | 03-12-81 | 1 | CNCI-1 | Pombal | 14-02 | 12.37,03i-08 |
| 12.48,58 | Kristina Saltanovic | FC Porto | LTU 20-02-75 | 2 | AAL | Lisboa - I | 10-06 | 12.47,01-02 |
| 12.49,64 | i Maribel Gonçalves | CS Maritimo | 01-04-78 | 2 | CNCI-1 | Pombal | 14-02 | 12.37,89-08 |
| 12.56,45 | i Ana Cabecinha | CO Pechão | 29-04-84 | 2 | C. Port | Pombal | 28-02 | 13.30,8-04 |
| 13.03,20 | i Inês Henriques | CN Rio Maior | 01-05-80 | 1 | | Pombal | 03-01 | 12.29,52i-08 |
| 13.55,25 | i Fátima Rodrigues | Gira Sol RC | 13-05-86 | 3 | C. Port | Pombal | 28-02 | 14.00,91-08 |
| 14.05,71 | i Sandra Vieira Leitão | FC Porto | 01-11-75 | 4 | C. Port | Pombal | 28-02 | 13.38,54i-04 |
| 14.10,37 | i Ana Cláudia Conceição | SC Braga | 31-01-89 | 4 | CNCI-Ap | Espinho | 31-01 | 13.44,48i-08 |
| 14.17,74 | i Andreia Freitas | GD Estreito | 02-04-83 | 4 | CNCI-1 | Pombal | 14-02 | 14.30,43-07 |
| 14.41,57 | Daniela Cardoso | Bairro Anjos | 15-12-91 | 1 | CNCI-2 | Leiria | 13-06 | 17.08,88-08 |
| 14.51,53 | i Liliana Martins | GCA Donas | 20-07-90 | 1 | CNJ | Espinho | 24-01 | 15.01,86i-08 |
| 14.51,72 | i Sandra Silva | GRECAS | 21-09-75 | 2 | CNCI-2 | Pombal | 14-02 | 14.09,22i-08 |
| 14.54,70 | i Márcia Silva | Juv. Vidigalense | 16-05-87 | 1 | | Pombal | 03-01 | 14.39,09-06 |
| 15.10,89 | i Rita Rosa | ADR Aguas Belas | 15-03-92 | 2 | CNJ | Espinho | 24-01 | 16.17,40-08 |
| 15.19,47 | i Andreia Coelho | GD Lourocoope | 25-10-91 | 6 | C. Beiras | Espinho | 17-01 | 15.35,93i-08 |
| 15.21,92 | i Alice Fernandes | GD Lourocoope | 26-03-52 | 1 | CNVet | Espinho | 14-02 | 14.40,51-06 |
| 15.30,94 | i Cristiana Vaz | CP Corroios | 24-03-87 | 4 | CN23 | Pombal | 07-02 | 14.31,09i-08 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | | | |
|----------|-----------------------|------------------|----------|----|---------|--------------------|-------|--------------|
| 13.48,47 | Ana Cabecinha | CO Pechão | 29-04-84 | 1 | | V. R. Sto. António | 11-01 | 13.30,8-04 |
| 14.45,66 | Ana Cláudia Conceição | SC Braga | 31-01-89 | 5 | CNCI-1 | Leiria | 13-06 | 13.44,48i-08 |
| 14.31,22 | Andreia Freitas | GD Estreito | 02-04-83 | 1 | | Ribeira Brava | 18-07 | 14.30,43-07 |
| 14.29,33 | Fátima Rodrigues | Gira Sol RC | 13-05-86 | 3 | CNCI-1 | Leiria | 13-06 | 14.00,91-08 |
| 15.06,49 | Márcia Silva | Juv. Vidigalense | 16-05-87 | 6 | CNCI-1 | Leiria | 13-06 | 14.39,09-06 |
| 13.32,96 | Maribel Gonçalves | CS Maritimo | 01-04-78 | 2 | CNCI-1 | Leiria | 13-06 | 12.37,89-08 |
| 15.39,75 | Sandra Silva | GRECAS | 21-09-75 | 5s | CNCI-Ap | Viseu | 30-05 | 14.09,22i-08 |
| 15.07,78 | Sandra Vieira Leitão | FC Porto | 01-11-75 | 1s | CNCI-Ap | Guimarães | 30-05 | 13.38,54i-04 |
| 12.32,18 | Vera Santos | JOMA | 03-12-81 | 1 | AAL | Lisboa - I | 10-06 | 12.37,03i-08 |

5 Km M - 28.00,0

| | | | | | | | | |
|----------|-----------------------|-----------------|--------------|----|---------|----------------------|-------|-------------|
| 21.40 | Ana Cabecinha | CO Pechão | 29-04-84 | 1 | | Pechão | 07-02 | 21.48,4-06 |
| 21.51 | Vera Santos | JOMA | 03-12-81 | tp | | Sta. Eulália des Riu | 28-03 | 21.42-08 |
| 22.04,0 | Inês Henriques | CN Rio Maior | 01-05-80 | tp | C. Port | Lisboa - U | 25-07 | 21.49,2-06 |
| 22.04,0 | Susana Feitor | CN Rio Maior | 28-01-75 | tp | C. Port | Lisboa - U | 25-07 | 20.37-01 |
| 22.21 | Kristina Saltanovic | FC Porto | LTU 20-02-75 | 1 | | Vale Figueira | 07-03 | 22.01-06 |
| 23.05,0 | Maribel Gonçalves | CS Maritimo | 01-04-78 | tp | C. Port | Lisboa - U | 25-07 | 21.59,16-05 |
| 24.44,89 | Andreia Freitas | GD Estreito | 02-04-83 | 1 | | Ribeira Brava | 02-05 | 25.16,5-06 |
| 25.09 | Sandra Leitão | FC Porto | 01-11-75 | 2 | | Vale Figueira | 07-03 | 24.01,74-04 |
| 25.47 | Ana Cláudia Conceição | SC Braga | 31-01-89 | tp | IAAF | Corunha | 20-06 | 23.54-08 |
| 25.67 | Sandra Silva | GRECAS | 21-09-75 | tp | | Lourosa | 08-02 | 25.26-06 |
| 26.38 | Liliana Martins | GCA Donas | 20-07-90 | tp | CN | V. Nova de Gaia | 21-02 | 25.57,88-07 |
| 26.47,67 | Rita Rosa | ADR Aguas Belas | 15-03-92 | 1 | CNJv | Luso | 27-06 | 27.43,13-08 |
| 26.50 | Andreia Coelho | GD Lourocoope | 25-10-91 | tp | CN | V. Nova de Gaia | 21-02 | 27.59-08 |

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|----------|-----------------|---------------|--------------|----|------|--------------------|-------|-------------|
| 26.54,53 | Sandra Monteiro | CA Avintes | 05-09-92 | 2 | CNJv | Luso | 27-06 | 27.43-08 |
| 26.59 | Alice Fernandes | GD Lourocoope | 26-03-52 | 2 | | Rio Maior | 04-04 | 25.36-07 |
| 27.24,93 | Anna Hurllebaus | CN Rio Maior | UKR 18-06-94 | 3 | CNJv | Luso | 27-06 | 28.19,61-08 |
| 27.44 | Daniela Cardoso | Bairro Anjos | 15-12-91 | 2 | | Ferreira do Zêzere | 16-05 | 28.26,96-08 |
| 27.45 | Cristiana Vaz | CP Corroios | 24-03-87 | tp | | Lisboa - U | 10-01 | 25.24-03 |
| 27.49,40 | Mariana Mota | UFC Tomar | 27-05-95 | 4 | CNJv | Luso | 27-06 | |

10 Km Marcha - 60:00

| | | | | | | | | |
|----------|-----------------------|------------------|--------------|----|----------|----------------------|-------|---------------|
| 43.59,73 | Inês Henriques | CN Rio Maior | 01-05-80 | 1 | C. Port | Lisboa - U | 25-07 | 43.22,05-08 |
| 44.07 | Vera Santos | JOMA | 03-12-81 | 4 | IAAF | Cracóvia-Pol | 30-05 | 43.57-08 |
| 44.08 | Susana Feitor | CN Rio Maior | 28-01-75 | 3 | | Sta. Eulália des Riu | 28-03 | 42.39-01 |
| 45.31 | Kristina Saltanovic | FC Porto | LTU 20-02-75 | tp | IAAF | Corunha | 20-06 | 43.53-06 |
| 45.46 | Ana Cabecinha | CO Pechão | 29-04-84 | tp | CN | V. Nova de Gaia | 21-02 | 43.08,17-08 |
| 47.22,24 | Maribel Gonçalves | CS Maritimo | 01-04-78 | ex | C. Norte | Maia | 19-07 | 43.59,27-08 |
| 51.35,64 | Ana Cláudia Conceição | SC Braga | 31-01-89 | 1 | CN23 | Viseu | 04-07 | 48.11-08 |
| 51.54,57 | Andreia Freitas | GD Estreito | 02-04-83 | 5 | C. Port | Lisboa - U | 25-07 | 51.58,72-04 |
| 52.21 | Sandra Vieira Leitão | FC Porto | 01-11-75 | 3 | | Montemor-o-Velho | 10-01 | 50.13,34-04 |
| 52.52,52 | Liliana Martins | GCA Donas | 20-07-90 | 2 | CN23 | Viseu | 04-07 | 53.39,29-08 |
| 53.13,99 | Márcia Silva | Juv. Vidigalense | 16-05-87 | 3 | CN23 | Viseu | 04-07 | 51.39-06 |
| 54.10,20 | Daniela Cardoso | Bairro Anjos | 15-12-91 | 4 | CN23 | Viseu | 04-07 | 1:02.36,99-08 |
| 54.31,92 | Andreia Coelho | GD Lourocoope | 25-10-91 | 2 | CNJ | Lisboa - U | 11-07 | 56.57,57-08 |
| 54.54,29 | Sandra Silva | GRECAS | 21-09-75 | 1 | | Luso | 11-04 | 50.34,20-08 |
| 55.07,89 | Sandra Monteiro | CA Avintes | 05-09-92 | 4 | CNJ | Lisboa - U | 11-07 | 57.51,36-08 |
| 55.21,91 | Alice Fernandes | GD Lourocoope | 26-03-52 | 2 | | Luso | 11-04 | 53.39,62-06 |
| 56.51 | Cristiana Vaz | CP Corroios | 24-03-87 | 3 | | Lisboa - U | 10-01 | 53.13,04-08 |
| 57.26,50 | Rita Rosa | ADR Aguas Belas | 15-03-92 | 5 | CNJ | Lisboa - U | 11-07 | 59.23,52-08 |
| 58.21,0 | Ana Raquel Marques | NA Alcabideche | 21-09-83 | 1 | | Lisboa - U | 18-07 | 52.26,02-05 |
| 59.53,69 | Ana Isabel Bastos | GJP Bemposta | 22-10-88 | 3 | | Luso | 11-04 | 1:06.59,81-07 |

Prova sem medição certificada

| | | | | | | | | |
|-------|-------------------|--------------|----------|---|--|---------|-------|---------------|
| 59.29 | Ana Isabel Bastos | GJP Bemposta | 22-10-88 | 3 | | Lourosa | 08-02 | 1:06.59,81-07 |
| 54.12 | Sandra Silva | GRECAS | 21-09-75 | 2 | | Lourosa | 08-02 | 50.34,20-08 |

20 Km M - 1:40.00 - 2:00.00

| | | | | | | | | |
|---------|-----------------------|--------------|--------------|----|-------------|-------------------|-------|--------------|
| 1.29,27 | Vera Santos | JOMA | 03-12-81 | 4 | IAAF | Sesto S. Giovanni | 01-05 | 1.28-14-08 |
| 1.30,34 | Inês Henriques | CN Rio Maior | 01-05-80 | 1 | CN | V. Nova de Gaia | 21-02 | 1.30,24-07 |
| 1.30,35 | Vera Santos | | | 5 | C. Mundo | Berlim-Ale | 16-08 | |
| 1.30,49 | Vera Santos | | | 2 | IAAF | Rio Maior | 04-04 | |
| 1.30,57 | Vera Santos | | | 2 | CN | V. Nova de Gaia | 21-02 | |
| 1.31,05 | Inês Henriques | | | 3 | IAAF | Rio Maior | 04-04 | |
| 1.31,13 | Vera Santos | | | 3 | IAAF | Corunha | 20-06 | |
| 1.31,23 | Kristina Saltanovic | FC Porto | LTU 20-02-75 | 8 | C. Mundo | Berlim-Ale | 16-08 | 1.30,44-02 |
| 1.31,26 | Kristina Saltanovic | | 20-02-75 | 4 | IAAF | Rio Maior | 04-04 | |
| 1.31,29 | Kristina Saltanovic | | | 4 | IAAF | Corunha | 20-06 | |
| 1.31,37 | Susana Feitor | CN Rio Maior | 28-01-75 | 2 | IAAF | Dublin | 28-06 | 1.27,55-01 |
| 1.32,28 | Vera Santos | | | 1 | Aires Denis | Lisboa - U | 10-01 | |
| 1.32,42 | Susana Feitor | | | 10 | C. Mundo | Berlim-Ale | 16-08 | |
| 1.32,51 | Inês Henriques | | | 11 | C. Mundo | Berlim-Ale | 16-08 | |
| 1.33,05 | Ana Cabecinha | CO Pechão | 29-04-84 | 7 | IAAF | Rio Maior | 04-04 | 1.27,46-08 |
| 1.34,02 | Inês Henriques | | | 2 | IAAF | Chihuahua-MEX | 14-03 | |
| 1.34,14 | Ana Cabecinha | | | 3 | CN | V. Nova de Gaia | 21-02 | |
| 1.34,17 | Kristina Saltanovic | | | 3 | | Metz-Fra | 24-05 | |
| 1.35,40 | Susana Feitor | | | 12 | IAAF | Sesto S. Giovanni | 01-05 | |
| 1.36,52 | Susana Feitor | | | 5 | IAAF | Chihuahua-MEX | 14-03 | |
| 1.36,59 | Maribel Gonçalves | CS Maritimo | 01-04-78 | 14 | IAAF | Rio Maior | 04-04 | 1.31.19,1-04 |
| 1.38,01 | Ana Cabecinha | | | 13 | T. Europa | Metz-Fra | 24-05 | |
| 1.38,56 | Maribel Gonçalves | | | 20 | IAAF | Corunha | 20-06 | |
| 1.45,31 | Ana Cláudia Conceição | SC Braga | 31-01-89 | 25 | IAAF | Corunha | 20-06 | |
| 1.49,37 | Andreia Freitas | GD Estreito | 02-04-83 | 4 | CN | V. Nova de Gaia | 21-02 | 1.49,10-05 |

4 x 100 m – 50,00 – 53,00

| | | | | | | | |
|-------|---------------------------|---|-------|----|-----------|------------------|-------|
| 44,70 | Seleção Nacional | E. Vital, N. Gomes, C. Tavares, S. Tavares | RN | 8 | CE Sel | Leiria | 20-06 |
| 45,05 | Seleção Nacional | A. Felisberto, T. Duarte, C. Tavares, S. Tavares | | 2 | Lusofonia | Lisboa - U | 13-07 |
| 45,06 | Sporting CP | G. Santo, N. Gomes, C. Tavares, S. Tavares | * | 3 | TCCE | Castellon-Esp | 30-05 |
| 45,33 | Sporting CP | G. Santo, N. Gomes, C. Tavares, S. Tavares | * | 1 | CNCI-1 | Leiria | 13-06 |
| 45,73 | Equipa Mista | A. Felisberto, T. Duarte, C. Tavares, E. Vital | | 3 | DAK | Wattenscheid-Ale | 02-08 |
| 46,19 | Equipa Mista | U. Quiwacana, C. Tavares, A. Felisberto, S. Tavares | | 1 | | Leiria | 05-06 |
| 47,14 | Equipa Mista | U. Quiwacana, C. Tavares, C. Ferreira, S. Vieira | | 1 | | Massamá | 16-05 |
| 47,21 | Seleção Nacional | S. Santos, T. Duarte, U. Quiwacana, J. Monteiro | Jun | 3h | CE Jr | Novi Sad-SRB | 26-07 |
| 47,31 | Equipa Mista | S. Santos, F. Martins, C. Nunes, U. Quiwacana | | 1 | AAL | Lisboa - I | 10-06 |
| 47,46 | Equipa Mista | S. Dias, F. Martins, E. Vital, S. Esteves | Juv | 2 | | Leiria | 05-06 |
| 47,69 | Equipa Mista | S. Santos, T. Duarte, C. Ferreira, C. Bairrada | | 3 | | Leiria | 05-06 |
| 47,78 | Seleção Nacional FOJE | C. Jacinto, E. Vital, F. Martins, S. Esteves | Juv | 3h | FOJE | Tampere-FIN | 23-07 |
| 47,92 | Equipa Mista | S. Esteves, F. Martins, C. Nunes, U. Quiwacana | | 4 | | Mannheim-Ale | 13-06 |
| 48,24 | SC Braga | R. Lourenço, I. Oliveira, S. Marques, S. Vieira | | 2 | CNCI-1 | Leiria | 13-06 |
| 48,34 | ACDR Arneirense | S. Santos, E. Vital, A. Vasconcelos, M. Tavares | | 1 | CNCI-2 | Leiria | 13-06 |
| 48,36 | Equipa Mista | S. Santos, A. Felisberto, C. Pereira, P. Vieira | | 2 | | Massamá | 16-05 |
| 48,40 | FC Porto | P. Vieira, C. Nunes, T. Duarte, C. Ratão | | 1s | CNCI-Ap | Guimarães | 30-05 |
| 48,42 | Juventude Vidigalense | AR. Filipe, C. Ferreira, C. Santos, D. Ferreira | | 3 | CNCI-1 | Leiria | 13-06 |
| 48,56 | Equipa Mista | D. Clemente, J. Vitorino, S. Mags, I. Lopes | * | 2 | AAL | Lisboa - I | 10-06 |
| 48,65 | SC Braga | S. Vieira, I. Oliveira, S. Marques, R. Lourenço | | 2s | CNCI-Ap | Guimarães | 30-05 |
| 48,73 | Seleção Lisboa | S. Bentucal, J. Vitorino, S. Mags, F. Martins | * Juv | 1s | OJ | Albufeira | 17-05 |
| 48,79 | JO Monte Abraão | V. Cardoso, S. Estriga, A. Felisberto, L. Quaresma | * | 4 | CNCI-1 | Leiria | 13-06 |
| 48,91 | ACDR Arneirense | S. Santos, E. Vital, A. Vasconcelos, M. Tavares | | 1s | CNCI-Ap | Viseu | 30-05 |
| 49,35 | JO Monte Abraão | V. Cardoso, V. Barbosa, L. Quaresma, C. Guedes | * | 1s | CN23 | Viseu | 04-07 |
| 49,38 | Juventude Vidigalense | AR. Filipe, C. Ferreira, C. Santos, D. Ferreira | | 1 | C. Port | Lisboa - U | 25-07 |
| 49,39 | Juventude Vidigalense | AR. Filipe, C. Ferreira, C. Pereira, D. Ferreira | | 2s | CNCI-Ap | Viseu | 30-05 |
| 49,52 | Escola Salesianos Manique | J. Vitorino, I. Neves, S. Bentucal, D. Vale | * Juv | 1s | Desp Esc | Setúbal | 23-05 |
| 49,77 | CA Mazarefes | A. Meira, A. Almeida, D. Cerqueira, S. Esteves | Juv | 1s | CNJv | Luso | 27-06 |
| 49,91 | SL Benfica | D. Évora, C. Gama, N. Gaspar, C. Borges | Jun | 1s | CNJ | Lisboa - U | 11-07 |
| 50,09 | Sel. FISEC/CASM | I. Neves, S. Bentucal, D. Vale, J. Vitorino | * | 2 | J. FISEC | Lagos | 22-07 |
| 50,40 | GD Estreito | M. Vieira, T. Freitas, J. Gouveia, V. Rocha | | 5 | CNCI-1 | Leiria | 13-06 |
| 50,44 | CA Sal. Manique | V. Marques, S. Betuncal, D. Vale, J. Vitorino | *Jun | 3s | CNJ | Lisboa - U | 11-07 |
| 50,47 | Seleção Aveiro | M. Bastos, C. Rodrigues, T. Neto, C. Amorim | Juv | 2s | OJ | Albufeira | 17-05 |
| 50,49 | DRE Centro | A. Creso, C. Rodrigues, C. Coelho, T. Paulo | Juv | 1s | Desp Esc | Setúbal | 23-05 |
| 50,49 | EB2,3 MD Saraiva | I. Micalli, AF. Mendes, A. Mango, AR. Alves | * Juv | 2s | Desp Esc | Setúbal | 23-05 |
| 50,59 | Casa Benfica de Faro | C. Costa, S. Silva, C. Lourenço, S. Rodrigues | | 2 | CNCI-2 | Leiria | 13-06 |
| 50,62 | Seleção Madeira | J. Pereira, J. Frias, C. João, T. Caires | | 2s | Enc. Sel | Luso | 23-05 |
| 50,77 | JA Mozelense | C. Cardoso, C. Silva, A. Carvalho, C. Amorim | Jun | 1 | C. Beiras | Seia | 18-07 |
| 50,93 | GRECAS | A. Gomes, T. António, A. Abreu, L. Lopes | | 1s | CN23 | Viseu | 04-07 |
| 50,99 | CA Marinha Grande | B. Lyaschenko, AP. Silva, A. Pinto, C. Silva | * | 3 | CNCI-2 | Leiria | 13-06 |
| 50,99 | Seleção Leiria | AR. Filipe, D. Ferreira, A. Vasconcelos, D. Morgado | | 3s | Enc. Sel | Luso | 23-05 |
| 51,19 | CS Marítimo | J. Pereira, M. Vieira, R. Serrão, C. Bairrada | | 4s | CNCI-Ap | Viseu | 30-05 |
| 51,22 | Gira Sol RC | S. Borges, D. Lopes, AR Pedreiras, S. Soares | | 6 | CNCI-1 | Leiria | 13-06 |
| 51,39 | ACD Jardim Serra | C. Soares, C. João, M. Mendonça, L. Henriques | | 2s | CN23 | Viseu | 04-07 |
| 51,55 | Seleção Coimbra | S. Borges, S. Soares, R. Lopes, C. Cunha | | 4s | Enc. Sel | Luso | 23-05 |
| 51,66 | Seleção Viana do Castelo | D. Gonçalves, M. Patrão, D. Cerqueira, S. Esteves | Juv | 1s | OJ | Albufeira | 17-05 |
| 51,69 | JD Almansor | J. Sá, L. Souza, D. Casaca, G. Silveira | * Jun | 1 | | Rio Maior | 18-07 |
| 51,87 | Seleção Açores | C. Martinez, E. Silva, S. Melo, T. Mendes | Juv | 3 | | Palma de Maiorca | 29-05 |
| 52,15 | Bairro Anjos | D. Morgado, F. Ferreira, S. Dias, L. Cardoso | | 3 | C. Port | Lisboa - U | 25-07 |
| 52,19 | Seleção Setúbal | S. Embalo, V. Carvalho, S. Marques, J. Ferrero | * Juv | 4s | OJ | Albufeira | 17-05 |
| 52,23 | GR Qta. da Lomba | S. Embalo, V. Carvalho, D. Moniz, M. Djalo | * | 1 | | Seixal | 18-07 |
| 52,37 | Seleção Porto | E. França, I. Vieira, S. Florido, L. Correia | Juv | 1 | | Maia | 13-05 |
| 52,39 | IPS Bairrada | Y. Almeida, I. Jesus, A. Pedreiras, A. Vieira | Juv | 3s | Desp Esc | Setúbal | 23-05 |
| 52,43 | DRE Norte | T. Neto, A. Viães, V. Castro, V. Pacheco | Juv | 2s | Desp Esc | Setúbal | 23-05 |
| 52,58 | DRE Lisboa | I. Lopes, M. Fernandes, S. Gaspar, T. Moreno | Juv | 3s | Desp Esc | Setúbal | 23-05 |
| 52,70 | EB2,3 Dr. José N. Junior | R. Santos, N. Matos, AR. Ferreira, C. Covelo | Juv | 4s | Desp Esc | Setúbal | 23-05 |
| 52,79 | AR Luz e Vida | S. Marinho, A. Silva, R. Mota, E. França | | 1 | | Maia | 23-05 |
| 53,01 | NDC Gouveia | M. Reis, J. Tilly, I. Correia, A. Creso | | 1 | | Seia | 13-06 |

(*) com atletas estrangeiros

4 x 400 m – 4.05,0 – 4.25,0

| | | | | | | | |
|---------|---------------------------|---|--------|-----------|---------------|---------|-------|
| 3.36,15 | Seleção Nacional | V. Barbosa, MC Tavares, J. Monteiro, P. Lopes | 9 | CE Sel | Leiria | 21-06 | |
| 3.37,90 | Seleção Nacional | V. Barbosa, P. Lopes, J. Monteiro, MC Tavares | 2 | Lusofonia | Lisboa - U | 13-07 | |
| 3.38,27 | Sporting CP | C. Tavares, MC Tavares, J. Monteiro, P. Lopes | 3 | TCCE | Castellon-Esp | 31-05 | |
| 3.40,67 | Sporting CP | C. Tavares, MC Tavares, J. Monteiro, P. Lopes | 1 | CNCI-1 | Leiria | 14-06 | |
| 3.42,60 | i Sporting CP | C. Tavares, J. Monteiro, MC Tavares, P. Lopes | RNi 1 | CNCI-1 | Pombal | 15-02 | |
| 3.45,78 | i Sporting CP | C. Tavares, J. Monteiro, MC Tavares, P. Lopes | 1s | CNCI-Ap | Espinho | 31-01 | |
| 3.46,17 | Equipa Mista | J. Frias, C. Nunes, C. Ratão, V. Barbosa | 7 | GP | Osaka-JAP | 09-05 | |
| 3.51,21 | i FC Porto | C. Nunes, L. Sousa, L. Silva, C. Ratão | 2 | CNCI-1 | Pombal | 15-02 | |
| 3.53,24 | JO Monte Abraão | S. Estriga, V. Cardoso, P. Mamona, V. Barbosa | 2 | CNCI-1 | Leiria | 14-06 | |
| 3.54,17 | JO Monte Abraão | P. Mamona, V. Cardoso, S. Estriga, V. Barbosa | 1s | CNCI-Ap | Seixal | 31-05 | |
| 3.55,17 | i FC Porto | C. Nunes, L. Delgado, C. Ratão, L. Sousa | 1s | CNCI-Ap | Guimarães | 31-05 | |
| 3.56,01 | GD Estreito | M. Vieira, T. Freitas, J. Gouveia, J. Frias | 3 | CNCI-1 | Leiria | 14-06 | |
| 3.59,74 | i JO Monte Abraão | S. Estriga, C. Bomfim, M. Borges, V. Barbosa | * | 3 | CNCI-1 | Pombal | 15-02 |
| 3.59,83 | SC Braga | MC Nunes, J. Costa, L. Barbosa, S. Vieira | 4 | CNCI-1 | Leiria | 14-06 | |
| 4.00,10 | Sport Lisboa e Benfica | D. Évora, S. Fernandes, F. Martins, N. Gaspar | 2s | CNJ | Lisboa - U | 12-07 | |
| 4.00,52 | i SC Braga | I. Oliveira, S. Vieira, J. Costa, MC Nunes | 4 | CNCI-1 | Pombal | 15-02 | |
| 4.00,53 | GD Estreito | T. Freitas, O. Pinto, A. Ferreira, J. Frias | 2s | CNCI-Ap | Seixal | 31-05 | |
| 4.00,89 | i JO Monte Abraão | S. Estriga, M. Borges, C. Bomfim, V. Barbosa | * | 2s | CNCI-Ap | Espinho | 31-01 |
| 4.01,60 | i SC Braga | I. Oliveira, S. Vieira, J. Costa, MC Nunes | 3s | CNCI-Ap | Espinho | 31-01 | |
| 4.01,91 | Gira Sol RC | S. Soares, R. Lopes, C. Cunha, I. Areias | 1 | C. Port | Lisboa - U | 26-07 | |
| 4.02,16 | Gira Sol RC | S. Soares, D. Lopes, I. Areias, C. Cunha | 5 | CNCI-1 | Leiria | 14-06 | |
| 4.02,78 | i FC Porto | T. Duarte, C. Pinhão, S. Martins, C. Nunes | 1 | CN23 | Viseu | 05-07 | |
| 4.04,30 | ACD Jardim Serra | C. Soares, M. Mendonça, C. João, L. Henriques | 1 | | Ribeira Brava | 08-07 | |
| 4.04,59 | Gira Sol RC | S. Soares, D. Lopes, I. Areias, C. Cunha | 1s | CNCI-Ap | Viseu | 31-05 | |
| 4.04,66 | i Gira Sol RC | S. Soares, S. Borges, I. Areias, C. Cunha | 1 | CNCI-2 | Pombal | 15-02 | |
| 4.04,74 | Casa Benfica Faro | A. Rosa, E. Cruz, S. Silva, C. Costa | 1 | | Faro | 23-06 | |
| 4.04,80 | i FC Porto | C. Nunes, T. Duarte, L. Delgado, L. Sousa | 1s | CN23 | Pombal | 08-02 | |
| 4.05,44 | CS Marítimo | T. Caires, V. Pereira, S. Pereira, A. Fernandes | 6 | CNCI-1 | Leiria | 14-06 | |
| 4.08,87 | ACDR Arneirense | M. Tavares, AR Fernandes, J. Brito, J. Domingos | 2 | C. Port | Lisboa - U | 26-07 | |
| 4.10,11 | Juventude Vidigalense | AR Filipe, C. Pereira, S. Protasio, C. Santos | 3 | C. Port | Lisboa - U | 26-07 | |
| 4.10,36 | i CF Belenenses | M. Santos, C. Duarte, A. Almada, N. Dias | * | 1s | CNCI-Ap | Espinho | 31-01 |
| 4.15,21 | GRECAS | A. Abreu, L. Lopes, T. António, I. Sousa | 3 | CNCI-2 | Leiria | 14-06 | |
| 4.15,89 | i Bairro dos Anjos | F. Ferreira, C. Gonçalves, S. Dias, AC Matias | 2 | C. Port | Pombal | 01-03 | |
| 4.16,25 | UD Zona Alta | S. Aleixo, O. Santos, V. Rosa, C. Carvalho | 1 | CNCI-3 | Seixal | 14-06 | |
| 4.16,70 | i CA Mar. Grande | N. Silva, A. Filipa Silva, C. Silva, C. Vieira | 4 | CNCI-2 | Pombal | 15-02 | |
| 4.16,86 | JA Mozelense | C. Cardoso, C. Silva, A. Carvalho, C. Amorim | 5 | C. Port | Lisboa - U | 26-07 | |
| 4.22,42 | CA Sal. Manique | V. Marques, J. Vitorino, D. Vale, R. Gomes | Jun 1s | CNJ | Lisboa - U | 12-07 | |
| 4.23,07 | ADR Aguas Belas | D. Nunes, C. Nunes, C. Godinho, I. Tapadas | 2s | CNCI-Ap | Viseu | 31-05 | |
| 4.25,22 | i GJ Pinheiro da Bemposta | A. Carvalho, A. Nunes, T. Ferreira, S. Mendes | 2s | CN23 | Pombal | 08-02 | |

(*) com atletas estrangeiros

Melhor marca ao ar livre de atletas com melhor marca indoor

| | | | | | | |
|---------|------------------|--|-----|---------|------------|-------|
| 4.16,55 | Bairro dos Anjos | F. Ferreira, L. Cardoso, AC Matias, S. Dias | 4 | C. Port | Lisboa - U | 26-07 |
| 4.21,85 | CA Mar. Grande | N. Silva, A. Filipa Silva, C. Silva, C. Vieira | 6 | CNCI-2 | Leiria | 14-06 |
| 4.20,31 | CF Belenenses | D. Miranda, V. Mendes, S. Louro, N. Dias | * 5 | CNCI-2 | Leiria | 14-06 |